



Dear Parent/Carer,

We understand that you have previously requested sensory processing support for a child or young person in your care. The NHS, Lincolnshire County Council and Lincolnshire Parent Carer Forum (LPCF) are working together on an online support workshop for parents and carers of children and young people with sensory processing difficulties.

**By sensory processing difficulties we mean:**

- Sensitivity to certain sensations such as loud noises, smells, the feel of their clothes or another person's touch. Common sounds may be painful or overwhelming; the light touch of a shirt may chafe the skin, and these experiences interfere with the child's ability to engage in daily activities.
- Avoiding these sensations through certain behaviours.
- Lacking awareness of/not being sensitive enough to certain sensations such as food around their mouth, movement and body position. Being unable to tell where limbs are in space or not being able to engage in conversation or play.
- Actively seeking sensations through behaviours such as chewing non-food items, fidgeting or being generally on the go.

If you are interested in this, we will provide a resource pack which includes hyperlinks to an online website and video, including an interactive questionnaire that we would advise you to complete. Once these resources have been accessed, we would then like to invite you to an online 2 hour zoom workshop, led by a Behavioural Specialist and a Therapist.

**The workshop will not seek to provide a diagnosis** but will provide information, advice and techniques on how to help you better understand sensory processing, and our trained Occupational Therapists will cover strategies that will help you to support your child. Please note that the online resource pack must be accessed prior to booking on to a zoom workshop.

For more information and to secure your place for a workshop, you will need to book by contacting the Children's Integrated Commissioning Team by emailing us at **CYP\_IntCommissioning@lincolnshire.gov.uk** subject to availability and interest. By emailing the Children's Integrated Commissioning Team, you are consenting to take part in this pilot study.

As part of this, we will require commitment from you to follow strategies discussed and to complete a 12 week diary as part of evidence that you have tried these at home.

As this is a pilot, we will also be requesting your feedback by completing a short questionnaire before accessing the resource pack, on the day of the workshop, and further evaluation 12 weeks later. Findings will be used to inform future support and services but only after any information collected is anonymised so it cannot be traced back to you.

For more information on how we keep your data safe, please go to <https://www.lincolnshire.gov.uk/directory/39/privacy-notices> and search Children and Families Services.

We look forward to hearing from you.

*Russell Outen-Coe*

Sensory Processing Project Lead