

FIND

The SEND Newsletter for Lancashire Families

Welcome to the Spring issue of the FIND Newsletter, 2023.

Did you know? "FIND" was first published in 2002 and took its name from the Family Information Network Directory, which provided details of services in Lancashire for families of children and young people with special educational needs and disabilities (SEND). That directory has since been replaced by the SEND Local Offer Directory, part of the Lancashire Local Offer website.

Following our survey in 2022, a majority of parents that responded wanted the newsletter to be renamed "SEND", to make it clearer what it's about. So, from the Summer 2023 issue, your newsletter will be renamed the Lancashire SEND newsletter!

We are working to include more of the content requested as part of the survey, in coming issues.

It's a really busy time of year for SEND families – here are a few key dates for your diary:

Young Carers Action Day, 15th March

World Down's Syndrome Day, 21st March

Purple Day (Epilepsy awareness), 26th March

World Autism Acceptance Week, 27th March – 2nd April.

And of course, don't forget Mothers' Day on Sunday 19th March!

If you have any awareness days you would like us to include in a future issue, or if you are interested in writing an article, promoting a club or group, or anything else, please get in touch; just email us at **FIND@lancashire.gov.uk**

Thank you for your continued support

Sarah Deady

Policy, Commissioning and Children's Health

 www.facebook.com/LancashireLocalOffer



If you change the way you look at things, the things you look at change.

Wayne Dyer



INSIDE

- 2-4. Break Time short breaks
- 5. Young Carers Action Day
- 6-7. Update for Parents and Carers from Dr Sally Richardson
- 9. Holiday Activities and Food Programme
- 11. POWAR
- 15. Family Information Service
- 16. Lancashire SEND Partnership Information Events
 - Be More Purple – Epilepsy awareness
- 17. Foetal Alcohol Spectrum Disorder (FASD)
- 18-19. DanceSyndrome
- 20-22. Young Adults
- 24-25. Parent Carer support groups
- 27. Lancashire County Council contact details
 - Newsletter working group update





LEARN ABOUT ANIMAL
WELFARE & HUSBANDRY.
HAVE FUN INTERACTIONS
WITH OUR ANIMALS. LOTS OF
RIDE ON TOYS, ART & CRAFT
& ROLE PLAY VETERINARY
PRACTICE.

**BREAK TIME
SESSIONS**
TUESDAY 4-6PM
WEDNESDAY 4-6PM
THURSDAY 4-6PM
FRIDAY 4-6PM
SATURDAY 9-11 &
11-1PM

TO BOOK YOUR PLACE CONTACT MEL
ON 07976596483 WITH YOUR LCC
MEMBERSHIP NUMBER AND £4 FOR A 2
HOUR SESSION.



PIC-COLLAGES

Department
for Education

COMMISSIONED BY
LANCASHIRE COUNTY COUNCIL

Lancashire
County
Council



sportworks

LANCASHIRE BREAK TIME

play games

make friends

inclusive

have fun

LOCATIONS ACROSS BURNLEY,
CHORLEY, FYLDE, LANCASTER,
PRESTON & WEST LANCASHIRE



Inclusive Multi Sport & Activity Short Breaks programme, available for
children and young people registered with Lancashire Break times.

For more information, or to book your child's place, contact:
connor.howlett@sportworksltd.co.uk

Premier League
Kicks

LIMITLESS CLARETS

Don't let my ability

THE
LEISURE
BOX

THURSDAY'S
4:30PM - 6:30PM
(Term Time Only)

Starting on Thursday, 9th March '23

AGES 5 - 12 years

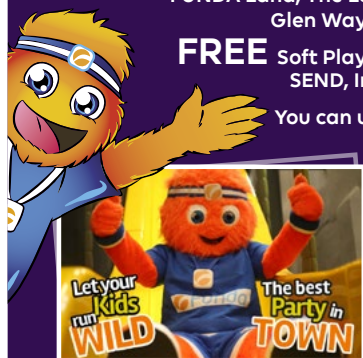
FUNDA Land, The Leisure Box, Brierfield,
Glen Way, BB9 5NH.

FREE Soft Play session for young people with
SEND, Impairment and/or Disabilities.

You can use your Break Time hours here too!

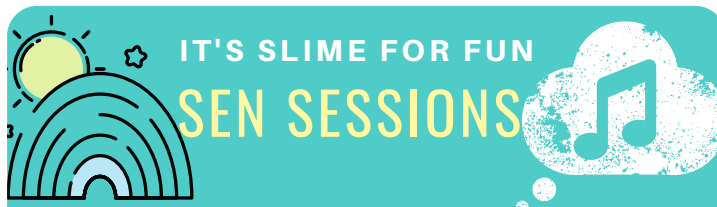


Lancashire
County
Council



Please book via the QR code 1,
and ensure the consent form is completed via QR code 2.

BURNLEY FC
IN THE COMMUNITY



Children &
Young
People
with SEN
Age 4-18

- Feel good fun
- Crafts, cooking, outdoor
play, games
- Acquiring life skills
- Boosting self esteem
- Sense of belonging
Building relationships

Experienced
Team
-
Fellow SEN
parents

WHO

US

SING, PLAY, DANCE, SHINE

Saturdays
and
School Holidays
9am-12noon
12noon-3pm

Whitewell
Bottom
Community Centre
Burnley Road East
Whitewell Bottom
Rossendale
BB4 9LB

Call Klair on
07841744020
or email
slimeforfuninfo@gmail.com

TIME

VENUE

BOOK

Break Time and
Break Time Plus
Provider

Lancashire
County
Council

Lancashire Short Breaks Service

Break Time

Break Time provides fun group activities to children and young people aged 4-18, living in Lancashire, who have a special educational need and/or disability (SEND). Activities take place after school, at weekends and during school holidays and give parents and carers a short break from their caring role.

Registrations for 2023/24 have now closed and families that registered will receive a letter in March to confirm if their child meets the membership criteria. We are really pleased to have received well over 1,000 forms!

Please remember, any unused Break Time hours from 2022/23 have now expired and cannot be carried over to 2023/24.

Following feedback from parents and carers, we are working to address some of the issues that have been raised during the first year of Break Time delivery.

We have been working to increase the number and range of activities offered; three new contracts were awarded to providers from January 2023, and we are currently in discussions with a number of organisations who are interested in delivering Break Time sessions. Any additional providers and sessions will be added to the provider list on the Local Offer, as and when confirmed.

We continue to actively look for further providers, in order to provide more choice to families in every area. If you know of an organisation that may be able to deliver Break Time activities, please ask them to contact the Short Breaks Team.

We are working with our Break Time providers to support children that have additional medical, personal care or other needs, helping to make Break Time activities even more inclusive.

Many parents have told us that the allocation of 78 hours is not enough. Every Break Time member receives the same number of hours to ensure equity. We will continue to monitor the number of hours that are used and how we can best meet families' needs.

Please remember that the Break Time offer is in addition to other groups available for children and young people in Lancashire. Other activities may also be suitable, such as before and after school clubs, holiday play schemes, Early Years groups and the weekly Colourful Voices and SEND Youth Groups that are delivered across Lancashire.

The Council also provides free holiday club provision as part of the Holiday Activity and Food (HAF) Programme. Whilst HAF is available for all children in receipt of benefits-related free school meals, places may also be available for children with special education needs and disabilities who are not receiving free school meals. More information on HAF can be found on page 9.

If you would like your child to attend additional sessions at a Break Time group, you may be able to arrange this directly with the provider. Please be aware that additional sessions are not funded through Break Time, therefore the cost is likely to be higher.

If you feel your child needs more support, you can request a Child & Family assessment, so we can fully understand and identify the best way to meet their needs. Call **0300 123 6720** to request an assessment.

Full information on Break Time can be found on the Local Offer at: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time

Contact the Short Breaks Team at:
cyp-shortbreaks@lancashire.gov.uk
Or call us on 01772 538077

Break Time Plus

Break Time Plus enables children and young people who receive a social care package of support following an assessment, or who are in the care of Lancashire County Council or another local authority, to access group activities as part of their package of care.

More information on Break Time Plus can be found on the Local Offer at: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time-plus



INCLUSION AT INSPIRE

Every Sunday 2:30pm - 5:30pm

Exclusively for young people with Special Educational Needs and Disabilities, Inspire Youth Zone offers a range of opportunities and sessions to ensure young people are able to get the most out of the time they spend with us.

- Our inclusion team are dedicated to providing support for all young people with a disability up to the age of 25.
- The team make sure that each and every young person who attends the youth zone can get involved in the activities they want to, regardless of their abilities and have access to progression opportunities, trips, clubs and projects.
- We understand that some young people will have more specific needs to enable them to be able to access the same opportunities as others. Work with an Engagement Worker to develop bespoke activity plans based wherever possible, on their areas of interest.
- Be able to bring their Personal Assistant onto session with them in line with our PA policy, to help with any personal care or 1:1 needs.



You can use your Breaktime hours here too!

Inspire is a Lancashire Breaktime provider and receives funding from Lancashire County Council when parents/carers choose to use their breaktime allocation with us. This is very important for the sustainability of Inspire and we want to encourage parents/carers to utilise their breaktime funding wherever possible.



For more information, you can scan the QR code or email our Inclusion Team at michelle.graham@inspireyouthzone.org OR bethany.henry@inspireyouthzone.org



Inspire Youth Zone, Chapel Street, Chorley, PR7 1BS

www.inspireyouthzone.org 01257 228888 [f](https://www.facebook.com/InspireYouthZone) [i](https://www.instagram.com/InspireYouthZone) [t](https://www.tiktok.com/@InspireYouthZone) @InspireYouthZone



FUN & FIT THURSDAYS

FOR CHILDREN WITH BREAKTIME MEMBERSHIP

3PM - 6PM

EVERY THURSDAY DURING TERM TIME

JOIN US FOR FUN GAMES AND SPORTS ACTIVITIES!



WE CAN COLLECT FROM:
THE LOYNE SPECIALIST SCHOOL
MORECAMBE ROAD SCHOOL

**OTHER LOCAL SCHOOLS ON ARRANGEMENT
OR YOUR CHILD CAN BE DROPPED OFF WITH US!**



3 BREAKTIME PLACES AVAILABLE NOW!

CONTACT

01524 831132

KIDZCLUB@UNIQUEKIDZANDCO.ORG.UK



Believe in children
Barnardo's



Break Time



What?

- 78 hours of breaktime activities (April-April) costing £2 per hour
- Fun activities: bowling, park visits, baking, cinema, swimming (not included in session price)

Where?

Preston
South Ribble
Chorley
PENDLE
BURNLEY
SKELMERSDALE

When?

Short breaks

- After school sessions typically = 4-7pm
- Weekends/Holidays = 10am-4pm

HOW TO REGISTER

Carers must complete and send forms directly to Lancashire County Council. This can be done through the below link:

<https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time/?page=3>

Once registered parents will be given a 7 digit reference number. Carers can then book onto our sessions by ringing and providing their number.

ELIGIBILITY

- Children and young people with special educational needs and/or disabilities who meet the criteria to attend and who do not receive short breaks following a social care assessment of need
- 4-18 years old
- Children will live in Lancashire (excluding Blackburn with Darwen and Blackpool council areas)



Where to find us: [BarnardoIM2service](https://www.facebook.com/BarnardoIM2service) [@IM2service](https://www.instagram.com/IM2service) 01772 629470 [Include Me 2](https://www.facebook.com/IncludeMe2)

Get advice and support

Someone to talk to
Problems at home/school
Jobs and training
Apprenticeships
Staying safe online
Sex and health
Relationships

Mental Health
Self Harm
Bullying
Drugs and alcohol
Things to do
Housing, rights and money
What age can I?

Children and Family
Wellbeing Service



[facebook.com/LancashireYZ](https://www.facebook.com/LancashireYZ)

twitter.com/LancashireYPS

You can contact us 365 days a year

2pm to 10pm

Age 0-19

(up to 25 for young people with learning difficulties or disabilities)



Text 07786 51 11 11

Talk online lancashire.gov.uk/youthzone

Call 0800 51 11 11



www.lancashire.gov.uk

CARERS TRUST

SAVE THE DATE!
YCAD 2023
will be on 15 March

YOUNG CARERS ACTION DAY 2023



Are you a young carer or do you know a young carer?
Get involved in Young Carers Action Day!

Find out more about Young Carers Action Day 2023 and how we'll be making time for young carers:

- Visit [Carers.org/YCAD](https://carers.org/YCAD) where you can download our **activity pack** and find lots of fun ideas for activities you can do to take action.



Who are young carers?

Young carers provide regular care to someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction.

#YoungCarersActionDay



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Lancashire Young Carers Service

Are you caring for someone with a physical disability, mental health problem and/or a drugs and alcohol problem, and:

- You are affected by your caring responsibilities
- You are not getting along with family or friends
- Feeling down about your situation
- Your health and wellbeing are being affected by your caring role
- You are not getting any spare time of your own
- You are struggling with homework and lack of support in school

We can help, after assessing your needs, by:

- Making sure you and your family have the right support in place
- Helping you make informed choices
- Providing information on friendships and activities in your local area
- Working with your school and training providers to support you to reach your goals
- Offering you one to one support and groupwork
- Working on your feelings and refer you to services we think might be able to help

If you are under 18 years old and any of these issues or similar ones are affecting you or someone you know, call us confidentially on: 01772 641002

Believe in children
Barnardo's



We support young carers living in Hyndburn and the Ribble Valley

What is a Young Carer?

A young carer is a person under the age of 18 who is looking after a family member with a long term illness, disability, mental health or substance misuse issue.

What tasks might a Young Carer do?



Shopping



Preparing Meals



Looking after Siblings



Washing



Looking after Family



Emotional Support



Giving Medication



Keeping Family Company

Could you imagine a young person undertaking some of these tasks on a daily basis? This is the reality for Young Carers.

The support we offer is tailored to the individual needs of each Young Carer but also involves a whole family approach.

Contact us

E: info@carerslinklancashire.co.uk

T: 0345 688 7113

W: www.carerslinklancashire.co.uk/for-young-carers



Young Carers Project at CVS

A Young Carer is a person under 18 years of age who is significantly affected by caring for a person with a long term illness or disability including mental health issues and substance misuse.

The Young Carers Project offers help and support to Young Carers living in Burnley, Pendle and Rossendale.

We offer a confidential listening service, a break from caring responsibilities through activities; help to access other services and a chance to meet other Young Carers.

Helpline: **01282 835728**

Email: youngcarers@bprcv.co.uk

Website: www.bprcv.co.uk/

ELVSR, 62-64 Yorkshire Street, Burnley, BB11 3BT





Update for parents and carers

from Dr Sally Richardson, Head of Inclusion

As Head of the Inclusion Service and in line with our commitment to acting on parental feedback, I am going to use the SEND newsletter to tell you about the work we are doing to develop and improve services for children and young people with SEND and their families across Lancashire.

Co-production and communicating with families are incredibly important to us. During our last SEND visit by Ofsted and the Care Quality Commission, it was noted that our work with our co-production partners, the Lancashire Parent Carer Forum, had resulted in us in making good progress in developing our local service offer. Over the last year, we have delivered SEND parent information events to strengthen our local networks and clusters, so we can better engage with you and hear from you first hand.

This term, we will be seeking your views on the SEND Communications Strategy, and reviewing our communications programmes linked to it. We want to ensure you can find relevant information with ease. Do look at the Local Offer website and let us know what you think – we regularly update the website and we want it to be as useful as possible. **www.lancashire.gov.uk/SEND**

For children who have an education, health and care plan (EHCP), we have an Annual Review Survey Form we are asking you to complete following your child's EHCP Review. We ask that you take the time to complete the form, as this provides us with another way of understanding your experience of our services and for us to identify priorities for improvement. Previous survey results indicated that young people were concerned about opportunities for joining in with others and making friends, so we are now working with the other services in Lancashire to try and develop this area. This is why it is important to hear from you because wherever possible we will try to use your feedback to develop our local services. **www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/assessment-and-support/education-health-and-care-plan-annual-review-survey**

As part of the process of improving how services can better support families at the earliest opportunity, we have been reviewing the social care element of the education health care needs assessment to ensure you as parents receive better signposting to services, advice and support. This term we are also hoping to talk to as many parents as possible about their experiences and proposed changes, ahead of some pilot work with schools.

We have a Quality Assurance cycle in place to check and audit the quality of the Education Health Care Plans to ensure the plans support delivery of the right outcomes. The audits have been supported by our Designated Clinical Officers, who are providing feedback to health colleagues to improve their future practice. A similar approach is adopted for practitioners working in education. The most recent audits show a consistent improvement in the quality of plans and advice, and we are confident that this will help us to continue to deliver higher quality EHCPs. Further training will be delivered early this year to social care colleagues and improved tracking arrangements will be put in place to ensure advice is provided in a timely manner.

Over the last couple of years, there has been a significant increase in the numbers of children and young people requesting an Education Health Care Needs Assessment. We are conscious that while approaches to service delivery are being reviewed and streamlined where possible, families are still not always receiving the level of communication that we would like to offer. In response to your feedback about the difficulties of getting in touch with staff, we will be seeking to launch new call line systems to help reduce the time and frustrations you may otherwise experience. More information about this will be provided later this term.

As well as our statutory processes, we try to support schools to be “inclusive by design” and resource them to support children with SEND at the earliest stages of intervention. We have been working hard to support schools, to undertake the Assess, Plan, Do, Review cycle in a person-centred way; and to provide them with the tools, information, advice, and support to do so. The term you may increasingly hear that reflects this is called the Graduated Approach.

There are resources available to schools and settings to assist with this that include for example:

- Portage www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/early-years-and-childcare/portage
- Teaching and Learning Toolkit www.lancashire.gov.uk/media/934548/teaching-and-learning-toolkit-ordinarily-available-provision.pdf
- SEND Specialist Teaching Service www.lancashire.gov.uk/send-specialist-teaching-service
- Inclusion and Engagement Support Team www.lancashire.gov.uk/send-specialist-teaching-service/packages-of-support/inclusion-and-engagement-support-team
- Other providers that can be found in the SEND Local Offer Directory <https://senddirectory.lancashire.gov.uk/kb5/lancashire/directory/home.page>
- Free consultations with Lancashire Educational Psychology Service offered twice a term to all schools. Your school’s special educational needs co-ordinator (SENCO) will have more information about this.
- Lancashire Emotional Health in Schools and Colleges <https://wp.lancs.ac.uk/lehsc/about-us>

I would also like to offer an update following a review that has been carried out in the SEND Capital Programme. This programme has created the additional special school places and extra unit places attached to mainstream schools.

In the last two years, Lancashire County Council have opened nine new SEN units attached to mainstream schools throughout the county. It is expected that three more will open by September 2023 and one later in 2023/24.

We are looking to develop at least four more specialist units in the next year or so. More information about where these units are located can be found here: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/primary-and-secondary-education/specialist-schools/?page=6

We have created 151 additional places in our special schools from September 2022 and will continue to increase the number of special school places over the next year. We also hope to develop a new special school for primary aged children with social, emotional and mental health needs in the Lancaster area.

At the moment, we are reviewing our special school and alternative provision and hope to refresh our SEND and Alternative Provision Strategy later this year. This will also include a review of our post-16 offer. Please do look out for further announcements about this on the **Local Offer website** so that you can help shape these developments.

In terms of our commitment to making things better, we know that it will take time for the full impact of these improvements to be seen, and we are nowhere near finished in terms of accomplishing all that we intend to. I hope this update serves to give you confidence that we do take seriously our responsibility to improve the services we are able to offer. We remain committed to securing the very best future we can for all children and young people with SEND in Lancashire.

I wish you all a very happy summer and look forward to working with many of you over the coming months.



Inclusive performing arts for
Blackpool, Wyre and Fylde.

MINI CHILDREN'S THEATRE

**INCLUSIVE THEATRE
WORKSHOPS**

AGE 4-7 YEARS

ONLY £50 PER TERM



CHILDREN'S THEATRE

**INCLUSIVE
THEATRE
WORKSHOPS**



AGE 8-12 YEARS

ONLY £50 PER TERM

YOUTH THEATRE

**INCLUSIVE
THEATRE
WORKSHOPS**

**AGE 13-16 YEARS
ONLY
£50 PER TERM**



YOUNG ADULT COMPANY

INCLUSIVE THEATRE WORKSHOPS

AGE 17-24 YEARS

ONLY £50 PER TERM



TRAM SHED

THEATRE COMPANY

TO APPLY
07852 498427
TRAMSHEDTHEATRE@HOTMAIL.CO.UK
TRAMSHED.ORG.UK



The Holiday Activities and Food Programme

is back for the Easter holidays. There will be clubs running in all of our Lancashire districts offering a wide range of activities including sports, crafts, music, dance, drama and plenty more.

In order to be eligible for a free HAF place your family need to be claiming the benefits that relate to free school meals; if you are not sure if this applies to you, ask at your child's school. This entitles them to at least 4 sessions including a meal, each one being at least 4 hours long over the Easter holidays.

There are also a small number of free places that can be allocated to children not in receipt of free school meals, who may have other vulnerabilities that put them at risk of being excluded from provision - SEND could be one of these. This is discretionary, so if you think it may apply to you, ask at your child's school or contact your district HAF co-ordinator – details will be on their website.

In most of our districts there are small number of places provided by specialist SEND organisations for children with acute needs (details will be on the district websites). However, all our HAF clubs are inclusive and welcome children with additional needs. Some also run special SEND sessions – for example the soft play in South Ribble – so children who may feel anxious or unsafe around lots of children can still have the chance to take up and enjoy what is on offer, on their own terms. Reasonable adjustments will be made in order to accommodate your child's individual needs.

It is very important that at registration you share all relevant information, to help staff make your child feel safe and cared for.



This includes all additional needs, how to manage their behaviour, what puts them at ease, what makes them anxious, if there are any triggers or things to avoid that staff can understand and plan for. If they have any additional support in school the setting will need to know so that, if possible, they can make similar arrangements. If your child does have additional needs, it is a great idea to request a meeting or a phone call before they start, to establish a relationship with the team. You know your child and how to best care for them, and we know that no two children are the same. If you can give staff that insight, they will be in a better position to make your child's time with them fulfilling and happy.

The primary aim of HAF is to help children have fun, active and healthy holidays. In some cases this is helped by offering provision for the whole family, so that you can all have fun together. It may be worth finding out if there are sessions like that near you.

Information on what is on offer in each district can be found on our website – all information for Easter is expected to go live in March, no later than 2 weeks before the start of the holidays

Holiday activities and food programme (HAF):
www.lancashire.gov.uk/children-education-families/school-holiday-activities

Thank you
Helen Armstrong
 (Lancashire HAF Co-ordinator)



Mega Moves to Music for Adults

- Sound Boccia
- New Age Kurling
- Dancing with instructors
- Karaoke
- Parachute
- Make friends & socialise
- ... and much more!

Grimsargh Village Hall,
Preston Road, Grimsargh,
PR2 5JS
Wednesdays 1:30 - 3pm



For children and adults with
autism and additional needs.

Family Club

- Safe indoor and outdoor areas
- Tuck shop
- Indoor and outdoor activities
- Sensory rooms
- Go Karts
- ... and much more!

Hillside Special School,
Longridge,
PR3 3XB

Saturday 11-3:30pm
(School holidays -
Tues, Thurs, Fri, Sat)

For more information and to book please visit

www.ojscare.org

Registered charity 1119863



Join the Super 1s

Free cricket sessions!

Improve your skills!

All disabilities welcome | Ages 12-25

Every Friday from 6pm - 7pm
West View Leisure Centre, Ribblesdale Ln, Preston PR1 5EP

For more information contact Amlyn Layton:

alayton@lancashirecricket.co.uk

or visit www.lordstaverners.org

Registered Charity No. 304054 | OSCR No. SC0462386



LORD'S TAVERNERS
Empowering young people through cricket

SEN EXCLUSIVE SWIM SESSION

SATURDAY 18TH MARCH 2023

2:15PM - 3:15PM

**Blackburn Sports & Leisure Centre
Feilden St, Blackburn BB2 1LQ**

To book via

<https://bookwhen.com/BEEUNIQUE>



COLOURFUL FOOTSTEPS

Children and Family
Wellbeing
Service

These sessions are for children

Age 0-4 years with physical, learning,
behavioural and emotional difficulties
along with their parents, and offers an
inclusive environment, with opportunities
for learning development and support.

Sensory room available during sessions

Tuesday 1:00-2:30pm

Preston Central Neighbourhood Centre, Brieryfield Road,

Preston, PR1 8SR

Telephone: 01772 531948



**Lancashire
County
Council**





Calling All Young People ...



Are you
passionate about
making things
better for young
people with
SEND?

Would you like to
have a say in the way
services are designed
and work for you in
Lancashire?

Aged between
11~ 25

Then come and join us at POWAR where you'll have your voices heard, develop new skills, and socialise with like-minded young people.

POWAR is the youth voice forum for young people with SEND (including suspected and undiagnosed) aged 11-25 in Lancashire; We deliver sessions virtually and face to face all over Lancashire.

What is POWAR?

For Professionals and Parents

POWAR is the youth voice forum for young people with SEND (including suspected and undiagnosed) aged 11-25 in Lancashire.

POWAR provides a space for young people to explore issues related to them and to challenge and advocate on the services they receive.

POWAR stands for: Participate, Opportunity, Win, Achieve and Respect.

POWAR meets regularly to provide advice, input, and ideas for change to different projects, practices, policies and services. Meetings are online, and face-to-face and are a mixture of work, learning, and socialising. They are driven by the issues young people with SEND needs wants to tackle and things other people ask us to explore.

We use many ways to provide opportunities for children and young people with SEND to share their experiences and tell people how they want to be given opportunities to thrive, provided with support, and cared for.

We work alongside other groups of young people to find out what's important to them and how they want to see services and social attitudes towards children and young people with SEND change. We ask young people what they think on a wide range of different issues. We share these views and opinions with other decision-makers and practitioners within Lancashire County Council improve services on offer locally in Lancashire.

For further information please contact



Lorna Harris
Youth Support Worker – Targeted Youth Support – Participation
M: 07977 349448
E: lorna.harris@lancashire.gov.uk



Suliman Hussain (Suli)
Professional Range Youth Worker – Targeted Youth Support – Participation
T: 01772 537481
M: 07775 221214
E: suliman.hussain@lancashire.gov.uk

**Part of Participation Team,
Targeted Youth Support - Children
and Family Wellbeing Service**
Young Inspectors – Interview Panels
– Fun Activities - Consultations –
Making Change –
Developing Skills – Meetings with
Decision-makers – Young Person
Led campaigns

Splatter Dance

www.splatterdance.co.uk

'Tell me & I forget. Teach me & I remember. Involve me & I learn'

Fun inclusive opportunities for everyone, especially those with additional needs. Allowing opportunities to access high quality dance experiences to explore dance as a creative & expressive art form.



With 15 years' experience working with schools & community groups we carefully design activities to develop participant's transferable skills. These skills include creative, physical, social, language & communication skills, as well as boosting resilience, mental health & emotional wellbeing.

DANCE

Dance classes are perfect for those who love to move & express themselves. We play to each person's strengths & allow them to progress on their own terms, in a way that is meaningful for them. By focusing on the building blocks of dance we foster each person's love of dance.

MAKATON

MAKATON classes develop essential communication & language skills. These skills support understanding & enable people to interact in everyday situations. Learning Makaton also reduces frustration & helps an individual's needs & wants to be understood.



All community venues have free onsite parking & are located in Ormskirk & the surrounding areas

The first & currently only Makaton Friendly organisation in West Lancashire, led by a fully qualified & licensed Makaton Tutor

Contact Emma to book: emma@splatterdance.co.uk 07973 636019

GO KIDS GO

WHEELCHAIR SKILLS TRAINING

Free, fun and inclusive sessions for 2-18 year olds. Extra wheelchairs provided so the whole family can join in!



Manual or powered wheelchairs
Propulsion & manoeuvring
Slopes and rough ground,
Back wheel balancing,
Road safety
Emergency evacuation techniques
Wheelchair sports & Dance

Saturday 25th March
10am – 2pm
Broadgreen International
School, St Heliers Road,
Liverpool, L13 4DH

(Please bring a packed lunch)
To book a free place email:
roy@go-kids-go.org.uk

Workshops in
Lancaster and
Preston to be
announced
soon!



DISABILITY SESSIONS

JUNIOR PAN ABILITY KICKS

Term-time football sessions for 8-16 year olds living with a disability. These sessions cater for all ability.

FREE

EVERY WEDNESDAY 4:30PM - 5:30PM
AGES 8 - 12

EVERY THURSDAY 4:30PM - 5:30PM
AGES 13 - 16

Stanley Park, West Park Drive
FY3 9HQ

FRIDAY NIGHT YOUTH CLUB

Term-time youth club for 8 to 18 year olds living with a disability. Offering a place to meet new friends through activities such as; sports, arts and crafts, games, and more.

FREE

EVERY FRIDAY 5PM - 7PM
(DURING TERM TIME)

Education and Community Centre
Bloomfield Road, FY1 6JJ

For more information: email info@bfcct.co.uk
call 01253 348691 or visit www.bfcct.co.uk
*Excluding bank holidays



Disability Equality^{nw} 01772 558863
103-104 Church Street, Preston, PR1 3BS
safetyfirst@disability-equality.org.uk

AUTISM ACCEPTANCE WEEK EVENT

- ✓ Lots of fun things to do.
- ✓ Wear bright colours.

28 MARCH 2023

1pm - 4pm

PRESTON TOWN HALL
LANCASTER ROAD, PRESTON, PR1 2RL

 **COMMUNITY FUND**

Disability Equality (NW) is a registered charity in England and Wales: 1114622
Disability Equality (NW) Ltd is a registered company in England and Wales: 5506903

 **BEE UNIQUE**
AUTISM

Our Purpose To relieve the needs of those diagnosed with Autism and those who are currently engaged in the medical diagnosis of Autism and their immediate families and carers in England in particular, but not exclusively, by the provision of support and recreational activities.

Be your own kind of ...
Beautiful



 www.beeuniquecharity.co.uk
@BEEUNIQUECHARITY
@BEEUNIQUEDIPS
For events & sessions visit
<https://bookwhen.com/beeunique>
Registered Charity in England and Wales (reg 1193559)



The A Stars

Autism Community Play Group

Every Thursday from 23rd Feb
Aiming Higher FY1 3PB

For Blackpool & Lancashire families with

Autistic children 0-12 years

4.30pm - 5.30pm 0-6 years play session

5.30pm - 6.30pm 7-12 years play session

*All children must be supervised by an adult

*Tea & coffee £1 each, free cordial

*Sensory room, ball pit and soft play areas

Book via email autism.fylde@yahoo.com

Like our FB page to keep updated

£3 per child (with or awaiting ASD diagnosis)

£2 per sibling

FREE for parents & carers

Bookings are essential





13-18 YEAR OLDS

TEENAGER DROP IN

1 hour Sensory Session in our Space 2 room for teenagers with additional needs and their parents/ carers

First Saturday of each Month

4:00 PM - 5:00 PM www.creativespacecentre.org

£5 per teenager £1 Per adult

Please note, service users must be supervised by carers at all times. Younger siblings are not able to attend this session



TWINKLE HOUSE
Wellness and Sensory Centre

OPEN FOR HIRE

Please visit our website for more information, images and prices

Hydrotherapy Suite

Did you know our amazing centre and fully accessible facilities are available to the public for general hire?

www.creativespacecentre.org

Immersive Room Multi Sensory Room Studio

Tel: 01695 455 625
2 Gorsey Place, Skem, WN89UP

Enquiries@twinklehouse.co.uk
www.twinklehouse.co.uk

Calling all Parents, Carers, Pupils & Friends!!!

From 1 to 4 pm on Thursday 30th March, Sir Tom Finney Community High is hosting its Ninth Annual 'Careers Education Information Advice & Guidance Fair' and you are all invited!

A team of over 40 specialist local service providers will be on hand to inform, advise and guide you on important matters affecting your young person and your family:- college, day care, employment, leisure, transition, respite, health, direct payments and benefits, etc.

So come along for a brew and a chat to find out more!

Partners:

- CaritasCare
- People First
- PRESTON COLLEGE
- LANCASHIRE FIRE & RESCUE SERVICE
- RUNSHAW COLLEGE
- CWP Young Enterprise
- LANCASHIRE SEND IAS
- LANCASHIRE VOCATIONAL CENTRE
- DALESVIEW PARTNERSHIP LIMITED
- Mind Lancashire
- FareShare
- creative Space Centre
- Motiv8-lancs CIC
- Brothers of Charity Services
- Let's Grow Preston
- Scouts
- Stories Outside
- Department for Work & Pensions
- Myerscough College
- Newman College
- Disability Equality
- future directions
- Shared Lives
- Dance Syndrome
- Midstream (West Lancs) Ltd
- Lancashire County Council
- Arden College
- MEET MATCH
- Pukar
- community gateway
- DFN Project SEARCH
- EXPANSE LEARNING
- POWAR
- safenet
- Liberty
- Children and Family Wellbeing Service
- PP

HYNDBURN AND RIBBLE VALLEY TARGETED YOUTH SUPPORT SERVICE

YOUTHCAN

EVERY TUESDAY NIGHT

6:45 PM TILL 8:45 PM

FOR AGES 12 TO 19 YEARS OR UP TO 25 WITH ADDITIONAL NEEDS

A SAFE SPACE TO TALK, GET ADVICE, PROJECT WORK AND HAVE FUN!

LONGRIDGE YOUNG PEOPLE'S CENTRE
BERRY LANE, OLD FIRE STATION PR3 3JP

FOR MORE INFORMATION, CONTACT
CFWHYNDURNYOUTHWORK@LANCASHIRE.GOV.UK

Lancashire County Council

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Lancashire Early years

Lancashire Family Information Service

Finding a nursery or childminder in your local area

There are many different types of childcare available in Lancashire, each of which offer different advantages and flexibility. The Family Information Service are here to help you work out what suits you and your family's needs best, based on the hours you may work, your budget and where you live.

We can create a tailored list of childcare for you that will provide information on where your local nurseries and childminders can be found, details of the cost and the service that is provided.

Alternatively, you can search for childcare online, if that is more convenient (link below). We'll also give you advice to select the right type of provision by helping you to understand what you should expect from a quality childcare provider and help with which questions you should ask when you visit.

We are always here to help, so once you have taken up a place with a nursery or childminder, we'll support you with any issues or worries you may have from time to time and provide advice on how best to deal with these experiences.

Help paying for childcare

Childcare costs can be a worry for families however there are different kinds of financial support available. Whether you are working full-time, have a part-time job, are self-employed, not working or want to return to work, we can help you look into whether financial support is available to you.

We will confidentially discuss the entitlements that may be available and advise you on how best to claim them and depending on the age of your children and your circumstances we may even be able to help you to access a funded place for your child at a nursery or with a local childminder.

All 3&4 year old children in Lancashire are entitled to up to 15 hours per week (570 hours per year) funded by the government and for most working families this can rise to 30 hours per week (1140 hours per year). The government also funds up to 15 hours per week (570 hours per year) for some 2 year old children.

A little bit of extra help

Sometimes finding the right childcare to meet your family's needs can be challenging for instance if you work shifts, live in a rural area or if your child has special or additional needs. We can help you to further explore the options available to you and address any concerns or issues you may have. To use this service please complete our [childcare brokerage service request form](#) and return it to FIS@lancashire.gov.uk including the words 'urgent childcare brokerage required' in the title.

For further information about finding childcare in Lancashire or taking up a funded place for your 2,3 or 4 year old, please visit our website (below) or call us on [0300 123 6712](tel:0300 123 6712).

Website: www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support

Childcare advice: www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/finding-childcare/childcare-advice

Search for childcare at:
<https://fisonline.lancashire.gov.uk/SynergyWeb/>

Childcare brokerage service request form:
<https://www.lancashire.gov.uk/media/917692/childcare-brokerage-service-request-form.docx>

Guide to childcare for children with SEND:
www.familyandchildcaretrust.org/guide-childcare-children-special-educational-needs-and-disabilities-england



Does your family include a child or young person with SEND?

You are invited to attend a drop-in **Information Event** in your local area

SEND Information Events for Parents and Carers

Fun activities for children will be available – everyone welcome!

The Zone, Old Fire Station, Burnley Road,
Rawtenstall. BB4 8EW.
Monday 13th March, 10am – 2pm.

Poulton Children's Centre, Clark Street,
Morecambe, LA4 5HT
Wednesday 19th April, 11:30am – 3:30pm

SEND Family Fun and Information Events

West Paddock Neighbourhood Centre,
West Paddock, Leyland, PR25 1HR
Wednesday 5th April, 10am – 2pm

Whalley Library, 1 Abbots Croft, Whalley,
Clitheroe BB7 9RR
Friday 14th April, 9:30am – 12noon



- Find out what's on offer in your local area
- Understand what services are available
- Discover local support groups
- Refreshments will be provided

Representatives from the following services will be available at some or all of the events:

- Lancashire Parent Carer Forum
- Break Time
- Inclusion Service
- Specialist Teaching Service
- Lancashire Local Offer
- Designated Clinical Officer Service
- POWAR youth voice group
- SEND Information, Advice and Support Team
- FIND Newsletter
- Young people's groups
- Transitions

Plus local service providers, support groups and lots more!

Between August 2022 and July 2023, we are planning 24 events, to take place in all districts of Lancashire.

Further dates will be shared on the Local Offer website and facebook page.

www.lancashire.gov.uk/SEND www.facebook.com/LancashireLocalOffer



Be more purple – support people with epilepsy Purple Day - 26 March 2023

Epilepsy is the most common serious neurological condition and affects more than half a million people in the UK, around one person in every hundred.

Two thirds of people who do not have a family connection to epilepsy, say they would not know how to support someone who is having a seizure. It's not that they're not willing, it's just that they don't know how.

That is why on **Purple Day, 26 March 2023**, the international day for epilepsy, the Epilepsy Society is encouraging everyone to share information about how to help someone who is having a seizure.

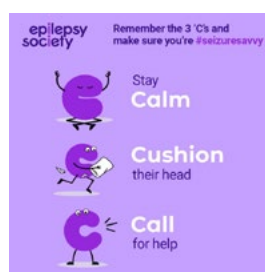
All you have to remember is three short words: Calm. Cushion. Call.
Stay CALM, CUSHION their head, CALL for an ambulance.

You can download our **Seizure First Aid poster and our digital resources** or you can order the poster through our **online shop**.

Display the poster in a prominent place such as at school, in the library or community centre. And share our digital resources online.

You can also find out more about first aid for different seizure types at www.epilepsysociety.org.uk/seizure-first-aid

Happy Purple Day everyone.



epilepsy society

Epilepsy Society

Epilepsy Society is the UK's leading provider of epilepsy services. Its headquarters in Buckinghamshire are a centre for medical research into the condition, housing the only MRI scanner in the UK dedicated solely to epilepsy. It also operates a globally unique NHS epilepsy assessment facility providing individual assessment, rehabilitation training and ground-breaking research opportunities. It also provides residential care to around 100 people with severe epilepsy.

Epilepsy Society runs a confidential helpline on Monday and Tuesday from 9am - 4pm and on Wednesdays from 9am - 7.30pm. It has a comprehensive range of information leaflets on many aspects of living and coping with epilepsy. In addition, the charity runs tailor-made training programmes for health professionals, employers and individuals as well as providing a comprehensive range of training and qualifications for staff members.

Epilepsy Society helpline 01494 601400

Epilepsy Society website www.epilepsysociety.org.uk

Charity no: 206186

Have you heard of FASD?

FASD stands for Foetal Alcohol Spectrum Disorder.

Some of our parent carers in Lancashire care for children or young people with FASD and would like more families and practitioners to have awareness of FASD and the impact it has on families dealing with it, and those around them.

People with FASD live lives of courage. With diagnosis and the support they deserve, they can shine. Things are changing in the UK but the risks of alcohol in pregnancy are still too little known. It is important that everyone works together to reduce the rates of FASD and to increase awareness.

FASD can arise from alcohol exposure in pregnancy and affects the developing brain and body of an individual before they were born. FASD is a lifelong, neurodevelopmental condition, often referred to as a hidden disability.

Each person with FASD is affected differently. Each person with FASD has both strengths and challenges, and they and their families need support to learn FASD-informed strategies to help them prosper. When an early diagnosis is made, the right supports are put in place in education, at home and in the workplace, then individuals are more likely to succeed and achieve throughout life.

The impact of FASD on an individual involves a wide range of common challenges including impulsivity, difficulties with cognition, memory, the sensory system, motor skills, executive functioning, social skills and affect regulation. These are often seen as dysregulation, developmental dysmaturity, a spikey profile of ability and inconsistent performance 'can't do today what they learnt yesterday – on and off days'.



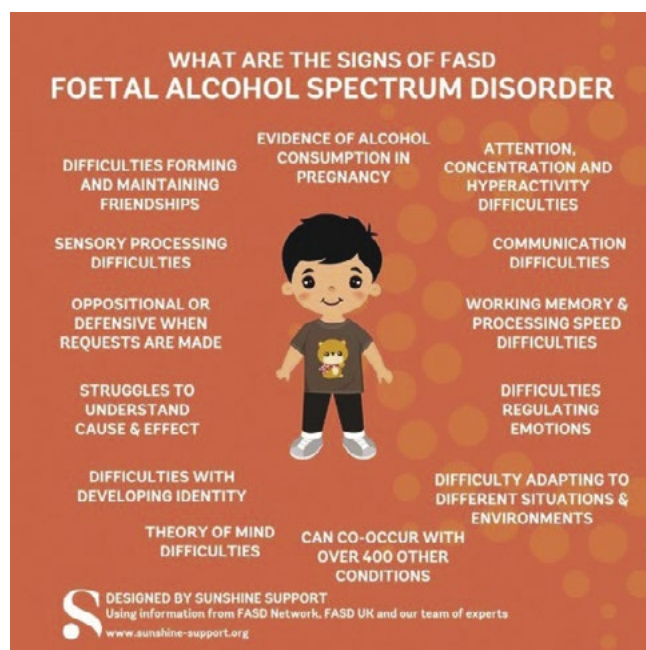
NATIONAL
ORGANISATION
— F O R —
FASD

With early diagnosis, positive relationships and the right supports, individuals can be successful and achieve positive outcomes.

If you are affected by FASD or know someone who is and would like to find out more, NOFAS-UK (The National Organisation for Foetal* Alcohol Syndrome-UK) is dedicated to supporting people affected by Foetal Alcohol Spectrum Disorders (FASD) and their families and communities. It promotes education for professionals and public awareness about the risks of alcohol consumption during pregnancy. NOFAS-UK is a source for information on FASD to the general public, press and to medical professionals.

NOFAS value diversity and place a high priority on raising the voices of those with FASD, birth mothers, adopters, foster carers, kinship carers and all those who live with and seek to help those with FASD. We are active in social media on Facebook, Twitter, and as a founding member of the FASD UK Alliance, via the FASD UK Facebook Support Group. Search "FASD UK" on Facebook.

If you wish to connect with other parent carers in Lancashire with experience of FASD, please contact Lancashire Parent Carer Forum at chair@lancashireparentcarerforum.org.uk and mention "FASD".



Sophie Tickle, Artistic Director at Lancashire based charity DanceSyndrome, was taken by surprise by her colleagues when they awarded her with a prestigious national award in what she expected to be a regular dance session.

Sophie, aged 32 from St Helens, was all set to begin a regular DanceSyndrome session at Plungington Community Centre in Preston when DanceSyndrome Managing Director Julie Nicholson interrupted the session to make the surprise announcement that Sophie was the recipient of a Silver Chief Nurse Award. Deborah Sturdy, Chief Nurse for Adult Social Care in England at the Department for Health and Social Care, connected with the group via video link from London to congratulate Sophie.

The Chief Nurse Awards were developed by the Department for Health and Social Care to acknowledge and reward the significant and outstanding contribution made by social care workers and nurses in England. They celebrate nurses and care workers who go above and beyond their everyday roles to provide excellent care, leadership, and inspiration to their colleagues and patients and those who use services.

DanceSyndrome is a multi-award-winning dance charity that was founded by Jen Blackwell, who has Down's Syndrome. The charity was formed because Jen found it difficult to find opportunities in community dance that were accessible to people with learning disabilities. DanceSyndrome's ethos is that disability should never be a barrier to following your dreams. All DanceSyndrome sessions are disability led, with people with learning disabilities taking visible Dance Leader roles to inspire people to see what can be achieved when we all become more inclusive.

Sophie has been involved with DanceSyndrome for 10 years, playing a fundamental role in developing the inclusive ethos that runs throughout all aspects of the charity. Wellbeing, safety, equity, and individuals' happiness are at the core of everything she does. Sophie co-designed DanceSyndrome's exclusive Dance By Example leadership training course which is primarily aimed at people with learning disabilities. It is a unique, accredited qualification which teaches people with learning disabilities the skills needed to co-lead their own inclusive dance workshops. This co-delivery model which she has developed puts people with learning disabilities at the centre of all DanceSyndrome work, treating every single person

as an individual, empowering them to be recognised citizens in central leadership roles, as well as making them feel included, given a voice and supported to follow their dreams. This is not something that happens often in society and DanceSyndrome is pioneering new inclusive approaches to all aspects of life which is as a result of Sophie's hard work, leadership, and personal values. This approach has also been recognised recently by Arts Council England who chose DanceSyndrome as one of their National Portfolio Organisations for 2023-26 because of this unique methodology.

DanceSyndrome Managing Director Julie Nicholson said *"Sophie has played a transformational role at DanceSyndrome and to enhance the lives of people with learning disabilities and is a very worthy recipient of this award. She creates time and space to ensure every single person can develop to become the best version of themselves. She is extremely patient and exudes kindness. All of these exceptional qualities mean that individuals with learning disabilities feel included, empowered, respected, connected and enabled to be creative - not just in dance but in all aspects of their lives."*

Speaking about the award, Sophie said *"I'm so surprised to have received this award today and I'm incredibly grateful to have my work recognised in this way. The Chief Nurses Award celebrates the remarkable work that happens in the Adult Social Care sector and I feel very privileged to have been acknowledged as someone who is making a contribution to that because it is something very close to my heart."*

To find out more about the work that Sophie and DanceSyndrome do, please visit:

www.dancesyndrome.co.uk



Local Charity Announces Celebrity Ambassador

Lancashire based inclusive Arts charity DanceSyndrome have announced that Italian professional dancer Giovanni Pernice has joined them in an Ambassador role as revealed in February at the charity's 10th birthday event at the Lowry, Salford Quays.

The DanceSyndrome team first met Giovanni at Plungington Community Centre, Preston, in June 2022 when he surprised them during filming for the Channel 4 TV lifestyle show Steph's Packed Lunch. Giovanni spent the whole day with the dancers and was impressed by the inclusive dance setting that the charity had created. Later in 2022, he approached them about the possibility of an Ambassador role with DanceSyndrome.

Giovanni learned about the importance of inclusion in dance while dancing with Rose Ayling-Ellis, who is deaf, in Strictly Come Dancing in 2021 and is determined to do more to raise the profile of inclusive dance through his charitable roles.

The Ambassador role will mean that Giovanni promotes the work of DanceSyndrome on his social media as well as attending events, providing exclusive gifts for fundraising prizes and generating funds for their work through appearances on charitable TV shows.

Giovanni said, "DanceSyndrome's sessions are exactly what dance is about, having fun and enjoying yourself. Dancing is a way to express yourself using music and everybody has to be allowed to do that, no matter what. DanceSyndrome is a beautiful group. I loved meeting everyone. Together they show that, whatever your ability, anyone can and should share in the passion for dancing. I love this message and am proud to be an Ambassador for their incredible work."

DanceSyndrome Managing Director Julie Nicholson said "Everyone at DanceSyndrome loved meeting Giovanni last year. He was so supportive and inclusive in the way that he worked with us, everyone felt really valued. The Dance Leader team was thrilled to hear that they had an equally significant impact on Giovanni too, and that he wanted to do more to support our work. Obviously, as a small charity we need a lot of support with fundraising and increasing our profile, but this means so much more to us.

Many of our dancers with learning disabilities have faced barriers when trying to access mainstream dance, so it is a real boost for them to meet such a high-profile professional dancer who understands the quality and value of our work. We can't wait to see where this partnership takes us!"

DanceSyndrome offer inclusive dance workshops and leadership training both in communities across the North West and online via Zoom.

Find out more at: www.dancesyndrome.co.uk



more  than words

Boogie Nights

Inclusive Clubnights 

Third Wednesday of the month:
18 Jan, 15 Feb, 15 Mar, 19 Apr, 17 May, 21 Jun, 19 Jul,
16 Aug, 20 Sept, 18 Oct, 15 Nov, 20 Dec 2023

6.30pm to 9.30pm at
Unit 2 The Edge, Pottery Terrace, Wigan, WN3 5DN

Soft drinks and snacks available, bring your own alcohol.

**£5.00 entry, PAs/support workers free.
Pay on the door.**

 **Peer Support Group**
"FATNANAE" 

 Zen Doodling

 Puppet Making

 Wet Felting 

 Christmas Decorations

 Family Tree

 Card making

 Friendship Games

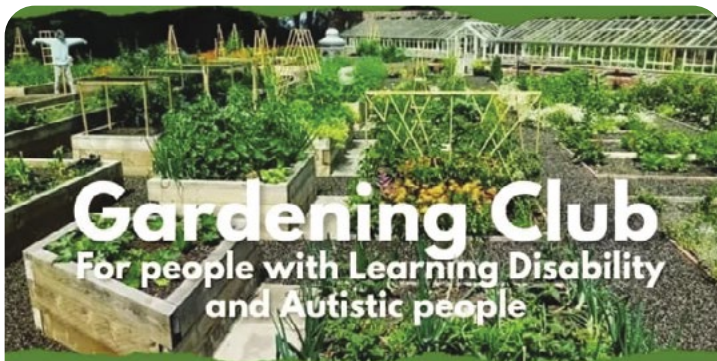
A CRAFTY MINDS GROUP TO SUPPORT SOCIAL INTERACTION, INCLUSIVITY AND WELLBEING

TUESDAYS
12.30PM - 2PM 

£3
PER SESSION

For more details and to book a space contact:
E: info@spring-projects.co.uk / T: 01254 457026
Or book your space at: www.spring-projects.co.uk

Oswaldtwistle Mills
Conference Centre
Pickup Street, Accrington, BB5 0EY



Gardening Club

For people with Learning Disability and Autistic people

A new club @ Rhyddings Park

Starting Tuesday 10th January
1.15pm until 2.15pm
and then every Tuesday

A dedicated raised bed in the Kitchen Garden for the Club

Plan & decide what to grow

Grow vegetables

Quiet space, good company & probably a brew !

Booking required
Places limited

To book, email Ann
Rhyddingspark@yahoo.com

Made with PosterMyWall.com



Walk & Talk

Each Wednesday
@ 10.30am

For people with Learning Disabilities & Autistic People

Meet @ The Coach House,
Rhyddings Park

**A gentle walk around
Oswaldtwistle followed
by a brew & a chat**

You need to book with Lewis / Ann via
rhyddingspark@yahoo.com

Made with PosterMyWall.com

Apply now for your place on DFN Project Search.

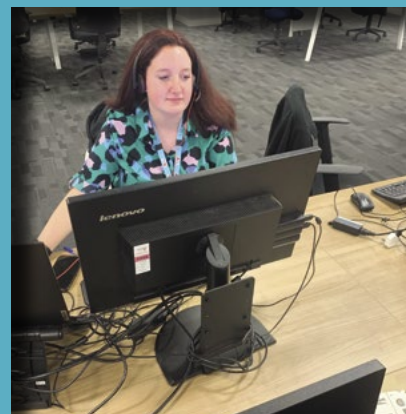
Project Search provides total workplace immersion to help 16–24-year-olds with an EHCP acquire competitive, transferable, and marketable job skills and helps them gain increased independence, confidence, and self-esteem.

Compared to the general population, young people with a learning disability are significantly less likely to be in full time paid employment. National statistics show that only 5.1% of people with special educational needs and disabilities gain permanent paid employment in the UK.

DFN Project Search is working to change this.

The programme based at Lancashire County Council recently announced that over 80% of their interns since 2021/22 have secured employment.

If you know someone aged between 16 and 24 who would be interested, they can apply now at preston.ac.uk/online-application - select Supported Internship.



2023 DFN PROJECT SEARCH OPEN EVENT



**APPLICATIONS
NOW OPEN**
FOR SEPT '23 START



15 MARCH, 2023

5:00 & 6:30PM

Preston College

If you are interested in applying for or want to know more about the supported internship programme, we'd love to see you there.

PARTNERS



GET STARTED WITH PHOTOGRAPHY

WANT TO LEARN MORE ABOUT PHOTOGRAPHY?

INFORMATION

Taster Day: 22nd March 2023
Course Dates: 27th March - 31st March 2023
Location: Blackburn College, Lancashire
Email: andrew.mcnally@princes-trust.org.uk
Phone: 07931614736

Are you aged 16-25? Our FREE course gives you the chance to explore the world of photography.

In this programme you will:

- Gain confidence and meet like-minded people.
- Get practical experience and learn how to create a digital portfolio.
- Learn about self-employment in the creative sector.
- Receive up to six months support from The Prince's Trust.

Get in touch and Start Something today!

Supported by:



Young People Living with Pain

Support Group

This group offers a safe space for people living with pain to meet together and share lived experiences. It's aimed at members between 18 and 40 years old.

Meets Wednesdays Fortnightly

10.30am – 11.30am

Wellness Café

Bamber Bridge Methodist Church, Station Rd.

Please contact Lucy Jones on the contact details below for further information.

The Wellness Café offers a range of reasonably priced drinks and snacks. There is a small free to use car park in front of the building or ample on street parking on side streets surrounding the venue.

If you have any questions or wish to be added to the group mailing list please contact Lucy Jones
Contact No. 01772 520857 or Email cad@lscft.nhs.uk



**Community
Education Trust**
Registered Charity No. 110075

TRAINEESHIP PROGRAMME

Improving educational attainment and employability in the local community.

This is a 10-week traineeship programme, delivered at Deepdale.

The programme provides opportunities for 16 to 24-year-olds to gain valuable skills, qualifications and work experience to support career progression in their chosen industry.

Course benefits:

- Gain industry recognised qualifications.
- Access work experience opportunities.
- Receive free PNE kit, lunch and travel reimbursement.
- Work reference to be provided on completion of the programme.
- Maths and English functional skills.

Candidates must be:

- Aged 16 to 24-years-old.
- Unemployed, or working fewer than 16 hours a week.
- Educated to Level 3 or below.

“

I learnt how to prepare for an interview, how to build a CV and make it effective and appealing. That has led me to apply for jobs and helped me gain an apprenticeship.

”



Please contact Jack Mountain for more information.

📧 Jack.mountain@pne.com ☎ 07825 964765



CORONATION PARTY

**Join us to celebrate the
Coronation of King Charles III**

Friday 5th May 2023 1pm - 3:30pm
Disability Equality NW
103 Church Street
Preston PR1 3BS

Have a selfie taken with King Charles ☺
Games on the grass (weather permitting)
Free Raffle
Pin the diamond on the crown
Decorate a crown – prize for the best

Light refreshments will be available

Our aim is for this to be an inclusive and accessible event, please contact us if you wish to discuss your access needs:

Tel: 01772 558863

hello@disability-equality.org.uk



Back to Me

Poulton
Neighbourhood Centre,
Clark Street,
Morecambe,
LA4 5HR



**Starts Wednesday 15th March
9.30am – 12.30pm**

**Are you finding it stressful caring for the kids?
Are you struggling with your confidence?**

**"Back to Me" is a three week course which
allows you to focus on yourself,
improves your wellbeing and develop strategies
to help you feel more confident
to deal with life stressors.**

Dealing with
Stress

Confidence
& Resilience

Managing
your
Emotions
Positively

Refreshments
provided,
along with
a free gift
every session.



**Lancashire
Adult Learning**



For more information
contact us on 01524 581280

**Lancashire
County Council**



C.H.A.T.S FREE workshops designed by parents for parents.

- All our workshops are delivered by parents who have a wealth of knowledge and experience. Workshops are codesigned with input from CAMHS to ensure the best content possible.
- Our aim is to empower parents & carers by offering vital knowledge and information in a supportive and understanding environment amongst peers.

WHO

Any parent/carer involved in the support of any child/young person struggling with mental, emotional or behavioural difficulties. We cover Lancaster, Morecambe, South Cumbria and surrounding areas, including Bentham

WHEN

First Friday of each month 10am to 1pm

WHERE

More Music in Morecambe
13-17 Devonshire Road, LA3-1QT

CONTACT

Rebecca – 07950784015
Claire - 07908452426
Email – chats_123@yahoo.com



Register your interest in any of the following...

ANXIETY

- Gain a greater awareness of anxiety.
- Increase confidence and ability in supporting your child.
- Explore coping strategies.

OCD

- Explore OCD, symptoms, and the impact these can have.
- Discover ways to support and help your child.

EBSA

- Understand why your child is finding it difficult to attend school.
- Look at ways to support your child's mental health, wellbeing, and education.
- Learn how to effectively communicate with schools and why this is so valuable.

PERSONAL WELLBEING

- Being a parent/carer is NOT easy, we aim to help you better understand why looking after yourself is so crucial.
- We look at the impact of stress, low mood, and anxiety.

CHALLENGING BEHAVIOURS

- Learn causes/reasons for challenging behaviour.
- Discover ways to effectively manage these behaviours.
- Explore useful ways to look after yourself and your child's wellbeing.



Lancashire & South Cumbria
NHS Foundation Trust

Dear Parents/Carers



Over the coming weeks your child may mention they have been made aware by school or a professional of a service called Kooth. It provides a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners for ages 10-18 in Lancashire.

Kooth offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support which young people are able to contribute to. Kooth also has an online wellbeing team from 12pm- 10pm on weekdays and 6pm- 10pm on weekends offering 1:1 text- based online counselling via live chat or messaging.

Kooth is free to access via any internet-enabled device. Your child simply needs to visit www.kooth.com and click 'Join Kooth'. Everything is pre-moderated and age appropriate, in order to safeguard our users, so you know that what your child is accessing is safe.

Kooth will be working with all schools and professionals across 93% of the UK and growing to support students' mental health and wellbeing, both in and out of school. Alongside this, Kooth provides parent sessions, so keep in touch with the school or agencies to find out when the next ones are. I have pre-recorded 2 sessions for you to watch (see below). I have also included a selection of parent/carer resources.

If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school. If you would prefer to contact Kooth directly, simply email parents@kooth.com.

Kind Regards
Heather

5 minute overview: <https://vimeo.com/786326548>

In-depth 15 minute recording: <https://vimeo.com/786330025>

Parent/carer resources: <https://cloud.brandmaster.com/shared/assets/41c197e-ca638f37c79ac>



everyone
matters.

Everyone Matters is a new group for parents and carers of children and young adults with disabilities or SEN needs, You are welcome to join us every Tuesday afternoon at 1-3pm. Everyone Matters provides a friendly, safe and supportive environment for you to come and meets others.

Brave Church, Watson St,
Oswaldtwistle BB5 3HH

Phone: 01254 372771

Email: hello@bravechurch.co.uk
Website: www.bravechurch.co.uk



NEW PARENT CARER SUPPORT GROUP



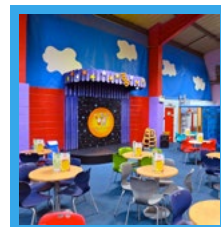
WHEN: 4th Tuesday
of every month
between 4pm and
6pm

WHERE: Giddy
Kippers,
1 Turner Rd, Nelson
BB9 7DU

TALK,
EAT
&
PLAY

£6 for one
parent
&
one child

- A safe space to share stories with others
- Build new friendships
- Chat over a cuppa or stay for tea
- Max card and Grants
- Be a voice for carers
- A relaxed informal group
- Guest speakers



For more information
contact Angela at
01254 387444



Carers Link
Lancashire
IMPROVING LIFE FOR CARERS

CALLING ALL PARENTS OF DEAF CHILDREN



Burnley Boys and Girls Club
Barden Lane BB10 1JQ
Monday 23rd January 11-1pm
and fortnightly thereafter

**Come and join us for a brew and a
chat. Everyone welcome.**

FOR MORE INFO OR HELP WITH TRANSPORT CALL
RIFFAT ON 07891 251234.



JOIN US FOR A
BREW AND A
CHAT

DO YOU CARE FOR SOMEONE WITH A LEARNING DISABILITY OR DIFFICULTY?

WE ARE LOOKING TO SET UP A
NEW GROUP FOR CARERS OF
PEOPLE WITH LEARNING
DISABILITIES OR DIFFICULTIES -
RUN BY YOU, DOING THE THINGS
YOU WANT TO DO!

YOU ARE INVITED TO

- ✓ Meet People in a similar situation
- ✓ Talk with other carers?

JOIN US FOR OUR FIRST MEETING



Thursday
2nd March
1pm



**CHAI CENTRE,
HURTLEY ST,
BURNLEY, BB10 1BY**

IF YOU ARE INTERESTED

Call or email - Vicky, Louise or Uzma
01282 433740
burnley.eastpcn@nhs.net





Wednesdays 1-2:30pm

Support group for parents, grandparents & carers of children with additional needs

Come for a cuppa and a chat about joys & challenges

Share ideas with other parents & carers

Guest Speakers

Park Neighbourhood Centre
Barnes Road, Skelmersdale, WN8 8HN



Lancashire
County Council



Are you a parent or carer of a child with SEN or other Additional Needs? Do you need a safe space to chat or seek help/advice from others who are going through the same?

Meet up with us on

Wednesdays from 9.15-11.30 at Highfield Neighbourhood Centre (Wright Street, PR6 0SL. 01257 516466)

For more information, contact Kat at kat.timeout@outlook.com or search **TimeOut (Chorley) Support Group** on Facebook.



Parents and Carers Tea and Coffee Morning

Last Wednesday of the Month **From 10-12pm**

Guest speakers each month covering a wide range of topics here at Twinkle House.

Starting 25th January 2023

To book a place or for more information, please contact Belinda Moreland via email: wellbeing@twinklehouse.co.uk OR call 01695 455625

Twinkle House- Wellness and Sensory Centre
2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 8UP

Trinity

Parent Carer Group

for parents and carers of children and young people with special needs or disabilities.

Join us for an informal chat with other parents and carers to share information and support.

Face to face Meetings

2nd Thursday each month 9:30-11:30 am

St Annes Pastoral Centre,

Prescot Rd, Ormskirk L39 4TG

2023 Face 2 Face meeting dates

April 13 th	May 11 th	June 8 th	July 13 th
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Virtual Meetings via Zoom

4th Tuesday each month 8-9pm

2023 Zoom meeting dates

April 25 th	May 23 rd	June 27 th	July 25 th
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Email trinitysnap17@gmail.com for a Zoom invitation

All Welcome

NB please check TrinitySNAP on Facebook for any possible date changes due to school holidays Trinity Special Needs Advice Partnership Trinitysnap17@gmail.com



Lancashire Parent Carer Forum – Update March 2023

Lancashire Parent Carer Forum work within the SEND Partnership as the strategic partner for parent carer engagement, participation and co-production.

The Local Authority is required to work with the DfE funded Forum to make sure that the voice of parent carers is listened to in order to improve services for children and young people with Special Educational Needs and Disabilities (SEND) and their families.

We are parent carers who work voluntarily and we are independent of the Local Authority. As we are funded by the Department for Education, we are expected to work with our Local Authority rather than campaign against them.

We are recruiting! We can do so much more with your help!

If you would like to find out more information about how you can be involved in giving feedback on services, shaping services and making sure parent carer perspective is heard, please look out for our upcoming events, both virtual and face to face. These are advertised on our Facebook page. (See below)

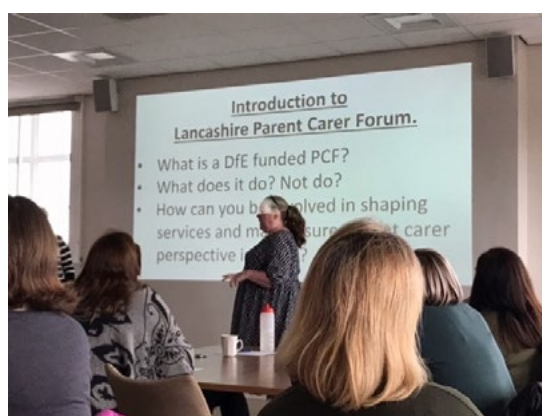
To be sent information about the Forum, you can sign up to our membership database on our website. (See below)

Contact Lancashire Parent Carer Forum

Facebook: Lancashire Parent Carer Forum
For information and details of events.

Website: <https://www.lancashireparentcarerforum.org.uk>
Sign up to membership database for direct email information and invitations to events.

admin@lancashireparentcarerforum.org.uk



TRIPLE P COURSES

Small changes,
big differences



Promoting a positive, caring relationship between you and your child.

Empowering you as a parent/carer to choose the skills and values you wish to promote in your child and help them develop skills they need to tackle everyday situations.

Date	Time	Course	Place	
Thursday 20th April 2023	17:30-19:30	Teen	On Zoom Fylde & Wyre	
Thursday 20th April 2023	17:30-19:30	Group	On Zoom	Primary
Thursday 20th April 2023	09:30-11:30	Group	Lune Park Centre	(Age 2-10)
Monday 5th June 2023	17:30-19:30	Teen	On Zoom	Steppingstone
Wednesday 7th June 2023	13:00-15:00	Group	Westgate Centre	children with
Thursday 8th June 2023	09:30-11:30	Teen	Lune Park Centre	developmental
Tuesday 12th September 2023	17:30-19:30	Group	On Zoom Fylde & Wyre	disabilities
Thursday 14th September 2023	09:30-11:30	Teen	Poulton Centre	(Age 2-10)
Thursday 14th September 2023	09:30-11:30	Group	Lune Park Centre	
Tuesday 3rd October 2023	17:30-19:30	Teens	On Zoom	Teens
Thursday 2nd November 2023	09:30-11:30	Teens	Lune Park Centre	(Age 10-16)
Thursday 2nd November 2023	09:30-11:30	Group	Poulton Centre	

WHAT IS TRIPLE P?

A broad-based parenting intervention delivered over eight weeks for parents, the program involves five (2-hour) group sessions and 2 phone consultations to assist parents with independent problem solving while they are practicing the skills at home. Parents actively participate in a range of exercises to learn about the causes of child behavior problems, setting specific goals, and using strategies to promote child development, manage misbehavior, and plan for high-risk situations.

WHO IS IT FOR?

Parents or caregivers interested in promoting their child's development and potential or they may have concerns about their child's behavioural problems or simply wish to prevent behaviour problems from developing.

For more information or to book a place please call us on, **01524 586583**.

www.triplep-parenting.net

Lancashire County Council – contact details

www.lancashire.gov.uk/council/get-involved/contact Email: enquiries@lancashire.gov.uk

	Service	Number
Corporate Services	Signposting / General enquiries	0300 123 6701
	Libraries	0300 123 6703
	Library Service Automated Renewal Line	0300 123 6704
	Registration and Certification Service	0300 123 6705
	School Admissions	0300 123 6707
	School Appeals	0300 123 6708
	Lancashire Adult College	0300 123 6709
Care Connect	Social Care	0300 123 6720
	Safeguarding Adults	0300 123 6721
	Emergency Duty Team	0300 123 6722
County Benefits Service	Care And Urgent Needs	0300 123 6735
	Blue Badges	0300 123 6736
	NoW Card	0300 123 6737
	Schools Transport	0300 123 6738
Local Inclusion Offices	South (Preston, Chorley, South Ribble, West Lancashire)	01772 531 597
	East (Hyndburn, Ribble Valley, Pendle, Burnley, Rossendale)	01254 220 553
	North (Lancaster, Fylde, Wyre)	01524 581 200
Other Useful Numbers	Family Information Service	0300 123 6712
	Carers Lancashire	0345 688 7113
	SEND Information, Advice and Support Team	0300 123 6706
	Children & Family Wellbeing Service	0800 511 111

Newsletter Working Group Update

The Editorial Working Group meet four times a year to decide the content of the newsletter, to make sure it remains relevant and informative for families in Lancashire. The group includes Parents and Carers from across the county, who bring their knowledge, insight and experience of raising a child with SEND. Without their help, we couldn't produce this newsletter, so a **HUGE THANK YOU** to you all!

Sadly, two of our parent carer members have recently decided to step down after being part of the group for a number of years. Sarah Lewis joined the group in 2020, when we first moved the meetings online; and Julia Johnson started as a representative of a voluntary organisation in (we think!) 2013, before continuing as a parent carer rep. Thank you both for all your help and support – you will be missed!

If you or someone you know would be interested in being part of this group, please get in touch. There are four meetings per year, usually during school time and held online. You don't have to attend every meeting – some members also contribute by email.

You can also contribute to the newsletter without being part of the working group. If you have a story to share, helpful hints and tips, a service or product you can recommend, or a support group to promote, please contact us at FIND@lancashire.gov.uk



Your Help Is Essential

We would welcome contributions from Children, Young People, Parent Carers, Voluntary and Statutory Agencies:

- Are you involved with a project or group you would like to promote
- Details of forthcoming diary dates
- Opportunities for Children and Young People with SEND
- Any ideas, views, letters, poems, etc, you would like to share
- Do you know of any useful websites to include in FIND

Contributions for future issues – please contact FIND.

Email: **FIND@lancashire.gov.uk**

Tel: **01772 538077**



Do you have anything to share in FIND? We would love to hear from you!

Editorial Group

Lancashire County Council

Sarah.deady@lancashire.gov.uk

Anna.burkinshaw@lancashire.gov.uk

Parent Representatives*

Nannette Holliday – Chorley

Lucy Ellis – Lancaster

Trish Dobson – West Lancashire

*Parent carers from other areas interested in joining the group, please contact FIND.

Voluntary Organisation

Tom Harrison – Community East Lancashire

Sam Jones – Chair, Lancashire Parent Carer Forum

Health

Clair Martin – Designated Clinical Officer, North Locality

Summer issue – deadline for articles 31st March, published June 2023

Autumn issue – deadline for articles 30th June, published September 2023

Winter issue – deadline for articles 29th September, published December 2023

If undelivered, please return to:
CCP Level 2, County Hall, Preston,
Lancashire PR1 8RJ

If you would prefer to receive FIND in a different format, or if you no longer require a copy, please call **01772 538077** or email **FIND@lancashire.gov.uk**



We also have a facebook page.

For regular updates, please 'like' our page at: www.facebook.com/LancashireLocalOffer

Get this free newsletter sent to your door

If families would like to have a free copy of FIND delivered to their home 4 times a year, please complete this slip and send it to the address shown. We will then send you a membership form.

Name

Address

Postcode

Tel. No.

Alternatively, you can register online at: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/family-information-network-directory

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

The FIND Newsletter is produced by Lancashire County Council. The views expressed in signed articles do not necessarily represent those of Lancashire County Council. The newsletter cannot accept any responsibility for products and services advertised within it.