

# FIND

## The SEND Newsletter for Lancashire families

Welcome to the Autumn issue of the FIND Newsletter, 2021.

I was lucky enough to have the opportunity to visit some of the Lancashire Break Time groups this summer. I met children and young people taking part in some really challenging activities for the first time, and saw their confidence increase as they learned new skills. The staff were brilliant, providing support when needed, whilst encouraging independence and teamwork within the groups. In order to access these group activities from next spring, parents and carers will be invited to register for the new Break Time service later in the year – find out more on page 9.

We have stories in this issue on the achievements of young people from across Lancashire. Teegan has been fundraising for a local charity, despite recently undergoing surgery; Arnold has joined an accessible cheerleading group; and Tom has completed an apprenticeship and successfully applied and interviewed for a new role. Well done to you all!

As children and young people return to school this September, many parents will heave a sigh of relief. For some, though, this is a difficult time as their child struggles with anxiety around attending school. The Educational Psychology Service have been working on strategies to support families that experience these difficulties – read more on page 5.

Finally, please continue to send us your stories, pictures, letters and more. Articles for the next issue can be emailed to [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk) by Friday 24th September.

Thank you all for your continued support  
**Sarah Deady**  
Policy, Information and Commissioning (Start Well)

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



“Tell me and I forget.  
Teach me and I  
remember. Involve  
me and I learn.”

**Benjamin Franklin**



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WEDNESDAY 17TH NOVEMBER 2021 • 9.30AM - 4.30PM

# KIDZ TO ADULTZ NORTH

- 180+ exhibitors
- Fun & features
- CPD seminars

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

**ACC LIVERPOOL, KINGS DOCK  
LIVERPOOL WATERFRONT, L3 4FP**

[www.kidzexhibitions.com](http://www.kidzexhibitions.com)

Part of Disabled Living





## Local teenager gets moving for charity just three months after surgery



A local teenager is fundraising for charity this summer, despite having had recent surgery to correct scoliosis, a curvature of the spine.

Teegan Chilton is 15 years old from Barley, Lancashire. She is fundraising for Accrington based charity DanceSyndrome's "We like to Move It Move It" campaign, which encourages people to stay active during the pandemic and turn their movement or exercise into a fundraising activity.

DanceSyndrome is a 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. All DanceSyndrome sessions are disability led, with people with learning disabilities taking visible Dance Leader roles.

Teegan has taken part in dance classes since she was able to crawl. She has done many different styles of dancing and has competed as a solo performer in several competitions. It is because dance has been such a big part of her life, and because she understands the positive impact that dance can have on a person's wellbeing, that Teegan decided to support DanceSyndrome's fundraising, despite her own health challenges.

Teegan first started experiencing pain from scoliosis at just 7 years old. She suffered several years of pain before finally getting a diagnosis and eventually having corrective surgery.

Teegan said "I first got really bad pain at the age of 7, whilst out Christmas shopping. The pain became continuous by the age of 10. I went for an unrelated appointment at the hospital and we told them about my back and the doctor said that I had kinks in my spine but not to worry and if it kept bothering me then to get it checked. We got it checked and I had an x-ray and it was confirmed that I had scoliosis."

*"When I first got referred, my curves were at 36°. He said that if it was under 25° then they could have given me a brace, but, unfortunately, there was nothing they could do about it. The only thing they could do was monitor it until it got to the point where I needed surgery. Once it got to that point I needed a spinal fusion operation to correct the curves. Before the surgery the curves were between 60 - 70°. Now it is less than 10°."*

*"The impact scoliosis has had on my life has been quite significant. I didn't like the way my body looked or how uncomfortable it felt sitting on hard chairs. I was in pain every day for 4 years, so this caused me to have a lot of time off school meaning I got behind and people noticed I was different. I had to always have a chair with a back for support and a few comments were made to me about being disabled. But I think it will have a positive impact on my future, it has made me a more resilient person and I am a lot more confident in my body now."*

Speaking about the fundraising, Teegan said "I am doing a one mile walk, two mile bike and a small swim. This is a big achievement for me because I am doing all this less than three months after my operation. I lost a lot of muscle mass and it has been hard to get that back but fundraising is something I've done for a long time and I enjoy helping other people."

DanceSyndrome Managing Director Dawn Vickers said "Teegan is an incredible person and we have been so proud to have her on our fundraising team! Her strength and determination is a reflection of what we often see in our Dance Leaders so we were thrilled that she chose DanceSyndrome to benefit from her fundraiser. Her fundraising will make a real difference to our charity at a challenging time when we are having to frequently adapt to the changing COVID regulations. We've just returned to indoor dance and we couldn't have done that without the support of fundraisers like Teegan!"

Teegan and her team of fundraisers are currently at 70% of their £1,000 target. If you would like to support them, please visit: [www.justgiving.com/fundraising/vikkiboyd](http://www.justgiving.com/fundraising/vikkiboyd)

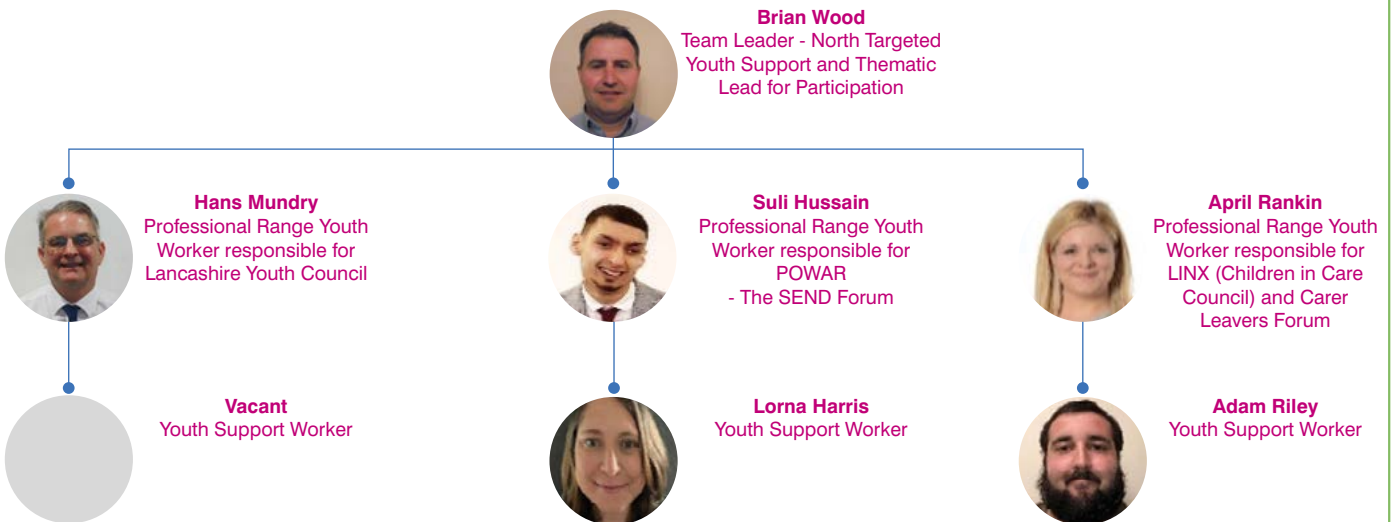
You can find out more about Dance Syndrome on page 18.

# POWAR

## Update on the New Participation Team – Targeted Youth Support

Since April 2021, the commissioned service that was previously run by Barnardo's has sat within Targeted Youth Support, Children and Family Wellbeing Service (Early Help).

First and foremost; a huge welcome to the new members of the Participation Team; April Rankin, Adam Riley and Lorna Harris. They each bring a wealth of knowledge and experience.



### What is POWAR

POWAR stands for Participate, Opportunity, Win, Achieve, Respect. POWAR is a forum for children and young people with SEN or additional needs aged 12 to 25, where young people can get to have their voice heard about the things that are affecting them and give their views about how services can be better improved for young people with SEND.

### What has POWAR been involved in?

The new team have been attending and promoting the new Participation Service to various professionals and partners, including our colleagues in Children Services, Children Social Care, Corporate Parenting Board and SEND Partnership Board.

POWAR members have been involved in the Interview Panels for Children Social Care Social Workers, Team Managers and Senior Management Posts.

Five members of the group have been involved in setting up and development of SEND Children and Young People via an Executive Board supported by Sarah Gorst and the Participation Team.

In the near future we hope to be working with our colleagues from Children and Family Wellbeing to widen participation via schools and colleges.

**JOIN YOUR**

## POWAR SEND Youth Voice Group

**REGULAR MEETINGS FOR SEND YOUNG  
PEOPLE AGED 12-25 YEARS  
WITH LIKE MINDED YOUNG PEOPLE  
YOUR VOICE MATTERS**

**FOR YOUNG PEOPLE ACROSS LANCASHIRE**

Contact Suli or Lorna to find out more and sign up:

Suli: [suliman.hussain@lancashire.gov.uk](mailto:suliman.hussain@lancashire.gov.uk) / 07775221214  
Lorna: [lorna.harris@lancashire.gov.uk](mailto:lorna.harris@lancashire.gov.uk) / 07977349448

### Meetings

Week of each month	Night	Group	Venue	Time
1st	Monday	North	Sydney Street St Annes	6.30-8.30pm
1st	Tuesday	East	Colne Childrens Centre	6.30-8.30pm
2nd	Monday	East	Gt Harwood Lowerfold Road	6.30-8.30pm
2nd	Tuesday	South	Lord Street Chorley	6.30-8.30pm
3rd	Monday	South	Walton Le Dale NC	6.30-8.30pm
3rd	Tuesday	North	Whitecross Lancaster multi use room	6.30-8.30pm
4th	Tuesday	All together	Zoom	6.30-8.30pm

# Lancashire Educational Psychology Service

## Introduction

Lancashire Educational Psychology Service are currently exploring the issue of '**barriers to school attendance**' and '**emotionally-based school avoidance**' (EBSA) for children and young people in our local area. During the last academic year, we have been hearing the views of young people, parents/carers, and schools about their experiences of this issue so that we can understand more about this and so that we can better support schools to help pupils in Lancashire who experience these difficulties.

## What is EBSA?

'EBSA is a broad umbrella term used to describe a group of children and young people who have severe difficulty in attending school due to emotional factors, often resulting in prolonged absences from school' (West Sussex EPS, 2014)

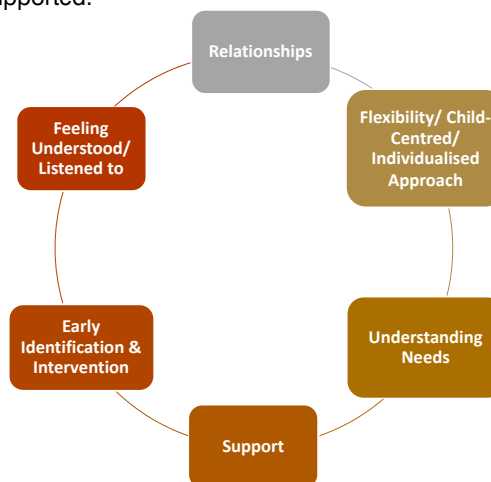
'School refusal' is misleading as it implies the young person has **control** over their behaviour. We prefer to promote use of the term 'Barriers to School Attendance' that reflects **environmental factors** that could be important to help a young person back into school. These barriers may relate to factors such as unmet Special Educational Needs, peer relationships & bullying, trauma, excessive levels of academic pressure, physical illness, or mental health needs. School attendance barriers are complex, and support is often needed at the child, home, and school level.

## Parent Focus Groups & Interviews

With support from colleagues and partners in SENDIAS, the Lancashire Parent Carer Forum, and North Lancashire Directions Group, we carried out focus groups and interviews with Lancashire parents of children with lived experience of EBSA difficulties. Overall, 22 parents shared their views with us. We are very grateful to these parents for taking the time to share their experiences and views so openly and honestly with us. We hope that this will help to make a difference for children and young people in Lancashire who face barriers to their school attendance through the support we offer to schools in addressing this issue.

Parents shared that **Relationships** (i.e., home-school partnership, peer relationships, child-school staff relationships) are essential to consider in supporting pupils with EBSA difficulties. Having a **flexible, child-centred/individualised and gradual approach** to supporting a return to school is vital as children can often be overwhelmed if we try to do 'too much, too soon'. The importance of the school **Understanding Needs as EBSA** was noted, as well as parents **Feeling Listened to and Understood** to support a trusting relationship with school staff. **Early Identification & Intervention** to recognise early signs and intervene early is key to 'nip it in the bud' as this problem can quickly become embedded and get worse.

In terms of **support**, parents noted **helpful factors** as including having a named key person/school-based support, and being able to access mental health and professional support. Parents noted **unhelpful factors** as including fines/threats of fines, especially in cases where the family does not feel supported.



## Next Steps in Lancashire

Based on the information we have gathered from parents, young people, and schools about this issue in our local area, we are launching a strategy and toolkit to support with EBSA in Lancashire schools in the autumn term 2021. This will include:

- **Staff Training**
- Whole **School Good Practice Audits**
- **Early Identification Assessment & Intervention Resources**
- Resources to support **Home-School communication**
- Resources to support gathering **pupil views**
- **Y6-Y7 Transition Support** for pupils at risk of non-attendance

## Links for Parents

**Square Peg** is a CIC, working to effect change for all those CYP who face barriers to attendance, either through exclusion or absence: [www.teamsquarepeg.org](http://www.teamsquarepeg.org)



**Not Fine in School**, a parent/carer-led organisation and support group set up in response to the growing number of children and young people who struggle with school attendance: [www.notfineinschool.co.uk](http://www.notfineinschool.co.uk)

**The Not Fine In School** closed Facebook Group for parents is exclusively for parents/carers of children who struggle to attend school. They aim to offer peer-support and to empower parents to advocate for children by sharing relevant information and advice:

[www.facebook.com/groups/NFISFamilySupport](https://www.facebook.com/groups/NFISFamilySupport)

**Dr Elaine Looney,**

Lead Specialist Educational Psychologist  
(on behalf of the Emotionally Based School Avoidance (EBSA)  
Working Group)

## Virtual Wellbeing Coaching


Children & Young People  
cypcoaching@lancashiremind.org.uk

**Do you know a young person who:  
Struggles with anxiety or low mood? Has low self-esteem or low confidence? Lacks a routine?**

If you are aged 10-18 our **Wellbeing Coaches** can work with you, teaching you to make different choices to your mental wellbeing.

Life should be more than just getting by, every child and young person should have the opportunity to live a healthy, happy lifestyle. Our Wellbeing Coach can help you feel happier and healthier by identifying lifestyle goals and the barriers that are preventing them from being reached.

**If you or someone you know is struggling, get in contact with us to see how we can help.**




Ethics ID: 2489

### Does your child or teen struggle with Loneliness?

**If yes, this project may be of interest to you!**

We know that some young people often feel lonely and that these feelings can be really difficult to manage. We have developed a new therapy to try and reduce these feelings of loneliness and now want to see if it works.

**Who can take part?**

We are looking for **young people aged 11-18** who have had difficulties with feelings of **loneliness for 3 months or more**.

**What will you get?**

Your child will be offered **12 therapy sessions** to try and reduce their feelings of loneliness. These will be conducted remotely over a secure video platform.

**A £25 voucher** at the start of the study for completing the 1h start of study assessment and questionnaires.

**A £25 voucher** at the end of the study for completing the 1h end of study assessment and questionnaires.

**Interested?**  
If you think you might be interested, please email **Thomas.Cawthorne.2019@live.rhul.ac.uk** for more information



**Kooth.com** is an online emotional support and wellbeing website for young people in Lancashire. You can use the site from being 10 until you turn 17.

The website provides you with access to a qualified counsellor, 365 days a year who can support you with any difficulty you are going through, no matter how big or small.

Log onto **kooth.com**, use the 'join now' button to create an anonymous account and get access to our **live chat service** (available 12 noon – 10pm Mon – Fri, and 6pm – 10pm Saturdays & Sundays), **moderated forums** where you can connect safely with other young people and get support, as well as getting **self-help material** from our **online magazine**.

**Kooth** is a fantastic way for young people to get the help they need, when they need it, from any internet enabled device. Go to **Kooth.com** now to find out more – and remember, you don't need to deal with difficulties alone.

"I was feeling suicidal but I'm doing better now. Your recommendation has saved my life twice."

Kooth user





Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons, that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week taking place from 15 to 19 of November 2021.

As parents and carers, we all want our children to be happy and safe and it is natural to worry about bullying - particularly if we have experienced bullying ourselves, or we think our child may be more vulnerable to bullying. The good news is you are not alone! The Anti-Bullying Alliance and its members are here to work with children, families and schools to help keep children safe.

Every November schools throughout the United Kingdom take part in Anti-Bullying Week. This is an opportunity to shine a spotlight on bullying and consider the steps we can take together to stop it.

As a parent or carer, you are a vital piece of the puzzle in tackling bullying. You have a unique role to play in guiding and supporting your child through their school years and there are lots of positive steps you can take to help keep your child safe from bullying and harm. One of the steps is knowing when to ask for support.

Kidscape have produced a pack for parents and carers with information about bullying, tips on what to do if you're worried about bullying and the tools to help you talk to your children about bullying. Download for free at: <https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>

If you are worried about bullying and need some advice or support, you can contact the Kidscape Parent Advice Line. You can find out more about it at: [www.kidscape.org.uk](http://www.kidscape.org.uk)

### So how will kindness be reflected in plans for Anti-Bullying Week?

As usual, schools in England will be able to download free teaching resources and themed assemblies, geared to different key stages, from the Anti-Bullying Alliance website: <https://anti-bullyingalliance.org.uk/anti-bullying-week/school-resources>

And Anti-Bullying Alliance patron, CBBC and CBeebies star Andy Day will be right behind the campaign again with his band Andy and the Odd Socks. The band will release a totally rocking tune to celebrate Odd Socks Day as part of Anti-Bullying and, whilst we can't reveal much, if the last year's songs and videos are anything to go by, it will be a show-stopper. Andy will highlight Odd Socks Day on the first day of Anti-Bullying Week. There's a serious message behind the fun: let's pull on odd socks to show we're ALL unique and different, and let's be kind to each other and respect each other's individuality.

To find out more about Odd Socks Day please click here: <https://anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day/what-odd-socks-day>





## Lancashire Libraries – Family Arts Standards



Lancashire Libraries are really pleased that we have been selected to work towards Family Arts Standards. This will help us to develop our offers to families and respond to their needs. We want to engage Lancashire families with our creative and cultural programmes and want as many children and families as possible to access our services so they can be creative, have cultural experiences and have the chance to try arts-based activities.

We are working to provide helpful information for families, so our events are clear and accessible, and as part of this we'll be using the Family Arts Standard branding as an easily recognisable symbol of our commitment to families in accessing events within our venues.

We also want to ensure everyone gets a friendly welcome and excellent customer experience, and that libraries are seen as safe, accessible, and welcoming spaces. As part of our commitment to the Family Arts Standards we will be gathering feedback from families to help us plan a wider range of creative programming.

Find out more at:

<http://www.lancashire.gov.uk/libraries>

@LancsLibraries



The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

It enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

The Card is one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.

**The CEA Card is available to applicants aged 8 years and above.**

To apply, you will need:


- Proof of eligibility (see website for details)
- A photo
- Payment of £6.00 – valid for 1 year

For more information, visit [www.ceacard.co.uk](http://www.ceacard.co.uk)

T: 01244 526 016

E: [info@ceacard.co.uk](mailto:info@ceacard.co.uk)



 90% of cinemas in the UK are part of the CEA Card Scheme. Find out which cinemas near you accept the CEA Card, and more about accessible screenings, at: [www.accessiblescreeningsuk.co.uk](http://www.accessiblescreeningsuk.co.uk)

The CEA Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as RNID, RNIB, Dimensions and Whizz Kidz.

**THE WHEELS ON THE BUS**

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**Includes Integrated Makaton!**

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SEPTEMBER, 10AM & 1:30PM**

Tickets: £10 adult & child / £5 additional adult/child

[www.civicartscentre.co.uk](http://www.civicartscentre.co.uk)



# Lancashire Break Time

Lancashire Break Time (LBT) provides a non-assessed short break for parent carers while their child attends a fun group activity. This summer saw more providers able to restart delivery of LBT groups, following the recent changes to social restrictions due to the pandemic. Summer holiday clubs took place across the county, with activities including Arts & Crafts, Cooking, Sports, Dancing, Water Slides, Kayaks, High Ropes and lots more!

After school, weekend and holiday clubs will continue as usual from September onwards. To check if you are eligible, and to find out the activities on offer in your area, visit the Local Offer: [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/lancashire-break-time](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/lancashire-break-time)

## Break Time

Following the Short Breaks Review and Redesign, the agreed changes to the Lancashire Short Breaks offer are now starting to take shape, ready for the launch of the new Break Time model in Spring 2022.

In December 2021, parent carers will be invited to register for the Break Time scheme and receive an allocated number of activity hours for their child(ren). A registration form will be available to download from the Local Offer, or you may receive one from your child's school. Registration will be open for six weeks, however we would urge everyone to complete and return the form(s) as early as possible.

As part of the registration process, parents will be asked to indicate their child's preferences from a list of potential types of activity. This will help us identify the types of activities required in each area and, as far as possible, offer a range of choices that meets local families' needs.



## Break Time Plus

In addition to Break Time, we will be introducing Break Time Plus, providing an option for children and young people that receive a social care package and aren't currently eligible for LBT, to access group activities with their peers.

More information on Break Time Plus will be made available on the Local Offer in early 2022, including details of how to request this for your child.

## How to register

More details of the registration process will be shared in the winter issue of FIND. If you don't currently receive a regular copy, call: **01772 538077** or register online at: <https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/family-information-network-directory/>

Further updates will also be shared on the Local Offer: <https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/lancashire-break-time/>

And facebook page: <https://www.facebook.com/LancashireLocalOffer/>





## Understanding Autism Workshops 2021



## Understanding Autism/ASC & Diagnosis

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

Has your child recently been diagnosed with Autism/Autistic Spectrum Condition? If you're wondering 'what next' and would know what support is available?  
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 workshop can be accessed pre and post diagnosis, your child can be at any stage of diagnosis

*This free 1.5 hour one off workshop will be an introductory session with the opportunity to share your experiences with other parents and take away ideas, strategies and resources.*



### Dates & Times

Thursday 30th September 6.30-8pm  
Thursday 28th October 1-2.30pm  
Thursday 25th November 6.30-8pm  
Thursday 16th December 1-2.30pm



To book a place on one of the events please contact the children's service  
Email: [children@actionasd.org.uk](mailto:children@actionasd.org.uk)  
Text: 07809903852  
Call: 01282-415455

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.

All of our workshops are currently being held online over zoom.  
[www.facebook.com/groups/actionforasd](https://www.facebook.com/groups/actionforasd)

Action for ASD working in partnership with NHS Blackburn with Darwen Clinical Commissioning Group & NHS East Lancashire Clinical Commissioning Group

Action for ASD | King Edward House | 9 Finsley Gate | Burnley | Lancashire | BB11 2HA  
Tel: 01282 415 455 | web: [www.actionasd.org.uk](http://www.actionasd.org.uk) | Charity No: 1089341

**TURN2US**  
FIGHTING UK POVERTY

# STRUGGLING WITH MONEY?

WE'RE HERE TO HELP.

Find benefits, grants and financial support online.



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



#### Grants Search

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



#### Information and Support

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

**VISIT: [TURN2US.ORG.UK](http://TURN2US.ORG.UK)**

[f Turn2us](https://www.facebook.com/turn2us) [@turn2us\\_org](https://twitter.com/turn2us_org)

Turn2us is a trading name for Elizabeth Finn Care. Elizabeth Finn Care is a charity registered in England and Wales No: 207812; and in Scotland No: SC040987.

## Autism Support Helpline

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

**0800 031 5445**

Autism | ADHD | Sensory Processing Differences

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

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

Daisy Chain  
A haven for families affected by autism

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

Nationwide support



In partnership with  
THE NATIONAL LOTTERY  
COMMUNITY FUND

Daisy Chain | Call Fallow Lane | Norton | Stockton-on-Tees | TS20 1PF  
Registered Charity No. 1109792 Company Limited by Guarantee 4763989

## Apply for a school place: children with special educational needs

Children without an Education Health and Care (EHC) Plan  
If your child does not have an EHC plan you should follow the standard school application process: [www.lancashire.gov.uk/children-education-families/schools/apply-for-a-school-place](http://www.lancashire.gov.uk/children-education-families/schools/apply-for-a-school-place)

*Please note:* if your child is in the process of being assessed for special educational needs you should still apply for a school place by following the standard school application process. If you don't apply for a place and your child doesn't get an EHC plan, you may miss out on a place at one of your preferred schools.

### Applying for a particular school on the grounds of special needs

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

However, if you think your child has needs that support admission to a particular school, you'll have the opportunity to include these needs in your application as long as the school you are applying to has a medical, social and welfare criterion in their admission policy.

You will need to provide evidence that your child meets this criterion from an appropriate professional like a doctor, health visitor or social worker and should send this separately before the closing date.

*Please note:* all community and voluntary controlled schools include a medical, social and welfare criterion in their admission policy. For voluntary aided, foundation, free schools, academies and independent schools you will need to check their individual admission criteria.

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

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

### Children with an Education Health and Care (EHC) Plan

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

### More information

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

**SCHOOL  
ADMISSIONS  
SECONDARY**

## APPLY NOW!

at [lancashire.gov.uk/schools](http://lancashire.gov.uk/schools)

### School and Academy places September 2022

You must apply if your child is in their last year of primary school (year 6) from September 2021.

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

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

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

**CLOSING DATE  
31 OCTOBER 2021**

#### School transport

Need transport to school?  
Please don't forget to check your eligibility for free transport. Search 'school transport' at [lancashire.gov.uk](http://lancashire.gov.uk)

**Lancashire**  
County Council

[lancashire.gov.uk/schools](http://lancashire.gov.uk/schools)

**SCHOOL  
ADMISSIONS  
PRIMARY**

## APPLY NOW!

at [lancashire.gov.uk/schools](http://lancashire.gov.uk/schools)

### School and Academy places September 2022

You must apply if your child has a 4th birthday between 1 September 2021 and 31 August 2022.

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

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

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

**CLOSING DATE  
15 JANUARY 2022**

#### School transport

Need transport to school?  
Please don't forget to check your eligibility for free transport. Search 'school transport' at [lancashire.gov.uk](http://lancashire.gov.uk)

**Lancashire**  
County Council

[lancashire.gov.uk/schools](http://lancashire.gov.uk/schools)



## Rainbow Hub plans for a nursery dedicated to children with special needs

Already known for their team of specialists offering a holistic approach to the health and well-being of every disabled child they support, Lancashire charity, Rainbow Hub, is planning to open a nursery dedicated to children with special needs and their siblings in October 2021. (subject to final OFSTED approval).

The nursery will be run by highly trained, experienced staff for children between 2 and 5 years and will only operate with small groups meaning that each child will have a greater chance and more time to develop and achieve life skills.

As well as the opportunity to play and interact with their peers, the children will be encouraged to develop life skills such as washing, dressing and undressing and communication – all of which, as parents will know, can be more challenging for a child with special needs.

After individual assessment of each child, staff in the nursery will be able to tailor the service to meet a wide range of needs including physical disabilities, neurological conditions and global delay. The nursery will operate from 9 – 4.30 in term time and parents with children from 3 to 5 will be able to use their child care vouchers for up to 15 hours or 30 hours per week dependent on their entitlement. Costs for children paying privately will be £42 per day.

Rainbow Hub has a purpose built facility with extensive outdoor space, sensory room and soft play area and believe that their nursery is unique in the services and environment it will offer. Many mainstream nurseries cannot accommodate children with additional needs due to the ratio requirements.



There will also be the opportunity of access to the other therapies on offer such as Conductive Education, physiotherapy and Rebound Therapy. Rainbow Hub can also offer advice and signposting for families on issues relating to SEND (special educational needs and disabilities) and support the development of Education and Health Care Plans.

The involvement of parents in nursery sessions is encouraged if they wish to see how their child is developing.

Lyndsay Fahey, CEO, Rainbow Hub, said “Developing a high quality, specialised Early Years’ service will help families who are often forgotten during those early years when they are at their most vulnerable with a child who has additional needs. The number we can accommodate at any time will naturally be restricted by the specialist nature of the services. However we hope that we will be able to offer many children the opportunity to learn, develop and unlock their potential, whilst also supporting their families.”

It is hoped that OFSTED approval will be granted in time for the nursery to open in October 2021. Parents who would like more information about the Rainbow Hub Nursery and an assessment of their child’s needs, can register their interest and details of their child by email at [nursery@rainbowhub.org](mailto:nursery@rainbowhub.org) ; by telephone **01704 823276** or visit <https://www.rainbowhub.org/>

Places at Rainbow Hub Nursery are limited so those who are interested should enquire as soon as possible.

# Welcome to Unique Toyz!!

As part of Unique Kidz & Co based in Morecambe, the toy library was launched on 1st February this year for children and young people with disabilities and additional needs aged 0-18, covering Morecambe, Lancaster and surrounding areas. It is a completely free service funded by a grant from BBC children in need and the aim of this resource is to make a positive impact on the lives of as many young people as possible... not only during Covid times but going forward. It has been the dream of the founders of Unique Kidz, Jane and Denise, for years to be able to offer this service and we are going from strength to strength and feedback has been amazing!

The service is run by our toy library coordinator Sarah and provides delivery of the toys to you, following social distancing guidelines and Covid-19 protocols. Alternatively there is a collection service from our designated unit at Armadillo Storage in Morecambe.

We believe this is a great way for parents/ carers to maybe try out things they wouldn't usually think of, to get a feel for what interests/helps their young person without having to spend any money. To rotate toys to keep them interested. Or simply to borrow something bulky you may not want cluttering your house up for long periods of time. You choose how the library works for you and suits your needs.

We produce a regular newsletter and have welcomed some fabulous feedback from our members.

If you would like more information look us up on Facebook or email: **uniquetoysz01@gmail.com** and join our members already benefitting from this great resource!

Toy Library for children with disabilities and additional needs aged 0-18 years

# Unique TOYZ

Covering Morecambe, Lancaster and surrounding areas.

We deliver toys or can arrange click and collect from our unit on White Lund Industrial Estate

Contact us now for more information or to request a membership form and join for free!

Find us on Facebook Unique Toyz

07889597654

uniquetoysz01@gmail.com

Funded by BBC Children in Need





## The National Autistic Society has a few tips for helping a family member with autism to prepare for Bonfire Night.

They are:

- **Plan ahead** - Making a countdown calendar means they will be more prepared and aware that the event is happening. Also watching videos of fireworks or sparklers will also help familiarise them with what to expect.
- **Have drinks and snacks** - These can help to be a distraction.
- **Wear headphones or ear muffs** - They can really help to block out the loud noise.
- **Watch from further away** - Crowds of people can be stressful for people with autism, but they can still enjoy the fireworks from a bit farther away.
- **Celebrate at home** - Being in an environment where your family member with autism feels safe can really help them to feel a bit more comfortable. It also means if you let off fireworks or light sparklers, they know when it is going to happen, so it is less of a surprise.
- **Have a virtual Bonfire Night** - Watching fireworks on the TV or a computer can also be fun, and means you can control how loud the fireworks are.
- **Keep calm** - Staying calm, relaxed and happy, could help to reassure your family member with autism too.

For more advice, visit: [www.autism.org.uk](http://www.autism.org.uk)

### Local National Autistic Society Groups:

**NAS Lancaster and Morecambe Branch**

Email: [landm@nas.org.uk](mailto:landm@nas.org.uk)

Facebook: [www.facebook.com/NASLandM](https://www.facebook.com/NASLandM)

**NAS Blackpool, Fylde and Wyre Group**

Email: [NASBlackpool.Group@nas.org.uk](mailto:NASBlackpool.Group@nas.org.uk)

Facebook: [www.facebook.com/NASBFANDW](https://www.facebook.com/NASBFANDW)

**NAS Blackburn with Darwen Branch**

Email: [NASBlackburnwithDarwenbranch@nas.org.uk](mailto:NASBlackburnwithDarwenbranch@nas.org.uk)

Website: [www.nasblackburnwithdarwen.webeden.co.uk](http://www.nasblackburnwithdarwen.webeden.co.uk)

Facebook: [www.facebook.com/National-Autistic-Society-Blackburn-with-Darwen-Branch-334061526705297](https://www.facebook.com/National-Autistic-Society-Blackburn-with-Darwen-Branch-334061526705297)



Arnold was born with an initially undiagnosed genetic syndrome and as he became older the doctor's appointments grew and grew, as parents we felt lost. Without a diagnosis, there was no real idea of what the future would look like for Arnold, no support network of parents who had been through a similar journey, and don't get me started on filling in all the DLA forms without a handy 'label'. Among other things, Arnold is profoundly deaf and a BSL user, has Global Developmental Delay, can't walk unassisted and displays autistic traits, so it's fair to say he's quite a complicated character to get to know and understand.

That's more than most of his family have done! Two or three times a year, they also head to national competitions with the rest of Infinity, and seeing them all in their matching uniforms fills my heart with joy. The whole arena goes wild when they see Shooting Stars perform, but no one is cheering louder than their coaches and friends from the different squads at Infinity, it has a real family vibe.

## Arnold – Shooting Stars



All his life we have tried to get him interested in things but it's proven so hard. Anything outdoorsy is pretty much a no go in a wheelchair, and he can't handle getting wet! I tried taking him to a walking frame football club, but no one could communicate with him. A local deaf charity had regular meetups, but none of the other kids had mobility issues so the meets were always in play centres etc. We just wanted somewhere for him to be accepted, have fun and make friends, which just seemed like a distant dream, until one day my wife found a post on Facebook about Shooting Stars, an SEN cheerleading class run by Infinity dance group based in Chorley.

We spoke to the Head Coach who runs Infinity Cheer, Sian Thorley, and she seemed really enthusiastic about meeting Arnold and getting him involved. He wasn't one for new experiences but after a couple of weeks he was keen to get to class, possibly due in part to the chocolate bars they sold at reception! The classes are run by Sian and a dedicated team of volunteer coaches, who teach the children cheer performances and dance routines in a fun, safe environment.

Within the group there's such a wide range of abilities, but no one is ever made to feel like they're not as much a part of the team as anyone else. At the time, Arnold was the only deaf member, so the coaches all undertook a deaf awareness course so that they could understand his needs more.


Since restarting after the pandemic, parents of the older kids have been encouraged to step back from watching their kids practice (if they feel comfortable with that) and as a self-confessed helicopter parent the idea of leaving Arnold for an hour worried me but we arrive at practice now and he waves me away and scoots straight in without a care in the world, and that would have been unimaginable a year or two ago. I never really thought Arnold would show interest in anything away from his ipad or TV, but now he proudly has his competition medals hanging by his bed and photos of his teammates on his window ledge. The change in him has been amazing and I love what Cheer has done for him. Sian and the other coaches are simply amazing and I couldn't recommend Shooting Stars enough to anyone who wants to give it a try with their child.

**Mark Tague**  
Arnold's Dad

To find out more about Infinity and Shooting Stars, visit:  
<https://infinitycheer.co.uk/shooting-stars>

 <https://www.facebook.com/InfinityCheer2012/>

<https://www.facebook.com/shootingstarsfans/>



Children and Family Wellbeing Service

# UNITE


A social group for young people with diagnosed or suspected special education needs and disabilities in Chorley and South Ribble

Learn new skills  
Make new friends  
Have FUN!

Monday's 6:30-8:30pm  
Fortnightly groups  
12-15 years and 16+  
West Paddock Neighbourhood Centre

To enquire, refer a young person or self-refer please email: [lucy.sammon@lancashire.gov.uk](mailto:lucy.sammon@lancashire.gov.uk) or call 07833483400

Lancashire County Council



Burnley & Pendle

# YOUTH COUNCIL

Alternate Thursday Evenings

Enabling young people the opportunity to champion the thoughts and views of young people in their community

Interested? Call or Text for more information:  
Sophie Leach on 07929847448  
or Mohammed Arshad on 07876790731

Are you 12 - 19 Years old?

BE A VOICE FOR YOUNG PEOPLE

Lancashire County Council

Hyndburn's SEN/D Group for ages 12 to 25  
**SNAP!!**

Thursday's at 7pm via Zoom

Come and join us for games, support, discussions, friendships and a good time

For more details on the group or how to join please contact  
Kerry on: [Kerry.scrivener@lancashire.gov.uk](mailto:Kerry.scrivener@lancashire.gov.uk) or 07929836036  
Saeed on: [saeed.ahmed@lancashire.gov.uk](mailto:saeed.ahmed@lancashire.gov.uk) or 07977024113  
Daisy on: [daisy.welsh@lancashire.gov.uk](mailto:daisy.welsh@lancashire.gov.uk) or 07717513816

Lancashire County Council



Lancashire County Council

# AOK

Stay and Play

Support group for children and families with additional needs/disabilities

EVERY WEDNESDAY  
FOR CHILDREN AGED 0-8  
BOOKABLE SESSIONS  
AT LUNE PARK NEIGHBOURHOOD CENTRE  
FOR CHILDREN WITH OR WITHOUT A DIAGNOSIS

Contact Claire at Lune Park on 01524 581280 or e-mail [claire.rogerson@lancashire.gov.uk](mailto:claire.rogerson@lancashire.gov.uk)



# PHOENIX FLYERZ



**What is Phoenix Flyerz?**

Flyerz Hockey is the name widely associated with inclusivity hockey in England. We enable disabled and non-disabled players to play together, along with the whole family as siblings and parents can get involved as well

**WE ARE MORE THAN JUST HOCKEY**

**Bookings Available Now**

Get in touch for more information  
**ChorleyPhoenixHC@gmail.com**






# JUNIOR PAN ABILITY FOOTBALL

**EVERY THURSDAY EVENING 5-6PM**

**FLEETWOOD HIGH SCHOOL BROADWAY FLEETWOOD FY7 8HE**

**FUN FOOTBALL COACHING FOR YOUNG CHILDREN WITH VARIED DISABILITIES**

For children aged 8-16 years old with disabilities

Cost £3 per person

Book online at:  
<https://fleetwoodtownfct.com/product/junior-pan-ability-football/>

# Splatter Dance

www.splatterdance.co.uk

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

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

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

## DANCE

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

## MAKATON

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



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

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

Contact Emma to book: [emma@splatterdance.co.uk](mailto:emma@splatterdance.co.uk) 07973 636019

# National Lottery Awards for All support for DanceSyndrome

Local charity DanceSyndrome is thrilled to have received a grant of £9,500 to support the work of Dance Leaders with learning disabilities as the UK follows the roadmap out of lockdown.

Funding from the National Lottery Awards for All will enable DanceSyndrome to safely adapt as they return to face-to-face dance sessions in the community after 14 months of offering dance sessions online via Zoom and YouTube.

DanceSyndrome is a 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. All DanceSyndrome sessions are disability led, with people with learning disabilities taking visible Dance Leader roles alongside a Dance Artist.

DanceSyndrome supports many vulnerable adults across Lancashire, many of whom have been shielding during the pandemic. The DanceSyndrome team adapted quickly in the early stages of the pandemic to offer online dance sessions via Zoom and YouTube. They wanted to limit the impact of isolation on participants and continue to make them feel a part of what they refer to as "the dancing family".

They decided to take their pre-lockdown workshops online to bring the sessions to regular participants and anyone else who wanted to use them to stay active at home during isolation. The sessions have been a real success, attracting new participants from across the UK, and even as far as Europe, South Africa and the USA! There are now 15 sessions a week running and many of these will continue after lockdown ends.



The National Lottery Awards for All funding will help the DanceSyndrome team to add to their current weekly programme and start moving back to face to face activities. Step 3 of the government roadmap

is allowing the charity's "DS Collective" performance group to meet outdoors in Miller Park, Preston. Their first session on Wednesday 19th May was the first time they have been together as a full group since March 2020. Understandably after all this time, the dancers are thrilled to be able to get back together as a full team of 26, after only dancing in small groups of 6 in the summer of 2020. DanceSyndrome Founder Jen Blackwell said *"It was incredible to see my dancing family reunited! Absolutely incredible. It was very special to be together, united as one big dancing family. What a special experience to be in the outside world. And the sun was shining! Yahoo!"*





The funding provided by The National Lottery Awards For All will bridge the gap between the online sessions, to outdoor dance and then, at step 4 of the roadmap, regular group workshops in community venues. The aim is to ensure that participants can still access creative activity in one form or another, even if they are still cautious about lockdown easing.

DanceSyndrome MD Dawn Vickers said, "As a small local charity, DanceSyndrome has had to adapt quickly and creatively at every stage of the pandemic and funding like this has enabled us to do that. Many of our participants face barriers in all aspects of their life and at DanceSyndrome we pride ourselves on removing as many of those barriers as we can. We know many people have found it difficult to use the technology needed to dance online and may still not feel comfortable going back to indoor sessions because they are vulnerable.

*We need to make sure that nobody is excluded and everyone who wants to can still access physical dance activities in a format that works for them, to help them maintain good physical and mental health. We are thrilled that we are able to expand this vital work thanks to this funding!"*

If you would like to find out more about DanceSyndrome or try out their online dance sessions yourself, visit [www.dancesyndrome.co.uk](http://www.dancesyndrome.co.uk)

You could also contact Sarah Calderbank, Project Co-ordinator on **07597 942494** or email:

[sarah@dancesyndrome.co.uk](mailto:sarah@dancesyndrome.co.uk)

Facebook:

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

Twitter:

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



## -SIGNED SWEAT-

**6 month online exercise classes with live BSL**  
From 24th August 2021, can join any time after this!  
Every Tuesday at 7pm and Thursday at 6pm



Are you over 16?

Do you want to get fitter?

Do you want to improve your physical and mental wellbeing?



Are YOU part of the Blackpool, Fylde or Wyre deaf community? If so this is funded for you!

Not from these areas? Not a problem,  
you can still join for £30 a month

30 minute  
workouts on  
Zoom and  
Facebook Live!



Book your place! Email us at:  
[HELLO@PERFORMANCEFORALL.ORG.UK](mailto:HELLO@PERFORMANCEFORALL.ORG.UK)



## Purple Umbrella Fitness Activities

Come and join our fitness programme at the **Thomas Galvin Playing Fields, Abbey Lane, Burscough L40 7SR.**

**( Opposite the Recycling Centre)**

**Membership form and £5 p/a joining fee will need to be completed to join.**

We will be holding weekly outdoor activities for Adults with complex disabilities who may find it difficult to manage larger social groups. Activities include;

Mini Basketball, Jenga, bowls, ring toss, walks and swingball.



Sessions will run every Thursday 2-4pm  
from March till October 2021

(weather permitting)

Come and join in the fun and make new friends!

Please bring your own support, face coverings and refreshments.

We can also provide visors if needed

All equipment & venues will be thoroughly disinfected and a strict infection control policy in place to keep you safe.

Any questions please email us at: [sandraanja21@gmail.com](mailto:sandraanja21@gmail.com)

Or Telephone; Sandra – 07758 079709 or Anja – 07914 842506.



## Easy Read guide to Friendship and Food



We have a Friendship and Food project for people living in **Hyndburn.**

It is a chance to meet new people over lunch.



We meet on **Wednesdays**

11.30am - 12.45pm

Rhyddings Park Coach House, Oswaldtwistle.



We will support you to enjoy meeting new people with chaperones. Chaperones can support people on a 1:3 ratio.



You will need to complete some paperwork before you can join the Friendship and Food Group.



For more information please contact Rachael.

Email: [rmchugh@meet-n-match.co.uk](mailto:rmchugh@meet-n-match.co.uk)

Ring or text: 07543 02167

Contact me on Mondays, Wednesdays or Thursdays.



## Easy Read guide to the Walking Project



We have a walking project for people living in **Hyndburn, Blackpool** and the **Fylde Coast.**

It is a chance to meet new people and go for a walk in the fresh air.



The walks will be on the following days:

- **Monday** morning: The Coppice, Accrington
- **Tuesday** afternoon: Tiger Lounge, Accrington
- **Wednesday** morning: Rhyddings Park, Oswaldtwistle
- **Thursday** morning: Kinraig, Bispham
- **Friday** Morning: The Grange, Blackpool



We will support you to join these walks with chaperones. Chaperones can support people on a 1:3 ratio



You will need to complete some paperwork before you can join the walks,



Rachael will speak to you about which walk is best for you

Email: [rmchugh@meet-n-match.co.uk](mailto:rmchugh@meet-n-match.co.uk)

Ring or text: 07543 02167

Contact me on Mondays, Wednesdays or Thursdays.

# GOOGLE IT SUPPORT CERTIFICATE



## ARE YOU AGED 18 - 30? INTERESTED IN IT SUPPORT?

This fully funded course is designed to help you get your foot in the door for a number of great IT roles

With a combination of self-study and live online support, you'll finish the course with a well respected certificate to impress potential employers with. Learn Key IT Support Skills such as: Computer Assembly, Wireless Networking, Installing Programmes & Customer Service

TAUSTER DAY: SEPTEMBER 7th & 8th ON MICROSOFT TEAMS

TO SIGN UP OR FIND OUT MORE EMAIL: [outreachlancs@princes-trust.org.uk](mailto:outreachlancs@princes-trust.org.uk)  
OR CALL: 0800 842 842



European Union  
European  
Social Fund



INCO ACADEMY  
WORK IN TECH



Prince's Trust

Our aim is to brighten peoples lives through music and movement

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**COME & JOIN US!**

at Carousel Music & Movement

for our fun, interactive, music & movement daytime sessions

Create & Explore Music Expression & Communication Drum Fun

**Carousel**  
Music & Movement

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with a difference...

Community Interest Company (CIC) Reg No: 13369335

All round health & wellbeing  
For all ages and abilities

"Express Yourself" at **Karaoke**

**Carousel's DISCO SOCIAL NIGHTS**

FOR ADULTS WITH LEARNING NEEDS

Make New Friends Tuck Shop Fun & Games

Raffle Dancing

Make New Friends "Dust off your Dancing Shoes and have fun" with

**Carousel's**

Country Rock'n'Roll  
Waltz Jive

**CHANCE TO DANCE**

**SOCIAL AFTERNOONS**

MUSIC TO SUIT ALL AGES

Live Music, Sing-A-Longs & much more...

<b>Session times</b>	<b>Wednesdays</b>	St. George's URC Hall, Southport	9:30 - 10:30am	Health & Wellbeing for all Adults
			11:00 - 12noon	
			1:00 - 3:30pm	
	<b>Thursdays</b>	Tanhouse Community Centre, Skelmersdale	9:30 - 10:30am	Health & Wellbeing for all Adults
			11:00 - 12noon	
			1:00 - 3:30pm	
<b>Fridays</b>	Ormskirk Parish Church Hall, Ormskirk	9:30 - 10:30am	Health & Wellbeing for all Adults	
		11:00 - 12noon		
		1:00 - 3:30pm		Adults with Learning Needs

**Venues: Ormskirk, Skelmersdale and Southport**

**LIMITED SPACES, BOOK EARLY TO AVOID DISAPPOINTMENT!**

Caroline: 07970 896943 BA (HONS) Music, PGCE, CT ABRSM Ruth: 07823 811986 HLTA Curriculum Music Email: carouselmm@outlook.com



## 16 to 25 years old? Thinking of your next step? Visit My Life Learning's specialist further education college!

Set in 84 acres of beautiful green land, our Standish based Ofsted registered specialist further education college is an alternative environment in which to learn and make friends!

Complete with our own farm and forest area, enjoy land-based courses, such as animal care and horticulture, alongside a timetable designed to help you develop skills for your adult life.

Our facilities include indoor and outdoor activity areas, classrooms, polytunnels and a cooking classroom.

You can even learn skills to prepare for adulthood in our homely holiday chalets and onsite public facing café.

### What parents tell us:

"What blows me away is the lengths his teachers go to listen, reflect, make adjustments and really personalise learning to each individual student. He absolutely loves going to college."

"My Life Learning is the only educational setting he has been happy at. Not only has he interacted, he's made friends and become a happier young man."

**Interested? We'd love to hear from you.**  
Call 01257 472 900,

email [info@my-life.org.uk](mailto:info@my-life.org.uk) or visit  
[www.my-life.org.uk/my-life-learning](http://www.my-life.org.uk/my-life-learning)

**My Life Learning, Thompson House  
Equestrian Centre, off Pepper Lane,  
Standish, Wigan, WN6 0PP.**

## Are you looking for a job? Are you aged 16 - 25 years? We can help you get into employment or education!



YOUTH  
CAN  
DO IT



- Prince's Trust 'Team' Programme is a free twelve week programme which helps young people learn employability skills in a fun, active way including an activity residential and a work placement.
- Completion of the course gains a qualification in 'Employment, Teamwork and Community Skills'.
- We have a 70% success rate of moving young people forward into employment, an apprenticeship or further education.

To sign up or just have a chat about the programme please contact:

**Preston Central: Anji - 07900 268709 [PTPrestonCentral@lancsfireandrescue.org.uk](mailto:PTPrestonCentral@lancsfireandrescue.org.uk)**

**Deepdale: Sally - 07879 898662 [PTPrestonDeepdale@lancsfireandrescue.org.uk](mailto:PTPrestonDeepdale@lancsfireandrescue.org.uk)**



Location	Start Date	End Date
Central Preston	06/09/2021	26/11/2021
Deepdale	20/09/2021	10/12/2021
Central Preston	10/01/2022	01/04/2022
Deepdale	24/01/2022	15/04/2022

# DFN Project SEARCH

Tom began his journey with DFN Project SEARCH at Calico in 2018. Project SEARCH is a supported Internship programme designed to support those affected by Learning difficulties and Autism Spectrum conditions. The programme is a year-long programme that runs from Calico at Burnley is a collaboration between Burnley College, Calico, Hft and is commissioned by Lancashire County Council.

Tom took part in the programme by completing a full academic year as an Intern at Calico whilst being supported by partners from Burnley College and HFT. The partners collaborated to ensure that he gained as many skills from the fully supported Internship programme during the term time provision. These skills were specific to employment, to enable him to begin his future as a confident and successful employee.

Tom had support around CVs continually building his list of skills whilst practising Interview techniques and being supported in applications to roles that he felt were suitable for him. Following Tom's really positive time as an Intern on DFN Project SEARCH, his hard work and achievements were recognised after graduating, by securing an Apprenticeship with Calico within the Grounds Maintenance team! Tom was thrilled as before Project SEARCH he had applied for over 100 roles without success. The support enabled him to apply with good evidence of experience, whilst feeling empowered and confident in his abilities and skills.

During his time in his Apprenticeship role, he received fantastic support from his Manager at Calico as well as ongoing support from Rachel, an Employability Coach from Hft. Tom also had the continued support of the wider Project SEARCH team at Calico. This support from the team meant that he continued to thrive and develop as an employee. Tom was able to develop new skills, for example using a variety machinery such as mowers and strimmer's whilst working on the Grounds Maintenance team. He really excelled in working as part of a team, particularly with the staff member he shared a van with.

On the job support for Tom is fully funded by Access to Work; an initiative from the DWP which can help pay for equipment, adaptations and support needed to help someone with additional support needs, to do their job. Through this funding, Employability Coaches can work with graduates of the programme in their new roles to help them learn new tasks and skills needed as part of their roles, complete relevant training as well as learn new processes or how to use new pieces of equipment. It can also support Tom by putting adaptations in place such as strategies to help with managing workload.

Tom has not only added to his skillset during his time with Calico, but has now successfully completed his apprenticeship adding a fantastic experience and accomplishment to his ever-growing C.V.

When Tom completed his Apprenticeship in Horticulture at Calico in April 2021 and was unsure what to do next. Through DFN Project SEARCH at Calico Tom was referred to the Skills and Employability team to work with Katie on Calico's More Positive Together (MPT) programme.

Through 1:1 support sessions, Tom and Katie compiled an action plan based on Tom's barriers and goals.

To increase Tom's chances of finding employment Katie tailored two CV's; one for Horticulture and Gardening roles and a generic one which could be adapted to apply for cleaning vacancies. The support sessions really enabled trust to be built and as a result Tom's confidence increased, he could contact Katie if he had any worries or concerns about anything not just work related.

With Katie's help Tom applied for a variety of roles and was successful in gaining an interview in Burnley for a Gardener role. Before Tom's interview, Katie gave him lots of hints, tips and tricks as well as practice mock questions to ensure Tom was well prepared and felt confident and comfortable attending the interview.

Tom received fantastic news as he was successful in his interview and started his role. He will continue to receive in work support from Rachel through Access to work for as long as he needs it.

Tom said *"I would definitely recommend Project SEARCH to everyone, from day one the staff treated me like an adult, and it felt like a family. I knew I could trust them, and I was always listened to, they always helped through struggles so I could carry on with the task in hand. Project Search helped me grow as a person and are still supporting me through work, I cannot thank them enough."*

**To register your interest in this fantastic Programme and to find out more please contact: [skills@calico.org.uk](mailto:skills@calico.org.uk)**

**or like our Facebook page: 'DFN Project SEARCH Burnley' and message the team directly. Project SEARCH's recruitment for 2022 will begin winter of 2021.**



# Comensus

Would you like to share your experiences of being a carer, or someone who has accessed health or social care services, to contribute to the education of future professionals in a range of fields including Social Work, Social Care, and Nursing?

Comensus (Community Engagement Service User Support) has been developed to embed the voices and experiences of service users, patients and carers into health and social care education and research at UCLAN (University of Central Lancashire).

Our team provides support and training for Service users, Patients and Carers so that they can engage in activities such as student recruitment, teaching and learning, planning new courses and research, and is based on the University campus in Preston.



Comensus is also keen to hear from young people who can talk about their experiences of being disabled, having an additional need, or being a young carer and what their experience of services/professionals has been like.

So please get in touch if you feel this is something you or your child may wish to get involved in.

For more information please check out our webpage and get in touch via the contact details below.

## Comensus team

Eden Building  
University of Central Lancashire  
Preston  
PR1 2HE  
**01772 893818**  
**Comensusoffice@uclan.ac.uk**  
**www.uclan.ac.uk/comensus**  
**@UCLanComensus**

## Changes to concessionary car parking charges for patients and visitors

Lancashire Teaching Hospitals   
NHS Foundation Trust

### Royal Preston Hospital and Chorley & South Ribble Hospital

From April 2021, the Government introduced new guidance on the provision of free car parking for certain groups of hospital patients and visitors. This means that the following people are now eligible to receive free parking at our hospitals:

- Disabled people holding a valid Blue Badge
- Frequent outpatient attendees, defined as those who are required to attend hospital for an appointment at least three times within a month for at least three months.
- Parents or guardians of sick children staying overnight in the hospital

In addition to the above, and in line with our existing concessionary parking arrangements, the Trust will continue to offer:

- Free parking to patients with a life-long condition requiring two or more hospital visits per week (this mainly applies to our renal dialysis patients)
- Family visitors to a gravely ill inpatient a concessionary parking fee of £2.50 per day
- Family visitors to a relative with an extended stay in hospital beyond 21 days a concessionary parking fee of £2.50 per day

### Applying for a Parking Concession

Patients, relatives or carers who are eligible for free or concessionary parking will firstly need to speak to the clinical staff on the ward, clinic, or department to complete a form. Any completed and endorsed car parking concessions certificate application forms can then be taken to the General Office. The General Office will then process the application and issue the appropriate concession. Only the General Offices can issue concessions or deal with travel expense claims.

Therefore, concessions can only be issued, and expense claims made during the times listed below.

#### Royal Preston Hospital

Mon – Thurs 9.00am – 4.15pm; Fri 9.00am – 4.00pm

#### Chorley and South Ribble Hospital

Mon – Thurs 8.30am – 4.15pm; Fri 8.30am – 3.00pm

The national NHS Healthcare Travel Cost Scheme (see [www.nhs.uk](http://www.nhs.uk)) refunds reasonable travel costs of hospital patients if they or their partner are receiving a qualifying state benefit or allowance, or meet the eligibility criteria of the NHS Low Income Scheme. If eligibility criteria are met, travel and parking costs can be reimbursed by the hospital General Office, or by submitting the **HC5 (T) form** which is on the NHS Choices website.





everyone  
matters.

Everyone Matters is a new group for parents and carers of children and young adults with disability or S.E.N needs. You are welcome to join us every Friday afternoon at 1-3pm. Everyone Matters provides a friendly, safe and supportive environment for you to come and meet others and enjoy a free tea or coffee.

Brave Church, Watson St,  
Oswaldtwistle, BB5 3HH

Phone: 01254 372771

Email: [hello@bravechurch.co.uk](mailto:hello@bravechurch.co.uk)  
Website: [www.bravechurch.co.uk](http://www.bravechurch.co.uk)



In partnership with  
THE NATIONAL LOTTERY  
COMMUNITY FUND



COMMUNITY  
FOUNDATION  
For Lancashire



## Around The Table With Twinkle

### Every Thursday 11-12pm

Come and take a break with us here at Twinkle House. Grab a coffee and take part in our online friendship group. It's a chance to make friends, learn more about what support is out there during lockdown and take some time to relax



- Fun ice breakers each week
- A chance to talk amongst a supportive group
- One hour to take time for yourself
- Signposting and information sharing

For more information or to join the next Zoom meeting, please contact Belinda Moreland via email: [wellbeing@twinklehouse.co.uk](mailto:wellbeing@twinklehouse.co.uk)

[www.twinklehouse.co.uk](http://www.twinklehouse.co.uk)

2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 9UP



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

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

**YOU ARE NOT ON YOUR OWN**

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

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

You are welcome to join our virtual drop-in last Wednesday of the month 7pm-8.30pm Email [Claire chats\\_123@yahoo.com](mailto:claire_chats_123@yahoo.com) for a zoom invite.

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



**ARE YOU THE PARENT OF A CHILD WITH A LIFE LIMITING OR LIFE THREATENING DISORDER?**

Sometimes it can be difficult to talk to someone

**WE HAVE CREATED A SAFE PLACE TO TALK WITH OTHER PARENTS WHO UNDERSTAND**

find us  
<https://www.facebook.com/groups/reachoutsupportforshortlives>



# The Incredible Years!

## A Group for Parents/Carers of Children with Behaviour Difficulties

- ★ Do you have a child aged 2-8 years?
- ★ Do you sometimes find being a parent/carer tough and stressful?
- ★ Do you find it difficult to manage your child's behaviour?



If YES, then you are not alone - lots of families have similar worries and experience these kind of difficulties.

Would you like to learn more about how to manage your child's behaviour, have a better relationship with your child, and meet other parents/carers in the same situation?

The Incredible Years was created to help parents/carers manage their child's difficult behaviour including conditions such as ADHD and conduct disorder. Often, these behaviours impact on the whole family, leaving everyone, including the child, feeling bad about themselves. This course will improve your relationship with your child and increase you and your child's confidence.

The Group runs on a **Thursday** from **9.30am to 12.00pm**, starting **Thursday 16<sup>th</sup> September 2021** The Incredible Years course lasts for 15 weeks in total, and does not run during school holidays. We are aiming to deliver this course in person, face to face dependant on Covid guidelines and following any social distance protocols. We will let individuals know where the course will run in due course.

Parents who attend all of the sessions benefit more and experience the most success. Please attend each week.

If you are interested in finding out more about the Incredible Years or would like to book a place on this course then let your health visitor, school or support worker know. They will then arrange a meeting for one of us to meet with you and tell you more about the course.

You can also self- refer by contacting:

Debra Lawless, Parenting Practitioner  
CAMHS [debra.lawless@lscft.nhs.uk](mailto:debra.lawless@lscft.nhs.uk)

Janet Stuart, Family Support Worker  
Morecambe Bay Primary School

T:01524401002(Option6)

[familysupportworker@morecambebay.lancs.sch.uk](mailto:familysupportworker@morecambebay.lancs.sch.uk)



This group is based in the Lancaster/Morecambe area. If you know of something similar in your area, please email: [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk)

# ADHD North West

Parents/Carers

## Parent Empowerment & Skills Training Course

**LEARN ABOUT ADHD FROM HOME**

**Starting Week Commencing Monday 20th September**

The course consists of 9 sessions lasting 45-60mins  
2 sessions each week, either afternoon or evening

We are inviting you to attend, meet members of our qualified team, learn and understand about how we can help you manage your child's ADHD. We will give you step-by-step approach which we build on each week.

**DAYTIME – Monday's & Wednesday's 1pm**

**EVENING – Monday's & Wednesday's 6.30pm**

Please get in touch by calling 01254 886886 or [reception@adhdnorthwest.org.uk](mailto:reception@adhdnorthwest.org.uk)

# Lancashire County Council – contact details

[www.lancashire.gov.uk/council/get-involved/contact](http://www.lancashire.gov.uk/council/get-involved/contact) Email: [enquiries@lancashire.gov.uk](mailto:enquiries@lancashire.gov.uk)

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

## COMMON ROOM

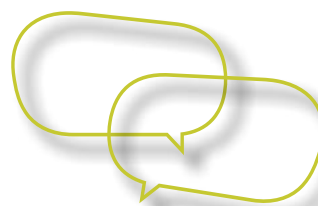
**We're seeking 14~20 year olds who have stayed in mental health inpatient settings**

**We want to talk to children and young people across England who have lived experience as service users of CAHMS inpatient units.**

**This will directly feed into the NHS England Taskforce on improving Children & Young People's Mental Health Inpatient Settings.**

**If you take part you will be able to claim a payment to say thank you for spending your time giving your feedback.**

To find out more and get involved, visit:  
[www.commonroom.uk.com/NHSEinfo](http://www.commonroom.uk.com/NHSEinfo)  
[#CAMHSUnitChat](https://twitter.com/CAMHSUnitChat)



## 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](mailto: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

### Lancashire County Council

[Sarah.deady@lancashire.gov.uk](mailto:Sarah.deady@lancashire.gov.uk)

### Parent Representatives\*

Nannette Holliday – Chorley  
Julia Johnson – South Ribble  
Lucy Ellis – Lancaster  
Trish Dobson – West Lancashire  
Sarah Lewis – Hyndburn

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

### Voluntary Organisations

Tom Harrison – Community East Lancashire

### Health

Catherine Howson – Lancashire Care NHS Foundation Trust

**Winter issue** - deadline for articles 24th September, published December 2021

**Spring issue** - deadline for articles 7th January, published March 2022

**Summer issue** - deadline for articles 25th March, published June 2022

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](mailto: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](http://www.facebook.com/LancashireLocalOffer)

### Get this free newsletter sent to your door

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

Name

Address

Postcode

Tel. No.

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

Professionals – please contact FIND, details above.

## You are welcome to photocopy, display and distribute this newsletter

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