

## ***National Portage Association***



### ***Portage and Early Years Development Day***

***at***

***Jurys Inn Birmingham, 245 Broad Street, B1 2HQ***

***on***

***Friday 5<sup>th</sup> November 2021***

The National Portage Association (NPA) invites you to attend a Portage and Early Years Development Day.

Registration will start at **10.00am** and the day will finish at **4.30pm**. Full timetable to follow.

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### ***Keynote Presentation***

#### ***BUT WHO'S LOOKING AFTER ME?***

#### ***Mental wellbeing & resilience in work with vulnerable young people***

***Delivered by Tom Milson and Dr Iva Roberts***

#### **About the Keynote speech**

Mental health and resilience has never been a more important topic following a time of incredible challenge. Professionals who work with young people with complex needs are in a uniquely demanding position, with the pressures of emotionally demanding work impacting the mental wellbeing of staff members and managers. Through the session we'll focus on understanding mental health and providing support for colleagues so they're able to enable the most vulnerable in society to overcome barriers to success and development.

#### **About the speakers**

Over the past 10 years Tom has worked in a range of different Special Schools supporting some of the most challenging and complex young people within the UK. Alongside his role of Headteacher, Tom is a Trustee for the National Portage Association and a former member of the British Psychological Society Expert Reference Group on Child & Adolescent Mental Health. Outside of School Tom is the volunteer lead for Equity, Diversity, and Inclusion for The Scouts, supporting volunteers across the UK to ensure all young people from all communities have the opportunity to develop Skills for Life.

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Iva is a clinical psychologist who has over 10 years' experience working with individuals experiencing mental health difficulties. She has provided a variety of psychological therapies within the NHS, in education and privately. Over the years, Iva has specialised in working with children, families, and associated individuals key to their lives.

In 2019 Tom and Iva opened a therapeutic community for young children with acute mental health needs in Epsom, Surrey.

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### ***Seminar Choices***

*(You will have the opportunity to attend 2)*

#### **Seminar A**

***KERRY PAYNE- Identifying & Supporting SEND in the context of the EYFS reforms.***

#### **About this seminar**

Identifying and supporting children with SEND is crucial, but we can often become too focused on identifying delays or concerns rather than embracing the different ways children learn. The arrival of the EYFS reforms has been met with a mixed response and key questions are emerging about how we demonstrate learning and development for SEND learners. This seminar explores how we can develop a pro-neurodiversity approach to SEND by using a celebratory framework (strengths, interests, differences and needs). The seminar will cover:

- ❖ Key updates regarding the EYFS reforms
- ❖ The ways in which EYFS and SEND processes can be integrated to ensure maximum opportunities for children to thrive
- ❖ different observational techniques for children with developmental differences
- ❖ how to use alternative developmental documents to celebrate and build upon learning

#### **About Kerry**

Kerry is an Early Years specialist in special educational needs, disability and development differences. She adopts a pro-neurodiversity framework and currently works as a lecturer in Early Years and education and is an independent trainer. She worked in a local authority for six years developing strategic links between early education, health and social care. She is an associate for Early Education and has written for national organisations including Nursery World and Teach Early Years. She is the author of 'A Guide to SEND in the Early Years' and 'Little Minds Matter (Wellbeing & SEND)'. She is also studying towards her PhD in early intervention.

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### **Seminar B**

***ANDREW RYDER - Breaking down the complex relationships between communication, sensory and challenging behaviours.***

#### **About this seminar**

Picking apart behaviour, communication and sensory differences can often feel overwhelming. This seminar will explore these areas and support you to break these down in order to create and implement meaningful strategies and activities to support children and their families in the home, school and community settings.

#### **About Andrew**

Andrew has experience in working with pre-school children with Autistic Spectrum Disorder (ASD) and social communication difficulties. He is a highly specialist speech and language therapist and sensory integration practitioner and is currently working in the NHS in Trafford in an intervention and diagnostic role. He is fortunate to have worked closely with hundreds of children and their families in home and education settings.

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### **Seminar C**

***WENDY UTTLEY– The inclusion, education, and development of children with Down syndrome***

#### **About this seminar**

This session will introduce Down syndrome to people who have little experience of working with children who have Down syndrome. It will cover society's view of Down syndrome, health implications, inclusion and the specific learning profile of a child with Down syndrome; their learning strengths and weaknesses. Our early development groups, which follow a five year intervention programme for children aged 12 months to 6 year and their parents, will be discussed and illustrated.

#### **About Wendy**

Wendy is currently the Group Coordinator and Trainer for the Down Syndrome Training & Support Service Ltd, based at The Pamela Sunter Centre, Bingley. She is a Doctor of Mathematics with 15 years teaching experience, mainly in Further Education, but also in Secondary School. Since the birth of her son Sam, who is now 23 and has Down syndrome, she has devoted her life to the development and education of children with Down syndrome.

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In September 2000 she initiated the formation of the Down syndrome Training & Support Service Ltd and in 2005 she left her teaching position and became employed by the charity. Her role as Group Coordinator and Trainer is a full-time position and includes delivering training and Early Development Groups to children with Down syndrome aged ten months to five years and their parents and school staff. Wendy has considerable understanding about the development, education and inclusion of children with Down syndrome. Over the last 15 years she has developed a vast range of training courses aimed at both professionals and parents covering many areas of educational development of children with Down syndrome.

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### **Seminar D**

#### ***SARAH MASON & DR GILLIAN HARRIS– Understanding Avoidant and Restrictive Food Intake Disorder (ARFID)***

##### **About this seminar**

It is important to understand how and why food refusal develops and how to differentiate between normal fussiness that is typical of young children and the more severe food restriction that characterises ARFID. This understanding must underpin services to help families with children who have this disorder. Topics to be covered:

- ❖ Understanding the developmental stages of food acceptance, including sensitive periods for the acceptance of tastes and textures, the development of neophobia (fear of new foods), the role of sensory sensitivity and the development of the disgust response.
- ❖ The formal diagnosis of ARFID and the clinical presentation.
- ❖ General strategies that professionals and parents can apply to the management of ARFID.
- ❖ Understanding how to access services for ARFID, including the role of different professionals.

##### **About Sarah and Gillian**

**Sarah Mason** (MSc, MPhil, MRCSLT) is a Speech and Language Therapist who has worked with children with feeding difficulties for more than twenty years. She was employed by Birmingham Children's Hospital from 1992 to 2012, latterly as Head of the Department. Her particular specialism was childhood feeding difficulties, providing clinical services to inpatients. Together with Dr Gillian Harris, Consultant Clinical Psychologist, Sarah helped set up a joint feeding clinic at Birmingham Children's Hospital in 1998. Through this work she encountered children with avoidant /restrictive food intake disorder (ARFID) and developed an understanding of why children refuse foods. Sarah also developed a particular interest in

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children who are hard to wean off tube feeding, and this became the focus of her MPhil completed in 2006 at the School of Psychology, Birmingham University. Following her retirement from the NHS in 2012, Sarah is continuing her interest in feeding difficulties through teaching and consulting.

**Dr Gillian Harris** has carried out research into infant and child feeding behaviour and appetite regulation at the University of Birmingham, School of Psychology, UK, for the past 38 years. She was also a Consultant Paediatric Clinical Psychologist for 30 years, and led a feeding clinic at The Children's Hospital, Birmingham, UK, where she worked with infants and children who were food averse. Her specific research and clinical interest is the development of food acceptance and rejection in early infancy and early childhood, and the effect of early experience on later food preferences. She has written around 100 published papers, articles, and book chapters on these areas, and been awarded multiple research grants to support her research. She has also made many media appearances, both on television and radio. Her latest book, on Food Refusal and Avoidant Eating in Children, was published in 2017.

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### ***The Venue***

**Jurys Inn Birmingham**

**245 Broad Street, Birmingham, B1 2HQ**

**0121 606 9000**

**[jurysinnbirmingham@jurysinns.com](mailto:jurysinnbirmingham@jurysinns.com)**

**Jurys Inn Birmingham** is easily accessible from all major transport points in the city and is less than one mile from New Street, Moor Street and Snow Hill train stations. Car parking is available at the on-site public car park, 65p per hour for the first 10 hours and 40p per hour thereafter.

### **Fees**

The cost of the day is **£125 +VAT for members** including lunch and refreshments.

Non members are also welcome, at a cost of £160 + vat

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### **Bookings**

A Booking Form with seminar choices form for each person wishing to attend should be completed and returned to: Yvonne Hambidge, NPA Office Manager by email to:

**conference@portage.org.uk**

or post to

National Portage Association, Kings Court, 17 School Road, Hall Green, Birmingham, B28 8JG

Bookings should be submitted by **Friday 17<sup>th</sup> September 2021**

**Invoices will be raised following receipt of booking forms and sent to the address given. Seminar choices will be confirmed on the day. See terms and conditions of booking below.**

### **NPA terms and conditions of booking:**

- ❖ Full payment of the fee should be received within 30 days of the invoice.
- ❖ Second invoices issued to a different name and/or address will be subject to a charge of £5 per invoice.
- ❖ If a place is cancelled 30 days prior to the date of conference, a fee of £50 will be deducted from monies returned.
- ❖ In the event of a place being cancelled less than 30 days before the event, there will be no refund and the full cost of the place will be charged.
- ❖ If a late cancellation is COVID related, each case will be considered individually by the Board of Trustees.
- ❖ If the whole event has to be cancelled, all monies paid will be refunded.
- ❖ By completing and returning a Booking Form, applicants agree to the terms and conditions stated here.

***We look forward to welcoming you to the day!***

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***Registered Office: Kings Court, 17 School Road, Hall Green, Birmingham B28 8JG***

***0121 244 1807***