

[View this email in your browser](#)



NEWSLETTER

January 2024

There is still time to complete the PCF Survey.

 **We need only 5 minutes of your time** 

For all those families who either live in Cheshire West or whose children attend a Cheshire West school.

Please can we ask that you share and complete this survey.

Closing date 31st January 2024



Parent Carer Forum
Cheshire West & Chester

Survey

2024

your time to
make a
difference

Dear Parent or Carer

We are the Parent Carer Forum, a group of volunteer parents and carers in Cheshire West and Chester who have children and young people with Special Educational Needs and / or a Disability (SEND), working in partnership with professionals.

539
responses
to our 2022
survey

In 2022 539 of you took the time to give feedback on your experiences. These views were fed directly into the Ofsted inspection that took place in February 2022.

5 mins
approx. time to
complete

We need your views again! without them we can't push for progress and focus resources on the things that matter to you and your families. If we could ask you to take 5 minute of your time so that we can capture your experiences and track progress since 2022, we would really appreciate it.

It is your opportunity to make a difference.

If you have more than one child it would be really helpful if you could complete a survey for each child with SEND. There is certain information that we will need to capture to help us understand how your experience may differ from others across the borough. If you have any questions about this survey, would like a printed copy or require any assistance in giving us your feedback, please contact us at contact.pfcwac@gmail.com

What
will happen to
the results of
the survey?

- We will complete an analysis of the survey and take a report to local decision makers from education, health, social care and voluntary sector across Cheshire West and Chester.
- We will publish the report on our website and on the LiveWell website www.livewell.cheshirewestandchester.gov.uk by May 2024
- We will use the information to influence change in local services.

COMPLETE THE PCF SURVEY 2024

Scan the QR code on the right
or go to www.pcfcheshirewest.org/survey2024



Email: contact.pfcwac@gmail.com

www.pcfcheshirewest.org

Please use the link below to complete the survey



PCF February 2024
In-Person Forum

Live Well - Meet the professionals behind the services that support your child/young person.



Parent Carer Forum Event:
Wed 7th Feb 2024
10.00 - 2.00pm

Live Well - Meet the professionals behind the services that support your child/young person

Also a **Mental Health Services Update** on the day.
Stands & Information on activities, groups and services in your area to view during the breaks.

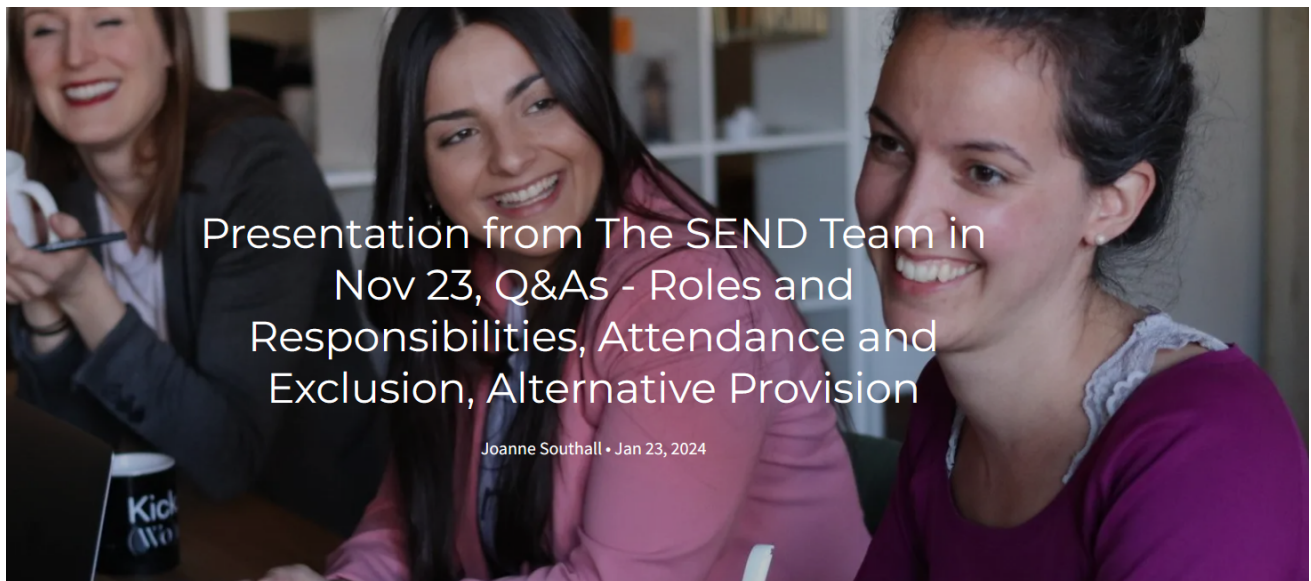
Free Lunch & Refreshments.
Free Parking. Wheelchair Accessible.

Hartford Golf Club, Burrows Hill Hartford CW8 3AP
Free Event - All Welcome

Book online today to reserve your place.

www.pcfcheshirewest.org/whats-on

In-Person Forum Booking Link



PFC November Forum SEND Team - Your Questions

Questions from our Parent/Carers have been answered by the Education/SEN team at CWaC...

Roles and Responsibilities of the SEND Team – Karen Cove

1. Will the SEND manager's role be shared?

Yes this has been sent to Emma Walker to put on the local offer.

4. How will parents have their say in the all age autism strategy?

Karen Cove has requested PCF representation in the first instance and then from that work will develop around consultation as the strategy develops.

Inclusion – Paul Arista

1. Is there investment in mainstream?

We will be supporting mainstream schools with funding to ensure that they are able to meet the needs of the young person.

To view all the questions our parents/carers put to the SEND Team and their answers please visit our website using the link below....

PFC November Forum SEND Team - Your Questions & Answers



Inclusion Focus Group

Following on from the November in-person Forum with the SEND Team are members told us they want their voices and experiences to be heard when it comes to attendance, exclusions and alternative provision. At the Forum 18 families registered to join an Inclusion Focus Group, to these families, you do not need to register again, we will be in touch.

If you were unable to attend the Forum and would like to join the Inclusion Focus Group, please register your interest by using the link below.

Inclusion Focus Group Registration Form

Sip and Learn

HALL SMITH WHITTINGHAM LLP SOLICITORS & HIGHER COURT ADVOCATES

22nd February 2024

DS Cheshire , Denton House, Denton Drive, Northwich, CW9 7LU

We are delighted to be working in partnership with Down Syndrome Cheshire and Hall Smith Whittingham Solicitors to host a Sip and Learn coffee event on 22nd February 2024


Come along to Sip and Learn on the 22nd of February at 10am to catch up with other parents in an informal setting.

The session will run from 10am to 12pm.

No need to book. Just come along and have a chance to Sip and Learn.

[For More Information, Click Here](#)

Your child/young person doesn't need to have a diagnosis to access the PCF.



The aim of the PCF...
 Be the voice of as many parents/carers as possible
 Influence decisions about gaps in services
 Provide info & signposting to Professionals and Voluntary Organisations
 Co-produce improvements to SEND services.

In-Person Events

2023
Wed 22 Nov, 10:00am - 02:00pm
Vicars Cross Golf Club, Chester
 SEN Team
 Attendance & Exclusion
 Alternative Provision - What is it

2024
Wed 7 Feb, 10:00am - 02:00pm
Hartford Golf Club, Hartford
 Live Well - Meet the professionals who support your child
 Mental Health Services Update

Wed 22 May, 10:00am - 02:00pm
Holiday Inn, Ellesmere Port
 Preparation to Adulthood
 Supported Internships - What happens when my EHCP ceases?
 Social care - Supported Living/Direct Payments
 Transitioning to Adulthood services

Virtual Events

2023
Wed 11 Oct, 10:30am - 11:30am
 Where do I go for support?
 IASS
 Carers Trust


2024
Wed 20 March, 10:30am - 11:30am
 Short Breaks and Wrap around care update.
 ETOS - Education other than at School - What is it?

July - Date TBC
 AGM
 2023 Parent Carer Survey results

Coffee Events ☕
2023-24
Schools, Charities, etc.
 List of dates will be on our website, new dates added throughout the year.

Check our website for more information, previous events, or watch again on our YouTube channel.

To book any of our events or for more information, scan the QR code, or visit our website.
www.pcfcheshirewest.org



With much more to come in 2024 don't forget that you can keep up to date with the latest PCF news and signposting information by checking our website and following us on Facebook.



Going to College - A special information evening for young people with SEND and their parents

Thursday 25th January 2024 4pm – 6pm

Venue: Greenbank School, Greenbank Lane, Hartford, Northwich, CW8 1LD

This event is for primarily for those in Year 9 upwards. It will be an informative event that will help you understand the next steps and how to have a clear destination for post-16.

Speaker(s): Cheshire College South and West, Warrington Vale Royal College, Coleg Cambria, Reaseheath College, Wirral Met College and Petty Pool College

Topics covered will include:

What options are available

How is a typical programme delivered

How are young people with SEND supported within a College environment.

To register to attend the event, please visit www.tinyurl.com/goingcollege

Cheshire West & Chester Council

Going to college



A special information evening
for **young people with SEND**
and their parents

Thursday, 25 January 2024

4pm – 6pm

**Greenbank School, Greenbank Lane,
Hartford, Northwich, CW8 1LD**

This event is for primarily for those in Year 9 upwards. It will be an informative event that will help you understand the next steps and how to have a clear destination for post-16.



To register to attend the event,
please scan the QR code or visit:
www.tinyurl.com/goingcollege

Speaker(s): Cheshire College South and West,
Warrington Vale Royal College, Coleg Cambria,
Reaseheath College, Wirral Met College and
Petty Pool College.

Topics covered will include:

- What options are available
- How is a typical programme delivered
- How are young people with SEND supported within a College environment.



Cheshire West
and Chester

Going to College Registration email

DROP IN OPEN DAY for new members



29th Feb 4pm - 6pm
1st March 10am - 12noon

Come along and find out more about our service for young people with learning disabilities and difficulties.

Pool Lane, Chester Road,
Sandiway, Northwich
CW8 2DR

01606 889097 www.pettypool.org.uk



www.pettypool.org.uk

My Life with the Wave



Theatre Porto are reaching out to you on behalf of Interplay Theatre (The National Sensory Theatre), currently touring their remarkable show, "My Life With The Wave" We believe this production, designed for young people with Profound and Multiple Learning Disabilities, may resonate with you and / or your networks.

Mexican Poet Laureate Octavio Paz. The show incorporates movement, sound, digital technology, and physical interaction to create a truly unforgettable experience.

The show is on at-

The Civic, Ellesmere Port: 13th Feb 11am, 1.30pm, 6pm - <https://brioentertainment.org/event/my-life-with-the-wave/>

Theatre Porto, Cheshire: 17th February 11.30am, 2pm, 4pm - [My Life with the Wave - Theatre Porto](#)

PLUS, option for this show to visit your school on

Wednesday 14th February

Thursday 15th February

Friday 16th February

Please email jess@theatreporto.org for more details and see attached schools pack.

You can find out more at <https://theatreporto.org/mylifewiththewave/>

[Theatre Porto Facebook Page](#)

**Participation & Engagement Worker
Cheshire**



Hi, I'm Catherine the Participation & Engagement worker for Cheshire CAMHS. My job is to provide a safe space and opportunities for Children, Young People, and their Families (CYPF) to share their thoughts, feelings, and opinions on all things CAMHS. I hope that with my support our CYPF will feel empowered and confident to share their lived experience with us, both good and bad so that we as a service can learn, improve, and gain a better understanding of the young people and families that we support.

The Learning Disability CAMHS team are currently reviewing the information they share with the people who use services and would like your support with this.

Would you be interested in working with us to develop and review existing resources? If the answer to this is yes or you would like more information about the opportunities available, you can either discuss with your local Learning Disability CAMHS team member or you can contact me via the email address below.

Catherine.rudd1@nhs.net

catherine.rudd1@nhs.net



The Autism Service

Transition to High School Online Event (Via Microsoft Teams)

Date: 7.2.24 Time: 9.30am – 1pm

We are inviting all parents, carers and professionals supporting children in years 4, 5 and 6 to attend.

What's happening?

There will be opportunities to attend workshops via Microsoft Teams and these will be delivered by The Autism Service Teachers. Workshops will include:

- Supporting organisation and independence
- Developing strategies to address emotional well-being
- Supporting the communication needs of the young person

There will also be information provided by High school and Primary school SENCOs focusing on effective joint parent/school working. There will be regular breaks throughout the morning.

Following the event you will receive a copy of The Autism Service Transition to High School Pack, and this will be a useful tool to use with the child you are supporting.

To apply please click on the link below OR scan the QR code to complete the short application form.

<https://www.smartsurvey.co.uk/s/t/transitionevent24/>



**Please note that the closing date for applications will be Wednesday 31st January 2024
You will receive your link and any visual pre-course information by Friday 2nd February.**






The following agencies may be useful contacts for support with your child's transition process:

 <p>Parent Carer Forum Parent Carer Forum Cheshire West Chester pcfcwcheshirewest.org.uk Represents parents of children and young people with SEND. Provide support through coffee mornings, drop-in sessions and information events.</p>	 <p>CHAPS Cheshire Autism Practical Support Cheshire Autism Practical Support Autism Support Offering parent support and access to parent training. Providing activities and clubs for children and young people.</p>	 <p>IASIS Information Advice And Support Service Information Advice and Support Service (IASIS) Live Well Cheshire West cheshirewest.livewell.gov.uk Support service for parents to assist with understanding the SEN and disability system.</p>
 <p>Disability Positive Home - Disability Positive Provide services, opportunities and a voice to people with lived experience of disability and long-term health conditions, and their families.</p>	 <p>Autism Central NHS Autism Central for Parents and Carers Autism Central Education programmes to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support.</p>	 <p>Central Cheshire Integrated Care Partnership www.mch.nhs.uk/our-services/community-services-cox/cyp-speech-and-language-therapy-service The Children & Young People Speech and Language Therapy (SALT) service supports children and young people, aged 0-19 years-old, who have difficulties with speech, language, communication, swallowing, social interaction skills, feeding and swallowing.</p>
<p>Live Well Cheshire West Local Offer page</p> <p>https://www.livewellcheshireweststands4cheshire.gov.uk/</p> <p>Some children and young people may require extra support during their education. Database of organisations and services offering support and advice.</p>	<p>YOUNG MINDS</p> <p>https://www.youngminds.org.uk/</p> <p>Fighting for young people's mental health. Help and advice for young people, parents and professionals.</p>	 <p>KOOTH</p> <p>https://www.kooth.com/</p> <p>Online, free, anonymous and safe support for young people to access themselves.</p>

[Click Here to Register for the Transition to High School Online Event](#)



CHESHIRE WEST CARER SUPPORT



Are you caring for someone living with a mental health condition, or who has a learning disability?

If yes, we are here to help.



If you provide practical help and/or emotional support to a friend, relative or partner with a mental health condition or a learning disability then you are a carer.








At Making Space we understand that while caring for a family member or a loved one is a very generous and selfless thing to do, taking on such a physically and emotionally demanding role can also take its toll on your own health and wellbeing.

We are here to support you in your caring role and help give you balance in your life. Our professional and caring support workers provide a free service to carers in Cheshire.

HOW WE CAN HELP YOU

- Give you emotional support
- Offer advice and guidance to assist you as a carer
- Support you to enjoy your life outside of your caring role
- Signpost you to services and organisations that can help you
- Provide information about mental health conditions, learning disabilities, treatments and local services
- Support you to communicate with services who can help you
- Peer support groups where you can meet other carers in an informal environment to share experiences with others in a similar situation to yourself

CONTACT US

To access our service please contact us today. You can self-refer or be referred by your GP or a local agency.

 **01606 606 694**

 **CheshireWestCarerSupport@makingspace.co.uk**

If you would like this leaflet in a different language or format, please contact marketing@makingspace.co.uk.



Mark your calendars for ¹⁴ ...

Morning Sessions (9 am - 11:30 am):

Sunday 11th February

Sunday 24th March

Afternoon Sessions (3:30 pm - 6:30 pm):

Sunday 21st April

Sunday 19th May

All dates are available to book here <https://checkout.roller.app/theicecreamfarm/products/booknow>

<https://checkout.roller.app/theicecreamfarm/products/booknow>



Family Fund
Helping disabled children

The Marian Elizabeth Trust programme

In partnership with The Marian Elizabeth Trust, we are providing further grant support for families raising children and young adults with multiple complex significant support needs living in specific locations across Birmingham, Liverpool, Chester, Leicester, Peterborough and surrounding areas.

The Marian Elizabeth Trust programme

This grant funding is for families:

- on low incomes
- caring for children and young adults, up to the age of 21
- with multiple complex learning, communication and physical support needs
- living in Birmingham, Liverpool, Chester, Leicester, Peterborough and surrounding areas
-

Who is eligible for support?















To be eligible for a Marian Elizabeth Trust grant, you need to apply for a Family Fund grant first. Then, as part of your application, our teams will assess whether you meet the criteria for this additional grant.

Alongside living in the areas outlined above, the child you're applying for needs to have three or four of the following, to be eligible:

- a lifelong physical disability
- limited communication or non-verbal
- attendance at a specialist school for education
- a need for personal care for things like eating, washing, dressing.

If you think you could be eligible for this grant, please start a Family Fund application today using our [online portal](#). Then, our teams will contact you if you meet the criteria for this additional grant, once an assessment has been completed.

Grants you can apply for

 Family breaks	 Clothing	 Sensory toys	 Games, books and music
 Computers and tablets	 Days out	 Games consoles	 Outdoor play
 Furniture and household	 Kitchen appliances	 Specialist trikes / bikes	 Garden improvements
		 Driving ambitions	 Clubs, hobbies and activities

[Subscribe](#)[Past Issues](#)[Translate](#) ▼[RSS](#)

Parents/Carers & Young People Information Webinars - Progression to Employment

[Add to shortlist](#)

Cheshire West and Chester Council in partnership with our SEND Schools presents:
A Programme of Webinars for Parents/Carers & Young People to Support Progression to Further Learning & Employment



Title of Webinar: Transport

Date: Wednesday 28th February 2024

Summary of Content: How can the local authority support your child to access college and what can you do yourself to prepare your child for independent travel?

Speaker(s): Nicole Mellor – Transport Team Cheshire West and Chester

Provider: Cheshire West & Chester Council

Time: 4-5pm

To Join: [Click here to join the meeting](#)

Title of Webinar: Social Care, Day Services & Volunteering

Date: Wednesday 27th March 2024

Summary of Content: Find out how to access support to help all young people with disabilities fulfil their potential and lead as independent life as possible. This webinar will look at care and support options including housing, day care, finance, volunteering, etc..

Speaker(s): Kath Hingston - Transition Team Manager (Social Care) and Denise Garner - Service Manager Vivo LD Day Services

Provider: Cheshire West and Chester Council and Vivo Care

Time: 4-5pm

To Join: [Click here to join the meeting](#)

Parents/Carers & Young People Information Webinars - Progression to Employment



	Name:	Pronouns:	Put an X in this column next to adjustments you would like to have
COMMUNICATION	Date of Birth:		
	I am autistic and the following reasonable adjustments marked by an 'X' are helpful to me to access and engage in health appointments and feel comfortable. Please note: it is a statutory responsibility to try and make reasonable adjustments		
	Clear, precise communication, information broken down, instructions explicit:		
	Closed questions or to be provided with options.		
	A longer appointment time to allow me to process information and respond.		
	A supporter* with me to help me communicate and feel comfortable.		
	Alternative ways of making appointments other than using the phone.		
	Check I have understood you and allow me to ask questions.		
	Help to record important information to take away at the end of the session.		
	Don't make assumptions based on my non-verbal communication, such as lack of eye contact or stimming, I will engage better if relaxed and am being myself.		
HEALTH	Patience - I can find it hard to explain information or how I'm feeling.		
	Things I use to help me communicate:		
	Consideration that I experience pain differently and my pain threshold is low/ high (please cross out as appropriate).		
	Warning, explanation and preparation time before being touched.		
	Ask me explicit questions to identify symptoms of pain and sensations (especially in physical examinations) due to difficulties explaining these.		
ENVIRONMENT	Support to address any other health issues raised as I struggle to ask for help.		
	Familiar, supportive staff with me if I need invasive procedures.		
	Staff to read any requests for reasonable adjustments and preferences provided prior to an appointment.		
	To be able to check-in and wait outside or in a quiet area.		
	Having reduced lighting if possible.		
CHANGE	Being seen in a quiet room away from busy areas.		
	Adjusting the temperature in the environment.		
	Consideration about textures, e.g. of garments, dressings and medical equipment.		
	To be provided with a quiet, dark space if I am distressed or overloaded.		
	To receive interventions on a one to one rather than group basis.		
KNOWLEDGE	Being able to clearly see and get to the exit in a room.		
	Information in advance about what to expect in the situation and a clear plan for next steps.		
	Appointments being on time and being told if there is a wait or delay.		
	Whenever possible to see the same staff each time.		
	Discuss my next appointment time that will fit with my routine / quiet time.		
Avoid disruption, unexpected changes or things sprung on me.			
If you say you will get back to me, it is very important to do what we agreed.			
Please don't make assumptions due to my appearance, but if you are concerned check if I need any support.			
Support with reading or completing forms.			
I have a special diet or take specific food products.			
Explicitly state at the start how to ask for a break, to use the toilet etc.			
Appointment reminders as I may forget dates and times.			
Talking about my interests makes me feel calm.			

Have you got a hospital or health passport / care plan / one page profile? Yes / No (please circle)

Additional reasonable adjustments not covered overleaf:

Important information to know about me: (eg health conditions, preferences, treatments)

I am interested in:

It is not always obvious to others if I am stressed or anxious, this is what people may notice:

Things that can make me feel stressed/distressed:

What helps me when I feel anxious, stressed or distressed:

*A supporter is someone who knows you well. It could be a friend, family member or carer.

Copyright © CWP NHS Foundation Trust (2020). All rights reserved. Not to be reproduced in whole or in part without prior permission from the copyright owner.

To access the printable version click here

Live Well Cheshire West



NEW FEATURE.... Discover Live Well Cheshire West.

Special Educational Needs (SEN) Managers



In the link below you will find the roles and responsibilities (as of November 2023) of the SEN Managers. At the bottom of the page, you will find the contact details for the team.

Inclusion Matters

a strategy for an inclusive Borough



According to the Department for Education (DfE), Inclusion is education that includes everyone, with non-disabled and disabled young people, including those with special educational needs and disability, **learning together in mainstream settings, schools, colleges, and universities**. It is also about the quality of all young peoples' educational experiences, how all children and young people are supported in schools to learn, achieve, and take part fully in the life of schools and settings. Inclusion is about schools and settings effectively responding to a wide range of needs in the classroom and all teachers having the skills and confidence – and access to specialist advice where necessary – to help all children and young people, including those with Special Education Needs and Disabilities (SEND), to reach their potential and have a positive impact on their lives.

Our Vision for is to be an Inclusive Borough and through our [Inclusion Strategy](#) we want Cheshire West and Chester to be a borough where all children and young people:

- are supported by all to get the best start in life
- are included in education regardless of their need, background, or vulnerability
- find themselves welcomed into 'good or better' schools, settings, and post-16 providers across the borough, (as judged by Ofsted)
- with the right support feel confident in choosing a mainstream setting.

To view our Inclusion Matters strategy click [here](#).

Live Well - Inclusion Matters

USEFUL CONTACTS



Live Well Cheshire West - <https://www.livewell.cheshirewestandchester.gov.uk>

Information Advice and Support Service (IASS) - Tel 0300 123 7001 <https://www.livewell.cheshirewestandchester.gov.uk/Services/1279>

SEN Team - Tel 0151 337 6505

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[RSS](#)

Starting Well - <http://www.startingwell.org.uk/>

West Cheshire 0-16 CAMHS Tel - 01244 393200

<https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/>

IPSEA- Call-in Helpline Tel- 0300 22 5899

<https://www.ipsea.org.uk/Pages/Category/service-overview>

CONTACT Advice Line -Tel-0808 808 3555

<https://contact.org.uk/>

Get Involved with the PCF....

We are always looking for new parents and carers to join us. You can attend meetings, give feedback to influence the services your child or young person uses or help us to identify the gaps in services. Also, a chance to meet other parents and learn about what's on offer in Cheshire West & Chester.

To contact us.....visit our website www.pcfcheshirewest.org

email contact.pfcwac@gmail.com

or join us for one of our meetings.

We hope to see you soon!



Copyright © 2023 CWAC PCF, All rights reserved.

Our mailing address is:

contact.pfcwac@gmail.com

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).