No. 5

Figure 1 Photograph showing an Alexa Echo Dot

June 2022

Reaching out

**NCW Outreach Termly Bulletin — Supporting V.I. Education**

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## **Top Tips for your ‘Teenage Dirt-bag’**

Advice from Nathalie Emanuel, Head of Independent Living Skills

* Colour and contrast with equipment and towels for ease of identification.
* Use bobbles or bands of different types to identify conditioner or own tooth brush. If bottles are different shapes this will help too.
* Use pump action bottles - easier to handle.
* Use a scrunchie in the shower it produces lots of lather so easy to feel where you might have missed when showering and washing.
* Period pants are the winning solution for periods. Try different types to find the ones that fit you and your flow.
* Use caddies in the bathroom to keep your child’s items separate to yours.
* Electric shavers are easy to use and give a good result for boys and girls.
* Use a roll on or stick deodorant easier to direct.
* Use finger tips when doing a face care routine to identify spots and blemishes so you can identify any pain or issues and ask for help.
* Rule of thumb - anything close to skin wash daily and anything else use the sniff and touch test to check for food and odour on clothes.

## Supporting Students’ Emotional and Social Well-being

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Advice from Karen Holyoak, Pastoral team leader

* Social interaction with other young people with VI
* Included in all areas of the curriculum – being taken out of PE, Science and Drama is often damaging
* Work with parents
* Join clubs and do extracurricular activities
* Check the PSHE programme at school to see how that supports them and don’t take them out of it. If necessary supplement the learning in PSHE to help with the understanding of concepts and gaps in knowledge due to lack of incidental learning.
* Opportunities to work/co-operate/collaborate with others on projects
* Promote independence
* Find an outlet for the students to just talk – counsellors with experience of VI or disabilities can have more impact

Signposts:

* Local sight charities
* RNIB: [RNIB sight loss counselling](https://www.rnib.org.uk/services-we-offer-advice-and-support-services/sight-loss-counselling-team)
* Look UK [Look UK counselling](https://www.look-uk.org/free-counselling-with-look-and-york-college/)
* Moorfields: [Moorfields support and counselling](https://www.moorfields.nhs.uk/content/patient-support-and-counselling)
* Great Ormand Street: [GOSH psychological service team](https://www.gosh.nhs.uk/wards-and-departments/departments/clinical-support-services/psychological-services-information-parents/)
* NHS mental health services
* GP
* School counsellor
* Wellbeing apps: [NHS wellbeing apps](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/)

## **Upcoming Courses**

Supporting Primary School Students – Tuesday 7th June

The day will focus on the strategies for supporting primary age children. Sessions and workshops will look at developing literacy, numeracy and living skills as well as other key skills for development. This event is suitable for teachers and teaching assistants working with a primary school aged child, or parents of a child who is vision impaired and at Primary School.

Lunch and refreshments are included in the cost of the day. Parents of a child who is vision impaired can attend for free one of the charged NCW outreach courses per school year.

Outreach Open Day – Wednesday 22nd June

These informal days for education professionals who are supporting a student who is vision impaired or parents of a child with a visual impairment will give a taste of how NCW teaches students who are vision impaired.  
There is the opportunity to meet subject teachers, as well as gain practical support and advice on specific curriculum areas of your choice. More information on this will be communicated nearer the time.

Lunch and refreshments are included in the cost of the day. Parents of a child who is vision impaired can attend for free one of the charged NCW outreach courses per school year.

Success in ILS – Friday 8th July

Aimed at students in Years 5 – 8.

Have you wondered how to start enabling your child or young person with a vision impairment to tackle the kitchen jobs? Look no further, this one-day course will explore simple tasks that will get your child enthusiastic and wanting to do more. The skills we will be working on are:

* Making a cold and hot drink using a hot water dispenser
* Preparing vegetables to make a simple stir fry in the microwave
* Using the oven to make a simple pudding involving spreading and a range of other day to day tasks
* Using Seeing Ai app to provide information for making healthy food choices

Lunch and refreshments are included in the cost of the day. Parents of a child who is vision impaired can attend for free one of the charged NCW outreach courses per school year.

For more information on these courses please follow the link: <https://www.ncw.co.uk/event-directory/>

## **NCW Outreach Team Profile 5**

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| cid:image002.jpg@01D871BB.2CD41830I am Strategic Lead for VI Education at NCW and have taught music since I started here in 2000.  Music is an important part of any child’s curriculum, but particularly so for students whose world is auditory.  As QTVIs we will undoubtedly encounter many exceptional musicians and I feel very strongly that we need to do everything in our power to facilitate the teaching and learning of music braille. I also have taught A Level and BTEC Level 3 Music Technology since I first started teaching music over 3 decades ago and, in this time, I have seen an enormous leap in the development and affordability of software. In recent times the accessibility of this has really moved on and although it can be difficult getting to grips with it all and keep pace with things, it is most definitely worth the effort when you see the students’ enjoyment at being able to create music independently.  Aside from music, I have a keen interest in gardening and love being outdoors with my horses, dogs, geese, Indian runner ducks and chickens. |
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