

FIND

Welcome to the Winter issue of the FIND Newsletter, 2020

If it seems a long time since you received the last copy, apologies as we unfortunately weren't able to produce an Autumn issue this time. It's been a strange year to say the least - but we are hopefully moving towards more positive times, with the news of several Covid vaccines ready to roll out over the coming months. In the meantime, the virus is still here, so please continue to follow the government guidelines and keep everyone safe.

Many face to face activities are not yet able to reopen, but there are lots to choose from online – see inside for interactive play sessions, youth groups, dance, drama and more. We have information for young adults aged 16+, and also online support groups for parents and carers.

 www.facebook.com/LancashireLocalOffer

Christmas will certainly be very different this year, but that definitely doesn't mean it's cancelled. Get the children to make Christmas cards, a fun activity and so much nicer to receive! Decorate the tree, dust off the board games, watch a family film, maybe arrange a zoom party with extended family and friends. And if children are worried that Father Christmas won't be allowed to visit this year, remind them he is a key worker and so must keep working!

We wish you all a Happy Christmas and look forward with hope for a better New Year!

Thank you for your continued support.

Sarah Deady
Inclusion Service

Yesterday is not ours to recover, but tomorrow is ours to win or lose.

Lyndon B. Johnson

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Lancashire Break Time activity sessions



Lancashire Break Time

Lancashire Break Time (LBT) provides a non-assessed short break for parent carers while their child attends a fun group activity.

In March this year, all LBT activities were suspended due to the pandemic, and families were left without the short breaks the service had provided.

Happily the lockdown measures were eased in July, and over the summer holidays some of our providers were able to reopen, with social distancing, personal protective equipment (PPE) and lots of extra cleaning to keep everyone safe!

Wherever possible the activities were held outdoors, so the children could get to experience the freedom to run around in the sunshine (and sometimes in the rain!). We were even able to offer some Outdoor Education sessions at Hothersall Lodge and Tower Wood, with cycling, zip wire, kayaks and more!

Reopening hasn't been easy due to Covid-19 and LBT providers have had to learn and follow a whole new set of guidelines (which often change at very short notice), while still providing a fun experience for the children and young people. We would like to say a massive Thank You to the providers and staff who have worked so hard to make this happen.

Thank you also to all the parents that put their trust in the providers to keep their children safe at such a difficult time. And thank you also for your positive feedback and fabulous photos!

Since September, more providers have restarted their LBT activities – check the Local Offer page for details of what is on offer near you: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/lancashire-break-time

Just wanted to pass on my thanks and praise for the session A attended in August. The session and staff were well organised and explained clearly what was to happen. The session only had a small number of young people and a high level of staffing. A was able to spend time on the water in a variety of craft, he particularly enjoyed the power boat. He remained very calm and thoroughly enjoyed his day. I was able to remain on site with 2 of my other children who both have special needs with access to brilliant facilities. We also had an amazing surprise when staff offered myself and 2 girls a trip on the lake on a boat which has ramp access. The girls had an amazing time! The day was incredible for my family – grateful thanks for an amazing day.

I would just like to give some feedback from the water sports session at Hothersall Lodge. E and M absolutely loved every minute of it, they loved the freedom and all the activities – Steve the instructor was brilliant and had a great rapport with the children. We would love to attend things like this again in the future. Sincere thanks to the staff.

The groups have been a lifeline especially during Covid and trying to keep some normality in these strange times.

Kayaking, raft building and swimming in Lake Windermere, what great activities with willing young people and great staff showing them the ropes, literally! Worth the drive to Tower Wood for 3 Thursdays in a month, the organisation felt very Covid safe and great weather. This activity came just at the right time for us as we had summer holiday boredom creeping in after what seemed like a really long year. His confidence and social skills could be seen growing each week. A lovely sight to see. Thank you so much to Lancashire Break Time for arranging.

We just wanted to say a massive Thankyou for organising the sessions, C really enjoyed them and can't wait to go again. He loved every aspect of everything he attended and all the staff were great (special mention to Steve). Please let us know if any similar schemes are run in the future.

Just wanted to let you know how much H enjoyed the 2 sessions at Hothersall Lodge over the summer. If he could have done more he would, and the instructor said he laughed almost for all of the paddle boarding session.

Massive thanks, D had a brilliant time on the lake. The guys were brilliant with him, he enjoyed every minute! Great fun

My son coming to Barnardo's has allowed me and my daughter to have the best afternoon. We watched MasterChef, got a takeaway and went for walk which we wouldn't have been able to do together as my son takes up a lot of my time. It was the best time.

Short Breaks Review and Redesign

The proposed model will be presented to Cabinet early next year. Once this has been approved, we will update everyone on when and how this will be implemented.

Lancashire Break Time

Chorley, Preston, South Ribble and West Lancashire

Since reopening in September we have started working out of several new satellite bases – which are proving to be very popular with the children and young people who are attending the groups.

We have different activities planned each week all based around different themes and festivals. Below is this terms activity plan.

Term Plan November-December	
Week Beginning	Activity
2 nd November	Bonfire Night Activities
9 th November	Children in Need Week Remembrance Day (11 th November)
16 th November	Diwali
23 rd November	Thanksgiving
30 th November	Tree Dressing Day
7 th December	Christmas Cards for Care Homes
14 th December	Christmas Crafts/Christmas Games

Taking bookings now on 01772 629470

After school groups every Monday – Thursday 4:30 – 7:00pm

Weekend Sessions run Saturdays & Sundays

Holiday Clubs including Christmas

Only £1 per hour!



Lancashire Break Time
Activities
In Fylde, Wyre & Preston

*For children and young people aged 6–18 with
additional needs and disabilities living in Lancashire*

**Fylde: Youth club, Wednesdays, £5 per
session**

**Wyre: Youth Clubs, Mondays & Tuesdays
£5.00 per session**

**Preston: Youth Club, Wednesdays, The
Space Centre, Thursdays, £5 per session**

**School holidays—Activity Clubs, 10:00am-
3:00pm £15 per session (8-18year olds)**



For more information contact us on

01253 899883 or visit our website:

www.playinclusionproject.org.uk



We deliver a range of activities for disabled children and adults both in and out of term time, including activity camps. For further information

Email: info@bfcct.co.uk or call 01253 348691

In partnership with:



www.bfcct.co.uk

Coming soon to **Pendle**
Lancashire Break Time

Taking bookings now on **01772 629470**



Afterschool groups
School Holiday Sessions

Only £1 per hour!



Each week will have a new theme giving your child the opportunity to make new friends and learn new skills. Lancashire Break Time sessions are for children and young people aged 4-18 years with special educational needs and/or disabilities who have difficulty accessing universal services. Short breaks give the primary carer of a child a break from their caring role whilst the child or young person attends a fun group activity.

Staff members complete a comprehensive training programme and have considerable experience of meeting the needs of a wide range of disabled children and young people and those with SEN. Staff and volunteers have knowledge and understanding of behavioural and communication needs.

For more information about the above services please call the team on 01772 629470 or email:

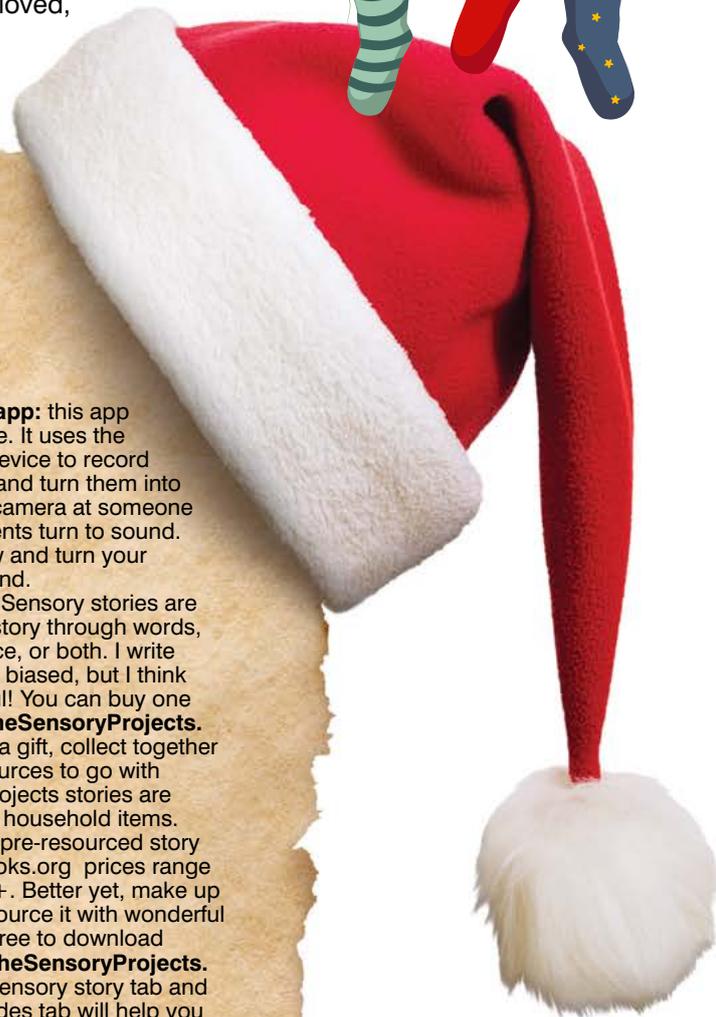
Lancashirebreaktime@barnardos.org.uk
Alternatively search for us on FACEBOOK

[@barnardosincludeme2](https://www.facebook.com/barnardosincludeme2)

A Sensory Being's Wish List

Shopping for a Sensory Being* at Christmas time can leave people stumped as to what to get them. This list has been tried, tested and loved, the most expensive thing on the list is around £30, and the cheapest things are free. A Sensory Being won't mind what a gift costs, they won't mind about presentation, what they are interested in is how it stimulates their senses!

- **Festive lip balm:** Lip balm offers taste and smell experiences without the need to swallow. It is great for encouraging people to move their lips which in turn strengthens muscles used for breathing, swallowing and making sounds. Get a range of flavours.
- **Hula hoop and shower curtain:** Create your own mini sensory room by clipping a shower curtain to a hula hoop and hanging it from the ceiling. Inside you can play with toys that light up, or make sounds. Small immersive environments like this are great for getting increased responses or for hiding out from the Christmas chaos. A plain shower curtain is ideal but ones with scenes printed on them are also fun.
- **Sound responsive bracelet:** these are great fun for encouraging vocalisations and are available for £1 on ebay. They light up in response to sound, so play in a darkened room.
- **Rave gloves:** So much fun for playing in the dark, black gloves with fingertips that light up and change colour; again you can pick them up for a few pounds on ebay.
- **Magic blackout paper:** to make the room dark so you can play with all your fun light up toys.
- **Scent bottles:** in a well ventilated room, melt small holes into ordinary 500ml drinks bottles. Fill the bottles with smells, eg a sprig from the Christmas tree, cloves, herbs, spices, flowers, pot pourri, etc. Screw the lid on tight and offer one or two to play with at a time.
- **A UV light bulb and some fluorescent fun:** You can buy a UV lightbulb that will screw into a standard light fitting for under £5, this will enable you to fluoresce a whole room in UV light (magic blackout, see above, can help to make the effect stronger). Once your room is glowing in UV light you can have all sorts of fun; try getting some rave face paint that fluoresces in UV and painting your faces, or dissolve a vitamin B50 tablet in water to make it glow and then play splashing and pouring.
- **A Spinning Bubble:** A metal spinning bubble will enchant any Sensory Being who enjoys visual stimulus. The company Bubbles Inc. sell them on their website.
- **The Color Band app:** this app is available for free. It uses the camera on your device to record your movements and turn them into sound. Point the camera at someone and their movements turn to sound. You can also draw and turn your drawings into sound.
- **A sensory story:** Sensory stories are a way to share a story through words, sensory experience, or both. I write them so I am very biased, but I think they are wonderful! You can buy one for £14 at www.TheSensoryProjects.co.uk if giving as a gift, collect together a little box of resources to go with it. The Sensory Projects stories are all resourced with household items. Or you can buy a pre-resourced story from www.BagBooks.org prices range from £30 to £100+. Better yet, make up your own and resource it with wonderful experiences; the free to download guides on www.TheSensoryProjects.co.uk under the sensory story tab and the resources/guides tab will help you create and facilitate a fabulous sensory story.
- **A membership to a local scrap store:** if you have a scrap store near you, this gift is akin to giving your Sensory Being free toys all year. Scrap stores are repositories of sensory wonderfulness and members are allowed to take as many resources as they like whenever they like! Try Sams at Blackburn: www.energy-zone.org.uk
- **A vibrating toy:** if you live near a Tiger shop, they do a 3 pronged vibrating massager that costs about £4 and is by far and away the best vibrate toy I have found over the past 2 years. For Sensory Beings who tend to get anxious, vibrations can be incredibly reassuring. For Sensory Beings who do not always engage through their other senses, vibrations can be a way to reach them and delight them. Even an electric toothbrush can be fun!
- **Space blanket:** A foil blanket, the sort that marathon runners get wrapped up in after they have finished a race. They cost about 50p and are wonderful wonderful sensory fun; light, noise, shine a light on them or sit near sunlight and they are dazzling! Store inside a fabulous box and help develop anticipation and excitement every time they are revealed.



*A Sensory Being is a person whose primary experience of the world, and meaning within it, is sensory.
www.TheSensoryProjects.co.uk

Children and Family
Wellbeing
Service

Shine

Come and join our free interactive
ZOOM session

For Children aged 5 - 11 years with SEND
Parents and carers welcome
Every Wednesday 4 - 5pm



Booking and Referral form required for this group. For more information and to book your place please call 01772 538396

Lancashire
County Council



HOME START Busy bees



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

Busy bees can offer concerned parent(s) a relaxed non-judgmental atmosphere, one to one support via our What's app group, Zoom and home visiting support

Building positive friendships

One to one support for parents from our volunteers

For more information
Rachael 07702 555 078
Joanne 07715 635 749

Groups are held

Every Monday
10am—11am

Via Zoom—please contact us for the details



Colourful Footsteps

Virtual SEND Group
for 5-11s

Meet other
parents

Have fun
with activities
to do at home

Find out how
to get support

Fridays at 4pm on 

To join in, call 01772 537014, or send us a message via [facebook.com/pendlefamilyzone](https://www.facebook.com/pendlefamilyzone) for a Zoom invitation.

Supporting families who have children aged 5-11, with a disability or special educational needs



WHO ARE WE?

POWAR is the name of Lancashire County Council's Participation group for children and young people with special educational needs and disabilities (SEND). POWAR stands for Participate, Opportunity, Win, Achieve and Respect and we have a primary group and secondary group up to age 25.

WHAT DO WE DO?

We share our views and opinions about decisions that affect our lives. We take part in consultations on important topics and get involved in decisions that have an impact on our lives. We attend meetings to discuss issues and work in partnership with decision makers. We have been having weekly meetings by Zoom to carry on our participation projects, give and receive updates, chat, socialise, and do quiz's and games.



You can contact us via email/phone:
 mia.leyland@barnardos.org.uk - 07850 213298
 dylan.williams@barnardos.org.uk - 07701293493
 Office: 01772 629470

Lancashire County Council  **Believe in children Barnardo's**



UNLOCKED EXPERIENCES

LOCKDOWN THROUGH THE AGES

Unlocked Experiences

Are you aged between 4 - 18 years? Have you been getting creative during lockdown?

The young people at Unlocked Experiences want to hear from you!

PLEASE SEND US YOUR CREATIVE CREATIONS, SUCH AS:


PHOTOS


FILMS


ART

Upload your submissions at:
www.uhmb.nhs.uk
 or scan the QR code with the camera on your smart phone



DEADLINE FOR ENTRIES | SAT 19 DECEMBER




The Big Story Challenge

Open to deaf children and young people, age 8-18

Closing date: Monday 14 December 2020

itv Signed Stories

A new competition for deaf children and young people who love writing and drawing

We're inviting deaf children and young people to create a 500-600 word written or signed story, with pictures, about any subject they choose.

Our judges will be looking for original stories with a clear beginning, middle and end, and creative illustrations.

Who can enter? The Big Story Challenge is open to deaf children and young people with any type of hearing loss, from mild to profound. This includes deafness in one ear, or temporary hearing loss, such as glue ear.

The three age categories for entries are 8-11, 12-14 and 15-18.

The prize - A winner from each age category will have their work turned into a signed story and published on the ITV Signed Stories Website. Winners will also receive book tokens for their school.

How to take part - Download our competition guidance for step-by-step instructions on how to enter: [Competition Guidance](#)

The competition will close at 11.59pm on Monday 14 December 2020.

Unfortunately we will not be able to accept submissions after the deadline. If you have any questions or need help, email us at youthdevelopment@ndcs.org.uk



Jingle Bells, Jingle bells

is that santa calling?

The Space Centre

As an alternative to seeing Santa face to face, The Space Centre is offering a personalised phone call with the big man himself!

All monies raised will benefit The Friends of Space Charity, who provide sensory equipment for The Space Centre. Once payment is made, a form will be emailed to you, allowing you to personalise the phone call for your child, making it a wonderfully magical experience!

Simply follow the link below to book your child a place

[HTTPS://WWW.JUSTGIVING.COM/FUNDRAISING/CREATIVE-SPACE-CENTRE](https://www.justgiving.com/fundraising/creative-space-centre)
 or call Andrea on 01772 769 391, email spacecentre.fundraising@gmail.com

£5 for one child or £7.50 for two.



Exciting New Support Service for Autistic Young People

Spectrum Gaming is a free, friendly and accepting online community for autistic young people (aged 13 and above) who have a shared passion for gaming. Our main focus is for autistic gamers to make some friends, play games together and have fun! The platform we use is Discord, but we also have a Roblox community and a Minecraft Server.

The group was set up by some autistic advocates who oversee the community, but all decisions are made by the young people. We run daily events and competitions on different games and have a variety of safe ways for the young people to chat with each other and develop positive relationships. In addition to having a focus on gaming, we have a YouTube channel for the young people who are interested in YouTube and offer advice to young people who would like to grow their own YouTube channels.



Spectrum Gaming was created to fill a gap and make sure that young people we come across who are lonely, isolated or struggling have a safe place to go to where they can connect with their like-minded peers. If you are unsure about Spectrum Gaming or would like to create your own local online gaming community, we are happy to share our knowledge/ expertise so you can set up your own, meaning that more young people will have the same opportunities and positive experiences as the young people who access and enjoy our community.

Here is a video which explains how our Discord server works: https://www.youtube.com/watch?v=g1qd5Eb_A4w&t=4s

You can find more information about Spectrum Gaming here...

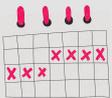
Our website: <http://spectrumgaming.net>
 Email us: info@spectrumgaming.net
 Facebook: <https://www.facebook.com/Spectrum0Gaming/>
 Twitter: <https://twitter.com/Spectrum0Gaming>

Free, online, inclusive activities

have fun, make friends, join the community



join from anywhere



different sessions every day of the week



take part in everything from choir to yoga, crafts to cooking



How do we join?

Getting involved is simple, and we'll be there to support you the whole way.



email info@keenuk.org



visit our website: www.keenuk.org/projects



Contact us on social media @loveinclusion



Join us now!



Who we are

At KEEN, we think that people with additional needs should be fully included in society! We are an award winning, inclusive community organisation helping to create, support, and promote inclusion.



What do you do?

At Virtual KEEN we're offering everything from cooking to crafts, sports to talent shows, yoga to story time which means there's something for everyone! The best part is you can take part from anywhere. Our Virtual Sessions are held via Zoom.

How do I sign up?

You can register on our website at www.keenuk.org/projects or email keen@keenuk.org - we'll be in touch to help you with Zoom, and explain we work.

Is this really for me?

Yes! Absolutely everybody is welcome at KEEN. We aim to be as inclusive, welcoming and accessible as possible. Please reach out and let us know how we can best support you joining us.

100%

of participants asked told us that they wanted to return for the next one if possible!



Follow us! @loveinclusion



keen@keenuk.org | www.keenuk.org
07729 286992

Lancashire
County Council

Children and Family Wellbeing Service

UniQcorns

Burnley

Special Education Needs/
Disability Youth Group
For 12yrs - 19yrs+

Tuesdays 7:00pm
Interactive sessions
via ZOOM

For more information or to join
sessions contact Sophie:
sophie.leach@lancashire.gov.uk
07929847448

EXPLORING POTENTIAL

Lancashire
County Council

Lancaster Children and Family Wellbeing Service
PRESENT

YOUTH IMPACT!

Have you struggled during lockdown?
Struggling going back into school?
Or has your mental health suffered due to Covid?

Come and get support at our new
six-week support group.

What impact has Covid had on YOU?

We're looking for 13-17 year-olds to
come and share their Covid and lockdown
stories through arts and crafts while making
friends and getting support!

If you're interested or would like more
details, contact Nicole on 07887631335 or
nicole.cobb@lancashire.gov.uk

Lancashire
County Council

LANCASHIRE YOUTH COUNCIL

Burnley & Pendle

Alternate Thursday Evenings

YOUTH COUNCIL

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

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

Are you
12 - 19
Years old?

For more information or to join
sessions contact Mohammed:
mohammed.arshad@lancashire.gov.uk
07876 790731

BE A VOICE FOR YOUNG PEOPLE

Lancashire
County Council

Children and Family Wellbeing Service

Colourful Voices

Pendle

Special Education Needs/
Disability Youth Group
For 12yrs - 19yrs+

Tuesdays 7:00pm
Interactive sessions
via ZOOM

For more information or to join
sessions contact Mohammed:
mohammed.arshad@lancashire.gov.uk
07876 790731

EXPLORING POTENTIAL

Lancashire SEND IAS

Information, advice and support
for Special Educational Needs and Disability



The SEND Information, Advice and Support Team

are offering FREE webinars for parents and carers on the following subjects:

Choosing a school/school admissions

Wednesday 6th January 1:30pm – 2:30pm

<https://zoom.us/join/zoom/register/Ujqcuytqz0RtaNAt1xv8bWn9mWVpZLy7>

Choosing a school/school admissions

Tuesday 12th January 6pm – 7pm

<https://zoom.us/join/zoom/register/UJlduitqD8rEtHthYBVP-EQTRb4IhdCsU1>

Meetings with school – make them matter

Wednesday 13th January 1:30pm – 2:30pm

<https://zoom.us/join/zoom/register/UJlduitqD8rEtHthYBVP-EQTRb4IhdCsU1>

SEN support in school

Wednesday 20th January 1:30pm – 2:30pm

<https://zoom.us/join/zoom/register/UJlduitqD8rEtHthYBVP-EQTRb4IhdCsU1>

The annual review process

Wednesday 27th January 1:30pm – 2:30pm

<https://zoom.us/join/zoom/register/UJlduitqD8rEtHthYBVP-EQTRb4IhdCsU1>

The number of places available will be limited

Booking essential – click the link to book

Or visit www.facebook.com/LancashireSENDInformationAdviceandSupportTeam

SEND Information, Advice and Support Team

Helpline - 0300 123 6706 Monday – Friday 9am – 5pm, out of hours please leave a voicemail

Email – information.lineteam@lancashire.gov.uk

Carers Link Lancashire

IMPROVING LIFE FOR CARERS

Join us every Thursday at 7pm for our fun Zoom quiz - All are welcome

It's a chance to get together and test your knowledge on sport, music, geography, art, literature and picture round. As well as trying to improve scores each week for fun the group have lots of laughs and friendly chats.

Zoom ID: 84470946155

Password: 509844



We have lots of fun things planned virtually to keep us connected over the coming months including a **Christmas Singalong, Wreath Making Workshop, Makeup Tutorial and Festive Movie & Lunch**. If you would like to book your place or need some help setting up Zoom for the first time please call us on **01254 387444**

Lets stay connected

54-56 Blackburn Road,
Accrington, BB5 1LE
01254 387444

www.carerslinklancashire.co.uk

**Carers Link
Lancashire**
IMPROVING LIFE FOR CARERS

Lighthouse Parent Carer Group

The Lighthouse group meets on the fourth Friday of the month via Zoom. The group provides you with an opportunity to meet with representatives from local agencies who can answer your questions and offer support, with a different topic each month.

Upcoming meetings (10.00-11.30am):

January 22nd

Time for you: Looking at what is available to support parent carers

February 26th

Education, support plans and pathways: what you need to know

March 26th

Understanding sensory needs



To access the Zoom link email
Stephen.cookson@lancashire.gov.uk
or Facebook message West Lancashire
Children and Family Wellbeing Service

Lancashire
County Council
Children and Family
Wellbeing
Service



Do you live in the Chorley area?
Are you a parent or carer who
struggles with low mood?
Could this start to impact on those
around you too?

We are in the Zoom Room being creative!
Through holistic methods we are going to
show you that life isn't so bad, remind you
that you can take time back for you, enjoy
the moment, inspire you to seek things for
yourself and make new friends. We all need
reminding sometimes.

Thursday Mornings 10.30am ~ 11.30am

New Sessions Starting Soon!

Waiting list is now open
Call us for more information on:

01257 516466
01257 516316

Lancashire
County Council



Helpful approaches for a PDA profile of autism at Christmas

Christmas can be an overwhelming time for autistic people. We've put together some general suggestions of helpful approaches for PDA families & individuals.

www.pdasociety.org.uk

Perspective & Preparation

- ~ Try not to let tradition or pressure from others determine your plans
- ~ Redesign Christmas to work for your household
- ~ Plan collaboratively with flexibility for plans to change as needed
- ~ Incorporate lots of downtime and where possible continue usual routines and activities



Events & Gatherings

- ~ Keep small, short & spaced out
- ~ Make safe spaces & sensory support available
- ~ Agree exit options



Festivities & Decorations

- ~ Make the most of opportunities when they arise rather than at specific times and accept that some things can't be done



- Gifts**
- ~ Make & share a wish list of gift ideas & delivery preferences e.g. stocking not in bedroom* or gifts placed somewhere rather than physically handed over
 - ~ Reduce uncertainty & overload e.g. say what gifts are coming, wrap in one parcel/clear cellophane or don't wrap, open gifts at a comfortable pace
 - ~ Consider giving one or more gifts early if waiting causes anxiety
 - ~ Reduce expectations around saying thank you for gifts



*inform Santa too

Food

- ~ Put less focus on Christmas dinner
- ~ Offer choice around where, when and what to eat
- ~ Make familiar/preferred foods available



Traditions

- ~ Traditions can feel like demands
- ~ Creating your own family's routines, Christmas-themed or otherwise and with room for flexibility, can be helpful



Recognising & Reducing Anxiety

- ~ Be aware of anxiety cues - it may not always 'look like' anxiety
- ~ Sudden emotional changes can occur more frequently when anxiety is high
- ~ Humour, rest & taking a break from Christmas-themed activities can be helpful
- ~ Keep calm & try not to take anything personally
- ~ Be aware of masking and how this affects anxiety later on
- ~ Build in lots of recovery time and personalised regulating/calming activities



COVID-19 Update

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

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

YOU ARE NOT ON YOUR OWN

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

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

You are welcome to join our fortnightly virtual drop-ins 2nd Thursday of the month 10am – 12pm and last Monday of the month 7pm-8.30pm.

Email Claire chats_123@yahoo.com for an invite.

Monthly face to face meetings every 3rd Thursday of the month 11-1pm .More Music Devonshire Street Morecambe LA3 1QT. Just drop-in .All welcome.



Preparing for Christmas

At the Challenging Behaviour Foundation we know Christmas can be hard for families and 2020 has been a particularly difficult year.



Join us for a Christmas-themed CBF Carers Catch Up

Wednesday 9th December

at

10:30am

Carers Catch Ups are Zoom meetings for families to come together to get things off their chest, share successes and support each other.

Everyone has a relative with a severe learning disability and understands the challenges you may be facing.

Mince pies & Christmas jumpers optional!

Email network@theCBF.org.uk to register your place now!



Get advice and support

WE HAVE EXTENDED THE OPENING TIMES FOR TALKZONE TO INCREASE THE ACCESS AVAILABLE FOR SERVICE USERS DURING COVID-19. TALKZONE IS NOW AVAILABLE 365 DAYS PER YEAR, 8.30AM TO 10PM DURING THE WEEK AND 2PM TO 10PM AT WEEKENDS AND BANK HOLIDAYS.

•TELEPHONE: 0800 51 11 11
•TEXT: 07786 51 11 11
•EMAIL: talkzone@lancashire.gov.uk
•TALK ON-LINE IN A PRIVATE AND CONFIDENTIAL SPACE:

www.lancashire.gov.uk/youngpeople/youthzone
Please note online chat is from 2pm-10pm daily.



Age 0-19

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

talk zone

Text 07786 51 11 11

Talk online [lancashire.gov.uk/youngpeople/youthzone](https://www.lancashire.gov.uk/youngpeople/youthzone)

Call 0800 51 11 11



www.lancashire.gov.uk



OJ's Care Community Support

We are a charity for children and young adults with autism, learning difficulties and associated disorders who have been established for 14 years.

During this difficult time, we are helping families with their shopping, picking up prescriptions, dropping off parcels, etc...

Our services during Covid-19:

- Helping people living with other disabilities, such as the visually impaired and those who are hard of hearing
- Helping the elderly
- Covering a 20 mile radius from Longridge (Should someone be outside of this area, we will do our very best to help them)

Please get in touch with us for more information about our services and to book onto sessions once we're back open.

Our sessions include Saturday Club for the family and 2 mid-week sessions for SEN home schooled children and adults with autism, associated disorders and learning difficulties.

Lisa: 07971 723607
lisa@ojscare.org

Bryony: 07983 156928
b.donoghue@ojscare.org

Registered Charity No.: 1119863

CONNECT

Burnley Youth Theatre offers a range of engaging workshops for children, young people and adults with disabilities or learning difficulties to experience the world of theatre. The Fully Supported Sessions are designed to encourage participants to gain confidence, make new friends and build skills.

Parents / Carers are welcome to meet us before to discuss individual needs. To find out more about our workshops and how to book a space head over to www.burnleyyouththeatre.org



@burnleyyouththeatre

@burnleyyouththeatre

www.burnleyyouththeatre.org

bookings@burnleyyouththeatre.org

BURNLEY
youth theatre



TRAMSHED ONLINE INCLUSIVE PROGRAMME

SOUTH PIER (4-12 YEARS)
CENTRAL PIER (13-24 YEARS)
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WEEKLY WORKSHOPS VIA ZOOM
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TRAMSHEDTHEATRE@HOTMAIL.CO.UK



**Meaningful,
creative and
inclusive
Divine Online
Working with
the community,
for the
community in
our community**

Hey everyone, it's Katie at Divine Days

I'm excited to say we're launching..

DIVINE ONLINE

Now that families are stuck indoors, we don't want anyone to miss out on the fun they usually have in our classes. We have the potential to reach far and wide and have a range of inclusive online classes suitable for everyone.

Here's what we'll be doing:

- Divine Dance** - wake up and shake up for children with some added bits for the grown-ups
- Diddi Divine Dance** - fun and creative dance for children and their families
- Demi Divas** - beat-bopping, spin, hopping street dance
- Divine Dinners** - let's try to eat healthy using what's in the cupboard
- Divine Divas** - fun and exercise while in a chair
- Divine Design** - arts and crafts based workshops
- Divine Dreams** - and relax! Mindfulness and relaxation

To subscribe to our Divine Dijj YouTube channel visit:

[Tinyurl.com/Divine-Dijj](https://tinyurl.com/Divine-Dijj)

Or search "Divine Dijj" on YouTube



Well Skelmersdale



NHS
Midlands and Lancashire
Commissioning Support Unit



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



DivineDaysCommunityArts



DivineDaysUK



Jen Blackwell, Founder of Lancashire based charity DanceSyndrome has been announced as one of the most influential people with a disability in the UK for the third year in a row.

The Shaw Trust Disability Power List 100 is an annual publication of the 100 most influential disabled people in the UK. The list is compiled by an independent judging panel. Baroness Jane Campbell was the chair of the 2020 judging panel and has fought for equal rights for disabled people for as long as she can remember – from challenging special school segregation as a child, to public demonstration, and now advocates for disabled people in the House of Lords. The list is usually celebrated with a launch event in London, but this year the celebrations took place online via a livestream event on Wednesday 21 October.

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

DanceSyndrome is still thriving 11 years after Jen founded the charity. Despite the challenges presented in 2020 by the coronavirus, the inclusive dance charity has had a positive year.

DanceSyndrome Founder is included in the 2020 Disability Power List 100



After closing their face to face workshops in March, they have successfully adapted to offering online dance and are now offering outdoor dance sessions too. They have successfully secured funding from The National Lottery Community Fund, Arts Council England, Comic Relief, Sport England and Care Housing Association to ensure that people with learning disabilities are not disproportionately isolated and disadvantaged by the lockdown.

This inclusive approach to dance has resulted in Jen, 38 from Chorley, being included on the Power List for the third consecutive year.

Jen said: "Oh wow. I can't believe I've won again for the third year. This is amazing! Thank you Shaw Trust and everyone for believing in me, for valuing me for the person I am. It means the world to me. I owe my life to my fellow dance leaders. I am giving them their lives in dance, and they are giving me mine. I didn't have a life in dance before, and now I do. My dream is coming true."

Jen was also recognised in September by local networking group Pink Link Ladies, who host an annual awards ceremony for business women in the North West called the EVAs. This year they were forced to do things differently because of lockdown, so to celebrate their tenth year they are celebrating ten EVA Stars. These are ladies who have won EVA's in the past and have really stood out as superstars. Jen won the Inspirational Woman of the Year Award at the 2015 EVAs and was thrilled to be recognised again as an EVA Star in 2020!

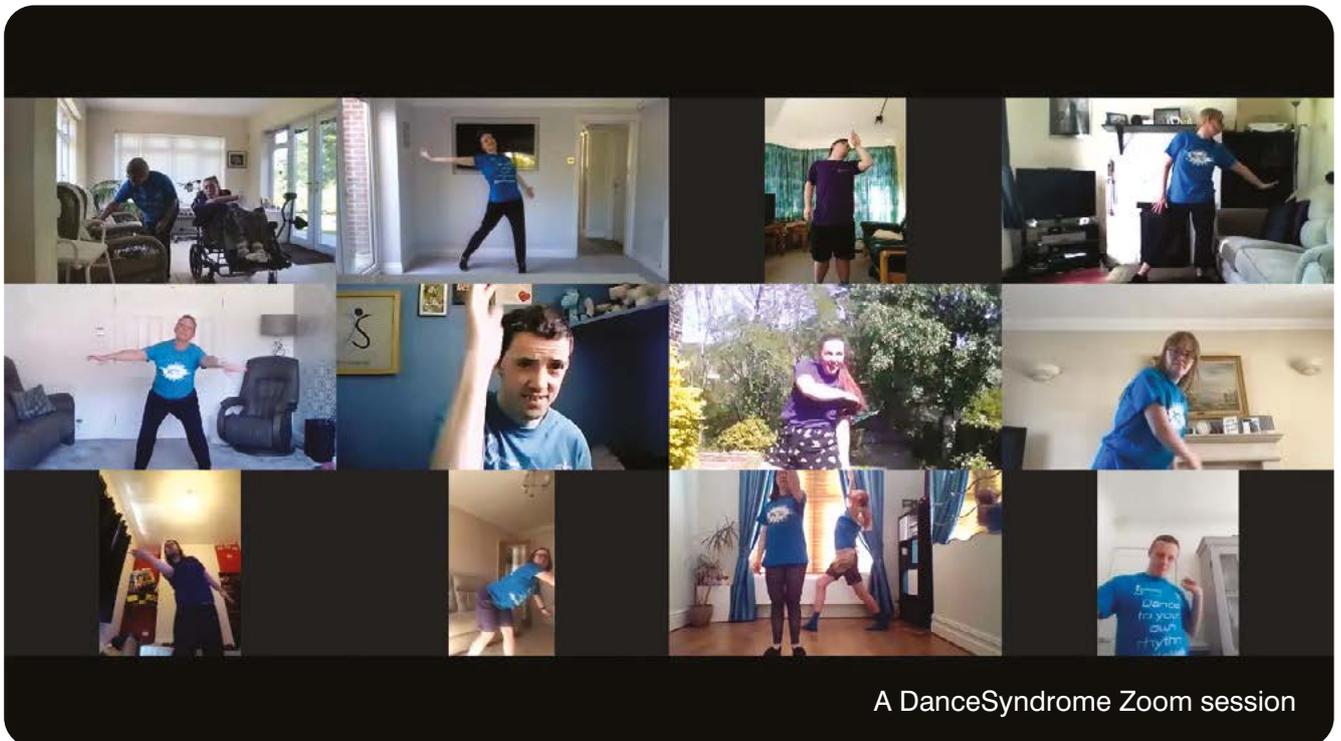


Community Fund for Lancashire supports DanceSyndrome

Local charity DanceSyndrome is thrilled to have received a grant of £5,000 to support the online work of Dance Leaders with learning disabilities during the COVID-19 lockdown.

Community Fund for Lancashire, who provided the grant from their Lancashire COVID-19 Community Support Fund, are an independent charity that promotes local giving to address local disadvantage. Since 2007, they have distributed in excess of £13 million to charities and community groups in Lancashire.

DanceSyndrome supports many vulnerable adults across Lancashire who have been shielding due to the COVID-19 outbreak. At present, it is unclear when people will be able to return to their regular community dance sessions so the charity had to adapt quickly and with a view to online sessions becoming the norm for the rest of 2020. The DanceSyndrome team wanted to limit the impact of isolation on participants and continue to make them feel a part of what they refer to as “the dancing family”. They decided to take the workshops online using Facebook, YouTube and Zoom to bring the sessions to regular participants and anyone else who wanted to use them to stay active at home during isolation. The Facebook and YouTube sessions are free to access and the Zoom sessions have a low charge of £2.50. The funding provided by Community Fund for Lancashire subsidised the running costs of the sessions for 12 weeks and enabled the charity to focus on the future.



Rae Brooke, Chief Executive for the Community Foundation for Lancashire, said: *“The Lancashire COVID-19 Community Support Fund has distributed more than £650,000 through 165 grants to frontline community groups and charitable organisations supporting the most vulnerable.”*

DanceSyndrome, who provided a vital lifeline for local people with learning disabilities during the lockdown, are amongst the many incredible organisations that have been supported. We know that the detrimental impact of this emergency will be evident over the long term and to enable us to continue supporting the work of groups like DanceSyndrome we are calling on those able to do so to donate to the Lancashire COVID-19 Community Support Fund.”

DanceSyndrome MD Dawn Vickers said, *“At DanceSyndrome we empower adults with learning disabilities to gain skills not just for dancing and dance leadership but for living independent lives. It has been so hard for our participants and our team members to not have that face to face contact that is such a positive part of their lives. The online sessions we are offering bridge that gap as best we can and provide a lifeline at a time of significant isolation. We are proud that this grant will benefit many learning-disabled adults whilst giving peace of mind to their families and loved ones at a very challenging time.”*

RAVE with Dave and Bex!



DanceSyndrome launched an innovative new Zoom dance session in September for people with and without disabilities. **"Rave with Dave and Bex"** is an exciting new concept co-led by Dance Artist David Darcy and Dance Leader Becky Rich. Participants of all ages and abilities spend five weeks learning a flashmob routine and on the sixth week they hold an online rave event to perform their routine in front of a live audience with glow sticks and glitter at the ready!

Rave with Dave and Bex is the newest addition to a range of Zoom sessions that include Street Dance, Contemporary Dance, daily wake up sessions and even an infant's session led by 3 year old Max, who has Down's syndrome.

Dance Artist Dave Darcy said **"Rave with Dave and Bex** is about giving people the chance to really let loose and dance. We will rave through the decades from 80's dance classics to modern day bangers! The sessions are designed to be fully engaging and welcoming for everyone, from the experienced Ravers to those with no dance experience at all. Come and learn, create, rave and have FUN!"

The sessions are co-led by Dance Leader Becky Rich. Becky is also an Ambassador for the charity, promoting the charity's work and actively demonstrating that having Down's syndrome, or any disability, shouldn't stop you from following your dreams. Her dream was a career in dance and she is living that thanks to DanceSyndrome.

Becky said *"I really look forward to Rave with Dave and Bex on Thursday nights. We still have lots of daytime sessions which you can join but this is something different. I am really excited because we are using glow sticks and we will have a jolly good dance! This is going to be a big party! The music is fantastic and we get away from these difficult times. Join us for the fun through Zoom. I know the one thing we all need is to be happy. Join this jolly good party! Please tell everyone you know."*

Rave with Dave and Bex is on Thursdays at 7pm. If you would like to find out more about the sessions, please visit: www.dancesyndrome.co.uk/events

A video clip about Rave with Dave is available on YouTube: <https://youtu.be/9UrLSoi3SRg>



Becky Rich



David Darcy

For more information about DanceSyndrome, please contact **Sarah Calderbank**, Project Co-ordinator on **07597 942494** or email sarah@dancesyndrome.co.uk
 Website: www.dancesyndrome.co.uk
 Facebook: www.facebook.com/dancerleddisabilityinspired
 Twitter: [@Dancesyndrome](https://twitter.com/Dancesyndrome)

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Purple Umbrella Fitness Activities

Come and join us at the Thomas Galvin Playing Fields,
Abbey Lane, Burscough. (Opposite the Recycling Centre)

And The Old People's Club Burscough.

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

We will be holding weekly socially distanced sessions 2-4pm
for individuals with complex and profound disabilities. Including;

Chair yoga, Jenga, bowls, ring toss, walks (weather permitting)
and a monthly dance exercise and disco!



Sessions will run up till March 2021

Dates for the next 3 months are;

Thurs 5/11, Thurs 12/11, 19/11, 26/11, 3/12, 9/12, 17/12

7/1/2021, 14/1/2021, 21/1/2021 & 28/1/2021

Dates for the following 2 months will be confirmed soon.

Please bring your own support & face covering.

We can also provide visors if needed

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

Any questions please email us at; sandraanja21@gmail.com

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

motiv8 Lancs

The Beeches Centre , Rimington Avenue,
Accrington , BB5 0NP
Contact Tracy on: 07980292330
Facebook: motiv8-lancs daytime
activities Motiv8-lancscic@outlook.com

Educational sessions for adults 16 and over
living with learning disabilities,
Autism , a mental health need and for adults
socially isolated in the local
community.

We are open in lockdown
10.00-3.00



We deliver lots of different
Fun educational stimulating
activities throughout the
sessions such as:

Woodwork Crafts, History, Arts/
Crafts, mindfulness activities,
Arm chair exercises, Play your
cards right Games, Fabric/silk

painting, Bingo,
Table top Gardening,
Meditation, Card Making,
Scrapbooking,
and much more!



A two course lunch is included in the
price and one to one support is
available on request at an
extra cost

Please telephone for more
details regarding prices and days
that are now available.

We are accepting Volunteers so
please contact us as this is a very
rewarding opportunity



BIG
LOTTERY
FUND

LOTTERY FUNDED

We also deliver a
special session funded by The Lottery
that includes a wide range of fun
activities using musical instruments
including singing songs using Makaton
signs, plus using lots of LED
Fun resources!

Whilst socially distancing



Spring into Phab have been running weekly online activity sessions
since March, to help people stay connected during lockdown.

The sessions take place on Zoom, 7.30pm - 9pm every Monday
evening.

The sessions are for people ages 16+ with a learning disability or
autism.

We do various activities such as bingo, quizzes, craft activities and a
general chance to socialise.

For more information, please contact Lauri at Lauri@spring-projects.co.uk

The group is co-run by volunteers, who also have learning disabilities
themselves. In recognition for the work the volunteers have done in
setting up and running these successful online sessions and providing
a valuable service to our members in helping to reduce loneliness
and isolation during this difficult time, the volunteers have been
nominated for a Phab Lockdown Heroes award, which is taking place
virtually in December.



Spring into Action CIC is a non-profit enterprise, company number 8255261



Announcing our NEW Meet N Match Covid Membership

- ♥ Supported Online Zoom Matches ♥
- ♥ Ongoing Support Calls ♥
- ♥ Access to FREE Relationships Training ♥
- ♥ Zoom Support via Telephone/Text/Email if needed ♥
- ♥ Small Group and 1-1 Sessions (where restrictions allow) ♥
- ♥ Access to other Online Social Activities ♥

Meet NEW friends
and potential partners
at our Members only
events.



Only £40
for 12 months

For more details please contact
Lizzie Winkfield, Membership Coordinator
on 07762 964728 or lizzie@meet-n-match.co.uk
Lauri Gaynor, Administrator
on 07522 376590 or lauri@meet-n-match.co.uk
[facebook.com/MeetNMatchNW](https://www.facebook.com/MeetNMatchNW)



www.meet-n-match.co.uk



Bringing the healing power of nature to you

Covid-19 and social distancing has produced extremes in response. For some it is an escape from the pressures of modern life. For many it has heightened existing health and wellbeing concerns. It is creating new waves of people experiencing isolation, loneliness, poor mental health, and challenges with practical issues like loss of income. Even where people are isolating with other people it is surprisingly possible to feel lonely without being alone. Being in wild places is good for your health and wellbeing and a pioneering project is bringing those benefits to your home.

Staying connected to each other and to the outside world has never been more important than right now and during these difficult times we are sure that many individuals are in need of some extra support with their mental health and wellbeing.

That's why here at the Lancashire Wildlife Trust we are proud to be offering a way to do just that with our free virtual ecotherapy sessions Myplace at Home – connecting with nature to make us feel happier and healthier.

Rhoda Wilkinson, Myplace Manager said: *“Usually, we encourage our participants to put their phones and laptops to one side and to embrace the full benefits of being out in nature. We might take a wildlife walk or learn how to cook on a campfire. Learning things, creating things, giving something back to nature, and spending quality time outside; these are all proven ways of supporting our mental health and what our Myplace project is all about.”*

Whilst following government guidelines on social distancing we are now able to offer the opportunity to bring Myplace into people's homes by making positive use of technology”

Kevin O'Hara from the Business Development Team at Lancashire and South Cumbria NHS Foundation Trust said: *“We know that life has changed for many people, especially when isolated from their friends and family. With this in mind our staff are working extremely hard to give people easy access to the mental health and wellbeing support they need. It is fantastic that we are able to continue offering referrals through this new initiative for people who need extra support during the pandemic.”*

Senior Project Officer, Jenni Lea explains how the online Myplace sessions work: *“The sessions are completely free and will run once a week, lasting an hour and half. Every session is delivered by experienced Myplace staff who are fully trained to provide a safe, nourishing environment. We make sure the groups are very friendly and supportive and will have no more than eight participants in a session at one time. We use a secure online meeting area to create safe ways to connect with people who may be in a similar situation to you, to learn new skills and to improve your wellbeing. By bringing Myplace in to people's homes we also hope to encourage people to learn more about how to act for nature in their own yards and gardens, developing strong green corridors that support nature's recovery too.”*

The Myplace ecotherapy project has been supporting people to improve their wellbeing through contact with nature since 2016 as part of our successful partnership with Lancashire and South Cumbria NHS Foundation Trust. We have changed people's lives and our hope is that this new offer will provide even more people with the vital support they need.

These new virtual Myplace sessions are open to anyone aged 16 or over and are completely free. If you think you or someone you know might benefit from these online sessions please visit our webpage – www.lancswt.org.uk/myplace where you will be able to complete our self-referral form or contact a member of the team with any further questions you may have about Myplace or our online sessions.

The Myplace project is funded by the National Lottery Community Fund as part of the Our Bright Future programme and More Positive Together programme. More Positive Together is a Lancashire-wide project which will help 2,250 residents of the county's most deprived neighbourhoods to improve their skills and employment prospects. It is led by Active Lancashire and supported by funding from the European Social Fund.

Myplace is a partnership project between the Lancashire Wildlife Trust and Lancashire and South Cumbria NHS Foundation Trust.

For more information go to www.lancswt.org.uk/myplace

Twitter: @myplace2gr0w

Facebook: @myplace2gr0w

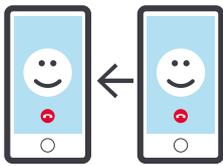
Instagram: @myplaceproject

Keeping People Connected

A new service for people with learning difficulties and/or autism during Covid-19.



At People First we are doing our best to support people in need during this difficult time.



We want to help people stay safe, healthy and not feel alone. We have set up a new specialist telephone service for people who have learning difficulties and/or autism who need some support.



We will have regular calls with people who need support. We want people to know that we are here to talk to and to offer practical support.



If you know someone who could benefit from this service please contact us with the name and contact details of the individual in need of support.

Keep connected:

keepconnected@wearepeoplefirst.co.uk
0300 303 0175

working in partnership with



Take care. Stay Safe.

wearepeoplefirst.co.uk



Making Ripples

2020 Conference

Wednesday 9 December 2020 9:30 - 16:30

Workshops to raise awareness and exploring support offered to HE students and graduates with an Autism Spectrum diagnosis, in academia and employment

Including presentations from:



Dr Damian Milton

Event details and to register:
<http://uclancareersfairs.com/makingripples2/index.html>



Dr Marc Fabri



Dr Beatriz Lopez



Dr Jonathan Vincent



My Life Online

Free online help and information sessions for people with disabilities and their families.

Understanding the social care assessment process

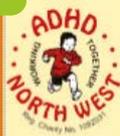
Feeling daunted by the social care assessment process? We'll help you better understand and prepare for it and feel confident enough to advocate for yourself.

First session
Tuesday 8th December,
10am-11.30am.

Repeat session
Tuesday 15th December,
7pm - 8.30pm.

Sessions are led by Caroline Tomlinson, My Life founder and CEO, with Advocates Gill Lachman and Gail Ambrose, Benefits specialist. We look forward to answering your questions!

Places are limited.
Register on **01257 472 900** or **email info@my-life.org.uk**.
Find out more about the charity My Life at www.my-life.org.uk.



ADHD North West



We are combining our two offices from
Morecambe & Accrington into one office.

Head office details

New Address

Suite 4

The Chambers

Great Harwood

Lancashire

BB6 7DD

Contact details

01254 886886

Email:

reception@adhdnorthwest.org.uk

www.adhdnorthwest.org.uk

Facebook: ADHD North West



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND



Deaf & HoH project – Coronavirus Community Support

Are you Deaf/deaf or Hard of Hearing and living in Preston or the surrounding areas?

Our *Disability Equality* Deaf & HoH Link Workers can support you with:

- BSL Letter translation
- Referral to partner organisations/services
- Information and advice
 - Phone calls
 - Building confidence
 - Reducing isolation
 - Health concerns

Please contact us if you want any further information or simply want to have a chat.

PLEASE DON'T STRUGGLE.

Contact Details:

John Kamitsis: johnk@disability-equality.org.uk

Catherine Nassimi-Green: caffy@disability-equality.org.uk

Operating hours: Mon – Fri 9:30am – 3:30pm

Website: www.disability-equality.org.uk
Facebook: [www.facebook.com/Disabilityequality\(nw\)ltd](https://www.facebook.com/Disabilityequality(nw)ltd)
Twitter: www.twitter.com/DisabilityNW
Instagram: www.instagram.com/Disabilityequalitynw

Disability Equality North West Limited is registered in England and Wales.
Registered Charity No: 114622
Registered Company No: 5506903



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DO YOU HAVE A REGISTERED BLIND / VISUALLY IMPAIRED CHILD?

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EVERY FORTNIGHT ON
SATURDAY MORNINGS 10.30AM - 12.30PM

PARENTS & CHILDREN CAN TAKE ADVANTAGE OF THE
'TIME OUT' ACTIVITIES PROVIDED DURING THE SESSION

£1 PER ADULT
(TO COVER REFRESHMENTS)

CHILDREN ARE FREE
(SILBLINGS ARE WELCOME)

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Based in Accrington
Registered Charity N°1125177

Have you had a diagnosis of sight loss in the past year?

Take your first steps into a new world with us.



Accrington & District
Blind Society

Moving Forward

is a five session course offered FREE by
Accrington & District Blind Society
to help you make the most of life after
a recent diagnosis of sight loss.

These sessions will be run
between 10.30 am and noon
on these dates:
16th November
23rd November
30th November
7th December
14th December

You can join using either your
computer, tablet device or
simply using a mobile
or land line telephone.

Want to know more?

You can find out more
and register to attend
these sessions by calling
us on

**0300 365
3700**

Guide Dogs services for children, young people and families



We are Guide Dogs. And we're here to help people with sight loss live the life they choose.

Children and adults. Friends and family. Parents and professionals. Whoever you are, our expert staff, volunteers and life-changing dogs are here to help you.

We're here to give advice and emotional support from the moment your child is diagnosed with a vision impairment. Our team of experts has many years of experience working with children and their families, and can introduce you to a range of services based on your child's needs, such as:

Education support

Our specialist team can offer independent and tailored advice to help your child receive all the educational support they are entitled to. From helping to choose the right nursery, school or college, to working with teachers and special education staff or advising on assistive technologies.

CustomEyes books

No child should miss out on the joy of reading – and we can produce books in large-print, tailor-made to suit your child's eye condition. We have a range of books available, including non-fiction, popular fiction titles and annuals. We can also provide National Curriculum revision guides for home and school.

Technology advice service, including grants
Our grants help cover the cost of sensory equipment and assistive technology (also called access or adaptive technology), which can empower children, helping them become independent learners through apps and games. We can also offer advice on technology and software that can help children and young people access information and online resources on their own.



Early diagnosis family support

Our specialist team can offer information, advice and guidance from the early stages following diagnosis. Further help can include health and welfare advice, practical and emotional support and signposting to other organisations and services.

Family events

Every year we host a UK-wide programme of family activity days. Here your child and their siblings can play and take part in activities together – alongside other children with sight loss. Meanwhile, parents can share experiences, support each other and access specialist advice from our team. We also host an early diagnosis weekend to support families at this critical time.

Life skills

We're here to help your child learn and practise tasks that are important to daily life, confidently and safely. We support children and young people of all ages. From supporting physical development and learning in the early years, to navigating streets safely, preparing food, handling money, using technology and managing their appearance as they grow older. This training programme (also known as habilitation) will give your child invaluable practical skills for life. We also offer tailored courses for children with additional and complex needs: these include early motor skills, sensory development, body awareness and wheelchair mobility.

Guide dogs for children and young people
A guide dog could give your child the confidence to get out and about safely. Whether it's to go to school or college, to a regular exercise class or to meet up with friends, they provide life-changing practical support every single day.

Buddy dogs

Our buddy dogs bring a canine friend into the lives of children with sight loss. By helping to build your child's confidence in themselves and trust in their surroundings, these dogs have a positive effect on your whole family's wellbeing.

We're here for you, whenever you need us.

0800 781 1444

children@guidedogs.org.uk

www.guidedogs.org.uk/children

My Young Carer Story...

My young carer story began aged 8,
Caring for my dad, my superhero, my mate,
I came home from school and in the front door,
"Where is my daddy?" I began to roar,
I found out that night my dad wasn't well,
My dad would be ill forever, I began to sob and yell,

He came home a month later, only for a while,
We played games, had cuddles and always made me smile,
From then our normal was changed & we had to adapt,
Mum & I took turns with housework as my dad napped,

As years went by dad began to get worse,
I began to do more tasks and symbolised a nurse,
Making tea, doing prescriptions & helping to wash & dress,
Managing money, running errands and washing some clothes to press,

This continued to happen, through blood, sweat and tears,
Until I asked for help, around thirteen to fourteen years,
My school referred me to Barnardo's Lancashire Young Carers,
I then realised these people help and are problem sharers,

I started with support to help me with my roles,
They also made me realise to focus on my goals,
Staff told me "believe in yourself, your mum and dad are proud",
They think this every day, even if they don't say it aloud,

I am now nineteen years old & still in my care role,
I am a lot more confident now and been to uni to enrol,
For the opportunities you've given me, I never could repay,
You've been there through the hard times, when I could've run away,

I can now focus on my future, and this is all down to the staff,
Thank you for all your support, but also for making me laugh.



Barnardo's Lancashire Young Carers

Lancashire Young Carers service continues to provide vital support to Young Carers across Lancashire. We have been busy providing 1-1 support and some virtual support including some Halloween inspired fun activities for young carers

If you would like to know more or to make a referral to our service please contact us:

Telephone - 01772 641002

Email – lancashireyoungcarers@barnardos.org.uk

Website – www.barnardos.org.uk/lancashire-young-carers.htm

Believe in
children



Barnardo's

NHS

East Lancashire
Clinical Commissioning Group

We are on
Social
Media!

For more info please like and follow our pages:



@LYCservice



Barnardo's Lancashire Young Carers

Lancashire
County
Council



In these difficult times, it's vital to offer young people as much help with their wellbeing and mental health as we possibly can. Kooth is a free, safe and anonymous site that offers confidential support to people in Lancashire aged 10 -16.

We are staffed by fully trained and qualified counsellors who are available until 10pm each night, 365 days per year.

With no long waiting times or referral process, Kooth is a fantastic way for 10-16 year olds to get the help and support they need, when they need it. For young people to access the service, go to www.kooth.com

We are now offering virtual Kooth sessions to parents and carers who would like to find out more about the service. These sessions are a valuable opportunity to see whether you feel Kooth is an appropriate support for your young people. Please see the poster for details, dates and links to register a place. If you would like to get in touch with us to hear more about our Kooth offer, you can contact omurphy@kooth.com or hhook@kooth.com



Come And Explore Kooth With Us

The following virtual sessions will provide you with:

- An overview of Kooth and how we support young people
- A live demonstration of the service
- A Q&A to ask us anything you want to know about Kooth

To attend please register on any one of the following links:

For Parents and Carers: Kooth Session A
Tuesday 24th November @ 18:00 ~ 19:30

For Parents and Carers: Kooth Session B
Thursday 3rd December @ 18:00 ~ 19:30

For Parents and Carers: Kooth Session C
Monday 7th December @ 18:00 ~ 19:30

For Parents and Carers: Kooth Session D
Wednesday 16th December @ 18:00 ~ 19:30



Gateway Support

Covid-19 advice, guidance and befriending service



An Inclusive Future CIC



What we do:

Is COVID-19 affecting your family, your children and their transitions?

Are you struggling with what to do next?

Are you looking for help and guidance

Do you feel overwhelmed and can't see the wood for the trees?
Would you like to talk to someone?

Gateway is a new professional advice, guidance, and befriending service working to ensure children and adults with disabilities and their families can access support in an accessible, person-centred and meaningful manner during and post the COVID-19 pandemic

How Can We Help:

We offer advice and guidance on how to access support

We work with you and your family to help find ways to reduce stress and anxiety

We offer a listening ear service where you can have someone to talk to and to help ease the sense of isolation you maybe feeling

We can help signpost you and your family to appropriate services

Where do I go from here?

For more information or make a referral or arrange to talk to someone:

gateway@divinedays.co.uk

07727159510

My name is Clare and I am a single mum to three teenagers, all of whom are on the autistic spectrum and one of whom has severe learning differences along with other complex needs. Having worked since the age of 15 and being fully financially independent since age 18, having to rely on the State for my income since my children were babies has always been difficult for me to accept, something that I still find extremely tough years later and probably always will.

Not being able to work hard to make our lives better, provide for their future and having no options to do so have contributed hugely to difficult mental health. I absolutely ADORE my son, but nonetheless, the reality of being a long term, full time parent carer strips you of your own identity. Your hopes, your dreams, any thoughts for your future, financial independence, ever owning your own home, all disintegrate into your love for and dedication to the person you care for.

So now in a seemingly random jump of topic let's talk about filling out forms!

Name, age, address, marital status (no idea why this is relevant in 2020), employment status.

And this is where I get to my point...

Employed ~

the Government supports me to care for my loved one, saving the UK economy £132 billion a year, but officially speaking in terms of this form - no.*

Self-employed ~

I wish - no.

Unemployed ~

are you kidding? - NO!

Home maker ~

my home looks like the aftermath of a tornado most days because I don't have the energy but also not relevant - no.

Dependent Spouse ~

some people may have a partner but this is irrelevant if you are a carer - no.

Retired ~

no (but interesting that this demographic is also supported by the State and yet recognised as a valid employment identity option).

Invisible Carers



And so back to the 'unemployed' box which tears away just a little more of my self-worth. It's not often in person any more, but when it is, I inevitably find myself trying to explain my circumstances to the other person in the hope that their compassion may somehow change their system. Like they might look at me and say 'oh I see, I understand now, let me just check this other secret box that recognises the 6.5 million carers in the UK*, sorry about that' and gives me an apologetic smile.

Having said all of this, I want to make it clear that I am inexplicably grateful that I live in a country with our incredible NHS and social care system (my social worker is one of my favourite people - shout out to Sophie at LCC) and the support that I have had has been incredible, a luxury not afforded to millions in other countries in my situation. I am also eternally grateful that this system supports those of us who care for 35 hours or more a week (many of us 24/7). Whether you agree with this or not is not the issue. The issue is that whilst the Government does recognise us and our rights, in commercial society, we are simply not there. The Equality Act 2010 states that 'it is illegal to discriminate against a carer because of their responsibilities as a carer, or because of the individual(s) they care for.

This law applies to discrimination and harassment if they happen in your work place and will also protect you as a carer when you shop for goods'... but how can this law protect us if we are not able to identify ourselves?

Every company, big or small, has its own system for working out who they do and do not think is a safe bet for their services. Our response to 'employment status' determines from their own, internally set, criteria which of us are eligible. They don't need to disclose to us how their system works but even the lovely lady that I spoke to at the Financial Conduct Authority agreed that it's a pretty safe bet to say that someone 'unemployed' would not receive the same entitlements as an 'employee', if they did, there would be no need for this question in the first place.

This next part is difficult to write, but something that I think needs to be said. As someone who lives on benefits, and I can only speak for myself on this, I find the topic of money a difficult one. For every TV show portraying lazy, scrounging, get-away-with-whatever-they-can individuals and the scorn and judgement that rightfully follows, there are many more of us who have no other option, but I absorb that same scorn and judgement from society and carry it with me. I know that I am doing the absolute best for my son, but I am still embarrassed and even ashamed that I don't support myself and my children. This shame has become an integral part of my identity.

However, regardless of how I or anyone feels about it, the fact is that in the system designed by our Government, we are entitled to be supported and therefore, with regards to commercial decisions, our income is entirely stable. If we value our elderly and those bringing up their families, then why not the contribution of our carers when they do so much to support our society? In my mind this isn't something that even has a counter argument, it's just common sense.

I know that this isn't a matter of life or death, war or famine and that we're in the middle of a global pandemic with many more pressing issues that need resolving, but this is something that is simply the right thing to do. So to that end, I am petitioning the DWP to have full time carers added as a valid 'employment status' option when filling out forms and applications and for all companies to be legally bound under the Equality Act 2010 to offer the same goods and services as they would offer to someone who they recognise as employed. Some might say, 'well your caring role could change in the future', yes it could, but so could your job!

If this has struck a chord with you, I have included a link to the petition below and look forward to carers receiving your support and reaching the 100,000 signatures needed to even begin the conversation.

With love from my family to yours
Clare

Please sign the petition at:
www.change.org/recognisecarers



*Statistics from Carers UK

Zoom Coffee and Chat!



Come and join us over Zoom!

Meet new people and enjoy a coffee and chat in great company.

Every Wednesday 1:30pm

Meeting ID: 882 4062 3656
Password: 989821

Phone in: +4413146011960

ALL WELCOME!



FREE AND SAFE SUPPORT TO REPORT HATE CRIME
Disability Equality (nw), 103, Church Street, Preston PR1 3BS

WE ARE OPEN MONDAY -FRIDAY
9.30am—4pm
Always ring **999** in an emergency or
101 in non-emergency

For further information, please ring

01772 558863 (option 2)
Text: 07761 008349
Email: jennifer@disability-equality.org.uk



Charity Number: 1114622 Company Number: 5506903

Parent Carer Group

for parents and carers of children and young people with special needs or disabilities.

Join us for a cuppa and a chat with like-minded people to share information and support.



Virtual Meeting



2nd Thursday each month 9:30-11:30 am

All Welcome

Email trinitysnap17@gmail.com for a Zoom invitation

2020 meeting dates	
October 8 th	November 12 th
December 10 th	2021 January 14 th

Trinity Special Needs Advice Partnership
07484 131652 Trinitysnap17@gmail.com





Newbold Hope

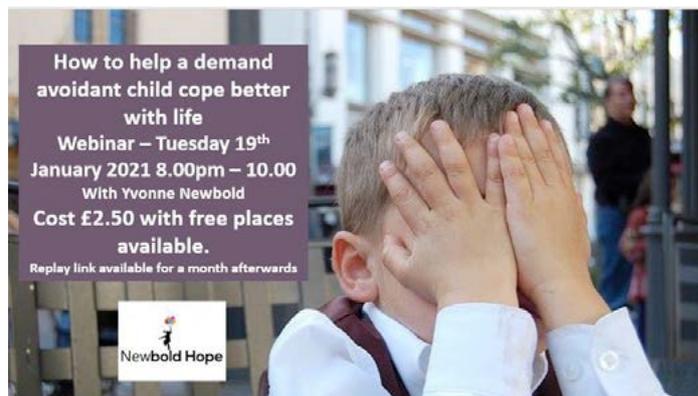
Webinars for parents of SEND children and young people who have extreme or violent behavioural challenges.

NHS England has funded a series of webinars by Yvonne Newbold, for parents of children with anxiety-led extreme or violent behavioural challenges. Designed to empower parents to gain the skills needed to be able to rescue a child from their own difficulties, each one looks at a different aspect of how family life is impacted by a child with very difficult behaviours, and how to help a child cope better in a safer and happier way.



How to keep brothers and sisters safe and happy
Webinar – Tuesday, 8th December
8.00pm – 10.00
With Yvonne Newbold
Cost £2.50 with free places available.
Replay link available for a month afterwards

 Newbold Hope



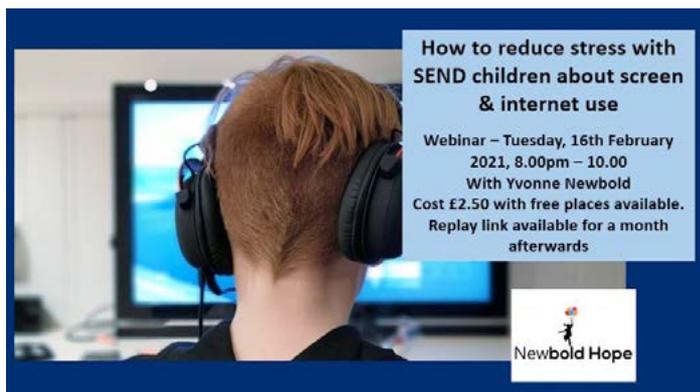
How to help a demand avoidant child cope better with life
Webinar – Tuesday 19th January 2021 8.00pm – 10.00
With Yvonne Newbold
Cost £2.50 with free places available.
Replay link available for a month afterwards

 Newbold Hope



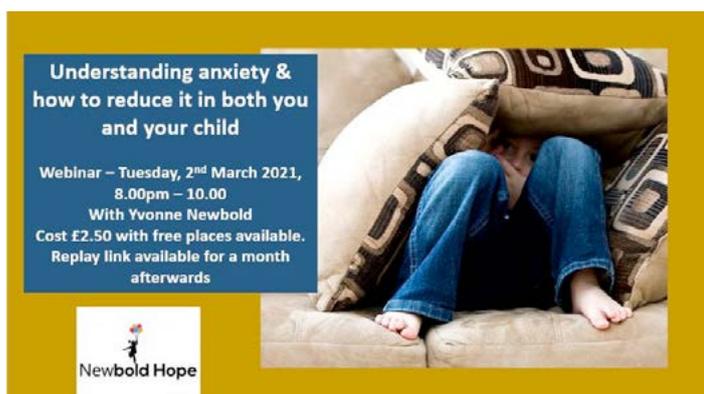
Understanding Communication and how it impacts on behaviour
Webinar – Tuesday 2nd February 2021, 8.00pm – 10.00
With Yvonne Newbold
Cost £2.50 with free places available.
Replay link available for a month afterwards

 Newbold Hope



How to reduce stress with SEND children about screen & internet use
Webinar – Tuesday, 16th February 2021, 8.00pm – 10.00
With Yvonne Newbold
Cost £2.50 with free places available.
Replay link available for a month afterwards

 Newbold Hope



Understanding anxiety & how to reduce it in both you and your child
Webinar – Tuesday, 2nd March 2021, 8.00pm – 10.00
With Yvonne Newbold
Cost £2.50 with free places available.
Replay link available for a month afterwards

 Newbold Hope



How to boost your SEND child's self-esteem
Webinar – Tuesday, 16th March 2021, 8.00pm – 10.00
With Yvonne Newbold
Cost £2.50 with free places available.
Replay link available for a month afterwards

 Newbold Hope

All of these webinars are on Tuesday evenings between 8pm and 10pm. All participants will also have access to a webinar replay link for one month to enable viewing at convenient times

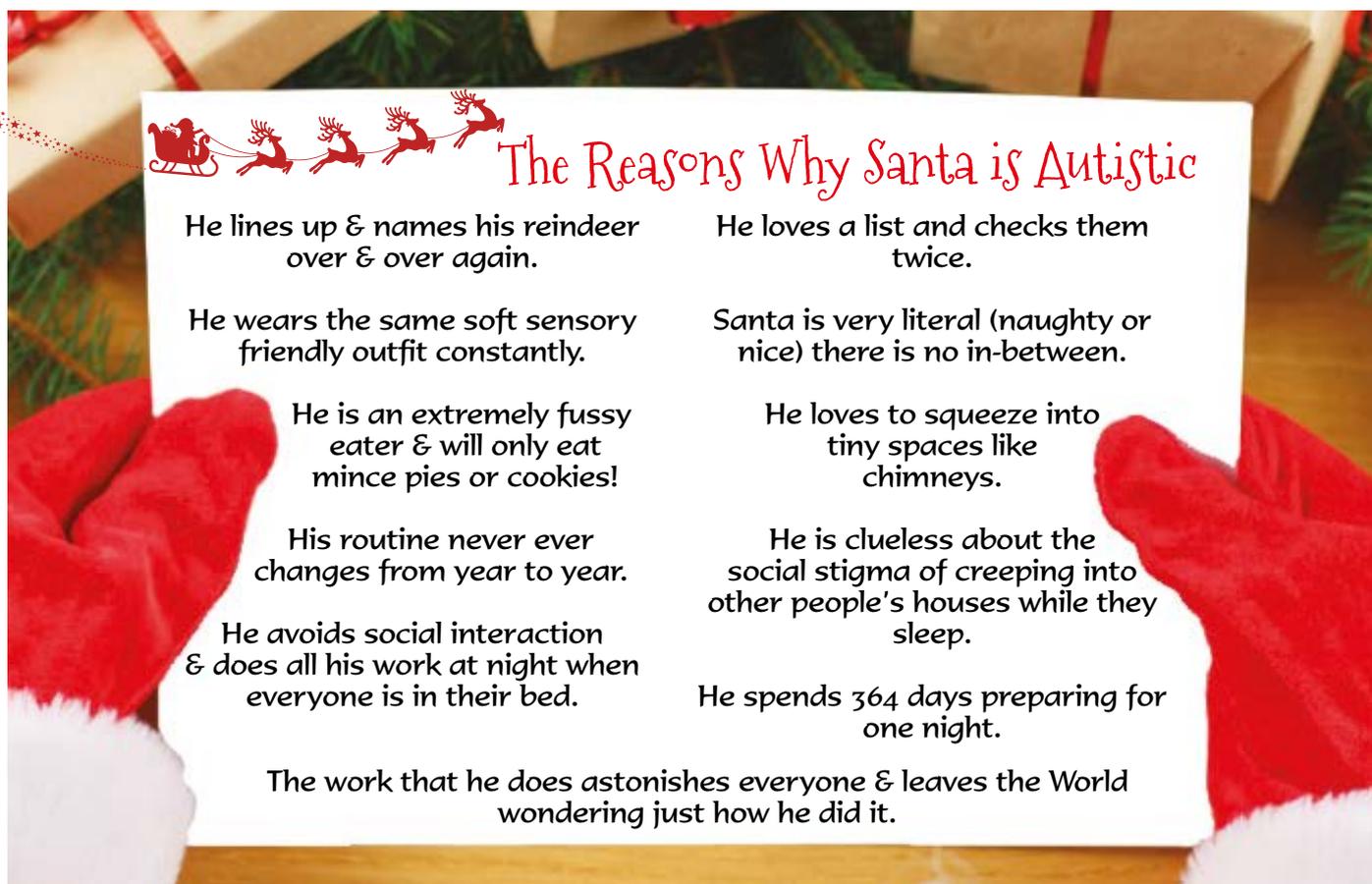
Each webinar costs £2.50 – Free places available for families in financial hardship. Please email webinars@newboldhope.com for more information

To find out more about all the webinars and to book, please go to:
<https://yvonnenebold.com/webinars-workshops-courses-and-books/>

Lancashire County Council – contact details

www.lancashire.gov.uk/council/get-involved/contact Email: enquiries@lancashire.gov.uk

	Service	Number
Corporate Services	Signposting / General enquiries	0300 123 6701
	Libraries	0300 123 6703
	Library Service Automated Renewal Line	0300 123 6704
	Registration and Certification Service	0300 123 6705
	School Admissions	0300 123 6707
	School Appeals	0300 123 6708
	Lancashire Adult College	0300 123 6709
Care Connect	Social Care	0300 123 6720
	Safeguarding Adults	0300 123 6721
	Emergency Duty Team	0300 123 6722
County Benefits Service	Care And Urgent Needs	0300 123 6735
	Blue Badges	0300 123 6736
	NoW Card	0300 123 6737
	Schools Transport	0300 123 6738
	Welfare Rights	0300 123 6739
Local Inclusion Offices	South (Preston, Chorley, South Ribble, West Lancashire)	01772 531 597
	East (Hyndburn, Ribble Valley, Pendle, Burnley, Rossendale)	01254 220 553
	North (Lancaster, Fylde, Wyre)	01524 581 200
Other Useful Numbers	Family Information Service	0300 123 6712
	Carers Lancashire	0345 688 7113
	SEND Information, Advice and Support Team	0300 123 6706
	Children & Family Wellbeing Service	0800 511 111



Your Help Is Essential

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

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

Contributions for future issues – please contact FIND.

Email: FIND@lancashire.gov.uk

Tel: 01772 538077 or 01772 532509



Do you have anything to share in FIND? We would love to hear from you!

Editorial Group

Information, Advice and Support Team

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Pauline.francis@lancashire.gov.uk

Parent Representatives*

Nannette Holliday - Chorley

Lucy Ellis - Lancaster

Hayley Monk - South Ribble

Trish Dobson - West Lancashire

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

Voluntary Organisations

Tom Harrison – Community East Lancashire

Julia Johnson – Carers Link Lancashire

Health

Catherine Howson – Lancashire Care NHS Foundation Trust



We also have a facebook page.

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

Spring issue – deadline for articles 8th January, published March 2021

Summer issue – deadline for articles 26th March, published June 2021

Autumn issue – deadline for articles 25th June, published September 2021

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

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

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

Get this free newsletter sent to your door

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

Name

Address

Postcode

Tel. No.

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

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

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