



Virtual School Sensory Support News update



Stay in touch with VSSS

We would like to remind you of the various ways you can contact VSSS if you want to provide any feedback on service delivery or make suggestions on how things could be improved in the future:

1. VSSS always welcomes parents/carers who may be interested in joining the Governance Group. The group meets remotely, via MS TEAMS, six times a year on

Thursdays between 17.30 and 19.30. The group provides support and challenge to the management and strategic development of VSSS. Sometimes parents/carers have suggested that they did not know what they would be able to contribute to the group, our response is that your lived experience is all we want! You bring valuable insights of the experience of living in Norfolk and having a child receiving support from VSSS. If you would like an informal conversation about the possibility of joining the group, please contact kate.stocks@norfolk.gov.uk and Kate will be happy to talk to you.

2. Following receipt of a report from VSSS, you will receive an email link which invites feedback about your, and your child or young person's, experience of VSSS involvement. Please use the link to let us know your thoughts on how this has worked for you. If you are willing to receive the report via email, please complete this form, if you haven't already done so: [VSSS Permission Form](#)

3. We would like to invite you to an informal, remote, coffee morning/afternoon tea where there will be no fixed agenda but the opportunity for you to talk to us and tell us anything you think we need to be aware of in relation to VSSS. We are proposing two times, one in the morning and one towards the end of the working day, in order to make it easy for as many of you as possible to join me.

The dates are Thursday 12th January from 09:30 onwards, and Tuesday 20th January from 16:30 onwards. If you would like an invite to either (or both) of the sessions, please email kate.stocks@norfolk.gov.uk . The events will be held via MS TEAMS.

We would like to wish everyone a wonderful Christmas break. As usual, if you want to contact either of us directly, please use delyth.crook@norfolk.gov.uk or kate.stocks@norfolk.gov.uk and we will be pleased to hear from you.

Kind regards, Delyth and Kate



Mental Health Corner

This month, a new initiative was launched called [This May Help](#). It's aimed at parents and carers who may have concerns about their child's mental health and is a website offering lots of easy to follow advice to help families manage their child's mental health. This advice was developed by NHS professionals and parents who've been through their own child's mental health journey. Parents and carers have shared advice that helped them so that it can help other families.

The advice covered on [This May Help](#) includes: self-harm, gaming and online activity, teenagers safety, eating disorders, school avoidance, understanding mental health, understanding teenagers, online threats, building rapport, building resilience, building a support network, self-care tips, managing an emergency, managing in a crisis, and preparing for a children and adolescent mental health services (CAMHS) appointment. These subjects were chosen by families and young people who have gone through their own mental health challenges. Gary Lineker, Myleene Klass, and Tanni Grey-Thompson are amongst 16 presenters featured in the films.



Congratulations Paris!!

Paris has had an amazing few weeks. As part of the recent International Day of the Girl she was included in the Woman of the World Young Leaders Directory 2022, which celebrates young leaders and campaigners who are working to change the world. Paris was recognised for the impact she achieved for disability rights and education activism.

Paris won a drama scholarship to attend Norwich School for Girls to attend their 6th Form. Staff noticed the quality of her creative skills in acting, writing and performance alongside her commitment to causes in the wider deaf and hearing community. The school decided that Paris deserved recognition from a wider audience and they nominated her for the Young Star category of the Woman of the Future Awards, this took place on November 10th at a glitzy ceremony in London. Paris reached the final five from a group of over a hundred talented young women and was absolutely delighted to receive the 'Highly Commended' award.

This is Paris's entry in the Woman of the World Young Leaders Directory

'Paris is a 17 year old activist who wants to be an actress – working in the film industry and on stage. She's performed her own poetry and lyrics on stage and acted on a film

set. Paris has delivered many speeches raising deaf awareness, helping people understand what it is they need to do. In school she raised deaf awareness by teaching year groups, and teachers what to do, and taught her form group British Sign Language for Christmas carols. She has also set up BSL clubs teaching different year groups sign language and deaf awareness, as well as giving speeches for Great Ormond Street (GOSH). Using the story of her deafness she shown how her story is empowering, playing a starring part in GOSH's campaign to raise over £11 million for their Sight and Sound Centre supporting deaf and/or blind children'

Paris is an inspirational young person and communicator; and we wish her all the best in her upcoming auditions for Drama School.