

FIND

Welcome to the Spring issue of the FIND Newsletter, 2018

Last November Lancashire's SEND Service was inspected by Ofsted. David Graham, Head of Service comments on this and the press release can be found on pages 2-3.

Now Spring is here the days are getting longer and warmer. It is a great time to dust off those walking boots and go for a walk. Some accessible walks can be found on page 6. Do you have a favourite walk you would like to share? Send us the information and your photos we would love to see them.

In the next issue we would like information on accessible sporting groups and activities. What would you recommend? Do you have an inspiring story? Have you had a good experience you would like to share?

Send your letters and articles to find@lancashire.gov.uk.

Finally, the team would like to wish all the mothers a very happy Mother's Day on 11th March
Thank you for your continued support.

Norma O'Hagan
 Information, Advice and Support Team
 Special Educational Needs and Disability (SEND) Service

 www.facebook.com/LancashireLocalOffer



'Spring's greatest joy beyond a doubt is when it brings the children out.'
Edgar Guest

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SEND Service update

Lancashire Local Area SEND Inspection

In November 2017, Ofsted and the Care Quality Commission (CQC) conducted a joint inspection of the local area of Lancashire, to judge how effectively we have implemented the special educational needs and disability (SEND) reforms, as set out in the Children and Families Act 2014.

The inspection took place between 13th and 17th November 2017 and involved five inspectors undertaking a range of activity from reviewing documentation, observing frontline practice and face to face meetings with a range of service users. They spoke to staff at all levels, to SEND service providers, to children and young people with SEND, their parents and carers, governors, and leaders from the local area for health, social care and education.

The outcome of the inspection is that the local authority and the area's clinical commissioning groups (CCGs), have been asked to submit a joint written statement of action to Ofsted, because of identified areas of weakness in the local area's practice.

As you would expect, this is of significant concern to us as a local area and we will now apply the same rigour and disciplined approach that has supported us in delivering improvement following previous inspections. The local area strategic partnership, including school leaders, will be working with Ofsted, CQC and the Department for Education (DfE) to deliver a SEND action plan to address the issues identified by the inspectors.

I would like to take this opportunity to apologise to those parents, carers, children and young people within Lancashire who have had a negative or less than supportive experience when seeking or receiving support from the SEND Service.

This was the local area's first inspection since the special educational needs and disability reforms were set out in the Children and Families Act in 2014. It focused on how effectively the reforms have been implemented, and the experiences and progress of children and young people in Lancashire who have special educational needs (SEN) and/or disabilities, and the experience of their parents and carers. This included 16,500 children with SEN support and 6,500 with an Education Health and Care Plan.

Despite the overall outcome, we think it is important to also mention here that the inspectors' findings included positive feedback about a number of aspects of service delivery and practice. These included recognition that the culture and focus in Lancashire has begun to change in recent months and that professionals can see the benefits of finding joint solutions to common challenges. The inspectors saw emerging signs of improvement. Also, the considerable efforts of our staff and all partner agencies must be recognised here.

Some of the specific aspects that were praised are:

- POWAR (Lancashire's participation council group for children and young people who have SEND) have recently produced some impressive resources around child sexual exploitation and healthy relationships for children and young people who have SEN and/or disabilities. These young people are a force for good in the local area.
- The portage service is highly valued by families and practitioners. This service is responsive and effective in helping to remove the challenges that face young children and their families.
- Children and young people who have SEND can access effective speech and language therapy (SaLT) and occupational therapy in a timely manner across Lancashire. Joint working between therapists increases the number of children who are able to benefit from these services.
- Parents and children are benefitting from SaLT drop in sessions offered across the north and south of Lancashire, giving children and young people the help that they require.
- Young children and their families access effective child development centres in some localities, and multi-agency assessment and care planning is strong.
- A joint health and education provision based in the east of the area supports the health and education needs of those children and young people who are unable to access mainstream education because of their mental health difficulties.

- Parents consider information, advice and support (IAS) to be a well-run and well-used service, with evidence showing that when IAS has been involved to support families, dispute resolution has worked.
- Children and young people who have SEN support, and those who have an EHC plan or statement, have high attendance rates in comparison to the national averages.
- The Youth Offending Team (YOT) and SEN services work together to deliver good quality, safe and sustainable restorative services. This improves the life chances of these children and young people.

Work has already begun on addressing the issues found by the inspectors and we have identified and started to implement a number of actions in response to Ofsted's findings.

The main issues we will be working on are as follows:

- Ensuring children and families are at the heart of what we do
- Robust and comprehensive assessments of children who have SEND are carried out in a timely way
- Strategic oversight of SEND across the local area
- The appointment of designated clinical officers to fulfil the designated medical officer function
- Developing a shared understanding of co-production with children, young people, families and other partners
- Refreshing and publicising the Lancashire Local Offer
- The further development of pathways for Autistic Spectrum Disorder, including diagnoses across the local area
- Collaboration with school leaders to reduce the exclusion of pupils with SEND

To help achieve these improvements, we have taken a number of actions since the end of the inspection last month. These have included:

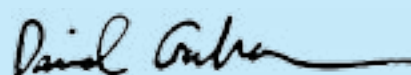
- Setting up a SEND partnership board that includes representatives from parents and young people
- Changes to the Local Offer
- Advertising Designated Clinical Officer posts
- Sending questionnaires to all families of children with an EHCP in order to elicit their views and experience in greater detail
- Arranging to meet school leaders to deliver ways regarding reducing exclusions as a matter of urgency

The development and delivery of an improvement plan will be closely monitored by the DfE and by Lancashire's improvement and accountability board. The effective implementation of the improvement plan will be critical to achieving an improved outcome when Ofsted undertakes a further, shorter inspection of these services in due course.

This work will not be straightforward but I know you will agree that it is essential we get it right. Working with parents, carers, children and young people to ensure that the right support is available, at the right time; to help children and young people with SEND to thrive and prepare them for adulthood is an objective I am totally committed that the Local Area achieve. Therefore we will continue to communicate with you throughout this period of improvement, to update you on progress. We are preparing a series of engagement events which will be announced in the very near future. If in the meantime, if you have any specific questions or concerns, I would encourage you to contact me.

You can view the full report at: **www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/shaping-send-together/send-inspections**

Yours sincerely



David Graham
Head of Service
Special Educational Needs and Disability Service
Lancashire County Council
01772 532713

Local Parent Carer Forums

Do you have a child/young person with additional needs? Come along to your local forum, it is an opportunity to raise any issues/concerns, chat to other parents and meet the guest speaker. Although the forums follow an agenda it is a relaxed, friendly atmosphere. You are also welcome to bring a friend along for support.

The dates and times for your local forum can be found below. If you require more information contact a member of the team. Details are subject to change – please check the Local Offer website www.lancashire.gov.uk/ SEND or facebook page www.facebook.com/LancashireLocalOffer for updates.

Parent/carers are able to attend any of the local forums, please feel free to contact us for more information.



East Lancashire

Kevin Ma'Har on **07500 065505** or kevin.mahar@lancashire.gov.uk

Kim Campbell on **07825 755527** or kim.campbell@lancashire.gov.uk

Burnley

Holly Grove School, Barden Lane, Burnley BB10 1JD	Mon 12 March	1pm – 3pm
	Mon 16 April	1pm – 3pm

Hyndburn

White Ash School, Thwaites Road, Oswaldtwistle BB5 4QG	Fri 16 March	9:45am – 11:45am
	Fri 20 April	9:45am – 11:45am

Pendle

Pendle View Primary School, Gibfield Road, Colne BB8 8JT	Thur 22 March	1:30pm – 3pm
	Thur 19 April	1:30pm – 3pm

Ribble Valley

Community Room, Clitheroe Fire Station, Princess Avenue, Clitheroe BB7 2AL	Thur 1 March	1pm – 3pm
	Thur 5 April	1pm – 3pm

Rossendale

Maden Centre, Rochdale Road, Bacup OL13 9NZ	Mon 19 March	1:15pm – 2:45pm
	Mon 16 April	1:15pm – 2:45pm

North Lancashire

Jill Marrs on **07825 755513** or jill.marrs@lancashire.gov.uk

Fylde

The Zone Fylde, 6 Chapel Walks, Kirkham, PR4 2TA Oak Tree Children's Centre, Sydney Street, Lytham St Annes FY8 1TR	Wed 21 March	1pm – 3pm
	Wed 18 April	1pm – 3pm

Lancaster

Forums to be confirmed		
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Wyre

Garstang Library, Windsor Road, Garstang PR3 1ED Great Arley School, Holly Road, Thornton Cleveleys FY5 4HH	Wed 14 March	1:15pm – 2:45pm
	Wed 25 April	9:30am – 11:15am

South Lancashire

Sue Gaskell on **07584 217661** or susan.gaskell@lancashire.gov.uk
 Norma O'Hagan on **07557 030837** or norma.ohagan@lancashire.gov.uk

Chorley & South Ribble

Community Room, Chorley Fire Station, West Way, Chorley PR7 6DH	Thur 8 March	10am – 12noon
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Preston

Sir Tom Finney Community High School, Ribbleton Hall Drive, Preston PR2 6EE	Fri 9 March	10am – 12noon
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West Lancashire

The Grove Neighbourhood Centre, Station Approach, Burscough, Ormskirk L40 0RZ	Tue 13 March	1pm – 3pm
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There is no need to book, just turn up!

All the dates and information on guest speakers can be found on Eventbrite:-
www.eventbrite.co.uk/o/lancashire-local-offer-send-10708547763

INFORMATION, ADVICE AND SUPPORT TEAM

for Special Educational Needs and Disabilities

FIND out about SEND

Does your child have special educational needs (SEND)?
 Are you confused about the help that is available?

The Information, Advice and Support (IAS) Team are running **free** courses across Lancashire for parent carers of children and young people who have or may have special educational needs or disability (SEND) and are at the **beginning** of the SEN support process.

Day time courses - 10.30am to 2.30pm

Preston – Riverbank Children's Centre 6th March 2018

Chorley – Central Library, Union Street 7th March 2018

Lancaster – White Cross Education Centre 8th March 2018

Bacup – Maden Community and Children's Centre 16th March 2018

Refreshments will be provided,
 please bring your own lunch.

Evening courses - 6.00 to 9.00pm

Clitheroe – Fire station 8th March 2018

Skelmersdale – Holland Moor Primary School 15th March 2018

Fleetwood – The Zone Wyre, Milton Street 20th March 2018

If you would like to find out more and to book a place ring
01772 532509 or email FIND@lancashire.gov.uk

Places are limited so will be allocated on a first come basis.

Please note: This course is for parent carers whose child has **not** been through an assessment process for an Education Health and Care Plan.



A Big Thank you to Rascals for letting us hold the family event on the 12th February. We have held the event at Rascals for the past 6 years they have always been well attended with lots of smiling faces. This year was no exception it was a fantastic evening with children having a fun time playing. There were also lots of organisations available for parents to get information. Rascals is open 7 days a week, for information on what is available:-

www.rascals-play.co.uk/
Tel: 01772 823889
Email: info@rascals-play.co.uk

Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again - **Gustav Mahler**

Accessible Walks

Lancashire has some of the most fantastic countryside, with rolling hills and scenic coastline.

There are many miles of public footpaths, bridleways, green lanes, trails and tracks, however it can be difficult to find walks that are accessible to those using wheelchairs or mobility scooters, parents with buggies or those with mobility impairment who find stiles difficult to negotiate. Below are some accessible walks and picnic sites to try. If you have a favourite walk, please let us know, and maybe send a photo or two! Email us at **FIND@lancashire.gov.uk**

Wycoller Country Park is one of the prettiest country parks in Lancashire. The area is famous for its association with the Brontë sisters, who referred to many of the nearby landmarks in books such as *Wuthering Heights* and *Jane Eyre*. The exclusion of cars from the village and the attractive appearance of the many preserved old buildings creates a unique feeling of tranquillity which is rarely experienced today. There are many footpaths leading to local beauty spots, which include Bank House and Wycoller Beck.

Special facilities are available for disabled visitors. Although cars are not normally allowed into the village, blue badge holders are permitted to take advantage of the very limited parking in the village and on the road by the Aisled Barn Information Centre. Disabled toilet facilities are available behind the Aisled Barn.

“Miles without Stiles” walks are for all visitors who find climbing over stiles difficult. These walks can be downloaded from the walks section of our website, or guided “Miles without Stiles” walks may be available for groups.

Wycoller Road, Trawden, Colne, BB8 8SU

W: www.friendsofwycoller.co.uk

E: friendsofwycoller@hotmail.co.uk

Spring Wood offers walks along the River Ribble and short nature trails through the mature mixed woodland, which is particularly noted for its carpet of bluebells in spring. There are several picnic areas throughout the woods for your enjoyment, and a low mobility trail along the lower sections of the wood, for people with restricted mobility. The first car park on the left has three designated blue badge holder bays, with smooth, level access to the visitor centre, which also has a Radar toilet.

Accrington Road, Whalley, Clitheroe, BB7 9TD

The Crook O’Lune picnic site is situated at a popular beauty spot on a horse shoe bend in the River Lune to the North of Lancaster, with many pleasant walks alongside the wooded river banks and venturing off into the surrounding countryside.

A tarmac path over the Lune towards Caton leads to a ramp on the left which gives access to the main picnic area by the Lune. This picnic site has a specially constructed table for wheelchair access, with scenic views up the Lune Valley towards Hornby.

The car park has three marked bays for blue badge holders, and there is a wheelchair accessible toilet that can be opened with a Radar key. The approach to the facilities is smooth and level, and the immediate surroundings are paved to give good surface change definition for partially sighted visitors.

Low Road, Caton, Lancaster, LA2 9HS

Brockholes - with a network of accessible trails and hides, as well as free use of a wheelchair, disabled facilities and car parking spaces, Brockholes is truly able to be enjoyed by all visitors.

There is a downloadable Trail Access Guide to view or download on the website (see below). Most of the footpaths at Brockholes are level and surfaced. The kissing gates are accessible for smaller wheelchairs and pushchairs and are shown on the Trail Access Guide.

There is a vehicle access gate next to all kissing gates on surfaced paths. If you use a large mobility vehicle or pushchair you can obtain a key to these gates for your visit. Keys are available from the Welcome Centre for a £10 refundable deposit.

There are currently 16 car park spaces for visitors with disabilities, located approximately 125 metres from the Visitor Village.

Adapted toilets are on the Visitor Village. Please note that there are no toilets out on the reserve. Assistance dogs (but not other dogs) are welcome in the Visitor Village and on the reserve.

Preston New Road, Salmesbury, Preston, PR5 0AG

W: www.brockholes.org

T: 01772 872000



Conder Green is situated near the historic seaport of Glasson at the beginning of the Lune Millennium Cycleway. There is a ramp to a picnic table with views over the Conder estuary and wheelchair access to the coastal way.

There is a car park and a toilet block with wheelchair accessible facilities.

Corricks Lane, Conder Green, Nr Lancaster, LA2 0AN

The following websites have information on more accessible walks in Lancashire and other areas:-

Walks with Wheelchairs

'The only UK web-site totally dedicated to providing free information on routes that are suitable for those that use a wheelchair.'

www.walkswithwheelchairs.com

Walks with buggies

UK web-site dedicated to providing free information on routes that are suitable for parents with buggies and young children.

www.walkswithbuggies.com

Accessible Countryside for Everyone – ACE

A website providing information on walks, countryside and green spaces which are accessible to those using wheelchairs, mobility scooters, pushchairs and buggies, as well as info on disabled and carer organisations, accessible camp sites, holiday accommodation, sports, taxis, pubs and restaurants. ACE promotes and encourages the publication of accessibility info for leisure and recreation.

www.accessiblecountryside.org.uk

Changing Places

Standard accessible toilets do not meet the needs of all people with a disability.



People with profound and multiple learning disabilities, as well as people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis often need extra equipment and space to allow them to use the toilets safely and comfortably. These needs are met by Changing Places toilets.

Each Changing Places toilet provides:

The right equipment

- a height adjustable adult-sized changing bench
- a tracking hoist system, or mobile hoist if this is not possible.

Enough space

- adequate space in the changing area for the disabled person and up to two carers
- a centrally placed toilet with room either side
- a screen or curtain to allow some privacy.

A safe and clean environment

- wide tear off paper roll to cover the bench
- a large waste bin for disposable pads
- a non-slip floor.

Some toilets which don't meet the full specification are registered as Changing Places 'U' toilets (undersized). Other public toilet facilities are listed as 'Space to Change' toilets if they include the features of a Changing Places 'U' toilet.

Changing Places normally use a Radar key. Some may be unlocked and some may need to be unlocked especially for you. They are not always available for those users who can use a standard accessible toilet.

Register for your free Toilet Map account -

having an account will allow you to save your favourite toilet locations and routes for easy access at a later date.

www.changing-places.org

Free phone apps allow you to search by postcode or town and also to find the nearest Changing Places toilets. These are available to download from both Google play and the App Store.



Contact us

If you have any questions about using or locating Changing Places, registration, signage or supporting the campaign get in touch with us.

Telephone: **020 7696 6019**

Email: **ChangingPlaces@mencap.org.uk**

Play4Uz2

Play4Uz2 held a Christmas Fayre on 25th November 2017 at Hyndburn Leisure Centre. The Mayor opened the event and we raised over £900. Thanks to everyone that came!



PLAY 4UZ 2

VOLUNTEERS NEEDED!

WOULD YOU LIKE TO BE PART OF A GROUNDBREAKING PROJECT?
WE ARE LOOKING FOR VOLUNTEERS TO JOIN OUR PLAY 4UZ 2 TEAM.
WOULD YOU LIKE TO JOIN OUR COMMITTEE, HELP US WITH MARKETING, PUT UP POSTERS IN YOUR LOCAL AREA, HELP US WITH DIFFERENT FUNDRAISING EVENTS, GATHER RAFFLE PRIZES? IF YOU FEEL YOU CAN SPARE A BIT OF TIME TO GIVE US A HELPING HAND PLEASE DON'T HESITATE TO CONTACT SARAH ON 07908684533 OR EMAIL: SLEWIS933@HOTMAIL.COM. ANY HELP WOULD BE MUCH APPRECIATED!

WWW.PLAY4UZ2.CO.UK f FACEBOOK.COM/PLAY4UZ2 t @PLAY4UZ2

HYNDBURN INCLUSIVE PLAY AREA

Sponsored Walk

Join us on Sunday 13th May and help raise money towards this fantastic inclusive playground.

If you would like to take part, register at www.rotarywalk.org.uk or call Stuart on 01254 443212. Don't forget to add Play4Uz2 as your chosen cause.

We look forward to seeing everyone there!

WALK 4 YOUR CHARITY

RAISE MONEY FOR YOUR CAUSE

SUNDAY 13TH MAY. 9.30AM. 5 OR 10KM
at Red Rose Court, Petre Road, Clayton le Moors BB5 5JR

Make a date in your diary now for our 13th annual sponsored 5k or 10k walk.

Plenty of free parking!

Registration opens on 1st December, so sign up now and start collecting sponsors.

There is a small registration fee which helps to cover our costs, then all the money you raise goes to your chosen cause – the big national charities, small local ones or perhaps your local football team needs new kit it's up to you!

Register at: rotarywalk.org.uk
or contact Stuart Duhan on 01254 443212

Organised by Church & Oswaldtwistle Rotary Club
rotarywalk.org.uk f Walk4YourCharity

www.play4uz2.co.uk

f facebook.com/play4uz2

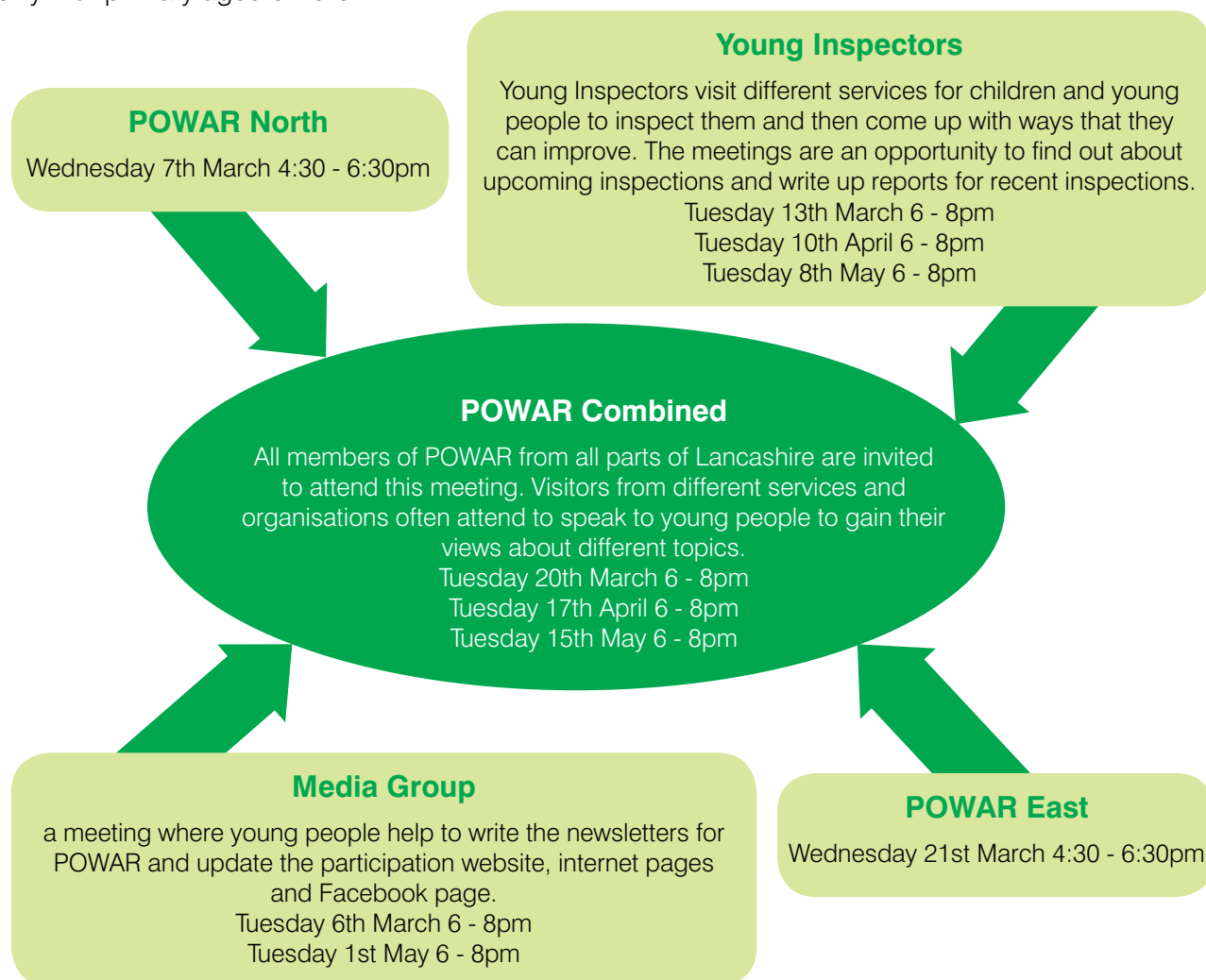
t @play4uz2

Spring is nature's way of saying, "Let's party!" - Robin Williams



Meeting Dates March 2018 – May 2018

POWAR stands for Participate, Opportunity, Win, Achieve, Respect. It is Lancashire's Council for Children and Young People with Special Educational Needs and Disabilities. We hold regular meetings which are informal and fun. These meetings are open to secondary aged young people up to the age of 25. We also meet 6 weekly with primary aged children.



The meetings are held at various locations in Lancashire. Please also note that these meetings are held term time only. Please get in touch to find out what other groups and activities we have during half terms and holidays. Please contact the Participation Service on **01772 629470** for more information or if you would like to attend. We may also be able to assist with transport – call us to discuss.



Takeover Month!

POWAR members have taken over various roles during Takeover month, including play worker, manager and senior manager roles. Young people enjoyed this and gave some useful advice to the staff in those roles!





19-25 March 2018

This year we're celebrating all the different ways people with Down's syndrome make a difference to their communities.

We'll be highlighting some amazing stories during Awareness Week but we also want to hear from you.

Tell us why #InclusionMatters to you, your family, your school, workplace.

- Take a picture of your inclusive community.
- Perhaps you could ask them to all wear #LotsOfSocks?
- Write down how you feel about being part of an inclusive community. Hold the paper in your photograph.
- Film an interview with the members of your group. Ask them why they like being included and being inclusive.



Awareness Week 2018

What I Bring To My Community

#LotsOfSocks #InclusionMatters

Share your films, photos and pictures on Twitter or Facebook with the hashtag #InclusionMatters.

We'll also be challenging our community to be more inclusive and reminding everyone that the DSA can help them if they have any questions or want extra help.

Don't forget to wear your #LotsOfSocks on March 21st, for World Down's Syndrome Day.

Contact us

Telephone: **0333 1212 300**

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

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



Supporting people with Down's Syndrome, their families and carers.

**Family Meetings
Group Trips
Meet Other Families
Speech and Language Support
Social Events
Help and Advice
Sensory Area**

Contact us in any of the following ways:

Phone: **01706 217354**

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

Twitter: **@EastLancsDS**



**North Lancashire Down's Syndrome
Family and Carer's Group**

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!

If coming to a meeting feels too much, one of our members will happily visit you and your family for a chat. We also provide support to families who have been given a prenatal diagnosis of Down's Syndrome.

Contact us for more information:

Phone: **07951 722761**

Email: **lancasterdsgroup@hotmail.co.uk**

Website: **www.nlancsdsgroup.org.uk**

Facebook: **www.facebook.com/groups/264603363664580**

Inspiring Duo Dance by Example

Jen Blackwell and Becky Rich are the best of friends. They share a passion for dance and spend many hours together. But they are not just the best of friends; they are a force for good, challenging perceptions and trying to make the world a better place, using dance as their weapon of choice!

Jen and Becky were brought together through inclusive dance charity DanceSyndrome, a charity founded by Jen and her mum Sue Blackwell in 2009. Jen, who happens to have Down's syndrome, had attended mainstream school but could not find mainstream dance training that could accommodate a person with a learning disability. During the search for training, Jen and Sue met many other people with disabilities in similar situations and they were inspired to help make the world of community dance more accessible.

In addition to performing on stage at events and conferences, the charity now provides five community workshops that are all fully inclusive, allowing anyone, regardless of age, race, gender or disability, to come along and join in at a pace that suits them in a supportive environment. The workshops are designed and co-led by a learning-disabled Dance Leader and a supporting Dance Artist, and many participants have described it as inspirational to see a dance activity that is led by a person with a disability.

It was at one of these weekly workshops that Becky started her journey with DanceSyndrome in 2014. She loved the sessions so much she went on to complete DanceSyndrome's unique 'Dance by Example' leadership training course, which gives people with and without disabilities the skills to lead community dance workshops.

Jen and Becky have recently worked together on a number of different projects and they are both truly following their dreams of having successful careers in dance. Along with 12 other dancers they helped to choreograph and perform DanceSyndrome's performance piece "Orbit" which is an hour long celebration of the dancers' connections to nature and the universe. After performing the piece in venues across Lancashire and Greater Manchester, they took the show to the Edinburgh Fringe Festival. The experience was a huge confidence boost for everyone involved, but Becky especially excelled at promoting the shows and was thrilled to be interviewed on the Royal Mile by a journalist from Humans of the Fringe.



Both Jen and Becky are both confident public speakers and they are both passionate about disability rights. In 2017 they travelled to many high profile events across the UK to talk about how DanceSyndrome has empowered them, and how they want to challenge perceptions of disabled people and see more opportunities for inclusion. Their speeches combined with emotional dance performances have a huge impact on audience members. Seeing is believing and Jen and Becky both demonstrate that disability doesn't have to be a barrier; people of all ages and abilities can follow their dreams with the right support.

Jen often says "I am changing people's lives through dance", and she is 100% correct! Participants in DanceSyndrome workshops report many improvements in their lives after a workshop, including feeling physically fitter, having improved mental health, feeling that they have a better social life, having a sense of belonging and being included, being more able to communicate and ultimately just feeling happier.

Jen and Becky have a true, heartfelt friendship. They share their passion for dance and it has given them a genuine connection to each other that they would never have found otherwise. As Jen's mum, Sue, explains "Until Jen was 28 she thought she had friends because she interacted with people, but what she had was acquaintances. She had never experienced what friendship was all about. She had nobody who valued her for who she was and wanted to be around her for who she was. She only started to enjoy the joy of friendship when DanceSyndrome got going."

In the last three years, DanceSyndrome has won many awards, but if you ask Jen and Becky what is the most important thing to come from DanceSyndrome's work, there is no doubt they will tell you that it is their wonderful friendship!

If you would like to know more about the life-changing work that DanceSyndrome does, you can visit www.dancesyndrome.co.uk or email info@dancesyndrome.co.uk

IMAGINE ID

stands for Intellectual Disability and Mental Health: Assessing the Genomic Impact on Neurodevelopment.

It is a research study led by University of Cambridge, University College London and Cardiff University that aims to answer a question that parents often ask when they learn that their child has a genetic condition "So what does this mean for my child?"

Its researchers are collecting information about a large group of children with intellectual disability and doing research to find out how genetic changes affect children and young people's behaviour. The study hopes to help with the care of families and children now, and in the future.

This is one family's experience of taking part in the study:

When my son Ethan was diagnosed with a chromosomal abnormality, I immediately turned to the internet to research his condition and find out what it meant for his future, and for us as a family. I even bought a book on the condition. Whilst there was a lot of information available – an awful lot to take in in fact – disappointingly I found that it was overwhelmingly negative.

A long list of learning difficulties and things that he would never be able to achieve, but this didn't fit with the delightful boy sat in front of me.

He may never be able to write more than a few words but he can tell instantly if someone is feeling sad and somehow always manages to lighten a situation by saying something very caring and kind (unless it's his sister and then he just laughs and points – proof that he is just as normal as any other little brother!). He can be so selfless and thoughtful but all I was hearing from both my own research and from the mainstream school he was attending at that time was a long list of problems socialising and difficulties concentrating. When we completed the questionnaires for the IMAGINE ID study, it gave us a chance to describe the positive aspects of Ethan's personality, as well as facing up to his limitations and difficulties.

Coming from a scientific research background myself, and still working for a university today, I can understand the importance of scientific study and I was keen that we do what we can to support any research that could help other families in the future. It took quite a lot of time to fill in the Development & Wellbeing Assessment and the Strengths & Difficulties Questionnaire, but we were able to sit down when we had half an hour or so and complete them in small chunks, a little each night.

When we received our IMAGINE ID results, it was the first report that we had on our son (and we'd had lots by then!) that was a true description of him: his strengths as well as his weaknesses. It was perfect timing actually, as we were going through the difficult

process of updating his EHC plan with the objective to move him from mainstream schooling to specialist provision.

The IMAGINE ID report was colour-coded and easy to interpret and I was very pleased that the information I had provided in the 'free text' boxes when I completed the questionnaires had been captured and recorded to form part of the report. It meant that I could stop repeating myself by giving anyone new to Ethan a copy of the report, and I felt supported in my own observations of him. Looking back at the report now, 18 months or so after it was produced, I am able to see the progress that Ethan has made and reminded of some of the difficulties we were struggling with at the time that are no longer so much of an issue, which gave me a bit of a boost.

The results also made me appreciate the stress that Ethan has been under sometimes, simply to try and fit in with 'normal' children and everyday life. I knew that he would make noises and strum his lips when we were in crowded situations but I'd only really looked at it from my own point of view; that people were staring or he was being noisy. Seeing the words 'Your child's score for overall stress is VERY HIGH' made me feel that it didn't matter if he was making a noise that gave the person ahead of me at the checkout a minute or so of irritation (and a crick in their neck for staring!) if it helped my little boy cope with the bright lights, background noise and crowds that were making him so stressed that he had no choice but to try his best to drown them out and find his own little piece of calm.

We were able to give a copy of the report to his new teachers and this has helped them to see the bigger picture that is our child and understand what his relatively rare syndrome actually means for him. I hope other parents and carers reading this will be encouraged to register for the study and help the researchers behind IMAGINE ID to obtain their target level of 5,000 participants by 2019.

Hayley Monk

Parent carer to Ethan with Williams Syndrome



Ethan and his sister looking at the book he received for taking part in the IMAGINE ID study



Images © Positive Exposure 2018

Does your child have learning difficulties?

Do they have a genetic diagnosis?

Are they aged 4 or over?

We need your help

Join our research project

www.imagine-id.org

imagine.id@nhs.net

01223 254631



“So what does this mean for my child?”

A genetic diagnosis is just the beginning...

We want to understand the challenges families face, help improve care and find better treatments

What's involved?

You receive a report about your child's strengths and difficulties based on:

- Online questionnaires
- Optional face-to-face assessments

And also...

All families receive a copy of our children's book, Avery, who is not alone



We urgently need more families to take part!

Your knowledge and expertise will be valuable to other families too



IMAGINE ID is funded by the Medical Research Council UK

Elliot's Story

When Elliot was diagnosed with Angelman syndrome at six months old, we were told that the possibility of him developing epilepsy before his third birthday was in the region of 80%. Just two months before his third birthday I put Elliot down for a nap, listening to him through the monitor I heard a strange sound I had never heard before. So went upstairs to investigate and Elliot was staring at me his whole body shaking he looked terrified. I immediately dialed 999. The first responder came and Elliot seizures seem to have calmed down, but he began to vomit and when the ambulance turned up we ended up being blue lighted to hospital.

We had to wait till it happened again before they would diagnose him with epilepsy.

Elliot changed completely; it was horrendous to see our once smiley, happy, busy young man so different. He was withdrawn, 'not himself', tired, not interested in anything.

He had an EEG which clearly showed he was in 'non convulsive state' or 'status', which means his brain was constantly having seizure activity, but not showing itself with a fit.

He was admitted there and then and given anti-epileptic drugs. He was also given daily drugs which we have to administer. He soon became his normal self again. Two years later the seizures returned, in a different format this time. Elliot's head would turn to the side and

his eyebrows shook. He was looking straight at us but again the fear in his eyes was clear. All we could do was monitor & reassure him, time the seizure, and if it went over 5 minutes, administer emergency medication and dial 999.

He ended up back in hospital again, and had to have IV medication to stop the seizures. This was done in HDU where sadly he had a severe reaction to the meds. This for us to watch as parents was heartbreaking. His little face always looking at us, terrified, he was completely unaware of what was happening to him.

We can now recognise the signs and are able to deal with this without hospital admission, well so far anyway! We have no idea what will happen in the future. But what I do know is that 30 seconds is an awfully long time whilst watching your son have a seizure.

Gale, Parent Carer

Wear Purple Day for Epilepsy Awareness is on Monday 26th March

For more information visit the Epilepsy Action website: www.epilepsy.org.uk or call 0808 800 5050



March is Trisomy Month

Anna's Story

The little gymnast in the picture is my daughter Anna, who has partial trisomy 18. She is a miracle to us, because when we found out that she has 3 quite large duplications on chromosome 18, we were totally unsure of what the future would hold for her. We were directed to information on full trisomy 18, which causes development delay, and her geneticist told us she had never seen such a complex rearrangement of chromosome 18.

Anna is now 6 years old and thriving in mainstream school (with full support), and part of this is down to a fantastic charity called Active Therapy Foundation. We got involved because they run an inclusive gymnastics club, Spartac Gymnastics Club, in Ormskirk, which Anna loves. Then later we arranged 1:1 therapy at home and at school for Anna. They work with physio, speech therapy and teachers, and have really helped to improve her focus and concentration, which has ultimately enabled her to learn. Anna's physical skills, speech and learning have improved immensely, and she is more confident and independent. I am very proud of her achievements. *Elaine*



Active Therapy Foundation

The Active Therapy programme was started by coaches for disability gymnastics. There were many cases where children benefited, not just physically but in all areas of their development. This was manifested not only in their gymnastics, but at home and school too. It became very clear that a programme, specifically designed to suit their individual needs, could have a dramatic influence on their quality of life, improving confidence and independence. The idea of offering the same opportunity to people of all ages and all abilities was conceived.

Active therapy devises individual programmes for children and adults to help with any physical or learning disability. We work one to one with each person to develop a program, specific to individual needs, that involves the child, siblings, parents and, where appropriate other professionals, such as physiotherapists, occupational therapists, speech therapists, social workers and teachers. All agencies have access to the Active Therapy session at all times, through observation, participation or consultation, thus ensuring that the programme is complementary to all other aspects of the child's development. The programme is practically based, working on the principle of teaching the person to do for themselves rather than others doing for them, through self-achievement. It is designed to explore ways of giving that feeling of achievement for ALL levels of ability, breaking down the skills sufficiently so that, EVERYONE CAN SUCCEED.

Apart from individual therapy, a child can become involved in Active therapy through **Spartac Gymnastics Club**, based at Edge Hill University, Ormskirk, where our training techniques mirror those used in our therapy. Spartac is an inclusive disability and mainstream gymnastics club run by Active Therapy Foundation, for gymnasts from preschool to adult, with a range of abilities, who perform at national and international events and competitions. Our Active Therapists work hard to give every gymnast the skills and confidence to take part in these events and they have demonstrated world-wide what can be achieved given the right training and opportunities.

Gymnasts benefit hugely from the team atmosphere, and the sense of achievement they get from performing to such a high standard is immense. This gives them a high self-esteem and confidence in themselves that transfers to every other area of their lives. Parents and siblings can benefit from the club atmosphere where they can meet others in a similar situation.

Active therapy has helped many children and adults achieve greater potential through their own ability and effort. In 2016, we became a charity with aims of increasing the number of therapists and reaching more children and young adults with a disability. We need funding to enable us develop this project, to train more therapists in Active Therapy techniques and to enable Spartac's gymnasts to continue to train in order to perform and compete at national and international level.

For more information, visit: www.activetherapyfoundation.co.uk Or call us on: 07773 409924



Undiagnosed Children's Day Friday 27th April

* Meet Dylan *

Dylan is our little SWAN (syndrome without a name)

After a healthy pregnancy Dylan was born full term, but soon developed feeding problems and is now fed via a tube in his tummy. We go to Alder Hey every 6 months to have video fluoroscopy which has now shown he aspirates, and breathes in fluids. This hasn't improved since birth, and even thickened fluids or yoghurts cause Dylan a problem. He has global developmental delay and is non verbal. Dylan also shows soft dysmorphic features, a heart defect and low muscle tone, which all point towards a genetic disorder.



Dylan is taking part in the 100,000 genomes project which we are hoping will help us get a diagnosis for Dylan and help other children in the future with their diagnosis.

Dylan loves lights, music, being sung to and playing in water. He's a happy little man most of the time and very sociable and loves coming to High Five events.

Johnathan ~ Dad to Dylan

The 100,000 Genomes Project

Genomics England, with the consent of participants and the support of the public, is creating a lasting legacy for patients, the NHS and the UK economy, through the sequencing of 100,000 genomes from around 70,000 people. Participants are NHS patients with a rare disease, plus their families, and patients with cancer.

The aim is to create a new genomic medicine service for the NHS – transforming the way people are cared for. Patients may be offered a diagnosis where there wasn't one before. In time, there is the potential for new and more effective treatments. This is currently the largest national sequencing project of its kind in the world.

The number of whole genomes sequenced to date (February 2018) is 50,065 against our target of 100,000. Thank you to everyone who has taken part and helped us to achieve this!

To find out more about the 100,000 Genomes Project, visit: www.genomicsengland.co.uk

STAY AND PLAY



Open to all families in the local community.

You do not need to be attending Unique Kidz and Co to join us.

Every Wednesday Term Time 10:00 - 12:00pm

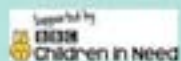
Coffee and Cake!

Every Thursday Term Time 12:30 - 2:30pm

Sensory Room Session.

Our experienced playworkers, Kathryn Everill and Christine Brown will be planning and supporting each session.

For more information please contact the office on
01524 831132



Unique Kidz and Co
Woodhill Lane
Morecambe
LA4 4NW



Creative hub aimed at young people 13+ to improve their mental health through creative activities in a non judgemental, friendly environment. We encourage the group to come together & achieve their own goals at a pace right for them.

EVERY THURSDAY

WHEN: 6pm - 8pm

LOCATION: Rainbow Centre
Clarence St, Morecambe
LA4 5EX



FUNDED & SUPPORTED BY



Facebook @PropUpProject | Twitter @PropUpProject1
Phone 07568937968 | Email Propupproject@gmail.com

LANCASHIRE BREAK TIME

Lancashire Break Time activities will be running throughout the Easter holiday period. Further activities will be announced soon—please check the information on the Local Offer.

Lancashire Break Time provides an opportunity for children/young people with special educational needs and/or disabilities to attend a fun activity, whilst also providing a break for the main unpaid parent/carer. The break is for a period of at least two hours.

The criteria to qualify for Lancashire Break Time short breaks is to be the primary carer of a child or young person with special educational needs and/or disabilities, aged 0 to 18 years and with difficulty accessing universal services. The child/young person must live in Lancashire.

Parents must contact the provider direct for details and to book a place.

There is a minimum cost of £1 per hour for the activities.

To find out what is available in your area, check out the information on Lancashire's Local Offer:

www.lancashire.gov.uk/send



*Click on the Lancashire
Break Time link*



Just living is not enough... one must have
sunshine, freedom and a little flower.

- Hans Christian Anderson

Knowsley Safari Park Trip

Feedback on a Lancashire Break Time activity

In November, my son Dan was lucky enough to be invited on his first ever trip away in his life, without myself or his mum, and he absolutely loved it.

He came home with so many stories of the animals that he had seen, and had taken dozens of photos on his phone. The very last one is of something trying to eat Mrs Pye, which Dan and his friend Kian found hilarious!

It is another massive step in such a short space of time in Dan's progression, and we cannot thank the team of staff and helpers enough for making it such a special day for all the kids that went.

Thank you very much.

Tony, parent carer



Children and Family Wellbeing Service
2018

SEND

Special Educational Needs and Disability.
Come along to our SEND group, great fun for the whole family every Wednesday.

Snacks available.
4.30—6pm FOR 0-11 Yrs.

Please ring Emily or Kubra on 01772638978 for more information.

Messy Play *Soft play*

Wesleyan Row
Parson Lane
Clitheroe BB7 2HU

Lancashire
County Council

Like RIBBLE VALLEY YOUTH ZONE
for updates, news and latest info.
www.lancashire.gov.uk

Lancashire Outdoor Education

...a place where people matter

In recent years Lancashire County Council has invested heavily in upgrading accommodation and improving levels of respite provision for groups and families with additional needs and disabilities in its 3 Outdoor Centres.

Lancashire Outdoor Education centres are situated in some of the finest areas of natural beauty in the north-west and each now offers a wide range of options based on years of experience in developing tailor made breaks for small groups and families with additional needs.

Whether you'd like a catered or self-catered weekend away from it all, taking it easy in the peace and serenity of the outdoors, or perhaps prefer to dabble in a little bit of family outdoor adventure, Lancashire Outdoor Education has the knowledge and experience to build memories which last a lifetime.

With many options available throughout the year; variable lengths of stay, availability of en-suite family rooms with disabled access, linked bedrooms if required, hoisting facilities and outdoor options too we can assure you of a unique experience at whichever Centre you choose.

The Lancashire Centres provide opportunities that are not available in the everyday lives of most people, with opportunities to explore beyond the confines of day-to-day life, but they are also places of rest and reflection where families and small groups can come together to enjoy each other's company in beautiful places, away from the routine hustle and bustle of the modern world.

We are open all year round and often have accommodation available at weekends and during school holidays. For further information please contact the centre or have a look at the websites.

Tower Wood, Windermere

Situated just 30 minutes from junction 36 of the M6 and ideally placed on the South East shore of Windermere: family en-suite rooms in variable combinations, hoisting and wheelchair friendly design, access to the Lake District and outdoor activity options if required. Catered or self-catered.

01539 531 519

www.lancashire.gov.uk/outdooreducation/our-centres/tower-wood

Hothersall Lodge, Longridge

20 minutes from Preston in the Ribble Valley near Ribchester: bungalow accommodation, access to the Ribble Valley and Forest of Bowland, on-site activities if required. Catered or self-catered.

01254 878 422

www.lancashire.gov.uk/outdooreducation/our-centres/hothersall-lodge

Borwick Hall, nr. Carnforth

Just 5 minutes from Junction 35 of the M6 and situated between the Lake District, Yorkshire Dales and Lune Valley: a wide variety of accommodation options, canal walks and on-site activities if required.

01525 732 508

www.lancashire.gov.uk/outdooreducation/our-centres/borwick-hall



Phab Residential Projects 2018

Phab is very pleased to offer a unique range of Inclusive Living Holiday Projects for disabled and non-disabled children and young people aged 8 – 25 years 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:

11th - 13th May,
Bendrigg Lodge,
Lake District
Weekend
(8 - 18 years)
£65.00 per child/
young person

28th July - 4th August,
Bendrigg Lodge,
Lake District,
Seven Nights
(8 - 18 years)
£195.00 per child/
young person

4th - 11th August,
Bendrigg Lodge
Lake District,
Seven Nights
(8 - 18 Years)
£195.00 per child/
young person

18th - 24th August,
Avon Tyrrell, Hampshire,
Six Nights
(8 - 25 years)
£195.00 per child/
young person

12th - 14th October,
Bendrigg Lodge,
Lake District,
Family Weekend
£60.00 per person

13th - 17th August,
Jubilee Sailing Trust,
Southampton -
Southampton
(16 - 100 years)
£195.00 per person

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

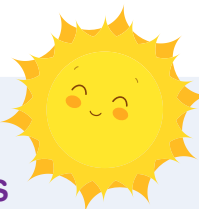
For further details please contact Rebecca Hargreaves,
National Projects Manager on 01254 824784

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



Charity No 283931

Useful websites



HOLIDAY ACCOMMODATION, IDEAS AND INFORMATION

Culmore Bridge Cottages – South West Scotland

Purpose-built, spacious, comfortable bungalows set amid a peaceful woodland area. The 9 acres of grounds are wheelchair friendly with garden, wetland and woodland areas and a viewpoint with extensive sea views.

W: www.culmorebridge.co.uk

T: 01776 830 539

E: mail@culmorebridge.co.uk

Calvert Trust – Kielder, Lake District and Exmoor

Accessible outdoor activity breaks for people with disabilities together with their families and friends. Each centre offers a warm welcome, accessible accommodation and exciting activities located in an area of outstanding and naturally beautiful countryside.

W: www.calvert-trust.org.uk

T: Kielder 01434 250232; Lake District 01768 772255; Exmoor 01598 763221

The Tranquil Otter – Cumbria

Luxury log cabin and seven lodges, set in a private nature reserve with lake views. All accommodation is wheelchair accessible, as well as the paths around the lake and through the woods. National Accessible Scheme (NAS) ratings shown on the website.

W: www.thetranquilotter.co.uk

T: 01228 576661

E: info@thetranquilotter.co.uk

Bendrigg Trust – Cumbria

High quality adventure-based activities for disabled and disadvantaged people and their families. We aim to promote inclusion, encourage independence and build self-confidence through the safe provision of adventurous activities. Our accessible accommodation is suitable for everyone, including those with severe and profound disabilities.

W: www.bendrigg.org.uk

T: 01539 723 766

E: office@bendrigg.org.uk

Ribby Hall Village – Wrea Green, Near Blackpool

Snowdrop Cottage is especially adapted for guests with disabilities. Close to all onsite facilities and sleeps up to 5 people. Type "Snowdrop Cottage" into the search box on their webpage.

W: www.ribbyhall.co.uk

T: 0800 085 1717

The Children's Adventure Farm Trust - Cheshire

Bespoke family breaks for children with complex and severe disabilities, suitable for groups of up to 8, or individual children with their families.

W: www.caft.co.uk

T: 01565 830 053

The Thomas Centre – Lincolnshire

Holidays for the whole family. 'If you are a parent or carer of a child with Autism, Asperger's, ADHD, Tourette's or other forms of complex needs, our aim is to provide holidays that meets the needs of the whole family, not just the needs of the family member with special needs.'

W: www.thethomascentre.co.uk

T: 01507 363463

E: enquiries@thethomascentre.co.uk

The Bruce Trust – Wiltshire

Our four specially designed, purpose-built canal boats are fully accessible for wheelchair users. Self-steering, self-catering holidays on the Kennet and Avon Canal for groups of up to 12 people.

W: www.brucestrust.org.uk

T: 01380 721279

E: brucebranch@katrust.org.uk

Primrose Hill Holidays – Blue Anchor Bay, Somerset

Four self-catering bungalows with level wheelchair access and wet rooms. Dogs are welcome at an additional cost, but there is no charge for Assistance Dogs.

W: www.primrosehillholidays.co.uk

T: 01643 821200

E: info@primrosehillholidays.co.uk

Blagdon Farm Country Holidays – Devon

Purpose built, fully accessible, luxury lake-side lodges and caravan site with fishing lake. A full range of mobility equipment is available to hire.

W: www.blagdonfarm.co.uk

T: 01409 211140

E: info@blagdonfarm.co.uk

Holiday Homes Trust – locations throughout England

Affordable, accessible caravan accommodation for families and individuals who are disadvantaged through disability, income or other circumstances. The Trust provides an opportunity for every single member of the family to enjoy freedom and life away from the home environment.

W: www.holidayhomestrust.org

T: 020 8433 7290 or 020 8433 7291

E: scout.holiday.homes@scouts.org.uk

Happy Kids Holidays – France

A selection of properties, holiday cottages and gites throughout France where owners have committed to providing a non-judgemental, supportive atmosphere for families of children and teenagers with Autistic Spectrum Disorders.

W: www.happykidsholidays.com

E: holidays@happykidsholidays.com

Holiday Information Guide 2018

A downloadable guide packed with information to help people with learning disabilities and those closest to them choose an accessible, disability-friendly holiday.

W: www.hft.org.uk/holidayinformationguide

T: 0808 801 0448

E: familycarersupport@hft.org.uk

Do you have a holiday you can recommend?
If you contact any of the holidays from the FIND Newsletter, please give us your feedback – was the information helpful? Did you book the holiday? What was the holiday like? Send your information to FIND@lancashire.gov.uk

World Autism Awareness Day is 2nd April

the autism show

The National Event for Autism

in association with  The National Autistic Society

London

15-16 June 2018 | ExCeL

Birmingham

22-23 June 2018 | NEC

Manchester

29-30 June 2018 | EventCity



LEARN NEW STRATEGIES
& APPROACHES



HEAR THE UK'S LEADING
AUTISM PROFESSIONALS



ACCESS ONE TO ONE
SPECIALIST ADVICE



LISTEN TO AUTISTIC
ADULTS IN THE HUB



INTERACT WITH
INNOVATIVE FEATURES



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PRODUCTS & SERVICES

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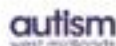


www.autismshow.co.uk

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April 2nd is Autism Awareness

This is Aaron's story...

After going through cancer, transfusions and chemotherapy when I was 22, I was told, I would probably be left infertile. You can imagine my surprise, shock, and



delight when a few years later I discovered I was pregnant. Aaron was born in 2003 and little did I know just how different our lives would be. Being my first child, it was hard to know what to expect and what is 'normal' development. But from the moment he started walking, he was on his tiptoes. He'd have 'tantrums' that I knew weren't just that. He'd line his cars up, and lay down to play with them. He'd appear to not listen to anything. He was diagnosed with Autism and severe learning difficulties when he was 3, just a week after my

second son, Jack, was born. I walked out of the development centre in a daze, sat in the car and cried. My beautiful boy - what would the future hold for him now? He got his statement of education needs quickly, and started a special school a week before his 4th birthday. Aaron is now 16, I'm not going to pretend that it's been easy, because it hasn't, but for every challenge, there's a positive. His behaviour might be extremely difficult to manage, but his sense of humour is simply the best. His anxiety might be hard to handle, but the way that he has the ability to light up a room is incredible. Daily life can be a struggle for Aaron, which is what I find the most upsetting - seeing him struggle. I must give Jack another mention too, as he is an amazing brother to Aaron. No matter what life throws at him, he is there to help and comfort Aaron. Jack has counselling to help him get through and he hardly ever complains about anything. I have 2 amazing children and I wouldn't change them for the world.

SPARKLING STARS



ASD Parent/Carer Support Group

I ♥ someone with
Autism

Morning meetings at
Simply Wicked
43 Albert Road, Barnoldswick
Wednesday 10th January
Wednesday 7th February
Wednesday 21st March
Time: 9.15am to 11.15am

This is a free parent led support group, children welcome.
For further information please visit us on Facebook.

Sparkling Stars

sparklingstars2017@outlook.com



J.A.G. (Junior Autism Group)

The Junior Autism Group is a Lancashire based group, with primary focus on creating exciting activities for children aged 0 - 11 years with autism.

JAG is a friendly group run by families of autistic children that allows the opportunity for parents and carers to share experiences and knowledge with other parents. Cheeky Monkey's is the home of JAG and meetings are monthly starting at 6pm. The centre is booked exclusively for JAG so please take advantage and bring your children, including siblings, to play and have fun. Children pay only £1.50 per entry and adults are free. JAG regularly host events and have guest speakers attending including experts and health professionals.

We hope to see you at one of our meetings, but please feel free to contact us should you need any further information or advice; Click the email link to email us.

2018 DATES • 19th March • 16th April • 21st May • 18th June • 16th July • no meeting in August • 17th September • 15th October • 19th November • 17th December

For more information, please contact the JAG team:

Phone: 07437 867562

Email: info@juniorautismgroup.co.uk

Website: www.juniorautismgroup.co.uk

T.A.A.G Lancashire (Teenage ASD ADHD Group)

TAAG is a non-profit voluntary community support group and we became a Registered Charity in June 2014, Registered Charity Number 1157535

We are social networking group who supports parents and carers of children and young people who have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD), Autism or Asperger's Syndrome (Autism Spectrum Disorders - ASD), and communication requirements..

For information and to check event dates, contact:

Email: info@taaglancashire.co.uk

Facebook: www.facebook.com/AutismAdhdSensoryCommunication

**CHEEKY MONKEY'S PLAY, PARTY & CHILDCARE
CENTRE** Factory Lane, Whittle-le-Woods, Chorley,
Lancashire PR6 7YA

Cygnnet Programme

Information for parents and carers

A Parenting Support programme for parents and carers of children and young people aged 5-18 with an autistic spectrum condition.

What does Cygnnet Cover?

Delivered over 6 two and a half to three hour sessions, the programme works towards behaviour management relevant and appropriate for this age group of children and young people:

- Introduction to the programme
- Autism and diagnosis
- Communication
- Sensory issues
- Understanding behaviour

Additional sessions are available to cover:

- Siblings
- Puberty and sexual wellbeing

Is Cygnnet for me?

After a diagnosis parents and carers can have a lot of questions about autism and may feel isolated in managing their child's needs.

Children's needs also change over time and information and advice received when a child is younger may need to be updated to be relevant for the child/young person today. If you have therefore attended Early Bird or Early Bird Plus (NAS courses) you may still wish to attend Cygnnet.

Attending Cygnnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing behaviour. It also gives you the chance to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

Carers can be anybody with direct involvement with your child, eg grandparents, uncles, aunts, shared carers, support workers from school.



Cygnnet is run fairly regularly in Lancaster, Morecambe and Heysham. Daytime and evening sessions are offered, dependent on numbers.

Do I have to attend all sessions?

If possible, yes. You will gain a lot more coming to the group if you come to all sessions. This is because each session builds on the one before. Please do not accept a place on a programme if you are only able to attend one or two.

Childcare and employment

Childcare may be available dependent on location. Contact the Cygnnet coordinator in advance if you may need childcare to help you attend.

Under the Employment Act 2002 (Parental leave), parents of disabled children are entitled to 18 weeks unpaid leave to care for and support their children. For further information please refer to the Working Families website: www.workingfamilies.org.uk or phone 0800 013 0313

I would like to attend Cygnnet, what do I do now?

Either a professional working with you can enrol you onto a programme with your consent, or you can enrol on a programme directly. Your child needs to be aged 5-18, have a diagnosis or working towards a diagnosis of an autistic spectrum condition and live in the North Lancashire area.

For more information please contact:

Cygnnet North Lancashire Parenting Support Service
c/o Lune Park Children's Centre
Lancaster LA1 2LN
Telephone: 07873 818 153 (term time only)
Email: cygnnetsnorthlancs@gmail.com



Lancaster and Morecambe Branch of the National Autistic Society



New branch website is being updated all the time and has some useful links on it.

You can now join the local branch to receive updates and exclusive invitations to events.

Please tell people who you think would benefit from joining the local branch.

Coming soon... Local events and support details

As some of you may or may not be aware, the local pathways for school aged children to determine whether a diagnosis of ASD is needed has been under review. I can tell you that this pathway is nearly complete after a lot of hard work and many meetings and conversations about how best to meet the needs of local families.

I can guarantee that every person round those meeting tables has been passionate, understanding and determined to make this work. I, as a parent, was blown away by the commitment shown by the professionals who gathered to sort this situation out. I'm not going to say it's been without issues but I can tell you that it is looking positive.



The National Autistic Society
 Lancaster and Morecambe Branch



Information Morning

Tuesday 27th February

Stay & play

Tuesday 24th April

Tuesday 26th June

Info & advice

9.30-11.00

Lune Park Neighbourhood Centre

LA12LN

Children welcome

Non-branch members welcome

**meet other
parent carers**

FREE

**local area
updates**

www.naslandm.org email: landm@nas.org



Minecraft Club

In association with
Lancaster and Morecambe National Autistic Society

Lancaster University Campus

Every other Thursday
18:30-19:30

Free of charge

Places limited

To find out more and book a space please email
sciencehunters@lancaster.ac.uk

Science Hunters is a Lancaster University outreach project which uses Minecraft to help children explore science topics. For more information please see www.lancaster.ac.uk/sciencehunters



April 2nd is
Autism Awareness

This is Jenson's story...

Jenson is 9 and was born in Tenerife. Totally normal pregnancy and a natural birth. he was just like his Dad. We move back over to England when Jenson was 3 months old.



We hadn't really heard of autism, but Jenson wasn't communicating very well or giving eye contact. He and was totally in his own world. At the age of two, we explored the possibility of him having problems with his hearing. We got him tested! In the appointment, it was suggested that Jenson might have autism. From that moment things moved quite fast towards getting his diagnoses. Which is autism.

I can't say I was devastated and cried because I didn't and I wasn't. Jenson is so endearing and adorable in his ways. We just had to learn his world and how to get in there. This is an ongoing task. Jenson has lots of sensory issues and very limited vocabulary. he also has certain triggers which can cause him lots of hurt and upset. Jenson is very loving and affectionate but on his terms and when he wants to be. Jenson now attends Mayfield special school where needs are met. The most worrying thing for me is the unknown and how Jenson will cope in the future as he gets older.

Jenson has shown us a totally different world and a new perspective on how people see him. He has most definitely humbled us. We've also been able to see the lives of other families with disabled children which we would normally be blinkered too....



Lancashire
County
Council



Do you have a child aged 7 to 11 with a diagnosis for Autistic Spectrum Disorder, or are you currently on a referral pathway?

Would you like help to develop strategies, and for your child to develop their social communication skills?

Then this group might be for you

Mondays 4pm till 6pm

Eavesdale Children and Family Wellbeing Services

Eavesdale, Tanhouse, Skelmersdale WN8 6AU

Call 01695 654 055 or e-mail carl.coughlan@lancashire.gov.uk

Due to the nature of the needs of this group please do not just turn up, please contact us to discuss joining instructions.

Parent to Parent Service 0808 800 4106

Free from landlines and most mobiles

Would you like to receive confidential emotional support from another parent?

Parent to Parent (P2P) is a UK-wide confidential telephone service providing emotional support to parents and carers of children or adults on the autism spectrum.

The service is provided by trained parent volunteers who are all parents themselves of a child or adult on the autism spectrum. Volunteers are based across the UK so you don't have to share information with someone in your local area. Our volunteers have personal experience of autism and the impact it has on their own families. They can give other parents the opportunity to talk through problems and feelings, suggest helpful strategies, or provide a non-judgemental listening ear.

How can I contact the Parent to Parent Service?

You can call at any time, day or night, and leave a message on our 24-hour answer phone. Please be aware that you will not speak to someone immediately as this is not a manned line. If you leave a message, we will call you back as soon as possible at a time that suits you, including evenings and weekends. **Alternatively you can use our online enquiry service:** www.autism.org.uk/services/community/family-support/parent-to-parent/enquiry



Family Sign Language

**Do you have a deaf child 0-5 years old?
Would you like to learn basic communications
techniques and signs with them?**

**Holme Slack Community Primary School's
Hearing Impaired Unit, Preston, is running a
FREE Family Sign Language Course. (FSL)**

Our FSL Tutor will support you and your family in learning the basic fundamental communication techniques and signs with your deaf child, following the National Deaf Children's Society FSL curriculum, across a 6 week course for areas of family life such as:



**Storytelling, Mealtimes, Toys & Games,
Family Members, Feelings**

**For more information and to register
your interest please contact the school.**

01772 795257

happyserf@holmeslack.lancs.sch.uk



Holme Slack CP School SERF for Hearing Impaired children

OFSTED 2015- "pupils who have a hearing impairment are extremely well cared for, participate fully in all that school has to offer and as a result flourish."

"For hearing impaired pupils, the support they are offered is thorough, of a high quality and a strength to the school."

Holme Slack Community Primary School is a mainstream school with a Specialised Education Resource Facility (SERF) for Hearing Impaired children. We have had this facility for over 40 years!

Support is provided in all areas of school life.

Communication is personalised to the individual (oral, sign or both).

The curriculum is adapted to the children's needs combining lessons in the SERF and in the mainstream class.

Additional 1:1 sessions before and after lessons.

Social and emotional support is provided through friendship groups, Speech & Language and the curriculum.

After school clubs.

Children also have:

Half termly access to an Audiologist

Half termly sessions with a Speech and Language therapist if needed.

Opportunities to visit other deaf children and adults with our links to other schools.

Visits from the NDCS Roadshow.

Equipment

All classrooms are provided with a soundfield system which can connect to children's hearing aid/cochlear implant system. It produces a clear and consistent sound throughout the classroom.

Daily equipment checks are carried out every morning.

Staff within the SERF
Daily access to a Teacher of the Deaf. Highly skilled staff all trained in BSL.
Specialist communicators.

Deaf Awareness training is provided for all staff within the school.



For further information please contact:
Mrs Claire Cunliffe, Teacher of the Deaf,
Holme Slack Community Primary School, Preston,
PR1 6HP Tel: 01772 795257
Email: happyserf@holmeslack.lancs.sch.uk

Lancashire Disability Champion launches Safety in Town scheme



A scheme to improve safety for people with disabilities and anyone who feels vulnerable when out and about in Lancashire was launched this week. County Councillor Peter Steen, Lancashire County Council's champion for disabled people, launched the Safety in Town programme at an event in Plungington Community Centre, Preston, in October.

Safety in Town, which has been developed by the Lancashire Learning Disability Partnership Board (LLDPB), ensures people can access welcoming and safe places to get help when they need it.

Libraries, shops, bus stations, community centres and other organisations have signed up to the scheme. They display the Safety in Town logo to let people know they are part of the programme.

County Councillor Steen said: "Safety in Town is an excellent idea. It's designed to reassure people as they will know there is always somewhere close by they can go for help if they need it.

"When they see any shops, bus stations and other buildings displaying the Safety in Town sticker, they can be reassured they will be welcomed by understanding people in a safe place who have had training about the issues that people with disabilities and anyone else who feels vulnerable may face.

"Staff will help by contacting your friends, family members or carers who can come to get you if you need support

or by calling the police if you need to report any crimes or incidents. They will wait with you until help arrives."

Safety in Town has been developed by people with disabilities who worked with LLDPB to outline what type of support they need while getting around.

Officers from Lancashire County Council, Lancashire Constabulary, Self Advocacy in Lancashire and other organisations who make up the board have been working with businesses, shops and other agencies to get the scheme up and running over the last two years.

They have also produced cards where people can keep their details handy in case they need to use them in a Safety in Town place.

County Councillor Steen added: "Shops, businesses and a range of organisations have shown tremendous support for Safety in Towns.

"They've been happy to display the signs and taken on board the tips we've given them about the type of support people will need.

"The more organisations who are on board with this scheme, the better it will be and I'd encourage even more to get in touch to support Safety in Town

"We hope this scheme will help disabled people and anyone else who may feel vulnerable when getting around to stay safe while they're out and about around Lancashire."

For more information about the Safety in Town scheme, visit:
www.ildpb.org/stay-safe/safety-in-town



Lancashire Disability Partnership Board

The Lancashire Learning Disability Partnership Board is a meeting for people with learning disabilities, family carers, professionals and organisations across Lancashire. The board has strong local partnerships with other groups, including the Health and Wellbeing Board, the Clinical Commissioning Groups, the North West Regional Forum and other local Boards. Together we help make sure that good support and services across the community are being developed and improved for people with learning disabilities and their carers.

The board's responsibility is for support to adults with learning disabilities and young people in transition aged 14-25. The board has 'champions' who have experience and promote good ways of working, represent people with learning disabilities and raise relevant issues. The board listens to young people and adults with learning disabilities and their family carers and ask for their views about the development of local services.

The board meets once every two months. We plan the main themes to be discussed at each meeting for the year. This gives people more time to think about issues before they are discussed at the board. The Board considers how all members of the learning disability community are involved in having a voice. This includes people from ethnic groups, people with autism and people with profound intellectual and multiple disabilities.

There are three sub groups that report to the board:

- Keeping Healthy
- Staying Safe
- Living Well

If you would like to know more, contact Victoria Wilson on 01772 535509 or visit www.ildpb.org



Fun Craft Activities for Spring

Pretty Butterflies



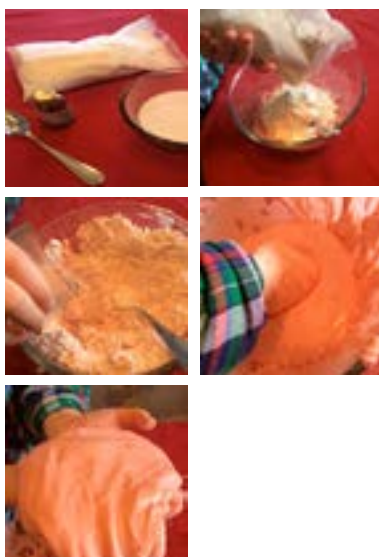
1. Take a piece of thick paper and paint all over with diluted paint (about 50:50 paint and water).
2. Lightly sprinkle with ordinary table salt and leave to dry.
3. Once dry, rub the salt away and you will be left with nicely patterned paper.
4. Fold the paper in half (painted side out) and glue together.
5. Fold again (don't glue this time) and draw half a set of butterfly wings along the crease.
6. Cut out the shape and open up to reveal a full butterfly.
7. Cut a drinking straw just above the bend.
8. Flatten the straw slightly and cut down the crinkled section to make antennae.
9. Cut the straw to the length of your butterfly and glue in place (if you want to hang your butterfly).
10. You can put ribbon through the straw (and tie a bead at the bottom to keep it in place) if you want to hang your butterfly, or leave the straw long to make a decoration for a pot plant or bunch of flowers.

Cheeky Caterpillars



1. Take an empty cardboard egg box, remove the lid and cut in half lengthways.
2. Trim slightly just to neaten up your 'caterpillar' then paint all over with bright green paint, adding a few spots or stripes of another colour.
3. Glue on some googly eyes or make eyes from paper or buttons and add a cheeky smile.
4. Use scissor point or a knitting needle to make a small hole on each side of the head then cut down a straw to make feelers and insert them into the holes.

Sticky Slime



1. You will need some food colouring, 500g (1lb) cornflour, 120ml (4fl.oz.) shampoo and some very warm water.
2. Add a generous splash of food colouring into the shampoo and stir well.
3. Next add the cornflour to the shampoo mix and stir. This will be quick tricky as it will be very stiff.
4. Next add a few tablespoons of the warm water to make the starch within the cornflower expand. Don't be tempted to add too much water as the mixture can turn very quickly. If you overdo the water you can add more cornflour (if you have some) or talc works quite well too!
5. The mixture will start to turn into a thick paste which can be picked up and played with. It can be thumped and stretched but whenever you stop it will turn runny and liquid again.

Hayley Monk

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
Environment	Anti-social behaviour on buses	0300 123 6782
Local SEND 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
	Information, Advice and Support Team, SEND Service	0300 123 6706
	Children & Family Wellbeing Service (formerly Wellbeing, Prevention and Early Help Service)	0800 511 111



Lancashire County Council Strategic Review of Special Educational Needs and Disability (SEND) High Needs Provision

Lancashire County Council (LCC) is currently carrying out a review of our Special Educational Needs and Disability (SEND) high needs provision. The review is assessing the buildings and places where SEND services are delivered, by working with schools, short stay schools, post 16 provision, other providers, and with parents and young people, and it will help influence the development of a final improvement plan for those places.

The plans will be developed in consultation with parents, carers and education providers, and will look at levels of demand on those places in

order to anticipate future use. The review will identify:

1. What Lancashire intends to invest in
2. Where Lancashire needs to invest
3. What benefits these investments will bring
4. How Lancashire's decisions reflect service users' views

The work is being supported by the 'SEND Sufficiency and Suitability' project team, who will coordinate key pieces of work throughout the review. The initial outcomes of the review will be published in March 2018 on the Local Offer for full consultation. Please visit

www.Lancashire.gov.uk/SEND for more information.

Your Help Is Essential

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

- Are you involved with a new 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. Remember, this is FREE to use.

E: FIND@lancashire.gov.uk

T: 01772 538077 or 01772 532509



Editorial Group

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Chorley – Nannette Holliday

Lancaster – Lucy Ellis

Preston – Caroline Donnelly

South Ribble – Hayley Monk

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

Voluntary Organisations

Julia Johnson – Face 2 Face/Scope

Tom Harrison – Community East Lancashire

Summer issue – deadline for articles 23rd March, published June 2018

Autumn issue – deadline for articles 29th June, published September 2018

Winter issue – deadline for articles 12th October, published December 2018

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

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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. Professionals – please contact FIND, details above.

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