

FIND

Welcome to the Summer issue of the FIND Newsletter, 2018

At the time of writing the Commonwealth Games have just finished. Did you know, unlike the Paralympic Games and other major sporting events, the para-sport programme at the Commonwealth Games is fully integrated? This year there were 38 para-sport events making it the largest para-sport programme in history. Now that the games have finished I am looking forward to watching the World Cup and Wimbledon. For those who would like to take up an activity we have information on sporting activities on pages 11 – 13. Is your child a member of a sports group? Is there a group you would like to recommend? Send your letters and articles to find@lancashire.gov.uk

Carers' week is 11th – 17th June. This is to raise awareness of caring and the contribution carers make; more information can be found on pages 5 -7.

Finally, the team would like to wish everyone a very happy Fathers' Day on 17th June.

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



'Being there for a friend is one of the greatest gifts you can give. Another one is allowing them to be there for you too'

Doe Zanamata

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Disability Awareness Day

INFORMATION, ADVICE AND SUPPORT (IAS) TEAM

for Special Educational Needs and Disabilities (SEND)

FIND out about SEND

Does your child have special educational needs and/or a disability (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

Burnley – The Zone, Whittam Street, BB11 1LW **Tuesday 12th June**

Preston – County Hall, PR1 8RJ **Tuesday 12th June**

Kirkham – The Zone, 6 Chapel Walks, PR4 2TA **Wednesday 20th June**

Skelmersdale – Eavesdale Neighbourhood Centre, Tanhouse, WN8 6AU **Thursday 21st June**

Refreshments will be provided, please bring your own lunch.

Evening courses - 6.00 to 9.00pm

Accrington – Fairfield Nursery & Children's Centre, BB5 0LD **Thursday 21st June**

Leyland – Youth Zone, West Paddock, PR25 1HR **Thursday 28th June**

Morecambe – Morecambe Library, Central Drive, LA4 5DL **Thursday 28th June**

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.

SEND Service; Information, Advice and Support Team

The IAS team's role includes all IAS impartial and confidential one to one work with parent carers, as required by the Code of Practice, along with the delivery of FIND out about SEND courses. We also deliver the SEND Local Offer website, the FIND Newsletter and social media.

Since April 2018, the IAS Team are no longer running local parent carer forums.

We are exploring ways of providing a range of drop in sessions to include guest speakers, Special Educational Needs (SEN) courses and Information Events. These will be held at different times to allow more parents and carers to access our service.

If you have any comments or ideas on the changes, please email **FIND@lancashire.gov.uk**

Your responses are much appreciated.

Contact us

To speak to an IAS Officer or IAS Liaison Officer, please call **0300 123 6706**

or email **information.lineteam@lancashire.gov.uk**

For enquiries regarding the FIND Service or the Local Offer, please call **01772 532509** or **01772 538077**

or email **FIND@lancashire.gov.uk**

Bye!

Farewell to IAS Team members

Since the last issue of FIND, three members of the team have moved on...



Moving On – Norma O'Hagan

By the time you read this I will have taken up my new post as a Social Care Support Officer in Adult Services.

I have worked with Lancashire County Council since 2004 before this due to my husband's work commitments I had travelled and worked in many places including; Germany, Windsor, London and Northern Ireland. My varied employments all involved people or children and young people. I consider myself a people person and strive to make a positive difference to people's lives.

On 17th July 2012 I started work in the Child and Family Support Team. I still remember my first day, I met with Sue Gaskell and attended my first ever Parent Carer forum at Park Children's Centre in Skelmersdale. I was made to feel very welcome. The guest speaker was Fulvius Fernandes from the young people's service. Many of the parents commented on how useful the morning had been. I also remember feeling very proud with myself as on this day I had managed to negotiate the roundabouts of Skelmersdale without any problems.

Over the past 6 years I have been inspired by so many of you. Last year the Child and Family Support Team merged with the SEND IASS (Special Educational Needs and Disabilities, Information, Advice and Support Service). The merge meant a change in my role I was more office based and there was less time for face to face contact; meeting parents, attending support groups, information events etc. I missed the interaction and that face to face contact. I therefore made the hard decision to look for something which would fulfil this role and started my new job on 1st May 2018. I would like to take this opportunity to wish you all the very best for the future.

Norma O'Hagan

IAS Liaison Officer, South Lancashire

They will all be missed by both team members and by the families they have supported over the years. We would like to wish them all well in the future.

Goodbye from Mel Adams

I started working for Lancashire County Council in 1993 as a TA and took up my present role in April 1995. It has been an absolute honour to work with so many families across East Lancashire over the last 18 years, I have loved my job thoroughly and have learnt so much from the parents and young people I have worked with. However, I am moving on to pastures new and am looking forward to starting my new role with Witherslack Group on 9th April.

Although I am excited to try a new challenge I am very sad to be saying goodbye to the many parents, young people, schools and professionals that I have been in contact with over the years. It has been an absolute pleasure and I wish you all the very best.

Thank you

Mel Adams

IAS Officer, East Lancashire

Thank you from Mary Joyce

I want to say a big thank you to all the families, schools and other professionals it has been my privilege to support and work alongside throughout my career. I started working with children with SEND back in 1986 in a special school here in Lancashire but with a brother with Special Needs dating back to the 60's it was always where my heart was. In 2002 I became what was a Special Educational Needs Liaison Officer (SENDLO) and was able to put to good use the things I had studied and learnt, about SEND and the daunting processes, to help families. Originally I covered the South area including Preston, Longridge, Chorley, Leyland and West Lancs. The days were long and exhausting as the referrals increased day on day but it was great to get out there and meet everyone. For the last years I have been based in the West and still, after 16 years, meeting the families and trying to move things forward is an amazing honour for me.

Those who know me will be aware that to be finishing now is not what I would have wanted (yes surely I am too young, I hear you say) but my health has dictated that I must leave. Thanks for your support to me as I have faced my Cancer, and am still doing terribly badly with any form of chemotherapy, I have been overwhelmed by the messages and kind wishes that have been passed on to me I want you to know it has meant so much to me and keeps my spirits up.

Having a child or young person with SEND is never an easy road, as families you do not seek recognition of your dedication but it is well deserved. My thoughts and prayers are with you all as you journey and accept my thanks for allowing me to share with so many of you.

(I was asked if I wanted to provide a photo but I declined, I am not a vain person but my ID badge still has the same photo from 2002 on it, also people always tell me it is my voice and attitude that they remember not my looks.)

So Goodbye from Mary Joyce, who has been called many things over the years, thankfully mostly good. Take care and remember use the tools you have available to you and if you cannot find them ask someone who can.

Mary Joyce

IAS Officer, South Lancashire

Some people come into our lives and quickly go. Some stay for a while, leave footprints on our hearts, and we are never, ever the same - **Flavia Weedn**

Play 4Uz 2

Play4uz2 aims to provide a specially designed playground for disabled children and young people with Special Educational Needs and Disabilities.

Phase one of the project involves fundraising to buy pieces of specialised play equipment for the play area.

We are looking for sponsorship for individual items, some examples are shown below. If you know of a group/organisation/company that would be interested in sponsoring an item, or making a donation towards this excellent project, please contact Sarah (details below).



£3,464 x 2



£13,544



£2,400



£240 x 2



£5,840



£39,760

Prices shown include supply, installation and required safety surfacing for the item shown.

Play4Uz2 are currently undergoing a marketing redesign, so please watch this space!

If you'd like to donate, learn more, volunteer, keep updated please visit our Facebook and Twitter pages, contact Sarah on our new **Play4Uz2** mobile on **07940 190642** or email **sarah@play4uz2.co.uk**

Carers' Week 11th - 17th June 2018

Carers face barriers to maintaining their health; 51% let a health problem go untreated.

This Carers Week the focus is looking at all the ways Carers can be supported to stay Healthy and Connected. Building communities which support Carers to look after their loved ones well, while recognising that they are individuals with health and wellbeing needs of their own. For more information about the week please visit www.carersweek.org

n-compass Carers' Services work across the county as part of Carers Lancashire providing support and information to adult Carers (18+) and specialist support to Carers of Adults (16+) with a mental health condition.

Support includes:

- Specialist 1-2-1 and group support, including access to Carers Support Workers who are skilled in fields such as mental health, Dementia, ethnicity and health services
- Carers Line, answered by Workers who have knowledge and experience supporting Carers with enquiries
- Carers Help and Talk (CHAT) Line, answered by Volunteer Carers who can offer understanding and experience of the common challenges faced by Carers
- Quarterly newsletters detailing local Carers Coffee and Chat groups, activities and courses
- Carers Assessments including eligibility for Carers Personal Budgets

- Support with contingency planning, including the option for free replacement care provided for up to 72 hours
- Information and support to take a break, including a Volunteer 1-2-1 and group Sitting-In Service
- Support to access community health and wellbeing services
- Support for former Carers, including support to access community and health and wellbeing services
- Volunteering opportunities for Carers, including volunteering for the Sitting-In Service and CHAT Line
- Carers Awareness Briefings for professionals, including how to identify Carers, Carers rights and where to refer Carers for support

n|compass northwest
looking towards a **brighter** future

Head Office, Edward VII Quay, Navigation Way,
Preston, PR2 2YF

Freepost address: Lancashire Carers' Service

FREEPOST: N-COMPASS NORTHWEST

Monday-Friday: **8:00am-6:00pm**

Telephone: **0345 688 7113**

Email: admin@ncompassnorthwest.co.uk

Website: www.ncompassnorthwest.co.uk

Coffee and Cake during Carers Week 11th June-17th June 2018

During Carers Week as a thank you to Carers for the care they provide, n-compass Carers' Services would like to invite Carers and Former Carers to join a friendly Carers Support Worker and other Carers and Former Carers to take a well-earned break from your caring role whilst enjoying a FREE (non-alcoholic) drink and a piece of cake. There is no need to book, please just come along and look out for a group of friendly Carers.

North Lancashire

Monday 11th June

Gregson Centre Café

33 Moorgate, Lancaster, LA1 3PY
1:00pm-3:00pm

Wednesday 13th June

Brew Me Sunshine

12 Victoria Street, Morecambe,
LA4 4AE
10:00am-12:00noon

Thursday 14th June

Booths Café

Main Drive (off Heyhouses Lane),
St Annes, FY8 3UT
10:00am-12:00noon

Friday 15th June

Knott End Café

3 Ramsay Court, Knott End on Sea,
Poulton-le-Fylde, FY6 0EA
11:00am-1:00pm

South Lancashire

Monday 11th June

The Vintage Tea Room

64 South Road, The Old Corn Mill,
Leyland, PR26 9AH
10:30am-12:30pm

Tuesday 12th June

Starbucks Coffee

Eaton Avenue, Buckshaw Village,
Chorley, Lancashire, PR7 7NA
10:00am-12:00noon

Wednesday 13th June

M&S Café

Deepdale Retail Park, Unit J,
Preston, PR1 6QY
10:00am-12:00pm

Thursday 14th June

Warbreck Garden Centre

Lyelake Lane, Ormskirk, L40 6JW
2:00pm-4:00pm

East Lancashire

Tuesday 12th June

Morrisons Café

Pendle Street, Nelson, BB9 7UZ
10:00am-12:00noon



Carers Week 11-17th June 2018

The UK's carers are, quite literally, indispensable. By providing unpaid care for someone you know who is ill, frail or disabled, you save the economy an incredible £132billion each year - which is the cost to run the National Health Service. Each year carers are recognised during Carers Week in June - this year's theme is about being healthy and connected.



To help us connect with new and existing carers we'll be working closely with local hospitals to raise awareness of caring, and to introduce our services to those people visiting their loved ones or who have appointments themselves. We'll also be out and about in your communities to ensure we meet as many carers as possible.

Last year we met over 440 people during Carers Week - this year we aim to meet 500 people and tell them about the valuable services we deliver. If you have suggestions for venues for us to visit please let us know.

And if you know a local business or run a local group that would like to learn more about carers and the importance of helping them look after their own health and wellbeing, we offer FREE Carer Awareness Training. For more information and to book your session, please call us on **01254 387444** or email info@carerslinklancashire.co.uk

We'll also be promoting our brand new GO2 Carers Wellbeing brochure, packed with offers and discounted rates from hand-picked wellbeing providers in East Lancashire. These discounts are available exclusively to carers who are registered with us, to help you look after your health and wellbeing.

CAMPFIRE DRUMMING CIRCLE & BBQ

Everyone is invited to join us for our exciting outdoor open day. Not only is drumming a great therapy our drumming circle is a sociable, friendly place where everyone is welcome. You don't need to be musical to join in – bring your family and friends, come and drum with us!



"This circle makes me feel so uplifted."

"The drumming circle is so friendly and the actual drumming is therapeutic as well as enlightening. You feel good every time."

This is a Jacob's Join – please bring your favourite dish to share. A burger for the BBQ, a fresh salad or something sweet for dessert.



Friday 15th June - 1.30pm to 4.30pm
Dean Lane, Great Harwood BB6 7UN

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

Lots of people want to ride with you in the limo but what you want is someone who will take the bus with you when the limo breaks down. - **Oprah Winfrey**



Carers Week

Cross-Stitch!

Please join us at
High Five Office, PR7 1JU
Wednesday 13th of June at 7pm!

We will make a cross-stitch card and enjoy
a light snack....

£1 donation or 1 Time Credit



All places must be booked in advance!
Find us on Facebook - <https://www.facebook.com/HighFiveLancashire>



Carers Week

Monday 11th of June to Sunday 17th of June

Afternoon Tea!

Please join us at ~
Nineteen, Duxbury Golf Club
Duxbury Hall Road, Off Wigan Road, PR7 4AT
Thursday 14th of June at 11am!

~~~~~  
*Taking Care of the Carer!*

£5 donation



*All places must be booked in advance!*  
Find us on Facebook - <https://www.facebook.com/HighFiveLancashire>



## Carers Week

Siblings Age 5 and over!

*We'd like to invite our siblings  
to a Pottery Session!*

Please join us at *Works of the Heart*  
34 Church St, BL6 6AD, Horwich  
Saturday 16th of June, 3-5pm!

We will be making a unique hand shaped, or square tile.  
*Please order square tile in advance!*

\* Treats included \*

£5 donation each



*All places must be booked in advance!*  
Find us on Facebook - <https://www.facebook.com/HighFiveLancashire>

## Young carers

If you are under 18 years and care for someone with a physical disability, mental health problem and/or drug and alcohol problem then your local Barnardo's Team can help you.

- They will provide you with information and support to enable you to feel valued and confident in your caring situation.
- They will offer confidential support and advice on everyday issues such as –
  - o Healthy lifestyle and personal safety
  - o Confidence, self-esteem and relationships
  - o Your role as a carer
  - o Hobbies and interests
  - o Decision making/ having a voice and
  - o Education, employment and training
- You will be allocated your own worker who will meet you on a one to one voluntary basis.
- You will have the opportunity to join the Young Carers Forum and attend group sessions where you can meet other young carers from across Lancashire

**Contact Barnardo's Young Carers Service**

**Phone: 01772 641 002**

**Email: [lancashireyoungcarers@barnardos.org.uk](mailto:lancashireyoungcarers@barnardos.org.uk)**

**Web: [www.barnardos.org.uk/lancashire-young-carers](http://www.barnardos.org.uk/lancashire-young-carers)**

### More information

For brothers and sisters of disabled children:

**[www.youngsibs.org.uk](http://www.youngsibs.org.uk)**

Find out what young carers do, how to spot if it's getting too much and what to do about it:

**[www.youngminds.org.uk/find-help/looking-after-yourself/young-carers](http://www.youngminds.org.uk/find-help/looking-after-yourself/young-carers)**

# W's Story

*Everyone experiences dyspraxia differently*

*He was a lovely, helpful little boy*

**W was always a little different from the children we met at baby and toddler groups, and struggled to understand social interactions and transitions at nursery. He was unable to suck milk as a new born, walked at 17 months, found riding a tricycle very challenging and seemed to be a messy eater. It was only when he started school, however, that his differences became more apparent. His teacher reported that he was a good boy, but he didn't seem to be able to understand instructions, for example he would be sat on the carpet listening and when the teacher told the class to go off and play or do something else, he would stay sat on the floor, looking around not knowing what to do.**

We had his hearing tested and that was fine, and school said he would probably grow out of it. At the same time, he was starting to get bullied at school and was struggling to know how to play with others and to ask to join in with games. He enjoyed learning new things and has always had a great understanding of science. He has also always been very empathetic and does not like it when people are sad. He has a very strong sense of right and wrong, with little room for grey areas. By the end of reception class, he was about on track with learning, but the attention issues were still there. I had started to google various combinations of 'attention', 'understanding', 'can't follow instructions' and other issues he was having, but found nothing that seemed to match him completely. I spent many nights when everyone else was in bed asleep trawling the internet for some kind of answers. It just did not seem to fit; W was so bright in many ways, but bring it down to his own age level (like reading and writing) and he was so far behind. School just kept saying he would probably grow out of it, but I felt there was more to it. One night, after he had been really struggling at swimming, I googled 'co-ordination problems' and something else. Developmental Co-ordination Disorder (DCD) came up.

*an inability to process instructions given in a noisy or busy classroom*

*The support he has received...has helped his confidence so much*

Also known as dyspraxia, DCD is a lifelong disorder and a recognised disability. Everyone experiences dyspraxia differently and it can affect motor skills like being able to catch a ball, walking and running, processing information, fine motor skills such as writing, dressing, putting shoes on, tying laces, zips and buttons. We took the information to school, but were told we should wait to see if he grew out of it.

We now know this was poor advice, because as with most conditions, the earlier they are diagnosed, the better the outcomes. In year one, his teacher started including him in some reading and maths support groups. By the end of the year, he had an individual behaviour plan because he still wasn't able to process the instructions the teacher was giving him. We were still told he might grow out of it and that apart from the ability to understand instructions, he was a lovely, helpful little boy who was quiet and wanted to do well.

During the summer holidays, I began to realise that this was not getting any better and he was struggling to keep up with his peers as they were now riding bikes, playing football and progressing in swimming and school. I took W to the GP and said I thought he may have dyspraxia. The GP examined him and said he didn't think he had, but he would refer him to the community paediatrician to check.

The following November, we received a diagnosis from the paediatrician and a letter arrived confirming he had dyspraxia and hypermobility. No other information was included and I felt completely lost and helpless. We had no idea what this meant for his future, for his schooling, and more importantly how we could support him. I turned to the Dyspraxia Foundation website for ideas to give to school, as they had not helped someone with dyspraxia before. We also fought to have his behaviour plan re-named as it had become clear that his need did not stem from naughty behaviour, but from an inability to process instructions given in a noisy or busy classroom setting. He just needed more time, or direct eye contact, to be able to process the request.

At a local parent carer forum, I met Karen Gee from Rainbow House who said they may be able to help W with Conductive Education and he has been going to weekly sessions there since February



2017. These and the support he has received there for his dyspraxia has helped his confidence so much and they have helped him become stronger, so he can now sit still much longer and take part in activities that require coordination and planning. They also help build up his self-care and attention skills which has really helped him, and he has made a couple of lovely friends there too. Rainbow House have also supported us through the process of accepting his diagnosis and knowing what to do about it. The team are amazing.

Over the rest of year two, W was bullied repeatedly, struggled to copy off the white board and had problems with reading and maths. Dyspraxia is often very inconsistent, so one day he could do something, eg list the months of the year, and the next day he just simply could not. This was very frustrating for him and without understanding and support, he was becoming more unhappy and withdrawn. He had night terrors, migraines and upset stomachs very regularly. Outside of school and in school holidays, he would relax and start to become himself again, but then as school started back, he would become anxious and symptoms would become awful. We began to realise that the school just did not understand W's needs or how to support him and things were becoming more of a battle.

We moved him to a new school in September and he is now thriving. He is about a year behind expectations in all aspects of his education and his needs are becoming more complex, but he is making progress and is determined and resilient. He has been supported in forming friendships and understanding his own emotions and he now has a small group of close friends, which is fantastic to see! He has an individual education plan, which focuses on his learning needs and adjustments for him. They do not see him as badly behaved because he can't follow instructions, but help him to overcome this challenge and as a result his confidence has grown enormously. They help him focus on his achievements and strengths and have helped us understand how we can support him further at home. They work his physio and OT plans into general PE so he doesn't feel different. Making people believe someone has dyspraxia can be hard, but it is worth persevering. There is an urban myth that children have to be 7 before they can get a diagnosis, but this is incorrect. A paediatrician can diagnose dyspraxia long before this. For W, his new school SENCo

is now starting the application for an EHCP to help support him further. He dreams of being a scientist and we now have hope that one day he will achieve his dreams!

#### About Dyspraxia:

- Approximately 1 in 30 people have dyspraxia. (That's on average, approximately 1 per classroom!)
- Dyspraxia is a lifelong condition that affects daily activities such as dressing, eating, writing, visual perception.
- It is often a 'hidden' disability; there are no outward physical signs, so it can be hard to make people believe there is an underlying need.
- Dyspraxia can affect speech and language, referred to as verbal dyspraxia.
- Dyspraxia frequently occurs alongside ADHD, Autism, Dyslexia, Dyscalculia and other conditions.
- Early diagnosis leads to better outcomes for individuals.
- Symptoms of dyspraxia are not consistent, ie. What you can do one day, in a different time or place, you cannot. This is extremely frustrating and lots of understanding is needed.
- Local support groups are needed!
- Dyspraxia is a disability and the SEND code of practice applies to people with dyspraxia.

*Katherine, parent carer*

Further information and support is available from the Dyspraxia Foundation:

**[www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)**

The Legacy Rainbow House are based in Mawdesley, West Lancashire, and support people with a wide range of disabilities and their families:

**[www.thelegacy-rainbowhouse.com](http://www.thelegacy-rainbowhouse.com)**

*The team  
are amazing*

*He has been supported  
in forming friendships*

*He dreams of being  
a scientist*



# Sleep Solutions, Scope



**We provide free support for families with disabled children and those with additional needs aged between 2 and 19 to help them get the sleep they need.**

We offer a bespoke sleep support service to families. Our sleep practitioners can work with families to create individual sleep programmes and offer guidance and support all along the way to a better nights sleep.

We also run regular 'Time 2 Sleep' workshops, open to both parents and professionals which offer advice and support on dealing with common sleep problems for children with additional needs.

## Face 2 Face Service, Scope

Face 2 Face is a free befriending service which offers emotional support and information to parents of disabled children and those with additional needs.

**For more information about these services please contact:**

**Julia Johnson on; 07974 197894**

**Or email: [julia.johnson@scope.org.uk](mailto:julia.johnson@scope.org.uk)**

**Follow us on Facebook: [www.facebook.com/ScopeNorthWest](https://www.facebook.com/ScopeNorthWest)**



## Activities for deaf\* children & young people June – July 2018

**We welcome deaf\* children & young people, their siblings and families.**

\*Deaf includes all levels of hearing loss (mild/moderate/severe/profound) including unilateral deafness (affecting only one ear) and temporary deafness such as glue ear.

**Canoeing** Tuesday 19th June 6pm – 8pm

The Boating Lake, The Esplanade, Fleetwood, FY7 6HF

This was a great success last year so we have decided to repeat this event. The instructors and canoes are being provided by the Outdoor Adventure Group. Please wear suitable clothing. Ages 8 years and above.

**Bowling** Tuesday 26th June 6pm – 8pm

YMCA Thornton Sports Centre, Victoria Road East, Thornton Cleveleys, FY5 3SX

Always a great event with plenty of competition. All ages.

**Bendrigg Lodge** Saturday 14th July/Sunday 15th July

Bendrigg Trust, Bendrigg Lodge, Old Hutton, Kendal, LA8 0NR

This is our long awaited residential event. The majority of places have now been taken and deposits paid. If you do want to go then you need to contact us urgently and we can see whether any places still remain.

Activities £1.00 per child (unless otherwise stated), under 5's are free.

**To book** on to the **activities** please contact **07437 335 655** or email **[signhisayhi@ndcsgroup.org.uk](mailto:signhisayhi@ndcsgroup.org.uk)**  
**[www.signhisayhi.org.uk](http://www.signhisayhi.org.uk)**

## About Sign Hi Say Hi

Sign Hi Say Hi! Is a group of local families with deaf/hearing impaired children & young people. It is a charity run by parents and grandparents/carers with deaf children. We run a Club for deaf/hearing impaired children/young people, their families, siblings, parents, carers and friends with the Play Inclusion Project (PIP). Sign Hi Say Hi! Is linked to the National Deaf Children's Society (NDCS). All deaf children and young people are welcome from birth to young adults, whether they choose to communicate by speech/BSL/sign supported English etc.

Deaf children/young people meet, take part in activities such as sport, craft, workshops and simply be together. Parents/carers can have a coffee and socialise with other families or can book their child in beforehand and collect their child later. If you have a younger child or baby you are welcome just to drop in for a chat for 20 minutes or so. Many children or young people find they are the only deaf child or young person in their school and at Sign Hi Say Hi! They are with other deaf people. We also run life-skills workshops for deaf young people. We also offer new parents whose children have just been identified as deaf informal parent to parent support.

The Club meets term time – most events are held Tuesday evenings 6pm – 8pm and occasionally events are held at the weekend – we try to vary where we meet up and have a range of activities to appeal to different ages. If you don't want to just come along to the Club but would like a committee member to call you to find out more about us please ring 07437 335 655 or email [signhisayhi@ndcsgroup.org.uk](mailto:signhisayhi@ndcsgroup.org.uk)

## Membership

We receive no local or government funding and rely on attracting grants and donations to run the Club. Therefore we have to charge for membership (£5.00 per family a year).

## Child Protection

Sign Hi Say Hi! Takes Child Protection very seriously and has Child Protection Policies and Procedures in place. We also have a designated Child Protection Officer.

We are a registered charity number 1037445





## Leisure and sports development contacts

Lancashire Sport Partnership is the key strategic lead for the development of sport in the County: [www.activelancashire.org.uk/projects/disability-sport](http://www.activelancashire.org.uk/projects/disability-sport)

The contacts listed below are the Development Officers in each of the local authorities who have the main responsibility for disability sport

### CHORLEY BOROUGH COUNCIL

Health and Wellbeing Team

Civic Offices, Union Street, Chorley Council  
PR7 1AL

Tel: **01257 515151**

email: [community.development@chorley.gov.uk](mailto:community.development@chorley.gov.uk)

### FYLDE BOROUGH COUNCIL

Ian Brookes, Sports Development Officer

Tel: **01253 658461** mobile: **07584 088451**,

email: [ian.brookes@fylde.gov.uk](mailto:ian.brookes@fylde.gov.uk)

### HYNDBURN LEISURE

Tel: **01254 385945**

email: [contactus@hyndburnleisure.co.uk](mailto:contactus@hyndburnleisure.co.uk)

### PENDLE LEISURE TRUST

Up & Active Team

Pendle Leisure Centre, Crown Way, Colne,  
BB8 9NP

Tel: **01282 661226**

email: [info@upandactive.co.uk](mailto:info@upandactive.co.uk)

### PRESTON SPORT AND HEALTH

Tel: **01772 428910**

email: [prestonsportandhealth@gll.org](mailto:prestonsportandhealth@gll.org)

### RIBBLE VALLEY BOROUGH COUNCIL

Peter Fletcher, Sports Development Officer

Council Offices, Church Walk, Clitheroe, BB7 2RA

Tel: **01200 414435**

email: [peter.fletcher@ribblevalley.gov.uk](mailto:peter.fletcher@ribblevalley.gov.uk)

### ROSSENDALE LEISURE TRUST

Paul Gallagher

Email: [Paul.gallagher@rltrust.co.uk](mailto:Paul.gallagher@rltrust.co.uk)

### SOUTH RIBBLE BOROUGH COUNCIL

Suzanne Cubbon, Sports Development Officer

Civic Centre, West Paddock,

Leyland PR25 1DH

Tel: **01772 625383**

email: [scubbon@southribble.gov.uk](mailto:scubbon@southribble.gov.uk)

If you live in an area not included above, and you know who the contact is in your area, please email us at [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk) and we will update it a future issue.

For further information on sports clubs, go to:

[www.skybadger.co.uk/2017/01/21/sports-for-disabled-autistic-children](http://www.skybadger.co.uk/2017/01/21/sports-for-disabled-autistic-children)

or: [www.parasport.org.uk](http://www.parasport.org.uk)



## Preston Panthers

A sports club for children and young people aged  
5 – 25 years with a disability or special needs




FREE  
TASTER  
SESSION

*Come and enjoy a sports club for you with lots of  
different activities for you to try, have fun with and  
also make new friends. Siblings are welcome.*

**Multi-sports - including basketball,  
badminton, football, wheelchair basketball,  
games, hockey and many more**

**Saturdays at West View Leisure Centre**  
**Dry Sports - 5pm to 6.30pm**  
**Swim Session: 6.30pm - 7.30pm**

Preston Panthers is run by a parents' committee and is self-funded from member subscriptions and fund raising.  
We can also provide volunteering pathways for young people.

**Contact Marilyn Gregson for further information on 01772 719025 or 07719599537 or  
pop down and see us at West View Leisure Centre, Preston, on a Saturday from 5pm.**

# Wheels for All

Cycling Projects is a national charity which promotes cycling through a range of successful community engagement programmes that give people the opportunity to cycle on a regular basis; through help, support and guidance. Most noticeably this is achieved through its Wheels for All initiative, a nationally recognised programme that embraces all children and adults with disabilities and differing needs, to engage in a quality cycling activity. By using specially adapted cycles, the activities are both physically and mentally stimulating and above all fun for everyone involved.

All the centres are equipped with specially adapted cycles and Wheels for All trained leaders, who have the knowledge and confidence to work with adapted cycles for participants to enjoy the benefits of cycling. The centres welcome individuals, groups and families to be involved.

Wheels for All Training gives individuals, carers and support staff the confidence to work with adapted cycles for their clients or family member so that all can enjoy the benefits of cycling in a sociable environment. We even provide the adapted cycles so everyone can get involved.

Cycling Projects works with occupational therapists, sports development, local councils, Primary Care Trusts' care support staff, as well as the support staff and parents of existing services users.

There are currently over 50 Wheels for All centres across England and Wales. We are developing new Wheels for All Centres across the country on a regular basis with various partners - details of such new centres will be released very soon.



## Wheels for All centres in Lancashire

Salt Ayre Leisure Centre, Lancaster, LA1 5JS  
**01524 842493**

The Esplanade, Fleetwood, FY7 6HF  
**01253 857890**

Lytham Sport Club, Church Road, Lytham St Annes, FY8 5QD  
**01925 234213**

Moor Park, Preston, PR1 6AS  
**07748 207549**

Edge Hill College, St Helens Road, Ormskirk, L39 4QP  
**01925 234213**

Wilsons Playing Fields, Woodland Drive, Clayton-le-Moors, BB5 5SD  
**01254 380441**

Ridgewood School, Eastern Avenue, Burnley, BB10 2AT  
**01282 477304**

For more information, visit: [www.cycling.org.uk](http://www.cycling.org.uk)  
Or email: [ian.tierney@cycling.org.uk](mailto:ian.tierney@cycling.org.uk)



Making cycling  
accessible to all.





Lancaster Tennis Club has re-started its wheelchair tennis coaching and sessions are held every Wednesday from 8pm to 9pm. Because of funding from a range of sources, the Club is able to offer the coaching each week at the low rate of £2 per session, payable on the night.

The Club is Lancaster Community Club of the Year 2017.

The coach is Level 4 Professional Eden Parkinson of Edentennis who has attended courses specifically about coaching wheelchair tennis. The Club has tennis specific wheelchairs available to use and can also provide racquets and tennis balls.

Anyone interested in joining the sessions, please contact Susan Lucas in advance to register:  
Mob: 07771 734920  
or e-mail: [susanlucas1950@live.co.uk](mailto:susanlucas1950@live.co.uk)

Lancaster Tennis Club, Lune Road, Lancaster,  
LA1 5QU



## SPRING INTO SPORT

An Inclusive Community Sports Club



Our inclusive sports club  
is for **ALL ABILITIES**  
aged 11 and over!

Learn New  
Skills

Meet New  
Friends

Have Fun!



Where: New Era, 1 Paradise Street, Accrington, BB5 1PB  
When: Fortnightly on Fridays  
Time: 6.30pm - 8.30pm  
Cost: £3.50, parents and carers FREE  
Contact: 01254 457026 or [Info@spring-projects.co.uk](mailto:Info@spring-projects.co.uk)

[www.spring-projects.co.uk](http://www.spring-projects.co.uk)

Funded by



## Special Needs Swimming Club

### Sundays, 3:30pm – 5:30pm

We are an all-inclusive club open to all families with any special needs.

Our two hour pool sessions run as a family fun session with the added bonus of qualified Swim Teachers who will offer any help, tuition or guidance with learning to swim.

Come along and check us out at a free trial – just turn up any Sunday afternoon!

There is no joining fee – just a membership form and risk assessment to complete that ensures you are safe to use all our facilities.

Cost £3.50 per person (carer goes free), or a maximum of £9.00 per family.

Marl Pits Swimming Pool, Newchurch Rd, Rawtenstall, BB4 7SN

#### Contact us

T: 01706 222852 (Paul) or: 01706 223566 (Clare)

Email: [rossendalerays@gmail.com](mailto:rossendalerays@gmail.com) Website: [www.rossyrays.org.uk](http://www.rossyrays.org.uk)

Facebook: [www.facebook.com/RossyRays](https://www.facebook.com/RossyRays) Twitter: [www.twitter.com/RossendaleRays](https://www.twitter.com/RossendaleRays)



# Volunteer Training

Want to develop your skills  
and give something back?

Why not become a volunteer?

The course includes **FREE** accredited training in First Aid and Food Safety and covers:

- Finding out about volunteering
- Volunteering and voluntary organisations
- Working as a volunteer with a chosen organisation
- Health and Safety
- Safe and Sound Awareness
- Understanding effective customer relations
- Developing interpersonal skills
- Dementia awareness
- Mental health awareness
- Conflict resolution
- Mentoring and befriending

On completion of the course we will work with you to try and find a volunteer placement in an appropriate local setting where you can earn Time Credit vouchers which can be spent in a wide variety of locations across the county.

Visit [www.justaddspice.org](http://www.justaddspice.org) for more details.

For more information or to book onto a course close to you please contact Helen Pass:

☎ 01282 508236    ✉ [h.pass@lal.ac.uk](mailto:h.pass@lal.ac.uk)

**FREE**  
8 week Volunteer  
Training programme  
for new and existing  
volunteers, aged 19  
years and over



## Do you work with Community Groups?

Did you know that we can offer a range of  
**FREE** courses\* to Community Groups including:

- First Aid Training
- Community Choir (see website for more details)
- Arts and Crafts
- Health Awareness
- Introduction to British Sign Language
- Cookery
- And much more.....

We can run sessions in a wide range of community venues at a time and date suitable for your group. For more information or to arrange a course for your group please call 0333 003 171 and speak to our Community Development Team.

\*Must meet suitability criteria and be aged 19+. Call for more information.



**FREE**  
Community  
Group Courses



# Volunteers' Week 1-7 June

**Volunteers' Week is an annual event that takes place at the beginning of June. This is an opportunity to celebrate volunteering in all its diversity and a chance to say thank you for the fantastic contribution that millions of volunteers make across the UK.**

In Lancashire, many voluntary community and faith groups are part of the Time Credits scheme. Time Credits are a way of recognising the amazing things people do in their communities. If you give an hour of your time to your community, your community thanks you by giving you an hour to spend on something you would like to do.

Time Credits are a very simple way of rewarding volunteers. They work as an exchange system in that for each hour an individual helps their community or service, they earn a Time Credit. Everyone's time is worth the same and they do not have monetary value. For every Time Credit you earn this can then be spent on accessing an hour of activity, such as local attractions, training courses or leisure, or gifted to others.

There are many different ways to spend Time Credits, and although you may earn your Time Credit in Lancashire, you can spend it in many locations throughout the country.

## **Some examples of how you can spend Time Credits are:**

- Embark on a three hour treetop course, for three Time Credits, and test your confidence with scaling heights at Go Ape Rivington.
- Take your family or friends bowling at MFA Bowling Preston. One Time Credit will get one person access to a one hour session in the lanes.



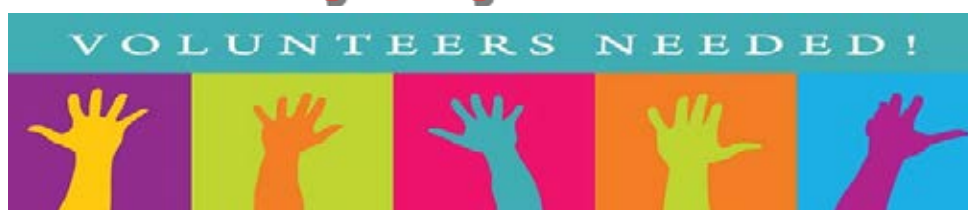
- Better Leisure Preston. There are many activities available at both West View Leisure Centre and Fulwood Leisure Centre, including a session in the gym, swimming, climbing wall, sauna and steam room and much more.
- Tower Bridge Exhibition, London. Two Time Credits allow one person entry.
- Wales Millennium Centre, Cardiff. Two Time Credits allow you to access selected performances.

If the organisation you volunteer for does not currently offer Time Credits, ask them to look into it as it's a great way to reward and keep volunteers!

**For more information about earning and spending Time Credits, or if you know of an organisation that wants to reward and keep volunteers, visit: [www.justaddspice.org](http://www.justaddspice.org)**

**To see what is happening in Lancashire have a look on the Facebook page: [www.facebook.com/LancashireTimeCredits](https://www.facebook.com/LancashireTimeCredits)**

## Burnley Play Association



**We are looking for new volunteers to help us make the lives of children and young people with additional needs and disabilities much happier.**

### **Young Peoples Volunteer Scheme.**

We are seeking to recruit young people to act as a Peer mentors to help us support our individual members with special needs. The Mentor will assist with the setting up and running of different activities, and support individuals to participate on equal terms, get better access to activities and also to be a friend, who they can talk with and enjoy spending time .

If you are interested in exploring this opportunity further, please contact us for a chat, and see if we can help each other. Contact: **Tom Harrison (Manager)**, Burnley Play Association, Bevington Close, Burnley BB11 4SD  
Telephone: **01282 416194**

Horse riding

Arts and crafts

Story time

Youth club

Sensory play

Climbing wall

Drama club

Pets corner

Sports club

Farm trip

Cycling

Dance

Lego club

Bowling

Zoo trip

Dog walking

Swimming

Film club

Trampolining

## LANCASHIRE BREAK TIME

**We can confirm that Lancashire Break Time activities will run throughout all school holidays and during term time (weekdays and weekends) from April 2018 to 31st March 2019.**

Lancashire Break Time provides an opportunity for children and young people with special educational needs and/or disabilities to attend a fun activity, whilst also providing a break for their parent carer.

Sessions are for at least 2 hours, and on weekends and during school holidays can be up to 6 hours. There is a wide range of activities on offer, including arts and crafts, sports, outdoor adventures, trips out and more.

Children and young people have opportunities to try something new, make new friends and have lots of fun! You can find a list of providers in your area on the Local Offer (see below). Call the provider direct to see what activities they offer, and to book a place. There is a minimum cost of £1 per hour to attend; this can vary depending on the activities.

### Who can attend Lancashire Break Time?

The criteria to qualify for Lancashire Break Time short breaks is to be the primary unpaid carer of a child or young person with special educational needs and/or disabilities, aged 4 to 18 years and living in Lancashire (excluding Blackburn with Darwen and Blackpool). The child or young person will find it difficult to access universal services due to sensory issues, learning difficulties, physical mobility problems, etc. They will **not** be in receipt of an assessed social care outreach package; those with a higher level of need will receive services through their package of care.

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

[www.lancashire.gov.uk/send](http://www.lancashire.gov.uk/send)

Click on the Lancashire Break Time link as shown:







## Lancashire Break Time Summer Activities



*For children and young people aged 8—18 with  
additional needs and disabilities living in Wyre & Preston*

**Activities including swimming, trampolining, arts and crafts,  
sensory session, games, cooking etc will be on offer along with  
sessions at The Space Centre and walks to local parks.**



**Running 5 days a week from Monday 30th July until  
Friday 24th August 2018**

**For more information please telephone  
01253 899883 or Email : [pip.bfw@ic24.net](mailto:pip.bfw@ic24.net)**



## BURNLEY PLAY ASSOCIATION

Vanguard  
Community  
Centre  
Bevington Close  
Burnley  
BB11 4SD  
01282 416194



### ***SEN Inclusive Holiday Club***

**For Children and Young People 6 to 16yrs.**

**Now Booking for the Summer.**

**Dates: Monday to Friday  
23rd July to 31st August  
in Burnley.**

10 hrs of FUN & PLAY @ £25.  
Minimum 5hrs booking @ £15.

Special Rates for Children on Disability register.  
Centre open: 7.30am to 5.30pm daily  
Early starts receive free breakfast.

*Activities includes*

*Get Active, Sports, Arts, Crafts, Sensory Play,  
Lego Club, Film Club, Trips and visits  
And just loads of FUN...*

*Supported by Lancashire Short Breaks  
We are an OFSTED registered organisation.*

**Book early spaces limited.**

## Piccadilly Garden



Piccadilly Support Services is based at Piccadilly Garden, Scotforth, Lancaster.

We run school holiday activities funded by Lancashire Break Time during every holiday for young people aged 11-18yrs with additional needs. This summer we will be offering trampolining, horse riding, dog walking, climbing wall, sensory centre, farm and nature reserve visits and more! We have very small groups and a high staffing ratio.

"Our son asks every morning in the holidays if he's going to Piccadilly today, he loves it" – parent

"We had the best summer in years since we found Piccadilly, he loves it and we get a break without worrying" – parent

"Best day ever" – twins

"She loves being outdoors and being active, so the activities at Piccadilly are perfect for her" – parent

"The staff are great" – parent

"I love Piccadilly, I like the horse riding and taking dogs to the park" – child

**[www.piccadillygarden.com/holiday-clubs](http://www.piccadillygarden.com/holiday-clubs)**



The work will wait while you show the  
child the rainbow, but the rainbow won't  
wait while you finish the work

**- Patricia Clifford**

# A New Parent Carer Forum

**A group of parents met on the 26th April to work with the Associate from Contact on the development of a new parent carer forum for Lancashire. Everyone agreed that we need to provide opportunity for as many Lancashire parents as possible to have a say on the development of a new forum.**

A parent carer forum is a group of parents and carers of children with additional needs and disabilities who work with local authorities and other providers to make sure the services they plan and deliver meet the needs of disabled children and their families.

Three small tasks groups will now work on arranging a series of events across the County to provide the opportunity for parent carers to agree a common understanding of what participation is in Lancashire and to have an input into what their forum should look like.

The group will reconvene in mid May to finalise the plans for the events which will take place in June. It was also acknowledged that there is general

confusion about forums within Lancashire. For this reason it was suggested that the new forum should have a new name and you will be given opportunity to vote on this at the events.

Forums usually have a steering group which is a small group of parents who lead the work of the forum and listen to the views of other parents in the local area to make sure they know what is important to them. At the events parents will have an opportunity to say if they would like to be involved in a steering group. An essential element of a successful forum is that the workload is shared; the demands of family life can make it difficult to give a lot of time to the work of the forum but sharing the workload makes it possible.

**“Individually, we are one drop.  
Together, we are an ocean.”**  
*Ryunosuke Satoro*

## Welfare rights

**What does the Lancashire County Council Welfare Rights Service do and how can I get in touch with them?**

Lancashire County Council Welfare Rights Service provides free and confidential advice and appeal representation on social security benefits and tax credits for all Lancashire residents.

If you are a parent or carer of a disabled child, you may be missing out on benefits and other help such as Disability Living Allowance, Carer's Allowance and Tax Credits amongst others.

At Welfare Rights, we can help you take up your full entitlement to benefits and tax credits and ensure you get useful information at the time you need it. We can look at the benefits of the people being cared for as well as that of the carers themselves. We can check you are getting the right rate of Disability Living Allowance for your child(ren) as this affects what other benefits you can get.

Previous research and our own experience clearly shows that carers often miss out or get paid less

than they should be getting, and that they also face problems getting the correct benefits for the people they care for; either being wrongly refused, paid at lower rates than appropriate or only claiming much later than they could have done.

Each family's circumstances are different so it is important to get advice and ask for a benefit check.

To contact the Welfare Rights Service for free, confidential benefit advice ring:

**0300 123 6739**

Monday to Friday 9am - 5pm

E-mail us at [infowrs@lancashire.gov.uk](mailto:infowrs@lancashire.gov.uk)

Or write to us at **Freepost RTGG\_TEEK\_GETL, Welfare Rights Service, Lancashire County Council, PO Box 100, County Hall, Preston PR1 0LD** (no stamp needed)

Or visit our website at [www.lancashire.gov.uk/benefits-and-grants/benefits-advice/benefits-information/](http://www.lancashire.gov.uk/benefits-and-grants/benefits-advice/benefits-information/)



# The Apple of his Eye

## A father's view on his beloved and special daughter

**Recently, my little girl reached the beginning of her teenaged years. Although not so little in stature, she will always be my baby - even when she reaches my age now!**

Her birthday brought back contrasting memories of her actual birth day, which still live fresh in my mind 13 years' on.

From the moment she was delivered the bond was instant and when I gazed into her cobalt eyes for that very first time I fell deeply in love with her.

Shortly after her birth, we found out she had Down's syndrome. My knowledge of the condition was pretty limited but if anything I felt closer to her - like she needed me to protect and support her not just then but forever.

At that time, she was no different to any other new born - the need to be fed, changed, cuddled and loved.

In the intervening years, as the disparity between her abilities and age widened, my love for her never faltered. If anything it intensified.

As Isabella readies herself for the travails that being a teenager brings, I see before me the most beautiful soul imaginable. She makes

me laugh and she makes me cry. She brings happiness and radiates warmth to our family and to all those who encounter her.

She has severe difficulties in terms of behaviour and communication, but I see this as society's problem in its intransigence and reluctance to learn more about and accept God's fallen angels.

In the 13 years I have known and loved Isabella, I have become a different man. My outlook on life has altered positively and I have become more compassionate and patient. If it wasn't for her, I would not have had the desire to achieve what I have done.

There is still more to come from her and there is still more to come from me.

So, Isabella, I know you won't read this or even understand what it is I am trying to explain, but, baby, I love you more than anyone will ever know.

That I am your father is the greatest honour and privilege I will have in life and I vow that I will try to make the world a better place for you and for all the wonderful people like you.

*Paul*

## Fun Activities for Fathers' Day, 17<sup>th</sup> June

### Sunshine card by Ethan Monk age 7

1. Take a piece of stiff white paper or thin card and fold in half to make a greeting card.
2. Draw a circle in the centre and paint with sunny yellow or bright orange paint.
3. Add a cheery smile.
4. Glue pasta twists around the edge to make the sun rays.
5. Add a suitable comment relating to Father's Day e.g. Happy Father's Day you brighten up my world!



### Superhero Dad card by Emilia Monk age 9

1. Take a piece of stiff white paper or thin card and draw a man in a Stetson style hat (see below).
2. Colour in as appropriate and then cut out the shape.
3. Fold down across the line where the hat meets the head of the man, being careful not to fold the tips of the hat. Colour in the superhero mask that you have created!
4. Give to the superhero in your child's life this Father's Day. A message can be written on the back of the card.



## Children and Family **Wellbeing Service**

# Get advice and support

Someone to talk to  
Problems at  
home/school  
Jobs and training  
Apprenticeships  
Staying safe  
online  
Sex and health  
Relationships

Mental Health  
Self Harm  
Bullying  
Drugs and  
alcohol  
Things to do  
Housing, rights  
and money  
What age can I?

[facebook.com/LancashireYPS](https://facebook.com/LancashireYPS)

[twitter.com/LancashireYPS](https://twitter.com/LancashireYPS)

You can contact us 365 days a year

**2pm to 10pm**



**Text 07786 51 11 11**

**Talk online** [lancashire.gov.uk/youthzone](http://lancashire.gov.uk/youthzone)

**Call 0800 51 11 11**



## Age 0-19

(up to 25 for young  
people with learning  
difficulties or disabilities)

**Lancashire**  
County  
Council



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

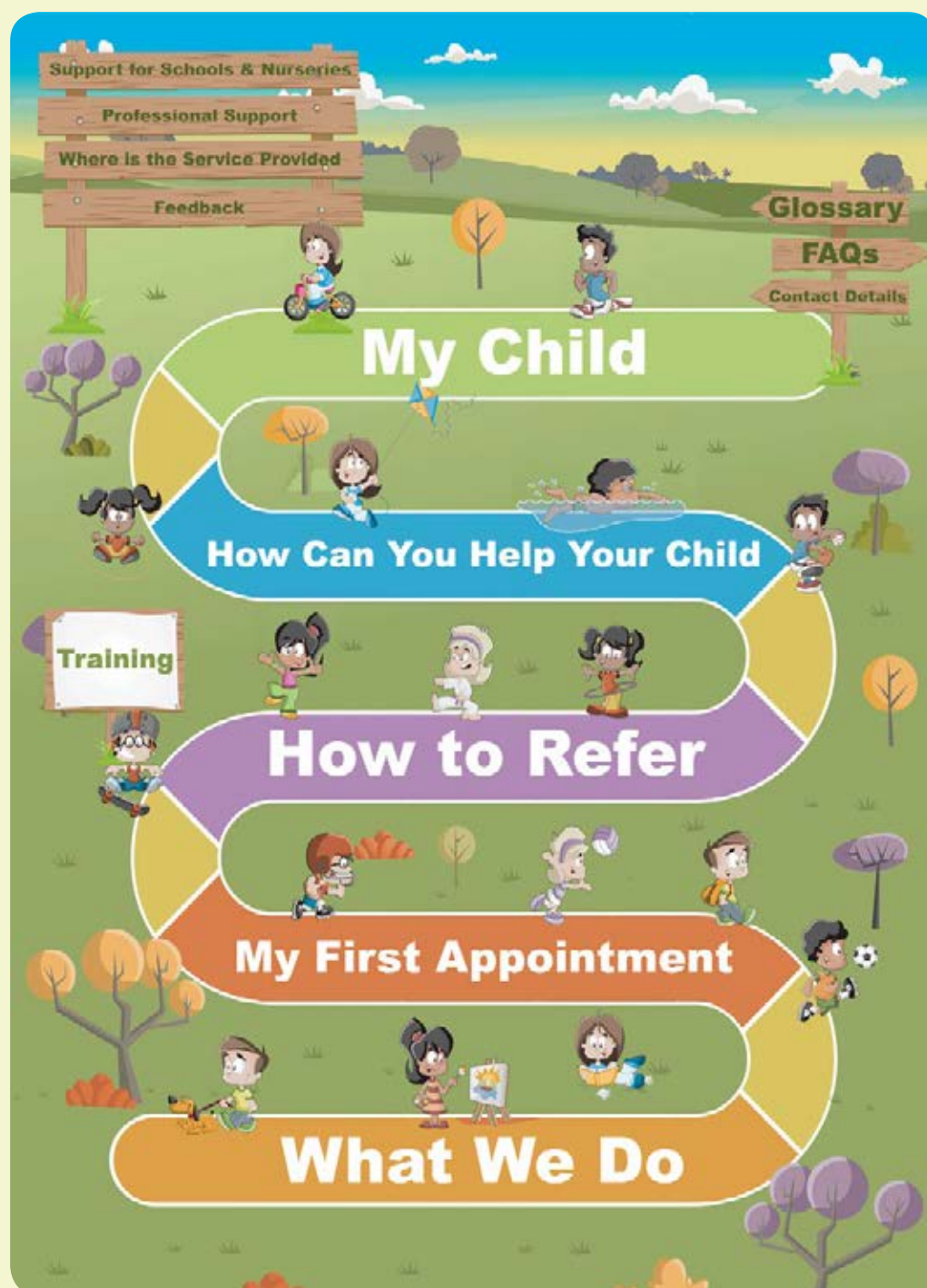


# Children's Integrated Therapy and Nursing Service

Speech and Language Therapy



Lancashire Care  
NHS Foundation Trust



We are trying to find out what families think about our new website and would like the opportunity to share this with you.

You can find our website at:

**[www.lancashirecare.nhs.uk/childrens-integrated-therapy-and-nursing-service](http://www.lancashirecare.nhs.uk/childrens-integrated-therapy-and-nursing-service)**

We would appreciate it if you could have a look at the website and give us some feedback by following this link: **[www.surveymonkey.co.uk/r/9Y285SS](http://www.surveymonkey.co.uk/r/9Y285SS)**

SalT also offer a range of Training Courses – for details visit:

**[www.lancashirecare.nhs.uk/media/Publications/CITNS/SLT-Training-Brochure-17.pdf](http://www.lancashirecare.nhs.uk/media/Publications/CITNS/SLT-Training-Brochure-17.pdf)**

# Useful websites

## Ideas and Information

### Lancashire's Local Offer

The Local Offer brings together information for children and young people with special educational needs and disabilities and their families.

**W:** [www.lancashire.gov.uk/send](http://www.lancashire.gov.uk/send)

### What's on in Lancashire?

Are you stuck for something to do? See what is taking place in Lancashire

**W:** [www.visitlancashire.com/whats-on](http://www.visitlancashire.com/whats-on)

### Eureka! Free Super Sunday and Holiday Clubs

Super Sunday and Holiday clubs are taking on a new look for 2018. We're focusing on six artistic themes which will be repeated throughout the year. Children with any disability will be welcome at all our clubs, except for three sessions which will be for children with autism only. Sessions need to be booked in advance.

**W:** [www.eureka.org.uk/whats-on/access-all-areas](http://www.eureka.org.uk/whats-on/access-all-areas)

**T:** 01422 330069

### Riding for the Disabled Association

Riding for the Disabled – RDA, is a federation of Member Groups, which are dedicated to improving the lives of people with disabilities. Provision of opportunities for riding and/or carriage driving enables people to improve their health and wellbeing, delivering a lasting therapy that benefits mobility and co-ordination, encourages confidence and self-worth whilst having fun.

**W:** [www.rdanorthwest.org.uk](http://www.rdanorthwest.org.uk)

**T:** 01253 761882

**E:** [patholden3@aol.com](mailto:patholden3@aol.com)

### Online Safeguarding – Parents & Carers

The online world offers amazing opportunities but also brings elements of potential risk and for Parents & Carers, making sense of the online world can appear to be an enormous challenge. See the following link for more information.

**W:** [www.lancshiresafeguarding.org.uk/online-safeguarding/parents-and-carers](http://www.lancshiresafeguarding.org.uk/online-safeguarding/parents-and-carers)

### The National Autistic Society

The Autism Alert Card -A mini-information pack, designed for adults, for situations when communication may be difficult. Developed by the NAS in consultation with people with autism or Asperger syndrome and their families. The pack includes a key facts leaflet about autism and a credit-card style insert for emergency contacts. The cost £2.50.

**W:** [www.autism.org.uk/products/free-resources/autism-alert-cards](http://www.autism.org.uk/products/free-resources/autism-alert-cards)

### The Children and Family Wellbeing Service

The Children and Family Wellbeing Service, previously children's centres and Young People's Service, provide services to help with parenting and other support you may need.

We support families of children and young people from 0-19 years and young people with special educational needs and/or disabilities up to 25.

**W:** [www.lancashire.gov.uk/children-education-families/childcare-and-family-support/children-and-family-wellbeing-service](http://www.lancashire.gov.uk/children-education-families/childcare-and-family-support/children-and-family-wellbeing-service)

**T:** 0800 511111

### Youth Zone

We work with children and young people up to the age of 19 years and up to the age of 25 years for children and young people with special educational needs and/or disabilities.

We are part of the Children and Family Wellbeing Service which enables children and families to access appropriate support on a wide range of issues as early as possible in order to help them to achieve a good quality of life and facilitate positive ongoing life changes.

**W:** [www.lancashire.gov.uk/youthzone](http://www.lancashire.gov.uk/youthzone)

**T:** 0800 511111

### Children's Integrated Therapy and Nursing Service

Children's Integrated Therapy and Nursing Services (CITNS) bring together Children's Occupational Therapy, Speech and Language Therapy, Physiotherapy and Special School/Complex Needs Nursing services. We also deliver support to children who have individual packages of care due to their very complex health needs.

Our aim is to provide a consistently high quality service that is child and family centred for children who have additional health needs that may require support from one or more therapy or nursing services. We work in partnership with hospital paediatric services, schools, social care services and other agencies to deliver effective multi-agency care for these children.

Our website brings together a wealth of tips, information and links to external websites offers support and information to parents who have a child who has known learning or developmental difficulties, and there are also links for professionals to access.

**W:** [www.lancashirecare.nhs.uk/childrens-integrated-therapy-and-nursing-service](http://www.lancashirecare.nhs.uk/childrens-integrated-therapy-and-nursing-service)

### Stickman Communications

Challenging the view that disability is a negative and scary thing, and creating understanding and acceptance of disability as a different normal instead. A refreshing, stylish, light-hearted yet true-to-life approach to disability. Using stickmen and simple phrases to break down barriers, challenge preconceptions, promote understanding and acceptance, and enable communication. A range of books, badges, stickers, wristbands, keyring cards and more, all featuring "differently normal" cartoons by Hannah Ensor.

**W:** [www.stickmancommunications.co.uk](http://www.stickmancommunications.co.uk)





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.

## POWAR Meeting Dates April 2018 – June 2018

**Young Inspectors** visit different services for children and young people to inspect them and then come up with ways that they can improve. The meetings are an opportunity to find out about upcoming inspections and write up reports for recent inspections. **Tuesday 12th June 6 - 8pm / Tuesday 10th July 6 - 8pm**

### POWAR Combined

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

**Tuesday 19th June 6 - 8pm**

**Tuesday 17th July 6 - 8pm**

**Media Group** a meeting where young people help to write the newsletters for POWAR and update the participation website, internet pages and Facebook page. **Tuesday 5th June 6 - 8pm / Tuesday 3rd July 6 - 8pm**

## Summer holiday dates and times to be confirmed

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 meetings 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.



# AUTISM STARS

*At The Vanguard Centre Bevington Close Burnley BB11 4SD*

**Autism Stars is a new group for young people from 6 to 16 who have Autism, ADHD or Learning Disabilities.**

**Our Focus is to develop friendships and support individuals to be the best they can be.**

**In fact we help them to become an 'AUTISM STAR'.**

**Open every Saturday from 9am to 12 noon.**

**Starts Saturday 5th May 2018**

**Enjoy lots of activities and fun indoors and outdoors, and we will support each individual to participate through our sensory based program.**

**If you are interested in joining this group the cost is £3.00 each session and includes a snack and drinks.**

**We are also seeking volunteers to help with this group so if you are interested**

**Contact Tom on 01282 416194**



## OJ's Saturday Club

Activities for children with autism and their families

The club will run every Saturday until further notice.

Please see our Facebook page (OJ's Care)  
or text for weekly updates

£3 per child carers free, stay and play as long as you like,  
at St.Cecilia's High School, Longridge, PR3 2XA  
for children and young adults with autism,  
associated disorders and learning difficulties

A great meeting place for families,  
siblings and carers

Stay and play with the additional  
support of OJ's staff

Tuck shop, teas and coffees

A fun, safe and understanding  
place for carers to visit with children

Bouncy castle

Art and craft corner

Sensory Play

General Play

Sports

Lots of space to run around

### Siblings very welcome



✉ [lisa@ojscare.org](mailto:lisa@ojscare.org) ☎ 07971723607

🏠 [www.ojscare.org](http://www.ojscare.org) 📺 ojscare 📺 ojs\_care

Registered charity 1119062 - Unit 1 Chapel Hill Trading Estate, Chapel Hill, Longridge, PR3 3BU



## SATURDAY MORNING ACTIVITY CLUB

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

VENUE:

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

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



CONTACT:

Weekly  
Sessions



£2.50  
per session

## Youth Sessions

Mondays 7.30 – 9pm

**Delivering a wide range of activities with all  
abilities for young people in year 7 and above (11+)**

We offer a range of activities which include:

\*Cooking/baking \*Pool \*Music \*Sports

\*Games tournament \*Quiz nights

\*Indoor sports \*Film Nights and more...

*(We cannot provide 1-1 care, but carers are welcome to stay for FREE)*

### Where

The Zone Young People's Centre,  
(opposite Trinity Church), Parson Lane,  
Clitheroe, BB7 2JY

Contact Spring into Phab on

**01254 457026** or Email:

[Phab@spring-projects.co.uk](mailto:Phab@spring-projects.co.uk)

<http://springinto.phab.org.uk/>



Join our Facebook group [spring into phab](https://www.facebook.com/springintophab)

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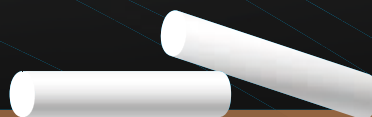
# Parents' Hints and Tips

## Preparing for School

- When choosing a school, take the time to read their SEND Local Offer/SEN Policy, along with the School Prospectus, Ofsted Report and Behaviour/Discipline Policy. These will all be available on their website, but if you ask they may be able to send you a paper copy. Make a list of the schools you think would be suitable, and contact them to arrange a visit, preferably during class time so you can see a lesson in progress.
- Make an appointment with the Headteacher or Special Needs Co-ordinator (Senco), and arrange for someone to go with you if it helps. Make a list of all your child's needs and any questions you would like to ask beforehand, and take a pen and paper to jot down important points.
- Talk to other parents whose children already attend the school. They will know how effective the school is on discipline, how much homework is set, etc. Ofsted has a page on their website called Parent View, where you can see what parents say about a particular school.
- Write a shopping list with your child of all the things they will need for school – uniform, PE kit, pencil case, etc. Let them choose some items themselves, such as a school bag or lunch box. Check with the school if they have second-hand uniform for sale.
- When shopping for school shoes, did you know that Clarks shoe shops offer an appointment with a trained children's fitter, at a time that suits you. Contact your local store or call the appointment helpline on 0844 248 8408. Also, members of TAMBA (Twins and Multiple Births Association) can receive a 10% discount on full price footwear and accessories for all children in the family up to age of 16 years. You need to show your valid TAMBA/IMBA membership or e-membership card at the till.
- Let your child dress in their uniform and make a school corner at home. Make it fun and exciting and tell your child how grown up they are and how proud you are of them. Our daughter loved practising sitting on a carpet for a short story and then getting a star sticker for good listening. We also bought story and sticker books about starting school to share together.
- Take photos of your child's teacher, teaching assistant and Senco and also key areas of the school, eg their classroom, the dining room, toilets, etc. Put them in a scrap book with names/labels and talk about them during the summer holidays. If you know other families at the same school, arrange to meet up for "play dates" over the holidays.
- If your child is not fully continent when they start school, an intimate care plan can be vital. This will include where and by which members of staff they will be cleaned and changed. Changing table and wipes, bags etc. This, along with any requirements surrounding eating, drinking or taking medication should be noted in their Education Health and Care Plan (EHCP) or Statement of SEN.
- Build good relationships with your child's SENCO, Teacher and TA. Don't be afraid to voice concerns or worries early on, as they are just getting to know your child. Use a home/school diary to write about the day's/evening's events for each other. Suggest ways of working that your child enjoys, as every child has a different learning style.
- This would not suit all children or families, but in Year 1, I chose to educate my daughter at home each Wednesday. This allowed a slower, quieter day, where we could consolidate what was being learnt at school, as well as working on life skills such as laundry or grocery shopping. We also had time to swim in the afternoons. We continued this until she asked to be at school with her friends every day, but the possibility is there to return to flex-schooling at any point.

More advice on choosing a school is available on the Local Offer:

**[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)**







# Family Fund

Helping disabled children

Family Fund is the UK's largest charity providing grants to families raising disabled or seriously ill children aged 17 and under. Their grants for family breaks, sensory equipment, clothing, kitchen appliances and much more help to break down the additional barriers that families face, and ease some of the daily pressures.

Eleven-year-old Rosie has a diagnosis of polymicrogyria, cerebral palsy type 4, and has low muscle tone. She recently received a grant for an inflatable spa where she can relax, and give her mum Lorraine a place to do Rosie's hydrotherapy with her at home. Lorraine said, "Rosie loves her Lay-Z-Spa, it gives her that freedom with her body which is so important. It's great to have access to that kind of therapy in our own garden, going to the pool can be a long process as we've got to change Rosie, and then navigate slippery floors while carrying her which is dangerous, so being able to give her that freedom in the comfort of our own garden is great."

To find out more, including how to apply, please visit [www.familyfund.org.uk](http://www.familyfund.org.uk)

You can also find us on:

- Facebook [facebook.com/FamilyFund](https://facebook.com/FamilyFund)
- Twitter @FamilyFund
- Instagram @Family\_Fund



At TLC we give children space, time and appropriate structures to explore issues and feelings through the media of role play, art, puppets, stories, movement and small world play.

For further details please contact us

[www.therapeutic.me.uk](http://www.therapeutic.me.uk)

Email:

[a.atkins@therapeutic.me.uk](mailto:a.atkins@therapeutic.me.uk)

Tel: 01 772 802 800

Millenium City Park  
Millenium Road  
Preston  
PR1 5HU

For your reassurance, all staff have a full DBS Enhanced Disclosure, receive regular supervision and have undergone up-to-date training in Safeguarding

## DO YOU KNOW A CHILD WHO

Has additional needs?

Struggles with school?

Does not play or communicate?

Has experienced family breakdown?

Has experienced personal or domestic abuse?

Is sad, lonely or withdrawn?

Has sensory needs?

Has experienced trauma?

For children who may find it difficult to verbalise their thoughts and feelings, creative media gives them a voice and a chance to 'tell' their stories.

Sessions are held on a one-to-one basis or in small groups and are led by staff who are qualified in the therapeutic use of play and creative arts.



*Because Every Child*  
*Deserves some TLC*



# 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 |
|                         | 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  |



**Disability Awareness Day**

**SUNDAY 15th JULY 2018**  
Walton Gardens, Warrington  
**10am - 5pm**

- Support Groups & Services
- Equipment Suppliers, Holidays & Transport
- Sports Zone, Arts Marquee, Live Bands, Dance & Drama

Organised by    

Principal Sponsors  

**Promoting Independence Through Life and Work**  
Tel: 01925 240064 [www.disabilityawarenessday.org.uk](http://www.disabilityawarenessday.org.uk)



## 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](mailto:FIND@lancashire.gov.uk)

T: 01772 538077 or 01772 532509



## Editorial Group

### Information, Advice and Support Team

[Norma.ohagan@lancashire.gov.uk](mailto:Norma.ohagan@lancashire.gov.uk)

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

[Pauline.mansley@lancashire.gov.uk](mailto:Pauline.mansley@lancashire.gov.uk)

### Parent Representatives

Chorley – Nannette Holliday

Lancaster – Lucy Ellis

South Ribble – Hayley Monk

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

### Voluntary Organisation

Julia Johnson – Face 2 Face/Scope

Tom Harrison – Community East Lancashire

### Health

Carole Kay – Lancashire Care NHS Foundation Trust



We also have a facebook page.

For regular updates, please 'like' our page

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

**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

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.

### 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.

Name

Address

Postcode

Tel. No.

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

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