

FIND

Welcome to the Spring issue of the FIND Newsletter, 2020

Following the recent storms, with high winds and flooding across the country, we are all looking forward to calmer, warmer weather on its way. You may be thinking about booking a family holiday; see page 6 for accessible holiday ideas.

On page 7 you can find details of Phab's Residential Projects, where everyone can take part and be included. Phab will begin considering applications from 5th March, so if you are interested, make sure you complete the online application form as soon as possible.

Do you have a story to share? Would you be interested in writing an article for FIND? Feedback shows that personal stories from other families can really help parents feel less isolated in raising a child with a disability. We welcome articles from any family member, and the subject is up to you. Email us at **FIND@lancashire.gov.uk** or call **01772 538077** if you would like to speak to a member of the team.

World Autism Awareness Day is on 2nd April – you can find information on Autism friendly activities, support groups and more on pages 8-11.

Also **World Down's Syndrome Day** is on 21st March – see pages 15-17. Don't forget to wear your odd socks to raise awareness!

Finally, don't forget **Mothers' Day** on Sunday 22nd March – enjoy yourselves!

Thank you for your continued support.

Sarah Deady

Inclusion Service

 www.facebook.com/LancashireLocalOffer



"There's no way to be a perfect mother and a million ways to be a good one".

Jill Churchill



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Special educational needs and disabilities (SEND) local offer

The SEND local offer is:

- information, advice, support and services
- provided by education, health, Lancashire County Council (the local authority) and voluntary organisations
- local to Lancashire
- for children and young people with special educational needs and disabilities (SEND) aged 0-25
- available in one place at www.lancashire.gov.uk/SEND

If you don't have access to the internet, you can get help to access the information online at schools, plus some libraries.

If you'd like updates on SEND support and activities in Lancashire, you can subscribe to our free FIND newsletter. You can also find lots of information on our local offer Facebook page.

We have reviewed the local offer to help us improve the information and make the site easier to use. We would welcome your feedback, as we'd love to hear what's working well and what still needs to be done. Fill in our survey at www.lancashire.gov.uk/send



NEW YEAR, NEW SITE – LAUNCH OF THE LOCAL OFFER WEBSITE

One of the priorities for the SEND Partnership was to review Lancashire's SEND local offer, which is the information, advice, support and services available across Lancashire, for children and young people with special educational needs and disabilities.

Following an extensive review, work has been carried out over the last six months to revise the local offer website, which provides a central access point to this information. You can find the revised SEND local offer website at:

www.lancashire.gov.uk/SEND.

We will continue to share more about the changes taking place via regular updates on the SEND local offer website and Facebook page. In the meantime if you have any questions please get in touch with the SEND Partnership:

SENDPartnership@lancashire.gov.uk.

THE HAVEN CENTRAL LANCASHIRE

A calm environment for anyone seeking emotional support and advice.

We are here to help.

The Haven is a welcoming and non-judgemental place for individuals struggling socially and emotionally with life challenges or who are in crisis.

Visit, call or email.
No referral required.

Mon to Fri:
11am - 11pm
Sat & Sun (& Bank Holidays)
12pm - 11pm

T: 0330 0083672
A: The Haven, Blanche Street,
Preston, PR2 2RL
E: centrallancashirehaven@richmondfellowship.org.uk
F: facebook.com/RFHavenLancs

If you require this information in a different language, please email communications@richmondfellowship.org.uk
જો તમને આ માહિતીની કોઈ અલગ ભાષામાં જરૂર હોય, તો કૃપા કરીને Communications@RichmondFellowship.org.uk ન ઉપરોક્ત કરો

Richmond Fellowship is a national mental health charity making recovery reality for thousands of people every year. We provide a wide range of services including residential support, supported housing, employment services, community support and crisis support. Visit: richmondfellowship.org.uk for more on the services we offer.

**RICHMOND
FELLOWSHIP**
MAKING RECOVERY REALITY

Get Set To Go

Supporting positive mental health & wellbeing

FREE football activities
For men & women aged 16+
Every Thursday from 1:00pm - 2:00pm
Taking place on Stanley Park 3G Astroturf
Just come along to join in, no sign-up necessary
Wear appropriate footballing attire

Contact Us
BFCCT @BFC_CTrust office@bfcct.co.uk
bfcct 01253 348691 www.bfcct.co.uk

Charity Registration Number: 1129255

Special School Places Update

Cabinet has considered the provision of extra places to support children with special educational needs.

Lancashire County Council's cabinet has agreed a number of proposals in order to increase the provision for pupils with special educational needs and disabilities in Lancashire over the next five years.

The county council needs to support the increasing number of education, health and care plans (EHCP) that are developed for children and young people. An increase of 42% was experienced between 2014 and 2019.

Ensuring that as many children as possible are educated in mainstream schools that are suitable to fit their needs is a paramount commitment of the county council, as well as ensuring that appropriate sufficient specialist provision is available.

It is expected that at least another 213 special school places will be needed within the next five years. The county council is investing an additional £10m to support children with special educational needs and disabilities (SEND).

County Councillor Phillippa Williamson, cabinet member for children, young people and schools, said: *"One of our key responsibilities at the county council is making sure that there are enough school places to meet demand."*

It is important that children with special educational needs and disabilities are able to have the most appropriate school place, and we are fully committed to achieving this.

The reality is that we are facing an increasing demand for places. In this context the actions that we have agreed to take will go some way towards addressing the need for more special school places in certain parts of the county, and maximise the resources that we have available.

Our commitment to providing the best possible educational experience to all of our young people will always underpin the decisions that are taken."

At the on 16 January, the main recommendations agreed by Cabinet were to:

- Approve, for wider consultation, the Special Educational Needs and Disabilities Sufficiency Strategy 2019 – 2024, which sets out a range of medium and longer term actions
- Approve the commencement of feasibility design work for two proposed capital projects for Broadfield Specialist College, Oswaldtwistle, and Sir Tom Finney Community High School, Preston
- Approve the commencement of an informal process for seeking expressions of interest from mainstream schools to support the development of special educational needs units in localities in need of additionally resourced mainstream provision
- Approve the commencement of feasibility design work for the projects at Stepping Stones Short Stay School, Lancaster and on The Haven site, at Thornton-Cleveleys, in line with statutory processes
- To implement the proposals identified within these recommendations where they are consistent with the report presented to cabinet in August 2019 and the Sufficiency Strategy.

The Sufficiency Strategy helps the county council to meet demand at a time when demand is increasing, as well as supporting more children and young people to be educated in mainstream schools.

It also aims to ensure that a range of different types of provision are available, and also that the right support is provided at the right time. This provision should be available within the local community for children and young people as much as possible.

Following the county council's recent successful application to the government for additional funding of £3.5m to be able to support more children with complex needs and disabilities (SEND), two options are being considered to provide some of the specialist places.

The first option would see the relocation of Broadfield Specialist School in Oswaldtwistle to the site of Hameldon Community College in Burnley to create an additional 60 places.

The second option would use space at Sir Tom Finney Community High School in Preston to create up to an additional 100 places.

Further detailed consideration will now take place regarding the proposals, including a formal consultation and a meeting with parents to ensure that their views are considered.

The Sufficiency Strategy will help the county council to work with schools and their partners in order to understand how the right places can be made available for children and young people in the future.

Other options that are being taken forward include the establishment of 12 primary and 12 secondary SEND units attached to mainstream schools in Accrington, Burnley, Colne, Nelson, Fleetwood, Lytham, Lancaster, Morecambe, Ormskirk, Skelmersdale, Preston and Leyland.

Capacity will also be increased for primary and secondary aged pupils with social, emotional and mental health needs in Lancaster, Morecambe, Fleetwood and Lytham by opening the Haven school site at Thornton - Cleveleys, and increasing the capacity at Stepping Stones Short Stay School in Lancaster.

The additional places will offer specialist support and tailored facilities, helping those with complex needs to succeed.

Lancashire County Council has already committed an additional £6.5 million to provide much needed provision for children and young people with SEND.

Parents will be kept fully informed of any proposals which go forward.





Free Wheelchair Skills Event In Chorley! Saturday 21st March 10am - 3pm

A chance to learn skills, become more independent and meet other young wheelchair-users.

Additional wheelchairs provided for family members to join in. Suitable from 2 years upwards.

**Euxton Primrose Hill Primary School,
Primrose Hill Road, Chorley,
Lancashire, PR7 6BA**

Please bring a packed lunch



Email training@gokidsgo.org.uk or Tel 01482 887163

Please share this flyer with any other families that you think might be interested

www.go-kids-go.org.uk



All Inclusive

Gain an insight into life at university and learn about the range of support services available for students, to assist you to make informed decisions about your education in the future.

What is All Inclusive?

All Inclusive is a programme for young people who have a disability, mental health condition, specific learning difficulty and/or who are on the autism spectrum. All Inclusive aims to provide you with information, advice and guidance about university and the range of support services available, to support you to make informed decisions about your education in the future. A range of opportunities are available as part of All Inclusive, from in-school workshops and activities, to one-day campus visits for you to attend with your school, community groups or parents/guardians.

Who is All Inclusive for?

All Inclusive is open to young people in Years 9-13 who have a disability, mental health condition, specific learning difficulty and/or who are on the autism spectrum. Places are prioritised for those who meet additional widening participation criteria, details of which can be found online.

What are the benefits of All Inclusive?

All Inclusive activities and campus visits are excellent for those interested in learning more about university, student life and in particular, the support available at university. You will meet with current students, hear their stories, and have the opportunity to explore the University and our facilities on an optional campus tour.

Additional information

All Inclusive activities are free to participate in, with food and refreshments provided during campus visits.

Find out more

To find out more and apply for a place at one of our upcoming events please visit our website:

www.lancaster.ac.uk/all-inclusive



Supporting Parents & Carers: Child & Adolescent Mental Health Workshop

Saturday 14th March 2020

A **FREE** event facilitated by the ADHD Foundation that will equip parents & carers with a toolkit of expert advice and support on key issues relating to child and adolescent mental health.

The day will cover topics such as:

How to identify mental health conditions

The impact upon child development and education

Comorbidity and Adverse Childhood Experiences

Strategies to support the emotional wellbeing of your child or teenager, including nutrition



Registration from 9:30am.
Workshop starts at 10am – 4pm.
Westmorland School, Weldbank Lane, Chorley, PR7 3NQ.

Book online:

<https://witherslackgroup.co.uk/events/westmorland-mentalhealth/>

Lancashire Break Time

The review and redesign of Lancashire's Short Breaks Offer is now complete, and proposals for the future delivery of short breaks will be presented to Lancashire County Council's Cabinet in March. Further details will be shared on the Local Offer website following the Cabinet meeting.

Thank you to everyone that took part in surveys, meetings and workshops as part of the review.

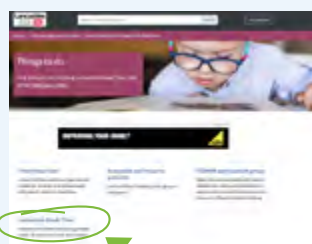
Lancashire Break Time will continue in its current form for a transition period.

Check the Local Offer to find providers in your area, for school holiday and term time sessions. Go to:

www.lancashire.gov.uk/send



Click on Things to do



Then on the Lancashire Break Time link



Offering Equine-Assisted Therapy sessions for individuals with disabilities and special educational needs.

Sessions can include both ridden and non-ridden work with our fantastic team of horses and experienced instructors.

Working with horses can improve social, cognitive and physical skills, as well as being an enjoyable activity for all ages.

Situated on the outskirts of Rivington, we have access to fantastic off-road hacking and sessions provide an excellent way to experience the great outdoors!

Quote FIND Newsletter for £3.00 off your first session

Contact Clare on 07535474688 or foxfieldsridingcentre@gmail.com
 Foxfields Therapeutic Horse Riding Centre, Factory Hill, Horwich, Bolton, BL6 6RZ

PRESTON PANTHERS DSC

A sports club for children and young people ages 5~25

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

Aiming to help children develop skills, so they can thrive in the physical environment of sports

**Saturdays at
West View Leisure Centre**

Swimming 4pm ~ 5pm
Dry sports & Sensory Group 5.15pm ~ 6.45pm

First Session Free!

**West View Leisure Centre
Ribbleton, Preston. PR1 5EP**

**07599 333 816
prestonpanthersdsc.com**

Useful Websites

Accessible Holiday Ideas

The Children's Adventure Farm Trust

Reddy Lane, Altrincham, Cheshire, WA14 3RE
10 acres of amazing facilities suitable for children of all ages and abilities. The Children's Adventure Farm Trust is a haven providing a wealth of activities designed to entertain and challenge children in a supportive environment. We provide free residential holidays and fun day trips for children of all abilities aged 17 and under, including those with complex and severe physical or learning disabilities, sensory impairments and terminal illnesses. Also available to children who act as young carers.

W: www.caft.co.uk
T: 01565 830 053
E: info@caft.co.uk

Bendrigg Trust

Outdoor Learning for People with Disabilities and Special Needs
Old Hutton, Kendal, Cumbria, LA8 0NR
We have over 40 years experience providing group residential courses for people with disabilities and from disadvantaged backgrounds. Whether you have autism, physical disabilities, learning or behavioural difficulties, Bendrigg can enable you to participate in adventure activities. Our friendly team are on hand every step of the way to guide you through the bookings process, give you the warmest of welcomes & make sure that you have a fabulous time! Our award winning family courses are a wonderful way for families with a disabled member to spend quality time together. They provide the opportunity to spend time together as a family and make precious memories, trying adventurous activities including climbing, canoeing, caving & cycling. You will have time to relax, socialise and meet other families, and to enjoy the beautiful natural surroundings of the Lake District & Yorkshire Dales National Parks.

W: www.bendrigg.org.uk
T: 01539 723 766
E: office@bendrigg.org.uk

Calvert Trust

It's what you can do that counts!
Centres in Kielder, Lake District and Exmoor
The Calvert Trust enables disabled adults and children, together with their families and friends, to achieve their potential through the challenge of outdoor adventure in the countryside.

We provide a wide range of adventurous activities, with skilled, qualified and caring staff able to meet the needs of visitors. The benefits and enjoyment of the activities are offered to all, irrespective of ability.

W: www.calvert-trust.org.uk
T: Kielder 01434 250 232; Lake District 01768 772 255; Exmoor 01598 763 221

Holiday Homes Trust

Coastal locations around England
We are a small charity that own accessible self catering caravans, which we rent out at affordable prices to families and people with disabilities and their carers. All of our caravans have wheelchair access. The Holiday Homes Trust provides the opportunity for every single member of the family or group to enjoy freedom and life away from the home environment.

W: www.holidayhomestrust.org.uk
T: 02084 337 290 or 02084 337 291
E: holiday.homes.trust@scouts.org.uk

The Thomas Centre

Specialist Autistic Holiday Providers
Covenham St Bartholomew, Louth, Lincolnshire, LN11 0PB
A family holiday should be something to look forward to; we aim to make this possible for families who may have come to dread the whole concept of a "mainstream" holiday environment. We provide outstanding facilities for families like yours, on a dedicated 25 acre site, in a safe and non-judgemental environment.

W: www.thethomascentre.co.uk
T: 01507 363463
E: enquiries@thethomascentre.co.uk

The Bruce Trust

Kennet and Avon Canal Trust,
The Wharf, Couch Lane, Devizes, SN10 1EB
We offer affordable canal holidays to disabled people, along with their family, friends or carers. Our purpose-built, wheelchair accessible boats are available for weekly hire for self-catering, self-steer holidays. Each boat has the highest quality accommodation and the ultimate flexibility for people with a wide variety of special needs.

W: www.bruce.katrast.org.uk
T: 01380 721 279
E: brucebranch@katrust.org.uk

The Tranquil Otter

The Lough, Thurstonfield, Cumbria, CA5 6HB
Escape to the countryside and explore the natural beauty of the Lake District, and the Cumbrian seaside.

The Tranquil Otter is entirely accessible for wheelchair users. Families, friends and carers can relax and enjoy a holiday without worrying about how to get around. All our lodges are accessible by wheelchair, and we have our woodlands where wheelchair users can enjoy getting up close to nature. You can also do a delightful lap of our private lake on wheels, and if required, we have an on-site mobility scooter for guests with limited mobility to use while on site.
W: www.thetranquilotter.co.uk
T: 01228 576 661
E: info@thetranquilotter.co.uk

Blagdon Farm Country Holidays

Ashwater, Beaworthy, Devon, EX21 5DF
If you are looking for a holiday in Devon and have a disability then all our lodges were purpose built to be 100% fully accessible, so they are an ideal place to stay if you have reduced mobility or are a wheelchair user. A great deal of thought has been given to making all the facilities accessible, including the games room and swimming pool. There is a pathway to the lake and through the orchard area which is stoned underneath so that wheelchair and mobility scooter users can explore our lovely surroundings.

W: www.blagdonfarm.co.uk
T: 01409 211 140
E: info@blagdonfarm.co.uk

Happy Kids Holidays

Locations throughout France
We are a non-profit making association who aim to support families of children and teenagers with Autism to holiday in France. The owners of all the properties or gites we feature have an understanding of ASD, Autism and Asperger Syndrome and are committed to trying to ensure your family has the best, most relaxing holiday possible, in surroundings that are suitable to your needs, and in a non-judgemental and supportive atmosphere. We can help you prepare for your holiday in a way that is appropriate for you. For holidays in certain locations, we can provide support while you are here.
W: www.happykidsholidays.com
E: holidays@happykidsholidays.com

Do you have a holiday you can recommend?
Send your stories to:
FIND@lancashire.gov.uk

Phab Residential Holiday Projects 2020

Phab is very pleased to offer a unique range of Inclusive Living Holiday Projects for disabled and non-disabled children, young people and adults where everyone can take part and be included.

All Phab projects have an emphasis on self-reliance, building confidence and independence, breaking down barriers, learning to work as a team and most importantly having fun!

The projects take place at accessible outdoor activity centres set in beautiful locations around the country.

The following projects are now open to applications:



Phab does everything it can to make these projects affordable to everyone – we will not deny anyone a place simply because of the cost

As well as these National Phab Holiday Projects, we also support some independent schools in Middlesex, Hertfordshire and London who provide Phab Holidays.

For further details please contact **Rebecca Hargreaves**, National Projects Manager on **01254 824784**

or rebecca.hargreaves@phab.org.uk or apply on line at www.phab.org.uk



Charity No 283931

The first round of applications will be considered on 5th – 8th March, so ideally you should apply by 4th March. If spaces are still available, late applications may be considered.

the autism show

The National Event for Autism

in association with



London

12-13 June 2020 | ExCeL

Birmingham

19-20 June 2020 | NEC

Manchester

26-27 June 2020 | EventCity



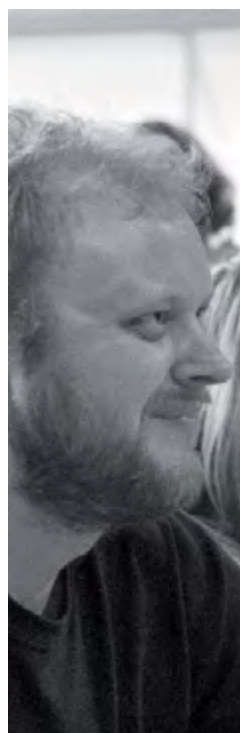
Michael Barton
Author &
Autism Speaker



Lauren Smith
UEL Student &
Autism Speaker



Connor Ward
Autism Vlogger
& Consultant



Chris Bonnello
Autistic Teacher
& Author



Laurence Mitchell
Ambassador for
the Older Adult
with Asperger's



Joely Williams
Autism Activist
& Author

Learn from the experts

- Discover new strategies & approaches
- Hear the UK's leading autism professionals
- Access one to one specialist advice
- Listen to adults on the autism spectrum
- Find 100s of products & services
- Interact with innovative features



Book your tickets now and save 20%

www.autismshow.co.uk

Associate Partner



Partners



autism
west midlands



Media Partners



Accredited by





We are a voluntary support group that operates in Chorley and South Ribble.

Run by volunteers and parents of children with social interaction and communication needs.

- Trampolining • Rebound Therapy
- Swimming • Climbing • Youth Club • Day Trips
- Parent and Carer Support Groups
- Free Training • Online Support



We provide activities for children and young people aged from 8 to 18 years who have Autism, ASD, ADHD or social interaction and communication needs.

For more information or to book places contact:
 e: info@taaglancashire.co.uk
 or visit www.taaglancashire.co.uk
 Lancashire TAAG
 @TAAG_Lancashire

We Meet Monday & Wednesday Evenings

Registered Charity Number: 1157535

SHINE

Follow us for updates:



@hyndburnfamilyzone

The group is for children age 11 and under, who have a SEND or additional learning needs that range from autism, ADD, ADHD and other learning difficulties. **BOOKING REQUIRED**



Activities include sports, dancing, cooking, music, pool, X Box, board games, and arts & crafts.

Young people who attend are welcome to bring their parents or carers.

Thursdays
3:30 - 5:30 pm



Children and Family Wellbeing Service

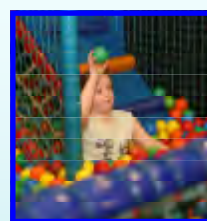
Lancashire
 County Council



New Era Complex
 Paradise Street
 Accrington, BB5 1PB
 01254 220692



Supporting Autism Awareness Day!



This event is suitable for new families.

Saturday 4th of April ~ 5.15-7pm

Celebration Day

@ PlayMates

Coppull Enterprise Centre, Mill Lane, PR7 5BW

£2

Per child donation

Wear BLUE

All places must be booked in advance!

Contact us - <https://www.facebook.com/HighFiveLancashire>

Kangaroos

*Autism friendly trampolining for children with ASD
and their families*

Call: 01772 720941

email: bounce@pctc.org.uk

- Every Saturday 12.30-1.30pm during term time
- Access to all trampolines and soft play equipment
- Sensory area available on request
- Quieter music
- Staff and volunteers experienced with a range of special needs
- British Gymnastics qualified coaches
- Disability hoists available
- Disability toilets and changing facilities and baby change



*£5 per child
only £2 per sibling*

**Do you know an aunt or uncle
of a child or young adult with
Autism Spectrum Disorder
(ASD)?
We need your help!**

Very little is known about the experiences of aunts and uncles who support parents of children or young adults with ASD.

I would like to speak to aunts and uncles of children or young adults with ASD about their experiences supporting parents of children or young adults with ASD and the support that they would like for themselves.

I hope this will help inform support services about how they can help children and young adults with ASD and their families.

If you would like to find out more about how you could help, please email [Jenni Kuroski](mailto:Jenni.Kuroski@edgehill.ac.uk)
Kuroskij@edgehill.ac.uk
Telephone: 07539724027

End Date: October 2020

Edge Hill University

SPARKLING STARS

Parent/Carer Support Group

Parent led support group for children and young people with additional needs and Autism Spectrum Conditions

Morning meetings at
Simply Wicked
43 Albert Road, Barnoldswick

Wednesday 15th Jan • Wednesday 12th Feb
Wednesday 11th March • Wednesday 15th April
Wednesday 18th May • Wednesday 17th June
Wednesday 15th July

Time: 9.15am to 11.15am

Children welcome.

Please answer the questions we set when requesting to join our closed group. This is to keep the group safe. Thank you.

 Sparkling Stars
sparklingstars2017@outlook.com



If you're a parent or carer of a young person on the Autistic Spectrum aged between 3 and 12, the Junior Autism Group (JAG) are set to relaunch their meetings in March!

Coming to a JAG Meeting means that your child/children with ASC can play safely in a fun, non-judgmental environment whilst you can meet other parents, share ideas and information and just have a break for a little while.

In the past, JAG Meetings have included guests / specialists with various involvements within the field of Autism, discounts from local businesses / services and an annual outing.

We also have a large library of books on Autism and other related conditions and each month we hold a raffle with prizes for the children.

JAG Meetings provide the only service like this in this part of Lancashire and it's important that the meetings we put on are regularly attended so that we can sustain the group going into the future.

Meetings are held at the Cheeky Monkeys Play Centre, Whittle-le-Woods, PR6 7YA and they take place on the **first Tuesday of every month**, apart from August when there is no meeting. Meetings start at **6pm** and finish at **7.30pm**.

Upcoming meeting dates are:

3rd March	2nd June
7th April	7th July
5th May	

Entrance fees are just **£2.00 per child**. Parents and carers are free. No need to book, just turn up.

If you'd like to join the JAG WhatsApp Broadcast Group to keep up to date with what's happening please email us and we will add you. (Broadcast Groups are similar to regular groups except that all the members and their information is kept private and is invisible to other users).

For further information or any questions please email: **juniorautismgroup@gmail.com** and remember to include your mobile number if you'd like to be added to the WhatsApp Broadcast Group.

We look forward to seeing you and your young person/people at a meeting soon.



Oliver House, a specialist autism provision, are offering free training to parents. Courses are listed below and the dates when they are taking place:

What is Autism? - 4th February 2020
Autism and Behaviour - 3rd March 2020
Autism & Sensory Issues - 21st April 2020
Autism and Flexibility of Thought - 19th May 2020
Pathological Demand Avoidance - 23rd June 2020
Autism & Communication - 15th September 2020
Autism & Anxiety - 13th October 2020
Questions & Answers - Autism and Related Issues - 10th November 2020

All courses run from 10am to 12 noon and there are 80 places on each course. Tea & coffee will be provided.

If you would like to attend any of the courses, please contact Jenny Powell at Oliver House School on 01257 220011

Venue: Valley Church, Fourfields, Bamber Bridge, Preston, PR5 6GS

Children's Service Understanding Autism Workshops 2020



Action for ASD's Understanding Autism workshops will help you to gain more support for your family. Our workshop's involve group discussion, practical support & signposting.

Understanding Autism/ASC & Diagnosis

Has your child recently been diagnosed with Autism/Autistic Spectrum Condition? Are you wondering what next and would like some support?

Has your child been referred to the paediatrician to have an assessment for Autism/ASC?

Are you struggling to cope with the diagnosis process and would like to know about autism/ASC?

This free 2 hour workshop will be a practical session with the opportunity to share your experiences with other parents and take away ideas, strategies and resources.

To book a place on one of the events below please contact the children's service on **01282 415455** or email **children@actionasc.org.uk**

Wednesday 11th March 5.30-7.30pm
at Gannow Community Centre

Thursday 26th March 10-12
at Tay Street Children's Centre

Please let us know if you would like us to run at your chosen school/venue. If you are interested in autism awareness training for

your organisation or school, please contact us to register interest in our training for professionals courses.

Action for ASD

Autism Resource Centre

Suites 7 & 8 Kings Mill • Queen Street • Lancashire • Burnley • BB10 2HX

children@actionasd.org.uk Tel: 01282 415455 adults@actionasd.org.uk

A Parent's Guide to Understanding Pathological Demand Avoidance (PDA) - Part of the Autism Spectrum

What is Pathological Demand Avoidance?

PDA is a diagnostic profile that is seen in some children on the autism spectrum. Children with a PDA Profile will share difficulties with others on the autism spectrum in the following areas:

- Social Communication Difficulties
- Social Interaction Difficulties
- Restrictive and Repetitive patterns of behaviour, activities and interests

Children may also have other conditions alongside their PDA, for example Sensory Issues, Dyslexia, Dyspraxia, Attention Deficit Hyperactivity Disorder (ADHD) and Mental Health issues.

Children who present with the PDA profile are driven to avoid everyday demands and expectations to an extreme extent.

Even ordinary daily tasks such as getting dressed, eating a meal and going out (even to an enjoyable place) can be very challenging for a child with PDA. They will often go to extreme lengths to avoid demands – this is what is meant by the term 'pathological'.

A child with PDA might avoid demands in lots of different ways from simply refusing, making an excuse, distracting, negotiating or doing / saying something shocking.

If these avoidance strategies fail, the child may have a meltdown, which is best viewed as a panic attack. This may take the form of challenging behaviour, withdrawal or some children may run away.

How do I tell if my child has PDA?

Autism is dimensional and the different profiles, including PDA, affect people in varying ways and to different degrees.

It is when many of the key features of the PDA profile appear together, in conjunction with the common difficulties shared with others on the autism spectrum, that it is helpful to have a diagnosis of the PDA profile because this has implications for successful intervention and management.

The **Extreme Demand Avoidance Questionnaire** (EDA-Q) can help to identify individuals with an elevated risk of having a profile consistent with PDA and is available on our website at www.pdasociety.org.uk/resources/extreme-demand-avoidance-questionnaire

Please note, the EDA-Q should not be considered a diagnostic test. For diagnosis, a thorough assessment by an experienced professional is required.

Assessment and Diagnosis

The earlier the recognition of the PDA profile, the sooner **appropriate support** can be put into place.

If you feel that your child may have an ASD with a PDA profile, make an appointment to see your GP and **provide plenty of supporting evidence**. Request that your child is referred to an appropriate service that can assess for an **autism spectrum disorder**. Not all clinics will be familiar with the PDA profile and so onward referral may be required. You can find more information about the diagnostic process on our website – see opposite.

A few golden rules: strategies that may help at home

Choose your battles carefully

Focus on a few important boundaries like safety issues. Learn to 'let go' of things that are not important. Consider: is it worth a meltdown?

Balance tolerance and demands

Every day is different for children with PDA. When anxiety is high, demands should be few. When your child is more relaxed, demands can be increased.

Don't take it personally

Children with PDA are driven by anxiety. They can say and do things that are hurtful. Understand that the 'root cause' of this behaviour is their high anxiety.

Use indirect demands or requests

Challenges are great for getting things done. For example, "Race you to the bathroom – bet I can wash my face before you!"

Offer limited choices to give the child a sense of control & autonomy

Saying "do you want to have a bath or a shower?" communicates the need to wash but offers a choice, which helps to reduce anxiety.

Individuals with PDA also have many strengths and qualities, such as being creative, affectionate and focused on things that interest them. These can often be used to capture their interest, disguise demands and lower anxiety levels.

The **National Autistic Society** (NAS) website has a useful guide to the PDA profile, which can be given to family members, teachers and other professionals who may be involved in supporting your child. Search for 'PDA' on the NAS website www.autism.org.uk





Keys to Care

Pathological Demand Avoidance (PDA) Profile of Autism

- ✓ The PDA profile turns care on its head and lack of understanding causes distress
- ✓ See the person, explore their interests and engage positively
- ✓ Approach PDA as you might caring for a panda – create the environment which will enable individuals to thrive
- ✓ Indirect ways of wording requests, or even silence, helps with completing tasks
- ✓ Sanctions and consequences (incl. rewards) do not work and make things worse
- ✓ Enable some control and choice, allow for negotiation
- ✓ Processing can take longer than expected: take and allow time
- ✓ Fairness and trust are central, if things change, be clear & honest about why
- ✓ Collaboration, flexibility, variety and humour all work well



AVOIDANCE

Avoidance isn't a choice. PDA means I can't help not complying with your requests/instructions or even my own wishes. Everyday tasks can be a real struggle for me. Not feeling in control creates extreme anxiety, though it may not look like it (I may ignore or distract you or seem angry). If pushed it can trigger a sudden freeze, flight, fight response.

- ✓ Think of PDA as 'permanent demand anxiety'
- ✓ Make requests and communication indirect
- ✓ Doing things together helps
- ✓ Monitor important areas to avoid health problems (e.g. dehydration)

MOODS & MELTDOWNS

PDA can lead me to feel excited & energetic or lethargic & low and these changes can occur in quick succession. Meltdowns can occur quickly – I may not always know the trigger or be able to communicate whilst in crisis or remember what I've done/said. I may feel guilty later.

- ✓ Expect mood fluctuations
- ✓ Constantly monitor tolerance for demand & match demands accordingly
- ✓ Treat meltdowns as panic attacks
- ✓ Keep voice calm & body language submissive
- ✓ Support me through a meltdown (I may not be able to process language or tolerate touch at this time) and move on quickly afterwards

ROUTINES & PLANNING

Some level of routine is helpful, but within it I need some flexibility and a sense of control.

Any changes to my environment or ways of working need forewarning – some negotiation of the details can help acceptance.

- ✓ Accept that some things can't be done
- ✓ Provide choices over how things are done
- ✓ Always think ahead: be proactive and head off problems before they occur
- ✓ Be flexible with time and approach

SENSORY DIFFICULTIES

I may have some sensory processing difficulties – sensitivity to light, touch, textures, smells, foods – and sensory integration difficulties around movement, balance or understanding my body's messages. These can lead to me feeling very unregulated if not addressed daily.

- ✓ Be aware of how my sensory difficulties may impact my behaviour
- ✓ Assess my sensory needs if this hasn't already been done
- ✓ Find ways for my sensory diet to be implemented in a PDA friendly way

ACTIVITIES & INTERESTS

If you engage with me in my special interests, I will begin to like and trust you and there will be more chance of success. If I can trust you to keep me safe we may be able to do more activities.

- ✓ Ask what I like to do, and genuinely engage with me
- ✓ Research in detail what's available – make a short list we can discuss
- ✓ Give me some, but not lots, of notice before any trips or activities
- ✓ The trip/activity will become a demand, so be flexible. Try again another day if it doesn't work out



Pathological Demand Avoidance

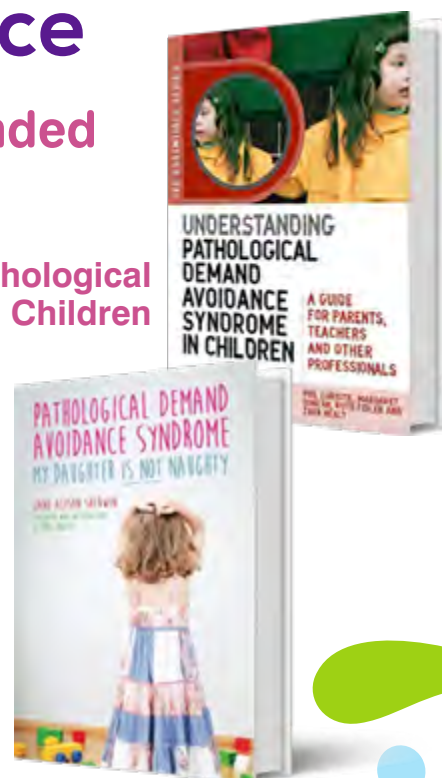
The following books were recommended by Nannette Holliday, parent carer...

Understanding Pathological Demand Avoidance in Children

The first book ever written about PDA - it gives a comprehensive overview for everyone with an interest in the subject. It was written collaboratively by professionals and parents.

Pathological Demand Avoidance Syndrome: My Daughter is not Naughty.

An honest account of one family's experiences of raising a child with PDA. It includes strategies to help manage PDA behaviours, information on obtaining diagnosis and explanations to help readers gain a better understanding of the profile.



Save The Date!
CLDCS Family Fun Deaf Awareness Day
Sunday 5th April 2020 1-4pm
South Ribble Borough Council
Civic Centre Leyland



Find us on Facebook:
Central Lancashire
Deaf Children's Society
central.lancs.dcs@outlook.com



CLDCS are excited to announce we will be hosting our 2nd annual Deaf Awareness Day! There will be a range of Deaf related stalls and activities for all, including arts and crafts, face paint, children's entertainment, food and drink, tombolas and our amazing raffle draw. Come along to help raise funds for our free monthly events for Lancashire's Deaf children and their families. All are welcome - you do not need to have a deaf family member to attend.



Royal Cross Primary School

Free Stay and Play sessions for babies, nursery and Pre-school children

If your child has a hearing impairment or Speech & Language Needs then come along and get together with other families.

Monday 23 March @ 13:30 - 14:30

Tuesday 28 April @ 13:00 - 14:30

Thursday 14 May @ 13:00 - 14:30

Tuesday 16 June @ 10:00 - 11:30

Thursday 02 July @ 13:00 - 14:30

Please phone school for more information

For more information about our school please visit our website:
www.royalcross.lancs.sch.uk



Royal Cross Primary School
Elswick Rd Ashton Preston PR2 1NT T: 01772 729705

Down's Syndrome Awareness Week

16~22 March 2020

#WeDecide

The right to meaningful participation is a core human rights principle supported by the United Nations Convention on the Rights of Persons with Disabilities (CRPD).

Sadly negative attitudes, low expectations, discrimination and exclusion still mean that people with Down's syndrome are being left behind and do not have the opportunities to participate fully in decision making about matters relating to or affecting their lives at all levels.

At the root of this discrimination and exclusion is a lack of understanding about the challenges people with Down's syndrome have to face in their everyday lives and a failure to support them with the opportunities and tools needed so that they can participate fully in society.

For Down's Syndrome Awareness Week 2020 we will be:

- Challenging society's attitudes, expectations and understanding of what it means to have Down's syndrome.
- Amplifying the voices of people with Down's syndrome telling us what they think about the importance of more effective and meaningful participation.
- Celebrating our Having a Voice® project and the vital contribution its participants make to steering and guiding the Down's Syndrome Association's work.
- Promoting our FREE resources and tools that can be used to support anybody with Down's syndrome to participate meaningfully in all areas of life.

What you can do to help:

- We would love to hear YOUR stories... give us a call or email our Communications Team on **DSAPress.Office@downs-syndrome.org.uk**
- Get your friends and family involved! Let everyone in your social media network know what Awareness Week is all about.
- Wear your #LotsOfSocks with pride throughout the week as well as on World Down Syndrome Day.
- Hold an event at your school, workplace, place of worship or social club. Order a special Awareness Week fundraising pack from our website: **www.downs-syndrome.org.uk/support-us/order-a-fundraising-pack**
- Tell anybody who wants to know more to give our Helpline a call.

Contact us:

Helpline: +44 (0)333 1212 300 (Monday to Friday 10:00am – 4:00pm)

Email: **info@downs-syndrome.org.uk**

Website: **www.downs-syndrome.org.uk**



All people with Down's syndrome should have full participation in decision making about matters relating to or affecting their lives.



Down's Syndrome Association

A Registered Charity No. 1061474

Sing For The Extra One
(chromosome)

All in aid of East Lancashire Down Syndrome Support Group

Saturday 21st March 2020

Bands Playing from 2pm
BBQ - Table top stalls - Face painting
Glitter tattoo - Raffle - Dance performance

At the Duke of Lancaster

edAn THE D-SPARES rewind
KALLUGO ALEXANDER & TRISTESSE the switch D.O.M.

www.thebestcardeals.co.uk xlcrGroup



Support for people with Down's Syndrome and their families and carers, living in Rossendale, Burnley, Pendle, Hyndburn, Ribble Valley and Blackburn with Darwen

The service is for anyone with Down's Syndrome or who has a family member with DS.
There are no age restrictions

Training, Social events, new baby support and more – check our website and facebook for details.
There is no cost for meetings or support.

Residential breaks are subsidised, but not free.

Meetings - 1st Saturday of the month
Whitewell Bottom Community Centre
Burnley Road East, Rossendale, BB4 9LB

Contact us:

Phone: **01706 217354 / 07899 983544**

Email: **eastlancsdssg@aol.co.uk**

Website: **www.eldssg.co.uk**

@EastLancsDS

Charity Number: 1149790

High Five
Co-families can do together

March the 21st is World Down's Syndrome Day
This event is for children with a severe learning disability and their families.

Please join us for a family disco to celebrate Down's syndrome awareness

Saturday 21st of March from 5-9pm
@ St Georges Church Institute, PR7 2HL

Dancing! & Prizes
Hotpot Supper & Hotdog's
DJ & Games
Odd Socks Compulsory!
£3 Per Person

All places must be booked in advance!
Contact us - www.facebook.com/HighFiveLancashire



Thanks to those who have already completed the survey – PLEASE KEEP SHARING!

TAKE PART IN OUR EDUCATION SURVEY



Calling all **parents/carers and educators** (including teachers, teaching assistants, SENCOs) who have or are currently working with a **child** (children) with **Down syndrome** who is **attending school** (Reception – Year 11) in the UK...

Researchers at The University of Manchester and LETS Go! UK, a specialist support service for children with Down syndrome, are conducting a survey to look at the educational experiences of children with Down syndrome in the UK. Information collected in this study will inform several important questions about what happens in school for this group of children and the factors which might support successful school experiences.

We are looking for parents/carers and educators (including teachers, teaching assistants, SENCOs) who have or are currently working with a child/(children) with Down syndrome who is currently attending a UK school (Reception-Year 11) to take part in an online survey.

For more information and to access the survey, please click on the link.
Thank you.

<http://j.mp/2WSro9I>

World Down's Syndrome Day Celebration!



All abilities, all ages welcome.
歡迎 Bine ati venit!
Soo dhowow
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 **DanceSyndrome**
Dancer Led, Disability Inspires



Saturday, 21 March 2020

3:00 p.m. to 8:30 p.m.

Lunesdale Hall, Kirkby Lonsdale (wheelchair accessible)

Bective Rd, Kirkby Lonsdale LA6 2BG

Register on Eventbrite

£3 pp, £5 with food, £15 per family with food (up to 2 adults and 3 u18s)

<https://www.eventbrite.co.uk/e/wdsd-in-kirkby-lonsdale-a-family-event-with-music-and-dancing-tickets-92331161991>

3:30 – 5:30 Balloon man! Sign stories

4:00 – 5:00 Dance Syndrome dance workshop

5:30 – 6:30 Sign Out Loud songs with Makaton

6:30 – 8:30 Music, food and fun

Refreshments – Soft drinks and snacks available to purchase. You are welcome to bring your own food.

For more information contact Shirley Nicholson (07443528920)

Email to lancasterdsgroup@hotmail.co.uk

North Lancashire Down's Syndrome Family and Carer's group is run by parents to offer support, information and lots more! Whether you are a parent/carer of a new baby, pre-schooler, school aged child, teenager or young adult, our group has lots to offer including: monthly meetings, special events and outings, parent/carer support, resources, regular newsletter, discretionary fund, and we actively campaign on local and national issues.

Come join us!

Baby & Toddler Signing Groups (Makaton)

Wednesdays,

1:45pm – 2:30pm

Christchurch Hall

Wyresdale Road,

Lancaster,

LA1 3EA

Thursdays,

9:30am – 10:15am

(time due to change soon)

Brewers Fayre

Cottams Field

Caton Road,

Lancaster, LA1 3PE

Everyone welcome – £5 per family,
free for families with a child with Down's Syndrome.

The Space Centre visit

We hold 3 group visits each year to the
Space Centre, 10 Pedders Lane, Preston, PR2 2TH.

Next session – Sunday 17th May

Open to any families/friends across the North West who
have a family member with Down's Syndrome.

Contact us

Email: lancasterdsgroup@hotmail.co.uk

Website: www.nlancsdsgroup.org.uk

 @nlancsdsgroup



splatter
natter

Fun, engaging & interactive classes for children*
and their families to learn Makaton

Classes focus on introducing a range of language and vocabulary
that develops understanding and supports everyday situations.

In turn, these communication skills help develop children's
confidence and build important social skills including
listening, turn taking and using eye contact.

Classes for PRE-SCHOOLERS

This class specifically develops children's
communication & language skills and
increases their vocabulary.
Learning Makaton also reduces frustration
& helps parents/carers to understand
a child's needs & wants.

Mondays 10.00am-10.45am

Classes for SCHOOL AGED

This class is perfect for children who
would like to learn a new skill or who use
Makaton to support their communication.
More complex vocabulary will be
introduced & children's language skills
will continue to be developed as well as
other transferable skills such as
concentration & listening.

COMING SOON!



* Suitable for all children including
those who have additional needs



Splatter Dance

Classes **PER**
£5.00 **FAMILY***

*payable in advance.
Introductory prices for all new starters

TWINKLE HOUSE, 2 GORSEY PLACE, SKELMERSDALE, WN8 9UP.

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

www.splatterdance.co.uk

WYRE FLOUNDERS



ADULT SWIMMING CLUB

FLEETWOOD MAIN POOL

(easy access into pool)

Every Saturday
4.30 - 5.30pm

Suitable for people with a disability, arthritis, rheumatism, heart or breathing problems, dementia, amputee or recovering from an illness or injury.

No Music • No Kids

POP ALONG

or contact

Susan 01253 522232

Joan email: joan.wilmot@sky.com

Project SEARCH

REAL JOBS FOR YOUNG PEOPLE WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES IN PRESTON



WHAT IS PROJECT SEARCH?

DFN Project SEARCH is a supported internship programme for 16 to 24 year olds with learning disabilities and autism who have an Education, Health & Care Plan (EHCP).

The project is a collaboration between Lancashire County Council, Preston's College and Hft that offers a supported internship programme that provides preparation for employment to young people with disabilities through a mix of education and work experience placements.

Interns participate in three department rotations at Lancashire County Council to build skills and develop their career paths. They work with a team that includes their family, instructor and supported employment specialist to create an employment goal. Together they develop the support the student needs for their successful transition from education to work through continuous feedback and acquisition of skills.

WHO IS PROJECT SEARCH FOR?

Project SEARCH is for 16-24 year olds with an EHCP who have reached the end of their education.

All interns must:

- Have the drive to be successful
- Have the potential to develop skills required to meet the needs of a business
- Be able to travel independently to Preston City Centre
- Have a desire to work

HOW TO GET INVOLVED

For more information about the project or for an application form, please contact the team at ProjectSearch@lancashire.gov.uk or call 01772 531641

Suitable applicants will be invited to an assessment day where they will meet the team and take part in an interview. They will also have the opportunity to ask any questions they may have about the project.



LIVE Music from The Blues Engine

Meet N Match

For adults with a learning disability

Strictly Summer Ball

On Friday June 5th 2020
from 7.30pm - 11pm

Our FAB-U-LOUS county event is BACK for 2020 and the theme this year is Strictly Come Dancing.

Come and celebrate the Summer with Meet-N-Match
Meet new friends, have fun and dance the night away at
Preston Grasshoppers Rugby Football Club.

Choice of Hot Food and Deserts. Dress Code: Glitter!

All tickets are £10 including Support Staff
(Online bookings subject to a small booking fee)

Book tickets at:
www.meet-n-match.co.uk/events or email
lauri@meet-n-match.co.uk for paper booking forms.



motiv8 Lancs

EVERY SENSORY ROOM MUST HAVE A BUBBLE TUBE...



The Beeches Centre, Rimington Avenue, Accrington, BB5 0NP
Contact Tracy on: 07980292330
Motiv8-lancs@outlook.com
www.motiv8-lancs.org.uk

Sensory, Music/Dance/ Makaton sessions for adults

We use various musical Instruments and sing songs using Makaton signs and Dance to various types of Music with our LED resources plus we have a new bubble tube so come along and have lots of fun with your friends.




Tuesdays: 1.30—2.30pm
£15.00

Plus use of our sensory room with lots and lots of sensory resources for you to explore until 3.00pm

Refreshments provided, carers free

Booking required



POWAR Blog

On the 19th of December two POWAR members went down to London to the Barnardo's Excellence Awards, having been nominated for the Young Achiever award for Barnardo's west region. I won the award for the participation work and the volunteering work I've been doing while I have been a member of the POWAR group. I am proud of myself for achieving this award. The best part about my volunteering is talking to the children and young people about any issues they might be having, and seeing them grow as individuals. They know I understand how it feels to have a disability and so they really open up to me.

Some POWAR members are involved with UCAN, a young researchers group at UCLAN, and they have been putting together a film about the J-UK project, giving thoughts about how education, travel, leisure, and job opportunities can be improved for disabled people, living in the UK.

The UCAN researchers also teamed up with young researchers in Japan, looking at similar ideas on how Japanese young people are treated in their society. This will be a separate film. These will be shown to academics and other decision makers to try and improve the lives of disabled people in the UK and Japan.

Myself and other UCAN members also co-delivered a teaching session recently at UCLAN, to a group of Masters students. The session was all about how to carry out research with young people. The students really liked our session and gained some insight into how empowering it is for young people to carry out research.

Olly Moores
POWAR member

POWAR stands for **Participate, Opportunity, Win, Achieve, Respect**. It is Lancashire's Council for Children and Young People with Special Educational Needs and Disabilities. POWAR meet up regularly to discuss issues relevant to being a young person with disabilities and to share their opinions with professionals about many issues that may affect them. We hold regular meetings which are open to secondary aged young people up to the age of 25. We also have a private facebook group for young people – if you would like to join, ask a member of the participation staff to add you to the group.

We also run sessions every six weeks for primary aged children. These are a great opportunity for younger children to participate and have their voices heard in a fun, interactive way through various activities and play.

The meetings are held at County Hall, Preston, or Lostock Hall, Preston. Please contact the Participation Service on 01772 629470 for more information or if you would like to attend.

Here is a description of our regular monthly meetings.

Media group: a meeting where young people help to write the newsletters for POWAR and update the participation website, internet pages and Facebook page.

Meetings: Tuesday 3rd March; Tuesday 5th May. 6pm – 8pm

Young Inspectors: Young Inspectors visit different services for children and young people to inspect them and then come up with ways that they can improve. The meetings are an opportunity to find out about upcoming inspections and write up reports for recent inspections.

Meetings: Tuesday 10th March; Tuesday 12th May. 6pm – 8pm

POWAR Combined: All members of POWAR from all parts of Lancashire are invited to attend this meeting. Visitors from different services and organisations often attend to speak to young people to gain their views about different topics.

Meetings: Tuesday 17th March; Tuesday 21st April; Tuesday 19th May. 5:30pm – 7:30pm

Easter Holiday activities to be announced – please get in touch for details.



You can find us on Facebook, search Include Me 2.

Local Dance Leaders included in National Disability Leaders List



Dance Leaders from local charity DanceSyndrome have been recognised at a national level for the contribution that they have made to the lives of people with disabilities.

Launched in 2018, the Leaders' List is the UK's first national list celebrating achievements of people with learning disabilities and/or autism and is pulled together by not-for-profit support provider Dimensions. It is a wonderful collection of stories from people who have learning disabilities and/or autism who are making a difference and getting involved.

DanceSyndrome is multi-award winning dance charity that delivers inclusive dance workshops and dance leadership training as well as inspiring performances that demonstrate a focus on ability rather than disability. The charity was founded by Jen Blackwell, who happens to have Down's syndrome, because she found it difficult to find opportunities in community dance due to her disability. DanceSyndrome's ethos is that disability should never be a barrier to following your dreams. Dancers with and without disabilities work together to inspire people to see what can be achieved when we all become more inclusive.



The Dance Leader team are all volunteers with DanceSyndrome. They have all completed the charity's unique Dance by Example leadership training, which enables people with a disability to learn how to lead their own inclusive dance workshops. They are also members of DanceSyndrome's two performance teams, delivering inspiring contemporary dance and street dance performances to audiences across the UK demonstrating a focus on "ability, not disability". Their work inspires and empowers both dancers and audiences to believe that opportunities are endless for people who refuse to be defined by disability.

The incredible work that the Dance Leader team does resulted in them being nominated for the 2019 Leaders List. They are one of only 75 people and teams to be included in the list and are recognised in the category of Sports, Arts and Entertainment.

DanceSyndrome Dance Leader and Ambassador Becky Rich was also individually recognised in this same category in 2018.

The inclusion on the Leaders' List isn't the first time that the team have been recognised for their contribution to their community. In summer 2019, the charity was announced as recipients of the prestigious Queens Award for Voluntary Services, the voluntary group equivalent of an MBE. They also won The People's Choice Award at the National Learning Disability and Autism Awards 2019. In 2018 Jen, the Founder of DanceSyndrome, received of the Prime Minister's Point Of Light Award and she has also been included in The Shaw Trust Disability Power 100 List in both 2018 and 2019 and the Lucozade Sport Movers' List 2019.

DanceSyndrome Managing Director, Dawn Vickers said *"It's amazing to see our Dance Leader team recognised at a national level again! They are an inspirational group of people who have such a strong team bond. They call each other a "dancing family" and they have created a wonderful supportive and inclusive environment where everyone is welcome. We couldn't be more proud of them and all the recognition they get reflects that."*

Sarah Clarke, Campaigns Manager at Dimensions said:

"We're incredibly proud to be celebrating DanceSyndrome, whose work is not only challenging perceptions but also inspiring others and showing the world that everyone can make a difference. Everyone can learn something from people with learning disabilities and autism. We hope people like DanceSyndrome inspire change and demonstrate that we all play an important part – from individuals to decision makers – to make society more inclusive."

If you're inspired by the work of DanceSyndrome, come along to one of our regular sessions. Contact us (details below) or visit our website for details of dates, times and venues.

Tel: **07597 942494**

Email: **sarah@dancesyndrome.co.uk**

Website: **www.dancesyndrome.co.uk**



MoreMusic

On the Beat

Wednesdays

10am-12pm & 1.15pm-3pm

At More Music, Devonshire Road, Morecambe, LA3 1 QT

£5 drop in / £4.50 in advance
Age 16+

An interactive and fun music class for adults who need support while they learn, for example due to learning difficulties or physical disabilities, and so each participant is accompanied by a carer.

There is a dynamic range of interactive activities – fast and slow, loud and quiet – to ensure that everyone is able to express themselves in different ways.

• ROSSENDALE •

SEN CHOIR

Children & Young People with SEN
Age 4-18

- Learn songs
- Feel good fun
- Helps with speech
- Increases confidence
- Boosts self esteem
- Siblings can join in
- Community

Experienced Team
- Fellow SEN parents

WHO

US

SING, SIGN, SHINE

Friday
4pm - 6pm
-
Booking required

Haslingden Community Link
- Fully - accessible

Call Sarah
07592
613847
TO BOOK

TIME

VENUE

BOOK

Haslingden Community Link

Divine Days Creative Arts

Diddy Divine Dance

Dance Classes for Children with additional needs

Tuesdays - The Grove N.C.
4.15 - 5.00pm

Thursdays - Eavesdale N.C.
4.15 - 5.00pm

info@divinedays.co.uk || www.divinedays.co.uk

f DivineDaysCommunityArts **t** DivineDaysUK

We have a performance-based session for children as young as 2 years old and their families with additional needs who meet weekly to work within a therapeutic framework, which offers a person centred approach to creating and performing.

We are run by qualified practitioners and fully trained volunteers. DBS checked and registered with WLCVS. We are working with: Well Skelmersdale, Live Well Project & CCG.

Funded by the Lottery.

Divine Days Creative Arts

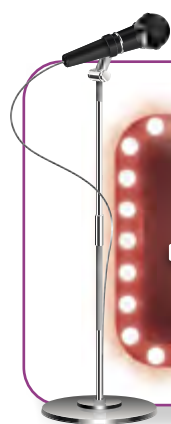




MINI CHILDREN'S THEATRE

AGE 4-7 YEARS

Mondays 4:30pm ~ 5:15pm



YOUTH THEATRE

AGE 13-16 YEARS

Mondays 7:00pm ~ 8:15pm



CHILDREN'S THEATRE

AGE 8-12 YEARS

Mondays 5:30pm ~ 6:45pm

YOUNG ADULT COMPANY

AGE 17-25 YEARS

Tuesdays 6:00pm ~ 7:15pm

Weekly Inclusive Performing Arts Workshops

Only **£35** PerTerm

To Apply

07852 498427

tramshedtheatre@hotmail.co.uk

www.tramshed.org.uk

[@tramshedtheatre](https://twitter.com/tramshedtheatre)

**Woodlands School, Whitegate Drive,
Blackpool, FY3 9HF**

Registered Charity 1109987



BURNLEY YOUTH THEATRE'S DISABILITY WORKSHOPS

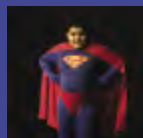
CONNECT

OUR CONNECT WORKSHOPS ARE A WONDERFUL OPPORTUNITY FOR YOUNG PEOPLE AND ADULTS WITH DISABILITIES TO EXPLORE THE WORLD OF THEATRE. THESE SUPPORTED SESSIONS HAVE SHOWN TO IMPROVE WELL-BEING, DEVELOP SOCIAL SKILLS AND BOOST CONFIDENCE! A WELCOMING EXPERIENCE FOR ANYONE WHO IS INTERESTED.

ADULT CONNECT
AGES 18+
WEDNESDAYS
1.30PM-3PM



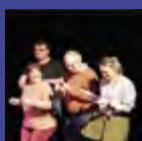
CONNECT
DISCOVERERS
& EXPLORERS
AGES 6-11
WEDNESDAYS
3PM-6PM



CONNECT CREATIVES
AGES 11-35
WEDNESDAYS
6PM-7PM



WEDNESDAYS
AT
BURNLEY
YOUTH
THEATRE



☎ 01282 427767

🌐 www.burnleyyouththeatre.org

✉ info@burnleyyouththeatre.org

📍 Queens Park Road, Burnley, BB10 3LB

BURNLEY
youth theatre



Rock 'n' Learn
Empowering Every Child Through Music and Play

A fun session of music
with sensory play @ the Coach House, Rhyddings Park
for children with additional needs

18/2/20 @ 10am

5/4/20 @ 10am

24/5/20 @ 10am

26/7/20 @ 10am

25/10/20 @ 10am

Harriet will also be at the SEN Christmas Afternoon
planned 6/12/20

FREE but booking required
www.friendsofrhyddingspark.com/shop

Music with a Twist Ltd

Splatter Dance

www.splatterdance.co.uk

- Have fun
- Boost confidence and self esteem
- Freedom to be creative & expressive
- Develop social & communication skills
- Extend physical skills
- Leave feeling relaxed
- Performance opportunities

Fun & creative dance classes
for children with additional
needs & their siblings.

Suitable for children
at school aged 4 plus
No official diagnosis necessary

"It is the highlight of his week!
The benefit to his confidence & social
skills has been profound." *parent feedback*

Come along for a free taster

£3.50 for 1 child
£5.00 for 2 children
& £1.00 for each additional child

Classes every Monday during term time
4.15pm-5.00pm or 5.15pm-6.00pm



Delivered by a specialist dance
artist together with support
artists allowing parents to
enjoy a cuppa & a chat!



AUGHTON VILLAGE HALL, WINIFRED LANE, AUGHTON, ORMSKIRK, L39 5DH On-site parking
Contact Emma to book: ✉ emma@splatterdance.co.uk ☎ 07973 636019

Lancashire Young Carers Service

Who we are

We are funded through Lancashire County Council and East Lancashire Clinical Commissioning group and are the commissioned Service for Lancashire with the responsibility for assessing all young Carers across the county.

What we do

We support Young Carers under the age of 18 who provide regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances and that they are significantly affected by their caring role. The term "care and support" does not apply to the everyday and occasional help around the home that may often be expected of or given by children in families and is part of community and family cohesion.

Our Young Carers have a named worker who is there to support them and provide information and advice. We offer one to one work; being sensitive, listening, caring, respecting them and offering support around their caring role; we support them to visit services; support them to take control of their decisions and meet them where they feel comfortable to talk.

What we Hope to Achieve

We are committed to working with all Young Carers across Lancashire. Our aim is to assess, support, empower and equip young carers by ensuring they are recognised as a carer, supported to have a life outside caring, improve mental health and wellbeing and reduce the impact of their caring role.

Referrals

We accept referrals from all organisations, services, schools, training providers, health, social care, police etc and also self or family referrals. Referral Forms can be obtained by contacting us on the number above to receive a paper document or via email.

Barnardo's Lancashire Young Carers Service

"Lancashire Young Carers gives the young people they support a much needed safe space to talk through their problems in a caring, supportive and non-judgmental environment and get the much needed support they need for themselves and their families.

Being part of the LYC's service offers young people who often feel alone or like no one understands them a sense of community and a place where they don't feel judged for whatever they say or do.

Assessment

Every Young Carer has a right to an assessment, which takes into account the level of caring role and the impact this has on their daily life.

The assessment will enable the young carer to identify any areas of need and support and also acknowledge their role as a young carer.

Support

Once assessed the support plan will be developed with the young carer and their family and will outline what is needed to support the whole family and reduce the impact of caring on the young carer, this can be one to one support, group work, referrals to other services required, signposting to other services, advocacy and support at meetings.

Contact us

Barnardo's, 1 Dorothy Avenue, Leyland PR25 2YA

Tel: **01772 432020**

Email: **lancashireyoungcarers@barnardos.org.uk**



Believe in children



Barnardo's

LYC helped support me through multiple mental health difficulties with never ending patience and they were the people I spoke to about everything even when I felt I couldn't speak to anyone else I always knew they were there to meet up and have a chat.

They supported my family by attending TAF's and other team meetings and helped push for the support needed to support the person I care for. Knowing they were there for me gave me a sense of security and comfort I haven't had from any other service as I know LYC understand what I do at home and don't make me feel guilty for doing my caring role or at times being frustrated with my role."

~ Young Carer supported by Lancashire Young Carers Service 2019



**HYNDEN, RIBBLE VALLEY & PRESTON
YOUNG CARERS**

**SUPPORT IN SCHOOL
SOCIAL GROUPS
MAKE NEW FRIENDS
1 TO 1 SUPPORT
FUN ACTIVITIES
DAY TRIPS**

GIVING ME A BREAK

Carers Link Lancashire
IMPROVING LIFE FOR YOUNG CARERS

carerstrust
a Network Partner

Supported by **ERIN Children in Need**

ERIC WRIGHT GROUP

A young carer is a person under the age of 18 who is looking after a family member with a long term illness, disability, mental health or substance misuse issues. If this is you, please contact us as we may be able to help. **01254 887666**

Registered Charity: 1116275
Company Limited by Guarantee: 08584381

Who is a young carer?

A young carer is a person under 18 who is looking after a family member who has a long term illness, disability, mental health or substance misuse issues.

A young carers life is often impacted by their caring role as they are likely to take on extra responsibilities, including practical support for the person they care for, maybe helping to wash and dress them or they may need to look after younger siblings or take responsibility for shopping or cooking and cleaning. Not all young carers will have lots of chores to do but the impact of their family members condition may still affect their life and limit their opportunities. Some young carers are unable to go out very

often or are unable to get to school some days. Friendships can be affected and social opportunities missed leaving young carers isolated. Many young carers provide emotional support to their family member which can in itself impact on their own wellbeing.

Our service supports Young Carers by giving them a break from their caring roles and offers a monthly after school group, activities during school holidays as well as 1-1 sessions in school/ college.

Julia Johnson
Carers Link Lancashire



Unique Kidz and Co

SIBLINGS GROUP !

Do you have a brother or sister with a disability?

Are you aged 8 years and over?

Do you like to make friends, go on trips, learn new skills and share experiences?

Thanks to Children in Need, our Siblings Group meets one Saturday and one evening every month for siblings to meet and have fun!

Supported by **BBC Children in Need**

If you would like more information on how to get involved call Tom, the Siblings Group Leader, on 01524 831132

Registered Charity Number: 1131652
Company Registration Number: 06820293
Ofsted Registration Number: EY486367



**SATURDAY MORNING
ACTIVITY CLUB**

Fleetwood Town Community Trust and Blackpool FC Community Trust are running an inclusion activity!

VENUE:
The Zone,
Milton Street
Every Saturday
10:30am-1:30pm

- ✓ Are you aged between 8 and 20 years old?
- ✓ Are you interested in taking part in group activities like Arts & Crafts?
- ✓ Enjoy and take part in Multi sport games and other activities!



CONTACT:

Mike Lee
Inclusion Officer
Mobile: 01253 348691
Email: michael.lee@bfcct.co.uk

John Hartley
Community Sports Development Officer
Mobile: 01253 208442
Email: john.hartley@fleetwoodtownfc.com



Lighthouse



Coming together to help
build your support network.

We aim to share experiences, advice and guidance for parents and carers of children and young people who are diagnosed or being diagnosed with special educational needs and disabilities.

We will meet on the fourth Friday morning of each month.
10-11:30

We hope to have links with other agencies and speakers, who can offer further support and information.

Offering parents and carers a relaxed atmosphere where they can chat, share their experiences and access services and peer support.

Preschool children are welcome to attend and there will be activities for them.

For more details please contact the centre on 01772 539680
Children and Family Wellbeing Service at Burscough Neighbourhood Centre
Station Approach, Burscough L40 0RZ

Lancashire
County Council



Busy bees



A support group for parent/carers, with pre-school children who have additional and/or behavioural needs, who would like to share/gain advice and ideas with others.

Busy bees can offer concerned parent(s) a relaxed non judgmental atmosphere, one to one support and a stimulating, fun and positive play experience for the child.

Building positive friendships

One to one support for parents from our volunteers

For more information
rachael@homestarteastlancs.org

Groups are held

MONDAY

9:30 am - 11:30 am

Colne
Neighbourhood
Centre

MONDAY

1:00 pm - 2:30 pm

Accrington Library
Community Room
1st Floor

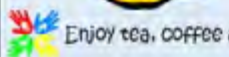
FRIDAY

10:30 am - 12:30 pm

Colne
Neighbourhood
Centre



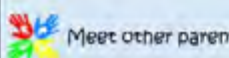
All In is for parents/carers of primary aged children (4-11 years) with additional needs to meet, chat and support each other, while your child has space to play.



Enjoy tea, coffee and cake



A space for your child(ren) to play



Meet other parents/carers



Share tips and experiences between others

There will be a café area in which parents/carers are able to relax and chat whilst your child(ren) is able to access a range of play activities, including a sensory area. Please note that parents/carers will remain responsible for your child(ren), however, there will be some team members who are happy to help.

By 'additional needs' we mean any extra condition that your child is living with which they need extra care for. This could be medical, developmental, physical, emotional or learning needs. There is no need to have a diagnosis.

When: Saturday 10am-12noon - We are a drop in session so come for how long works for you and your child(ren). There is no need to book, please just turn up.

2020 Dates: 6th February / 4th April / 6th June / 25th July / 3rd October / 5th December

Where: Fulwood Free Methodist Church, Lighthouse Lane, Preston, PR2 3LT

Cost: £1 per child

Email: inclusion@fulwoodfmc.net

Facebook: facebook.com/allindropin

Website: www.fulwoodfmc.net

Telephone: 01772 861597

Please contact us if you have any questions.

THE HAVEN

WEEKLY SAFE HAVEN

OPEN TO EVERYONE
Join us at the haven for a
cup of tea or just
somewhere to be.



EVERY THURSDAY, 1-3PM

BLANCHE STREET, PRESTON, PR2 2RL, THE HAVEN



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
	Welfare Rights	0300 123 6739
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



Family Information Service

If you have a child or young person up to the age of 19, we provide support and advice for parents on many issues, including:

- Choosing and finding the right childcare for you in your local area
- Advice on help available to pay towards your childcare costs
- Children and Family Wellbeing Services, where they are and what they can offer your family
- Funded childcare for 2, 3 and 4 year olds and how to get a place
- Parenting support including issues with your teens

We're here to help you and your family.

Want to get in touch?

Call us on **0300 123 6712**

Visit us at www.lancashire.gov.uk/childcare

Email us at FIS@lancashire.gov.uk



Your Help Is Essential

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

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

Contributions for future issues – please contact FIND.

Email: **FIND@lancashire.gov.uk**
Tel: **01772 538077** or **01772 532509**



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
Pauline.francis@lancashire.gov.uk

Parent Representatives*

Nannette Holliday – Chorley
Lucy Ellis – Lancaster
Hayley Monk – South Ribble
Trish Dobson – West Lancashire

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

Voluntary Organisation

Tom Harrison – Community East Lancashire Health
Julia Johnson – Carers Link Lancashire

Health

Catherine Howson – Lancashire Care NHS Foundation Trust

Summer issue – deadline for articles 27th March, published June 2020

Autumn issue – deadline for articles 26th June, published September 2020

Winter issue – deadline for articles 25th September, published December 2020

If undelivered, please return to:
Room CH1:53, County Hall, Preston,
Lancashire PR1 8RJ

Would you like to receive the FIND Newsletter via email? Please email: **FIND@lancashire.gov.uk** to update your details.



We also have a facebook page.

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

Get this free newsletter sent to your door

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

Name

Address

Postcode

Tel. No.

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

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

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