

FIND

The SEND Newsletter for Lancashire Families

Welcome to the Autumn issue of the FIND Newsletter, 2022.

I hope you have all had a fabulous summer break. Did you go anywhere that you would recommend as accessible to another family? Are there any places you have visited locally that really are fully inclusive? Please send us your recommendations for accessible holidays and day trips, and we will share them in a future issue.

Thank you to everyone that took part in our newsletter survey earlier in the year. We had a really good number of responses and some great suggestions! You can read a summary on page 8. All feedback received will help to inform future improvements, to keep the newsletter relevant to your families.

Since the new Break Time short breaks service was launched in April this year, children and young people with SEND have had access to lots of fun and enriching group activities. From 1st September, Break Time Plus will enable many with an assessed need, who aren't eligible for Break Time funding, to also access some of the groups. You can find out more on page 4.

Last but certainly not least, the rising cost of living is currently on everyone's mind. If you're worried about money, we have information on pages 10-11 about where you can find help, from budgeting and benefits advice to mental health support.

If you would like to contribute to a future issue of FIND, or if you are interested in joining our friendly editorial group, please 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



"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!"

Winnie the Pooh

(Pooh's Grand Adventure)



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INCLUSION AT INSPIRE

Every Sunday 2:30pm - 5:30pm

Become an **IN-CLUB** member!

In-Club is Inspire's new club, exclusively for young people with Special Educational Needs and Disabilities, and 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 at Inspire.

As an In-Club member, your child will:

- Receive their very own In-Club membership ID card that can be used to 'fast pass' queues and come into Inspire quickly.
- Be able to book onto dedicated sessions and projects throughout the week that will be tailored to their needs.
- 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.
- Have access to progression opportunities, additional activities, trips, clubs and projects.



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 Coordinator at bethany.henry@inspireyouthzone.org



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



Unique Kidz and Co

AFTERSCHOOL CLUB

MONDAY - FRIDAY
3PM-6PM

3 BREAKTIME SPACES AVAILABLE PER EVENING

WE COLLECT FROM:
THE LOYNE SPECIALIST SCHOOL
MORECAMBE ROAD SCHOOL
OR YOUR CHILD CAN BE DROPPED OFF WITH US!

CONTACT
01524 831132
KIDZCLUB@UNIQUEKIDZANDCO.ORG.UK

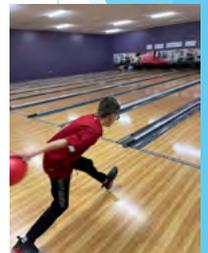


BREAK TIME ACTIVITIES IN PRESTON, FYLDE & WYRE

Lancashire
County Council

Activities for children and young people aged 4-18 with additional needs and disabilities living in Lancashire who have been awarded 78 hours by LCC

- Weekly youth clubs in all 3 areas
- Sensory play sessions at The Space Centre
- Sessions at the cinema, bowling, trampolining, tea out plus more
- Holiday clubs in Preston and Wyre during October half term and the Christmas holidays



For more information contact the office on 01253 899883

or email cm@playinclusionproject.org.uk



Break Time

Group based activities for children and young people in Lancashire with special educational needs and/or disabilities (SEND)

The summer holiday has been a really busy time for our Break Time groups, with a wide range of fun activities taking place all over Lancashire and beyond! If your child or young person is a member, we will be contacting you over the coming weeks to ask for your feedback on the service so far. Please do take a few minutes to reply – your responses will help us to further develop and improve delivery of short breaks in Lancashire for children with SEND.

One issue that parents have raised is the limited number of Break Time groups, particularly in some districts. To address this, we have been actively looking for new providers to deliver sessions, in order to offer more choice to our members and their families. There has been some interest already and we are hoping to expand the list of providers in the coming months. If you know of any other organisations that may be interested, please ask them to contact us – details below.

We are really pleased that Break Time membership continues to grow, with over 1,100 children and young people now registered. New members are still welcome, including eligible 4 year olds that have just started Reception class. The Local Offer has full details on how to register, including the eligibility criteria and a downloadable form.

What is Break Time?

Fun group activities for children and young people aged 4-18 with SEND, delivered by experienced, qualified providers, while parents and carers have a short break from their caring role. Sessions take place after school, on weekends and during school holidays.

How can my child take part?

Parents and carers can register their child or young person for Break Time by completing a short registration form, available from the Local Offer.

I have registered my child - what happens next?

We will write to you within six weeks of receiving your form to confirm if your child meets the eligibility criteria. If successful, your child will be allocated 78 hours for 2022/23 and given a Break Time membership number. **PLEASE KEEP THIS SAFE** as you will need it when booking activity sessions.

What if I have lost my child's membership number?

Contact a member of the Short Breaks team for a copy.

How do I book the activities?

A full list of providers with a summary of what they offer is on the Local Offer. Break Time Providers are happy to provide information about their activities and answer any questions. Contact them direct to discuss your child's needs, find out more about the activities they offer and book a place.

Is there a cost?

There is a parental contribution to pay for each session - usually a minimum of £2 per hour and can be more depending on the activities offered. The provider can advise you of the cost when booking.

Do I have to stay with my child?

No, you can leave your child at the group where they will be cared for by capable, experienced staff.

Do I have to book in my local area?

You are welcome to access activities in any area, although please be aware that transport is not provided.

Full information on Break Time can be found on the Local Offer at: <https://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**



Lancashire County Council are actively looking for organisations, groups, schools and individuals who want to explore delivering Break Time and Break Time Plus group based social, leisure activities for children and young people with special educational needs and/or disabilities.

If you would like to find out more about delivering group-based Break Time activities, please visit:

www.lancashire.gov.uk/business/tenders-and-procurement/

Lancashire Short Breaks Service



Break Time Plus

The new Break Time Plus short break service will commence from the 1 September 2022. More detailed information about the service and how you can access it is available on the Local Offer: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do

Break Time Plus has been set up to provide activities and groups for children and young people who receive short breaks through a child's plan following a Child and Families assessment of need (up to the age of 18). This means that they are not eligible to attend and enjoy activities and groups funded through Break Time.

If you care for a child or young person who receives short breaks through a child's plan, or who is a child in the care of Lancashire County Council, and you think that they would benefit from attending or enjoy a Break Time Plus activity or group, please discuss this with the child or young person's allocated worker.

Details of Break Time Plus Providers can be found on the Local Offer (link above).

Arrangements for attending Break Time Plus

Your child or young person's allocated worker will discuss with you the type of activity or group your child or young person would want to attend, which provider can best offer that and meet your child or young person's needs, what outcomes the group or activity will support and how this will be included as part of the support received through the Child's Plan. Funding arrangements will also be discussed and agreed.

Where your child or young person receives direct payments, but you don't have an allocated worker, you will make any arrangements for your child or young person to attend Break Time Plus activities directly with the provider

Break Time Plus activities and groups will not be suitable for all children, but they were commissioned to offer a different opportunity for children and young people who receive direct payments and/or commissioned activities.

Paying for Break Time Plus activities and groups

Break Time Plus activities and groups can be funded as part of a child or young person's plan. This includes children and young people who receive direct payments and/or commissioned services to meet assessed needs.

Parents and carers will need to fund any entrance costs or transport fees that may be part of an activity or group. There is also a minimum parent carer contribution of £2 per hour towards groups and activities.

Parents and carers of a child under 16, or a young person aged 16 or over, that receive income or employment related benefits, can discuss the costs with their allocated worker.

Where a child or young person is a looked after young person living in a children's home or with foster carers, there is the expectation that the cost of attending an activity or group is covered through any allowances or fees carers receive, however please discuss this further with your child or young person's social worker. Children and young people who are the responsibility of Local Authorities other than Lancashire are able to attend Break Time Plus activities and groups, however funding and commissioning arrangements are the responsibility of that Local Authority.

Where a child or young person is living with parents or carers who share parental responsibility with Lancashire County Council, then funding arrangements should be discussed with the child or young person's social worker.

We recognise that there are not going to be Break Time Plus activities running in all districts of Lancashire. Lancashire County Council are working closely with short break providers, schools and other organisations to commission as wide a range of Break Time Plus activities as possible, and activities and groups across Lancashire. We will continue to update the Local Offer with information as and when more groups and activities are commissioned and/or in response to feedback about this information.

If you are a provider, school or other organisation who is interested in running Break Time Plus activities and groups, or you know of one, please email: cyp-shortbreaks@lancashire.gov.uk for more information.



Apply for a school place: children with special educational needs

Children without an Education Health and Care (EHC) Plan

If your child does not have an EHC plan you should follow the standard school application process: www.lancashire.gov.uk/children-education-families/schools/apply-for-a-school-place
Please note: if your child is in the process of being assessed for special educational needs you should still apply for a school place by following the standard school application process. If you don't apply for a place and your child doesn't get an EHC plan, you may miss out on a place at one of your preferred schools.

Applying for a particular school on the grounds of special needs

All schools and academies can make provision for special educational needs, and can manage common conditions like asthma, epilepsy and diabetes.

However, if you think your child has needs that support admission to a particular school, you'll have the opportunity to include these needs in your application as long as the school you are applying to has a medical, social and welfare criterion in their admission policy. You will need to provide evidence that your child meets this criterion from an appropriate professional like a doctor, health visitor or social worker and should send this separately before the closing date. Please note: all community and voluntary controlled schools include a medical, social and welfare criterion in their admission policy. For voluntary aided, foundation, free schools, academies and independent schools you will need to check their individual admission criteria.

If you want to know more about admissions criteria and social, medical and welfare applications, please read the information for primary applications: www.lancashire.gov.uk/children-education-families/schools/apply-for-a-school-place/starting-primary-school

And for secondary applications: www.lancashire.gov.uk/children-education-families/schools/apply-for-a-school-place/starting-secondary-school

Children with an Education Health and Care (EHC) Plan

If your child has an EHC plan, the school named in it must offer them a place. However, if your child does have an EHC plan you should still follow the standard school application process when transitioning from nursery to primary or primary to secondary as this ensures that if your child's EHC plan is ceased as the outcome of an annual review; you have already given a preference for a particular school through the standard school application process.

More information

- Advice to help when choosing a school: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/education/choosing-a-school-if-your-child-has-special-educational-needs
- Getting ready to start school: www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/getting-ready-to-start-school
- Information, Advice and Support Service: www.lancssendas.org.uk

**SCHOOL
ADMISSIONS
PRIMARY**

APPLY NOW!
at lancashire.gov.uk/schools

School and Academy places September 2023

You must apply if your child has a 4th birthday between 1 September 2022 and 31 August 2023.

You must apply even if an older brother or sister is already at the school, or the school is linked to your child's nursery.

If you're a non-Lancashire resident apply through your own local authority.

Please read the admission criteria for your chosen schools on the website or get a copy from them.

School transport

Need transport to school? Please don't forget to check your eligibility for free transport. Search 'school transport' at lancashire.gov.uk

**CLOSING DATE
15 JANUARY 2023**

Lancashire
County Council

lancashire.gov.uk/schools

**SCHOOL
ADMISSIONS
SECONDARY**

APPLY NOW!
at lancashire.gov.uk/schools

School and Academy places September 2023

You must apply if your child is in their last year of primary school (year 6) from September 2022.

You must apply even if an older brother or sister is already at the school.

If you're a non-Lancashire resident apply through your own local authority.

Please read the admission criteria for your chosen schools on the website or get a copy from them.

School transport

Need transport to school? Please don't forget to check your eligibility for free transport. Search 'school transport' at lancashire.gov.uk

**CLOSING DATE
31 OCTOBER 2022**

Lancashire
County Council

lancashire.gov.uk/schools

Would you like free cinema tickets every time you take the family to the pictures?
Or perhaps you're looking for a cinema screening that is autism friendly?

The Cinema Exhibitors' Association Card (CEA Card)



The Cinema Exhibitors' Association Card is a cinema card for disabled people aged 8 and over that gives a parent or carer a free adult cinema ticket whenever they accompany the disabled person to the cinema. In effect, this is a carers card to take your child or young person to the movies.

To qualify for the CEA card, you must be receiving Disability Living Allowance (DLA), Attendance Allowance or Personal Independence Payment (PIP), or be registered blind.

There is a one-off fee of £6.00 when you apply, and the card is valid for one year.

Around 90% of cinemas in the UK accept the CEA Card including chains such as Vue, Odeon and Cineworld, as well as some independent cinemas.

To apply, visit: www.ceacard.co.uk/apply



Autism Friendly cinema screenings

Autism-friendly screenings are sometimes called relaxed or sensory-friendly screenings. Adjustments are made to reduce stress and sensory input, such as low lighting and sound, freedom to move and staff trained in autism awareness.

At least once a month, ODEON, Cineworld, Vue, Showcase, Picturehouse and Everyman cinemas show popular films in an autism-friendly environment, and independent cinemas can use our free training to host their own.

We hope these screenings will help more people with sensory sensitivity enjoy the cinema and for many, provide a transition into regular screenings.

Anyone who feels they can benefit from the adjustments is welcome and no proof of diagnosis is needed. Your loved ones or support staff are welcome too.

Check the website of your local cinema for Autism Friendly screenings, or visit www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings



1ST NOVEMBER 2022, 9.30AM - 4.30PM

KIDZ TO ADULTZ NORTH



• 180+ exhibitors

• CPD seminars

• Fun & features

A free exhibition for children and young people with disabilities and additional needs, and the people and professionals who support them

MANCHESTER CENTRAL, PETERSFIELD,
MANCHESTER

www.kidzexhibitions.co.uk



PRESTON PANTHERS DSC

The Queen's Award for Voluntary Service

A sports club for children and young people



With any disability or special need
Come and enjoy a sports club for you



With lots of different activities for you to try
Have fun and make new friends



Multi-sports including: basketball, badminton
Football, hockey, tennis, swimming and many more



Saturdays at
West View Leisure Centre
Swimming
4pm - 5pm
Dry sports
5.15pm - 6.45pm



First
Session
Free!

West View Leisure Centre
Ribbleton Preston PR1 5EP

www.prestonpantheradsc.com

07599 333 816

SHOOTING STARS
AGES 2-9

OUR SHOOTING STARS 2-9 PROGRAMME OFFERS STRUCTURED SESSIONS FOR YOUNGER ATHLETES, WORKING ON SKILLS SUCH AS BALANCING, ROLLING, JUMPING AND RUNNING. WE OPERATE IN 4 WEEK BLOCKS - EACH BLOCK HAVING A DIFFERENT FOCUS.

- ★ Sundays 11.00am-11.45am
- ★ Next block beginning Sun 12th June
- ★ Earn your coloured bow/wristband at the end of each block!

AGE 9+ WE HAVE 5 TEAMS AVAILABLE FOR OUR OLDER SHOOTING STARS - ALL IN WHICH HEAD OUT TO MULTIPLE COMPETITIONS ALL OVER THE COUNTRY! PLEASE NOTE OUR AGE BRACKETS ARE ONLY A GUIDE - WE SUPPORT WHICHEVER TEAM IS RIGHT FOR YOUR CHILD.

POM **CHEER** **HIP-HOP**

✉ POPPY@INFINITYCHEER.CO.UK 📍 FRENCHWOOD COMMUNITY PRIMARY SCHOOL, PR1 4LE

Do you have a child of school age?
Do they love to dance?
Then come and join us...

SEND DANCE CLASSES

WEDNESDAYS
5.30PM

WWW.KTZ-DANCE.CO.UK
KTZ-DANCE@HOTMAIL.COM
07527917629

KTZ Dance
ESTABLISHED 2007

**Unit B7, Riverside Industrial Estate
Rishton
Blackburn
BB1 4NF**

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.

Makaton Friendly Makaton Tutor One Dance UK Member People Dancing

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

Newsletter Survey July 2022



Thank you!

Thank you to everyone who responded to our recent survey about the FIND newsletter.

We sent the survey to families on the FIND database, schools, families who follow us on social media, and to local parent carer groups. We had a fantastic 219 responses and we are very grateful to those who took the time to complete the survey and offer their feedback.

What we learned:

- Most people want to see the FIND newsletter renamed the Lancashire SEND newsletter to make it clearer what the newsletter is about.
- Readers would like to see an activity in the newsletter for younger children.
- Most of you thought the length of the newsletter was about right and didn't need changing.
- Most readers found the language to be pitched correctly, but some would like to reduce jargon and acronyms.
- Below is information about the content people wanted to see in the FIND newsletter:

Adverts for activities, clubs and groups for children and young people with SEND	194
Information about SEND developments and improvements in Lancashire	177
Information about health related services children for children and young people in Lancashire	160
Personal stories from parent carers and children and young people.	109
Information about national developments around SEND.	131
Free activities available via the HAF programme (holiday activities and food) for families eligible for free school meals.	113
Days out and activities which are not SEN specific but have been recommended by families with SEND needs.	161
Articles about special schools in Lancashire	115
Career and training opportunities for young people with SEND.	151
Free activities available through the Lancashire Children and Family Wellbeing service (not SEN specific)	151
Information about Lancashire Short Breaks service	128

What changes you can expect to see:

There are processes in place to make changes to a publication such as the FIND newsletter. This means that some changes and improvements may happen more quickly than others.

By 2023, we hope to make the following changes:

- The newsletter will be renamed the SEND newsletter
- There will be more information about activities, clubs and events that are not SEND specific but are suitable for children and young people with SEND
- A colouring corner in the newsletter for younger children
- More health-related information
- A better geographical spread of information across Lancashire
- Less use of jargon and acronyms

We were thrilled to hear that the FIND newsletter is such a valuable resource to many families, and we hope by listening to your views and making gradual improvements, we can make the newsletter even better.

Here is some of the feedback we received:

"I like the information about parent meetups as it can be very isolating. Sometimes the adverts are not clear about where these are held. I feel it would help if someone proof-read the newsletter to check for jargon, acronyms and clarity. Thanks for asking."

"It is easy to read and articles are eye catching. My son is now 22 and would like more information about social groups and news for this age category"

"Love the bold colours and the information given"

"I always find something of interest or learn about a service I didn't know existed. Really enjoy the paper copy too, enables you to keep having a flick in a quiet moment. Thanks so much"

Look out for the improvements in future issues of the newsletter!



During August our three SEND Partnership Drop in Information Events were held with great success. Parents, young people and children had the benefit of meeting representatives from services available within Lancashire who offered support and guidance in the many areas of Special Educational Needs and Disability.

Representatives of services available at some or all of the events were:

- Lancashire Parent Carer Forum
- SEND Information, Advice and Support
 - Break Time Short Breaks
 - Inclusion Service
 - FIND Newsletter
- Specialist Teaching Service
 - Lancashire Local Offer
- Designated Clinical Officer Service
- POWAR youth voice group
- Complex Needs Nursing Services
 - Childrens Continuing Care and Assessment Team
- Lancashire Young Carers Service
 - Rainbow Hub
- Trinity SNAP - Special Needs Advice Partnership

Parents, young people and children enjoyed a range of activities on the days as well as meeting each other; being able to discuss and share experiences of their SEND journeys brings empowerment and allows a sense of unity to families within their local areas.

Thank you to all families who joined us and to the representatives of available services. If you were unable to attend watch out for the future events being planned up to August 2023, we look forward to meeting you.

**FREE drop in SEND information event for parents and carers.
Fun activities for children will be available – everyone welcome!**

Milton Street Youth Zone, Fleetwood
– Monday 12th September
10am – 2pm

County Hall, Preston
– Tuesday 4th October
9:30am – 12:30pm

The Exchange, Burnley
– Monday 19th September
10am – 2pm

Representatives from services to be confirmed for each event
– check the Local Offer for updates.

Is there a service you would like to see at these events?
Email your suggestions to:

FIND@lancashire.gov.uk

Further dates will be shared on the Local Offer website and Facebook page.
www.lancashire.gov.uk/SEND www.facebook.com/LancashireLocalOffer



Money trouble getting you down?



Our 6 week Money & Me programme can help

If your wellbeing is affected by your relationship with money and your decisions around money are affecting your mental health in return, then this could be the support you need.

Why do we need a service for Money and Mental Wellbeing?

In a survey conducted by Mind between Jan-Apr 2021 (1,166 participants) we discovered that;

- 82% of people said worrying about money had affected their mental health
- Money problems (especially problem debt) have a huge negative impact on mental health (including leading to suicidal thoughts)
- 30% report their finances control their lives
- People are overspending to boost wellbeing

The program is open to all residents of Lancashire aged 16+ and is delivered 1:1

It can be delivered

- virtually or in person
- in office hours or, at request, in evenings

To refer yourself or someone else please visit our website

“

I found it very beneficial with lots of practical advice and support so I think that a lot more people could benefit from this, especially if their mental health is affected due to their spending habits or money/debt worries

”

Find out more

Visit: www.lancashiremind.org.uk/pages/money-and-me

Email: moneyme@lancashiremind.org.uk OR rachaelshaw@lancashiremind.org.uk

Phone: 07706 359636

LET'S KEEP TALKING



Feel like the rising cost of living is hitting you hard?

You're not the only one. Visit our website to find out how you can better manage your money and keep bills down.

healthierlsc.co.uk/costofliving

Scan the QR code for more support and advice



KNOW YOUR RIGHTS!

Join our FREE Short Courses in Welfare Rights

Ideal for Client-facing Professionals who need an understanding of benefits, and for Individuals Claiming Benefits for themselves or for others.

Join as many or as few sessions as you wish.

Wednesdays, 1pm - 2.40 pm via ZOOM

21st Sept - Introduction to benefits - An overview to benefits after Covid; What has changed and what benefits are still in place.

28th Sept - Benefits in Retirement - focusing on older persons' entitlements incl Attendance Allowance and Pension Credit

5th Oct - Benefits with Health - ESA/UC; the points system and descriptors in detail; recognising those having limited capability, and work-related activities.

12th Oct - Personal Independent Payment - what is it and how to claim right amounts.

19th Oct - Disability Living Allowance for children and working families

26th Oct - Recap and how we can help others



South West Lancashire Independent Community Advice Network

"The sessions were very clear, the vocal presentation well supported by the PowerPoint, questions answered clearly, presenter had excellent knowledge of the subject"

Join in via Zoom from the comfort of your own home

To find out more or to register:

Tel: 01695 726269 or E-mail admin@swlican.org

Or go to <https://swlican.org/course.php>

Resources to support families with the cost of living increases.

Money Saving Expert Guide to Mental Health & Debt – a free, downloadable guide with help, information, guidance and support for individuals and carers.

www.moneysavingexpert.com/content/dam/mse/downloads/mentalhealthguide-May-2022.pdf

Family Fund – in addition to grants for disabled and seriously ill children and young people, Family Fund have resources to help you find support with money and benefits.

www.familyfund.org.uk/family-fund-support

The Money Charity – previously known as Credit Action, the Charity was set up to help those in problem debt, but now also offers proactive Financial Education to help prevent people getting into debt. You can order a hard copy of their Money Manual, or download for free from the website.

www.themoneycharity.org.uk/work/adults/money-manual

Lancashire Welfare Rights Service – provide help with benefits advice for carers, appealing a benefit decision and free online training on how to claim benefits such as Personal Independence Payment (PIP).

www.lancashire.gov.uk/health-and-social-care/benefits-and-financial-help/welfare-rights-service

Household Support Fund – provided by Department for Work and Pensions to support those most in need during the pandemic, the fund is still available in some areas of Lancashire until 30th September 2022.

www.lancashire.gov.uk/health-and-social-care/benefits-and-financial-help/household-support-fund

Disability Equality North West – the charity are now providing emergency food parcels to carers and families with young children living in Preston who are struggling to make ends meet. Contact them on **01772 558863** or email hello@disability-equality.org.uk

www.disability-equality.org.uk

Citizens Advice - If you don't have enough to live on, you might be able to get help from the government or your local council to afford essentials like bills and food.

www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living

STRUGGLING WITH RISING FOOD, FUEL AND ENERGY COSTS?



Dealing With Cost of Living

turn2us Tackling financial insecurity together.

Struggling with money?

We're here to help.



Find benefits, grants and financial support online.



Benefits Calculator

Use our Benefits Calculator to find out what benefits, tax credits or other state support you are entitled to.

turn2us.org.uk/benefitscalculator



Grants Search

Use our Grants Search to find money and goods from thousands of charitable funds.

turn2us.org.uk/grantssearch



Information and Support

Visit our website to find out what other financial advice and support is available.

turn2us.org.uk

COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

This session is to support primary school age children with physical, learning, behavioural and emotional difficulties offer an inclusive environment, with opportunities for learning development and support.

This is also where parent carers have the opportunity to meet make new friends and share experiences with those going through similar joys and challenges.

Colourful Footsteps - Burnley
Day – Friday
Session time – 3.30pm-5.00pm
Venue – Burnley Central Centre, Whittam Street, Burnley

For more information, please call 01282 470707



Lancashire County Council

Children and Family Wellbeing Service

A fun group for 5-11s with SEND (or undergoing assessment)

Colourful Footsteps

Meet other parents

Have fun with activities, crafts and games

Find out how to get support

Fridays at 4pm at CFWS Colne

To book a place, or for more information, call 01282 470830, or send us an email via cfwpendlerfs@lancashire.gov.uk

Supporting families who have children aged 5-11, with a disability or special educational needs

COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

Colourful Footsteps is a group that supports children with Special Educational Needs and Disabilities in several areas including being independent, learning new skills, to name a few. We have lots of fun in our sessions as well by playing games and creating our own crafts. We aim to provide a safe welcoming environment for young people aged 5-11 years (SEND).

We support with

- Emotions
- Independent thinking
- Learn new skills
- Building confidence
- Improving communication
- Improving self esteem

EVERY TUESDAY AT THE NEW ERA
ACCRINGTON
4-5PM
Please call 01200 420460 or message our page to book your place



COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

We also provide sessions in our centres for children with physical, learning, behavioural and emotional difficulties offer an inclusive environment, with opportunities for learning development and support. This is also where parent carers have the opportunity to meet make new friends and share experiences with those going through similar joys and challenges.

Venue, Date and Time

The Zone, Old Fire Station, Rawtenstall BB4 8EW
Every Monday 3.30-5.00pm
To book your place email to: Rossendalegroupwork@lancashire.gov.uk



Colourful Footsteps



Support Group for children and families with additional needs/disabilities.

Come and join in the fun.
 Develop social skills through play.
 Build on fine motor skills through creative activities such as messy play and craft.
 Meet new people and develop friendships.

Wednesday 1.30 - 2.30pm
 at
Lune Park Neighbourhood Centre

Children and Family Wellbeing Service



To book on
 email claire.rogerson@lancashire.gov.uk
 or call
 01524 581280

COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

These sessions are for children Age 5-11yrs with physical, learning, behavioural and emotional difficulties along with their parents, and offers an inclusive environment, with opportunities for learning development and support.

Thursday 3:30-5pm

Weekly starting 15th September

Sensory room available during sessions

Preston Central Neighbourhood Centre,
 Brieryfield Road,
 Preston,
 PR1 8SR
 Telephone: 01772 531948



COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

This session is for children aged 5-11yrs with physical, learning, behavioural and emotional difficulties along with their parents. The session aims to offer an inclusive environment with opportunities for learning, development and support.

For further information email:
cwestlancsneighbourhoodteam@lancashire.gov.uk
 Or phone 01695 651350

CFWWestLancs



COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

These sessions are for children age 5-11yrs with SEND (or undergoing assessment) and offers an inclusive environment, with opportunities for learning development and friendship, and a place where parents can access peer support

Wednesdays 3:30-5:00
 Duke Street Neighbourhood Centre
 Duke Street
 Chorley
 PR7 3DU

Ask at reception or call
 01257 516316/516466
 for more information



COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

We provide sessions for children with physical, learning, behavioural and emotional difficulties. This is where Parents & Carers can meet and make new friends and share experiences with those going through similar joys and challenges.

Tuesday 15:30-17:00
Children & Family Wellbeing Service
Sydney Street
Lytham St Annes
FY8 1TR
01253 741117

(Minimum 16p)



COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

We provide sessions for children with physical, learning, behavioural and emotional difficulties. This is where Parents & Carers can meet and make new friends and share experiences with those going through similar joys and challenges. In partnership with Peartree School.

Friday 1:00-14:30
Children & Family Wellbeing Service
Chapel Walks
Kirkham
PR4 2TA
01253 741117

(Minimum 16p)



The government is making some new information to help make life better for people with Down's syndrome in England. The new information is called guidance.

They would like you to share your thoughts and ideas about what should be included in the Down Syndrome Act guidance.

The call for evidence will be open for 16 weeks and is open to everyone. If you are younger than 13 you will need to ask your parent or guardian if you can share your thoughts and ideas. You can respond in a number of ways. Please give your answers by 11.45pm on 8 November 2022.

First you will need to visit the website:
www.gov.uk/government/consultations/down-syndrome-act-2022-guidance-call-for-evidence-read

Down's Syndrome Act 2022 – Government's call for evidence



Here, you can:

- Complete on online form or
- Print and scan the document to your computer then email it to dsactguidance@dhsc.gov.uk.
- or
- Print and post the document with your answers to:

Down Syndrome Act guidance call for evidence
Department of Health and

Social Care
Quarry House
Quarry Hill
Leeds
LS2 7UE

You can access the internet at your local library if you do not have it at home.

new era enterprises

Family Matters



Handling Anger In The Family



ADHD



ASD

Family Courses

4 Sessions - Available to all

Running in Burnley

For anyone parenting children aged 5-16

Contact details below to secure your place

June- Wednesday- 8,15,22,29th	July- Tuesday- 5,12,19,26th	September- Wednesday- 7,14,21,28th	October- Thursday- 6,13,20,27th	November- Thursday- 3,10,17,24th
ADHD- am ASD- pm Handling Anger in the family- eve	Handling Anger in the family- am ADHD- pm ASD- eve	ASD- am Handling Anger in the family- pm ADHD- eve	ADHD- am ASD- pm Handling Anger in the family- eve	Handling Anger in the family- am ADHD- pm ASD- eve

AM course 9:30- 11:30am
PM course 12:45-2:45pm
EVE course 6:30-8:30pm

Family Clinic

Appointments available Fridays - Info, advice or just a friendly listening ear for families in need of support. Contact us to book a face to face or a telephone appointment.

info@neweraburnley.co.uk
01282 435302 07877 714693



New Era 62-64 Yorkshire street, Burnley, BB11 3BT

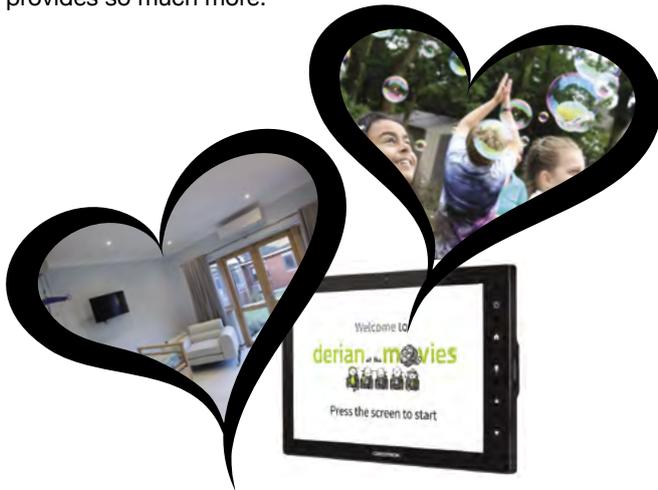




Visit to Derian House June 2022

Arriving at Derian House, Chorley, I wasn't sure at first what to expect. After being greeted warmly in the bright and cheerful Reception area, I knew the visit would hold lots of surprises – and it certainly did.

Many people think of Derian House as a hospice providing end-of-life care for poorly children. Whilst it is a hospice, it provides so much more.



Derian House looks after children and young people right up until their 26th birthday offering palliative care, respite stays, day care, holidays and end of life support. They continue to offer transition support for young people up until their 28th birthday ensuring they have a well-established network of support in their community.

This support is offered 24 hours a day, seven days a week. The help extends right across the family to brothers, sisters, parents and grandparents.

My first port of call was to meet Dawn, the Family and Young Persons service manager. As with all the staff members I met, her passion to provide the best care for Derian House families shone through in every conversation we had. We met in the music room which was well equipped with instruments and soundproofing, before starting our tour.

Dawn explained that whilst Derian House is accessed by lots and lots of families who need them, it is important that all families who can benefit from the facilities know what is available to them. Derian House provides care for children and young people with life-limiting and threatening conditions and a referral can be made by anyone, even a family member.

Next stop on the tour was the accessible hydrotherapy pool, which is heated to the temperature of a warm bath. Children with life-limiting conditions can even learn to swim here. The pool's warm water can ease muscular aches and pains and support movement, and the lights and music create a calming atmosphere.



The whole building is a bright and colourful with the Derian House cheerful "character" drawings all around providing a relaxed and informal atmosphere. As they were in use I didn't see them, but Dawn told me about the four self-contained flats onsite, where families can stay while their child is receiving respite care, and even have their meals cooked in order to be able to have a complete break and much-needed time to relax.

We then visited the beautiful outdoor spaces which include the seaside garden, the sensory garden, the memorial garden and the Smile Park adventure playground. The gardens at the hospice are designed to create an atmosphere of relaxation, tranquillity and joy, and they do just that.

The next WOW moment on the tour (of which there were many) was the Derian House Cinema Room. The cinema features a 120-inch screen and also on offer is hotdogs, candy floss and popcorn to provide families with a real, authentic cinema experience.

Dawn explained that the facilities are set up in a way that families can use them to their greatest benefit. They can have a day out including a swim, a picnic and play in the beautiful grounds and playground, followed by a trip to the movies for the whole family. Siblings are always welcome and encouraged, use of the facilities are free and all designed to make life a little easier for those who need a helping hand.

The list is endless....there is a bespoke perinatal service for families whose baby may have been given an uncertain or life-limiting diagnosis, there is a sibling support group, there's bereavement support available...the help is there. The facilities are fantastic, there's a wonderful surprise around every corner, but what I came away with was the overwhelming feeling that Derian House is one big welcoming family where the passion and care demonstrated by everyone I met is second to none.

If you are a family member of a child with a life-limiting or threatening condition, and you have yet to discover Derian House in Chorley, Lancashire, please visit their website www.derianhouse.co.uk or call them on **01257 233300**.

By Anna Burkinshaw,
Local Offer Development Officer
(Lancashire County Council)

Are you a sibling young carer?

Does your brother or sister have special needs and you assist in daily aspects of their care?

Read on to find out how

Lancashire Young Carers can support you...



We support young carers from the age of 5 to 18 who provide regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances. We are commissioned by Lancashire County Council and East Lancashire Clinical Commissioning Group and have a duty to provide assessments to young carers across Lancashire. Our aim is to assess, support, empower and equip young carers by ensuring they are recognised as a young carer, supported to have a life outside of their caring role, promote positive mental health and wellbeing and reduce the negative impact their caring role has on them.

- We identify and deliver bespoke programmes of evidence-based support dependent on the young person's individual needs.
- We provide support through one to one and targeted group work sessions.
- We pro-actively promote and support access to services and equip young people with the skills to make informed decisions

We accept referrals from all organisations, services, schools, training providers, health, social care, and self or family referrals. Referral forms can be obtained by contacting us on details below to receive a paper document via post or email. You can also download our referral form at www.barnardos.org.uk/what-we-do/services/lancashire-young-carers. Once we have received your referral, and have consent to receive our service, we can arrange to meet with the child/young person to carry out an assessment.

Darcy is a young carer for her sister with autism and was referred to us by the Children's Learning Disability Team nurse allocated to her sister. This is her experience...

With the help of Lancashire Young Carers, Darcy was able to make sure her voice was heard in the professional meetings where her sister's needs were discussed. Darcy wrote a letter to the social worker expressing how she felt and her family's experience. This letter was described as 'the most powerful piece of literature services have on record for the family' and was used in the Children and Family Assessment which informed the support the family received.

With her project worker, Darcy explored her feelings around her caring role and found some positive coping skills that work for her. Darcy has enjoyed coming along to group work sessions with other young carers that have looked at worry and going to high school. It has also been ensured that her new high school are aware of her home life and caring role so that support is readily in place.

During the 2021 'Take Over' week, Darcy took to our social media pages to share her incredible poster (pictured) to raise awareness of sibling young carers and autism. Darcy hopes that one day she can be a social worker as she feels she would be able to understand and help families like hers.

Lancashire Young Carers

Barnardo's North Region

lancashireyoungcarers@barnardos.org.uk

Tel: 01772 641002

Twitter/Instagram: @LYCservice / Facebook- 'Lancashire Young Carers'



NHS

East Lancashire
Clinical Commissioning Group

Believe in
children
Barnardo's

Lancashire
County Council



Supporting Siblings

- useful websites and resources

Siblings of children with disabilities are in a unique position. They face challenges (similar to those that parents encounter), but at a time before they've developed appropriate coping strategies. As a result, they need support to ensure that they're informed, feel respected, and know how to be compassionate advocates for their brothers and sisters.

Thank you to Lucy Ellis for sharing the details below.

Sibs

Sibs is the only UK charity dedicated to representing the needs of siblings of disabled children and adults

www.sibs.org.uk

www.facebook.com/SibsCharity

YoungSibs

At Sibs we run YoungSibs – a UK wide online support service for siblings under 18 who have a brother or sister who is disabled or has additional needs. It provides information about different conditions and strategies for coping with sibling issues. YoungSibs also has a letters section for siblings to receive personalised responses to their questions.

www.sibs.org.uk/youngsibs

Contact

The national charity for families with disabled children produced a Guide for Parents of Siblings to help parents to support their non-disabled children.

www.contact.org.uk/wp-content/uploads/2021/03/siblings.pdf

Bristol Autism Support Blog post

How parents can support the siblings of autistic children.

www.bristolautismsupport.org/support-siblings-autistic-children

Sibling Centre

Based in the US, this website has some useful resources.

www.siblingcenter.org/tools-and-resources

Organisation for Autism Research

(another US site) Have a booklet available to download for free or order online. Brothers, Sisters, and Autism: A Parent's Guide addresses topics that range from dealing with perceived discrepancies in fairness to facilitating a positive relationship between siblings. The guide also includes testimonials from families with autism who deal with similar issues.

www.researchautism.org/resources/brothers-sisters-and-autism-a-parents-guide



Sibs

For brothers and sisters
of disabled children and adults





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.

We deliver sessions virtually and face to face all over Lancashire.

For further information please contact



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

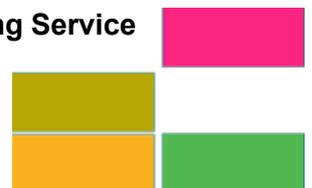


Suliman Hussain (Suli)
 Professional Range Youth Worker – Targeted Youth Support – Participation
 T: 01772 537481
 M: 07775 221214
 E: suliman.hussain@lancashire.gov.uk

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





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.

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

NEWS FROM POWAR

POWAR YOUNG PEOPLE ENJOYING OUR SUMMER PROGRAMME

POWAR members have participated in a variety of activities as part of LCC's Participation Teams Summer Programme. Our young people helped to inform the activities we put on based on and what they were interested in and wanted to develop.

The activities included a sports day, life skills training, art and a guided walk up Beacon Fell.

Evie Smith one of our members shared that POWAR and the Participation team, enlisted the help of Paul, Lancashire County Councils Park Ranger, who showed young people the different trees and flowers on Beacon Fell to the group and talked about the wild animals and insects that can be found in the area.



POWAR VISITED A DISABILITY AWARENESS DAY IN WARRINGTON

On the 17th July POWAR went to Warrington's Disability Awareness Day, which was full of SEND information and activities suitable for families with SEND. POWAR member Evie Ball said *"I've never seen so many providers and opportunities for SEND people. I learnt about adapted bed's and even that there are groups that enable people with physical disabilities to scuba dive"*.



EHCP CONSULTATION WITH YOUNG PEOPLE

POWAR staff member Lorna Harris has been travelling around Lancashire engaging SEND young people in a consultation on their Educational Health Care Plans. A total of 168 young people shared their understanding of the process, evaluated the current voice of the child documents and the new proposed forms.

Young people voiced that the forms need to be more accessible and the questions more specific to the area to each area of their lives. The greatest outcome for young people came from young people themselves suggesting a series of flashcard prompts to help them process their thoughts and views to shape their EHCP's. The findings of the consultation are leading to further workshops this autumn. If your young person would like to be involved please express your interest directly to Lorna: Lorna.harris@lancashire.gov.uk



Mixed feelings about returning to school or college?

We're here if you need to chat to someone.



Find support today by visiting kooth.com

Children and Family Wellbeing Service

Get advice and support

- | | |
|-------------------------|---------------------------|
| Someone to talk to | Mental Health |
| Problems at home/school | Self Harm |
| Jobs and training | Bullying |
| Apprenticeships | Drugs and alcohol |
| Staying safe online | Things to do |
| Sex and health | Housing, rights and money |
| Relationships | What age can I? |



[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 511111

Talk online lancashire.gov.uk/youthzone

Call 0800 511111



www.lancashire.gov.uk

This **ANTI-BULLYING WEEK** let's come together and reach out to stop bullying...



From **MONDAY 14TH to FRIDAY 18TH NOVEMBER 2022**

If you're worried about bullying and/or want to be involved in Anti-Bullying Week this year, please visit:



#ANTIBULLYINGWEEK



ORGANISER

New school year? No problem.

Our team are here to help. Drop us an email for more information.

cypcoaching@lancashiremind.org.uk





**KEEP BUSY
HAVE FUN
MAKE FRIENDS
AND ENJOY LIFE
WITH
PURPLE UMBRELLA**

Group Activities for People with Higher Support Needs:

-  **Art Group**
-  **Communication Group**
-  **Big Days Out**
-  **Meet-Ups**
-  **Buddying Up**
-  **Fit and Fun**
-  **Volunteering**

ACTIVITY SESSIONS
2pm - 4pm

LOW COST or NO COST

PURPLE UMBRELLA IS A COMMUNITY GROUP AND CO-OPERATIVE in West Lancashire and surrounding areas run by and for people with disabilities, their families and supporters.

New members are very welcome.

FOR MORE INFORMATION OR FOR A CHAT
Go to: www.purpleumbrella.org.uk, call 07518 347559 or email: contact@purpleumbrella.org.uk.



Ambitious youth network

**Are you 16-25?
Are you autistic?
Join our Ambitious Youth Network online platform!**

Meet new people in our peer support sessions and access paid opportunities to make things better for autistic people.

ambitious-youth-network.ambitiousaboutautism.org.uk

 **Ambitious about Autism**

Ambitious about Autism is a registered charity in England and Wales: 1063164 and a registered company: 03375255.

GET INTO RETAIL WITH M&S 

An exciting way to get into the world of retail! Complete 4 weeks of extremely valuable work experience in a Marks & Spencer store, and have the opportunity to secure a paid role with M&S!

On this **4 week programme** you'll:

- Gain in-depth training in the retail industry by completing work experience with M&S (won't affect your benefits).
- Stores participating: Blackburn, Bolton, Chorley & Preston
- Opportunity to gain employment (12 week contract) with M&S upon successful completion of the programme!
- Learn about stock rotation/control, good customer service and sales skills.
- Improve your teamwork, communication skills, boost your confidence & interview skills.
- Travel expenses and lunch covered!

To find out more & sign up:
Email: janice.bradley@princes-trust.org.uk
Call JAN on 07506 692154

DATES FOR YOUR DIARY:

- Taster Day: 20th Sept 2022
- Programme dates: Monday 3rd October - Friday 28th October 2022

Available free of charge to young people aged 16-30, not in full time work or education, and within travelling distance of the above locations.



START SOMETHING  

GET INTO ENGINEERING & MANUFACTURING WITH BAE SYSTEMS



EXPLORE A CAREER IN ENGINEERING & MANUFACTURING

Working in partnership with BAE Systems and The Launch Group, The Prince's Trust is offering a free three-week Get into Engineering and Manufacturing programme for young people aged 18 to 30.

You will get the chance to take part in a range of activities to help you develop your career in Engineering and Manufacturing:

- Complete an onsite work experience placement (subject to Covid guidelines)
- Develop your communication skills
- Work as part of a team
- Improve your CV and interview techniques
- Learn about job opportunities and apprenticeships at BAE Systems
- Receive six-months' of support following the programme to help you progress into employment, education or training.

BAE Systems values diversity and everyone has the opportunity to be themselves and fulfil their potential, no matter what their background.

Taster day: Wednesday 28th September 2022.
Course dates: 10th October - 28th October 2022
Location: Online via webex and at BAE Systems Samesbury site

SIGN UP OR FIND OUT MORE
Email: Janice.bradley@princes-trust.org.uk
Call: 07506 692 154







Members of local charity DanceSyndrome were thrilled when they got a surprise visit from Strictly Come Dancing 2021 champion and dance hero Giovanni Pernice.

The team were attending a special rehearsal in Plungington Community Centre, Preston, which was being filmed for the Channel 4 TV lifestyle show Steph's Packed Lunch. They had just returned to the session after lunch when they got a big surprise when Giovanni walked into their session!

On arriving at the community centre, Giovanni watched enthusiastically while the DanceSyndrome Team demonstrated the way an inclusive dance session works, then joined in with some dance activities. DanceSyndrome Artistic Director Sophie Tickle asked Giovanni for a stimulus for some creative dance work so he demonstrated some moves, before the team broke off into small groups and devised performance pieces based on Giovanni's movements. They then shared their performances with friends and family at the end of the session. Dance Leaders John Burrow and Jodie Turner also got the chance to be interviewed by Giovanni on camera.

Speaking after the session, DanceSyndrome Artistic Director Sophie Tickle said *"We're so grateful to the Steph's Packed Lunch team for coming to meet us to find out what DanceSyndrome is all about. We want to say a huge "thank you" to Giovanni for taking time out of his busy schedule to surprise our dancers and for joining in with us and learning more about inclusive dance with so much passion. We all left the dance space feeling energised and inspired and everyone is really excited about being on TV!"*



Strictly hero visits local dance charity

The footage from the day was compiled for a segment on Steph's Packed Lunch on Channel 4, which show was aired on Monday 27th June at 12:30pm. If you missed it, you can catch up on All4.

DanceSyndrome was also recently awarded funding from The National Lottery Community Fund, the largest funder of community activity in the UK. The charity received almost £180,000 to continue its inspirational work to use dance as a medium to empower and make positive changes for people living with learning difficulties.

To find out more about DanceSyndrome and their inspirational work, please visit www.dancesyndrome.co.uk





Lancashire Dance Charity Celebrates Award Nomination Hat-trick!



DanceSyndrome is also celebrating after its Founder was chosen as a finalist at three different upcoming award ceremonies all in one day!

DanceSyndrome is a multi-award-winning dance charity that was founded by Jen Blackwell, who happens to have 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.

The charity's Founder, Jen Blackwell, was announced as a finalist in the three different awards on Friday 1st July. The first announcement was that Jen was nominated as a representative for Charity of the Year Award at the Enterprise Vision Awards. The winners will be announced at a glittering awards evening on Friday 23rd September at the iconic Empress Ballroom in The Winter Gardens in Blackpool.

The second announcement was that Jen had been chosen for the Charity Champion Award at the national Best Businesswomen Awards which celebrate the outstanding success of female entrepreneurs. Jen will be awarded either a Silver or Gold Award at a gala event at The Hilton in Wembley on Friday 30th September.

The third announcement was that Jen had also been nominated for the HER-Abilities Award at the She Inspires Awards. This award is given to a special woman who, despite her disabilities, inspires people through her positive contribution to the community, workplace or family. The awards will be presented in a hybrid event on Thursday 24th November, with people attending in person at the University of Bolton Stadium in Horwich or online from around the world.

Speaking about the award nominations, Jen Blackwell said *"I'm honoured to have been nominated for not one, or two but three awards this week! Being nominated for these awards shows that people with learning disabilities can do amazing things with their lives if given a chance. Dancing is my life, I am passionate about dance and about supporting people like me to have opportunities in the dance world."*

DanceSyndrome Managing Director, Julie Nicholson, said *"There have been so many challenges for small charities like DanceSyndrome in the last two years. It's incredible now to see so much recognition for the work that Jen and the rest of the DanceSyndrome team have been doing to support people with learning disabilities through those hard times. DanceSyndrome's main aim is to empower people with learning disabilities to succeed in the dance sector and to help society to see what can be achieved when people are given the right support to follow their dreams. Being nominated for these awards helps us to raise the profile of people with learning disabilities and celebrate their achievements."*

To keep up to date and hear the news about the awards as it breaks, you can follow DanceSyndrome at **@DanceSyndromeUK** on Twitter, Facebook and Instagram.





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

Starts 26th April

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

ACTION FOR ASD AUTISM SUPPORT GROUP

For parents & carers of autistic young people children & young people • **Living in East Lancashire or Blackburn with Darwen** • Meet other parents of children & young people 0-18 years • **Have a coffee and a chat** • Listen to guest speakers • **Access to training** • Relax and make friends

Come along for a coffee and a chat, if it is the first time you have attended don't worry someone will be there to welcome you, everyone is really friendly. If you'd like to find out more about our cygnet programme (6 week autism course for parents/carers) please drop in, registration forms can be completed during the group.

If you'd like more information please contact the children service on **07809903852** or email children@actionasd.org.uk

www.facebook.com/groups/actionforasd



www.actionasd.org.uk

ACTION FOR ASD | KING EDWARD HOUSE | 9 FINSLEY GATE| BURNLEY | LANCASHIRE | BB11 2HA
Tel: 01282 415 455 | web: www.actionasd.org.uk | Charity No: 1089341



ACTION FOR AUTISTIC SPECTRUM DISORDERS

EAST LANCASHIRE & BLACKBURN WITH DARWEN
APRIL-DECEMBER 2022

AUTISM SUPPORT CENTRE, KING EDWARD HOUSE, BURNLEY

Tuesday at 1-2.30pm (monthly)

Tuesday 26th April, 24th May, 28th June, 19th July, 27th September, 18th October & 22nd November

BLACKBURN CARE NETWORK HUB

1st Wednesday of the month 10.30-12pm

Wednesday's 4th May, 8th June, 6th July, 7th September, 5th October, 2nd November, 7th December

DARWEN THE MEETING PLACE

3rd Thursday of the month 10.30-12pm

19th May, 16th June, 21st July, 15th September, 20th October, 17th November, 15th December

ONLINE VIA ZOOM

Every Monday at 1.30pm & On the first Wednesday of the month at 8pm (please email us for the links)



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 26th January 2022

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 9UP

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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?

Join us on **Fridays** from **9.30-11.30** at **Highfield Neighbourhood Center** (Wright Street, PR6 0SL. 01257 516466)

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

Trinity Parent Carer Group

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

Join us for a cuppa and a chat with other parents and carers to share information and support.

Face to face Meeting

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

St Annes Pastoral Centre,

Prescot Rd, Ormskirk L39 4TG

2022 meeting dates

September	October	November	December
8th & 27th	13th & 25th	10th & 22nd	8th & 20th

Virtual Meetings via Zoom

4th Tuesday each month 8-9pm

Email trinitysnap17@gmail.com for a Zoom invitation

All Welcome

Trinity Special Needs Advice Partnership
Trinitysnap17@gmail.com



CALL OUT to all Lancaster and Morecambe parents/carers supporting a child or young person with any kind of emotional or mental health problem.

Anxiety • Low Mood • Depression • Self Harm • Eating Disorders • Sleep Problems • Suicidal Thoughts • Obsessions and Compulsions and more

YOU ARE NOT ON YOUR OWN

We are here to help; if you need emotional/practical support or just someone to talk to please contact:

Parent Reps: Claire – 07908452426
Rebecca – 07950784015
CAMHS/CPS: Wendy – 01524550650

You are welcome to join our virtual drop-in last Wednesday of the month 7pm-8.30pm. Email [Claire chats_123@yahoo.com](mailto:claire_chats_123@yahoo.com) for a zoom invite.

Face to Face meetings 2nd Thursday of the month 10am-12.00pm, @ More Music, 13-17 Devonshire Rd Morecambe LA3 1QT.



Autism Support Helpline

A free, confidential service providing advice, support and information for neurodiverse adults, young people and their families.

0800 031 5445

Autism | ADHD | Sensory Processing Differences

No matter what stage of your journey, we can offer:

- Strategies
- Resources
- Signposting to other services
- Advice
- Supportive listening



Lines open:
Mon-Thurs 9am-8pm
Friday 9am-5pm

Nationwide support



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

Do you have a family member, friend or neighbour who cannot manage without your support? We may be able to help you !



Caring for someone who relies on you can sometimes bring practical and emotional impacts which may affect your health and wellbeing.

The Lancashire Carers Service works across the county providing support and information to adult Carers (18+) Our top priority is ensuring that adult Carers in Lancashire are supported so that they can continue caring whilst maintaining their own health and wellbeing.

We continue to offer Carers Assessments and in addition, we offer a range of other support services to Carers including:

- Support with contingency planning if Carers cannot continue to provide care
- Access to a range of online support through our Carers Community Network
- Carers Magazine (bi yearly)
- Opportunity to speak to other Carers at our face to face Coffee and Chat sessions

- Access to our Carers Help and Talk line (CHAT)
- Opportunity to speak to our knowledgeable and skilled Service Access Advisors.
- Welfare calls to Carers who do not access digital solutions
- Supporting Carers to understand what benefits and welfare they may be entitled to
- Face to face and online activities for Carers

If you or someone you know could benefit from our services, please contact our Service Access Team on **0345 688 7113** or via email enquiries@lancscarers.co.uk.

Our Service Access Team is open Monday to Friday from 9am to 5pm.

If you would like to find out more about our service offer and would like a Carers/service awareness briefing for your team or group, please contact our Service Access Team on the above number.



Lancashire SEND Information, Advice and Support Service is a statutory service which is run at 'arm's length' from the Local Authority and provides free, confidential, impartial advice, guidance and support to parents of children with special educational needs and children and young people with SEND.

The team have developed resources providing information and advice for parents, carers, professionals, and young people.

These can be found on our website <https://www.lancssendias.org.uk/>.

Resources include:

- SEN support
- School admissions
- Choosing a school
- School meetings
- Make meetings matter
- Education health and care plan assessment process
- Annual reviews for education health and care plans
- Mediation
- Appealing to the SEND Tribunal
- SEND Tribunals and virtual hearings

New resources will be added very soon these include detailed tribunal guides covering:

- Refusal to carry out a EHC needs assessment
- Refusal to issue an EHCP
- Section B and F of an EHCP appeal
- Placement Appeals (Section I)
- Cease to maintain an EHCP appeal
- Single route of redress appeals (health and /or social care)

Request for help:

We would like parents and carers and young people to share their stories of how Lancashire SENDIAS service has helped.

If you have a story you would like to share, please email information.lineteam@lancashire.gov.uk in the subject line please say it is for the attention of Laura Morris.

Our contact details:

Tel: **0300 123 6706** Monday to Friday 9am to 5pm

Email: information.lineteam@lancashire.gov.uk

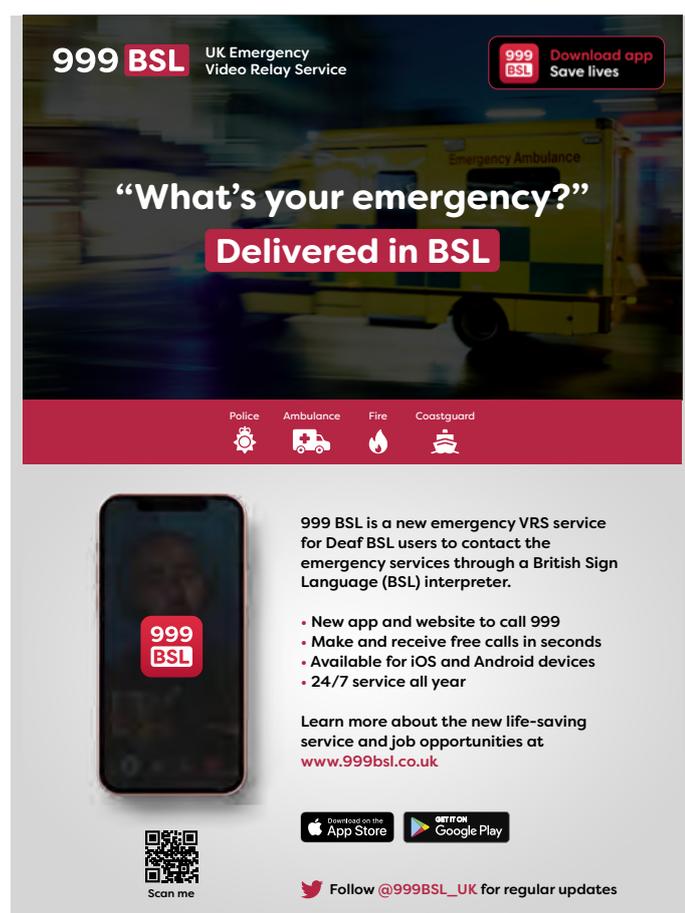
Or follow us on Facebook to keep up to date with all the latest news and events from SEND IAS.

We aim to respond to all enquiries within 2 working days.

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



999 BSL UK Emergency Video Relay Service

Download app Save lives

“What’s your emergency?”
Delivered in BSL

Police Ambulance Fire Coastguard

999 BSL is a new emergency VRS service for Deaf BSL users to contact the emergency services through a British Sign Language (BSL) interpreter.

- New app and website to call 999
- Make and receive free calls in seconds
- Available for iOS and Android devices
- 24/7 service all year

Learn more about the new life-saving service and job opportunities at www.999bsl.co.uk

Download on the App Store | GET IT ON Google Play

Scan me

Follow @999BSL_UK for regular updates



contact

You are not alone

Help

Get advice from Contact's helpline for families with disabled children

0808 808 3555

Monday to Friday | 9.30am ~ 5pm

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

Information, Advice and Support Team

Sarah.deady@lancashire.gov.uk

Anna.burkinshaw@lancashire.gov.uk

Parent Representatives*

Nannette Holliday – Chorley

Julia Johnson – South Ribble

Lucy Ellis – Lancaster

Trish Dobson – West Lancashire

Sarah Lewis – Hyndburn

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

Voluntary Organisation

Tom Harrison – Community East Lancashire Health

Sam Jones – Chair, Lancashire Parent Carer Forum

Health

Clair Martin – Designated Clinical Officer, North Locality

Winter issue – deadline for articles 30th September, published December 2022

Spring issue – deadline for articles 6th January, published March 2023

Summer issue – deadline for articles 31st March, published June 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	<input type="text"/>
Address	<input type="text"/>
Postcode	<input type="text"/>
Tel. No.	<input type="text"/>

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

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