

FIND

Welcome to the Autumn issue of the FIND Newsletter, 2018

This summer saw record temperatures and we hope you have enjoyed the long sunny days.

As the weather cools, you may be looking for indoor activities for your children - details of inclusive music, drama and dance groups can be found in this issue. To celebrate the last of the summer, you might enjoy D Fest Inclusive Music Festival on page 4, or looking forward to a Christmas treat, you could check out this year's pantos on pages 16-17. If you visit the cinema, take a look at page 25 for information on the CEA card and accessible screenings.

The start of a new school year can be exciting, but for those children who are affected by bullying it can also be stressful. As young people spend more time online, cyberbullying is a real concern for many families. Anti-Bullying Week starts on 12th November, and the theme this year is "Choose Respect" – find out more on pages 8-9.

We are always looking for articles for FIND; on page 2 is a lovely story by Emilia about her brother who has Williams Syndrome. If you or a member of your family have a story to share, please email us at **FIND@lancashire.gov.uk**

Thank you for your continued support.

Sarah Deady
Information, Advice and Support Team
Special Educational Needs and Disability (SEND) Service

 **www.facebook.com/LancashireLocalOffer**

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By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer.
- **Helen Hunt Jackson**

My Moon on a Stick

Hello, I am Emilia Monk and I am 9 years old. I am big sister to Ethan who is 7 and has Williams Syndrome. I want to tell my story of what it's like to have a sibling with special needs.

Ethan is very kind and thoughtful. He is always considerate of other people's feelings and when he sees someone crying he feels like he has to try and help. Sometimes they don't want his help! He just hates to see people sad. He struggles sometimes with things that other children his age find easy like writing, drawing and reading but he is very clever in other ways, like pattern recognition, knowing what day it is and where we are when we are out in the car.

Sometimes I find it a bit unfair that the expectations are lower for Ethan and higher for me, because he gets let off with some bad behaviours and I don't. He can make a big mess in my room – spreading toys everywhere – and in the living room when he empties out all the Lego, and sometimes I have to help tidy it up. Or tidy it all up while he just watches! This can make me feel angry and upset. Sometimes I wish I was like him.

Ethan also likes to torment me and laugh at me when I do something wrong or if I get a bit upset (like if I don't like the shoes that mum wants me to wear). Ethan makes me feel worse by laughing and mimicking me. Mum just says that he's being a normal little brother but I think he is mean when he does this!

Because Ethan struggles with things, I sometimes need to help out by helping him do it, like brushing his teeth and helping him wash his hands properly. Because of Ethan's Williams Syndrome I know that he might always need my help even when we are grown up. This makes me feel a bit fed up sometimes because I will always have to help him do things, but in a way I am happy to take care of him because he is my brother. He might always need me to wipe the food from around his mouth and dust the crumbs from his T-shirt even when he is an adult. All in all though, I think he is a very good brother to me and I feel very proud of him.

I draw him pictures and play with him. I think I help him because he learns from me and tries harder because he wants to be like me. Because I have Ethan I understand more about disabilities and people with learning difficulties. I want everybody to be kinder to people like my brother and to stop picking fault with people for being different. When my brother was at the same school as me he used to get picked on and the teachers didn't really understand him and his difficulties. He's at a new school now and even though I don't get to see him during the daytime anymore, I can tell he's much happier because he comes home with a smile on his face and this makes me happy. I wouldn't swap my brother for the moon on a stick!

Emilia Monk

Do you have a brother or sister who is disabled, has special educational needs or a serious long-term condition? There's lots of information and tips for you at: www.youngsibs.org.uk

For more information on Williams Syndrome, visit www.williams-syndrome.org



INFORMATION, ADVICE AND SUPPORT TEAM for Special Educational Needs and Disabilities

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 SEND and are at the **beginning** of the SEN support process.

Day time courses - 10.30am to 2.30pm

Carnforth – Carnforth Young People's Centre, Kellett Road, Carnforth, LA5 9LS – **Thursday 11th October**

West Lancs – Burscough Neighbourhood Centre, Station Approach, Burscough, L40 0RZ –

Tuesday 16th October

Preston – County Hall, PR1 8RJ - **Wednesday 17th October**

East Lancashire – details to be confirmed

Refreshments will be provided, please bring your own lunch.

Evening courses - 6.00pm to 9.00pm

Colne – Colne Neighbourhood Centre, Walton Street, Colne, BB8 0EL – **Thursday 4th October**

Garstang – Garstang Library, 45 Windsor Road, Garstang, PR3 1EX – **Thursday 4th October**

Chorley – Clayton Green Library, Library Rd, Clayton-le-Woods, PR6 7EN – **Thursday 11th October**

If you would like to find out more and to book a place ring **01772 538071** 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.

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.

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. Check the Local Offer www.lancashire.gov.uk/SEND and the facebook page www.facebook.com/LancashireLocalOffer for updates.

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**



Music Festival
Oaklea Barns, Lydiate
23rd September 2018
2:30pm - 9:30pm

official
merchandise

mocktail
masterclass

mersey
cats

karaoke

uk bjorn
abba tribute

prizes

bob
howler

dadz
band

anthony jay

feelgood
factor

competitions

dj jeff wall

zorbs

face painting | hair braiding | ice cream van | stalls
sponge throwing | coconut shy | hook a duck | hot food | archery
footie shoot out | candy floss | more TBC

£10 per adult ticket | £5 per child ticket (under 12)

Family Ticket £25 (2 adults & 2 children)

One carer per client is allowed free entry | Each ticket includes 2 free drinks

For tickets contact | Karen or Ruth | 07539118109 | Email | events@thelearningrooms.org.uk

Facebook | the learning rooms by four seasons

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LANCASHIRE BREAK TIME

Lancashire Break Time activities run throughout all school holidays and during term time (weekdays and weekends) and have been confirmed 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 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

Click on the Lancashire Break Time link as shown:



On behalf of Lancashire Break Time Activities the youth club for young people with additional needs has been running since 2011.

Places are available for 12 young people aged 11-18

each Wednesday evening from 6:00pm to 9:00pm

cost £5.00 per session

Young people can meet regularly in a safe, fun atmosphere and enjoy activities such as art and crafts, games consoles and trips out.

Extra sessions run in the school holidays.

Venue: 218 Tulketh Road, Ashton, PRESTON PR2 1ES

For more information or to book a place contact Caritas Care today

01772 732313

www.caritascare.org.uk

Charity No 326021



SATURDAY MORNING ACTIVITY CLUB

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

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

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

CONTACT:

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

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

Lancashire SEND Partnership News

The new partnership brings together all the agencies in Lancashire which provide the SEND services for children, young people, their parents and carers. It will ensure everybody can work together to deliver the best outcomes for children, young people and their families.

New designated clinical officers (DCO) appointed

A key recommendation from the recent Ofsted report was the appointment of three DCOs to ensure that local partners work effectively to improve outcomes for children and young people with SEND. They will co-ordinate the education, health and care plan process and develop a consistent approach across Lancashire and will be supported by an administrator in each region. The DCOs are currently setting up a central contact point for parents and health and education professionals and we'll publish this as soon as it's available.

Annual parent survey

We've received the annual report for the Personal Outcomes Evaluation Tool (POET) survey from In-Control. Children, young people, families and practitioners across Lancashire were invited to take part in the national pilot to help local areas understand the impact of the SEND reforms. The findings are part of our improvement journey and will enable us to understand more about what we are getting right and where we need to continue improving.

Working with schools

The partnership team has been meeting heads from across the county during May and June to discuss the action plan. Volunteers from primary, secondary and special school head teacher associations are representing schools on each of the five working groups to deliver the action plan.

Next term we will continue to work with head teachers and school SEND co-ordinators to build relationships and improve services.

Working with parents and carers

Over 160 parents have attended local events over the past six weeks to share their experiences and help influence change. Each event is co-hosted by colleagues from across the partnership plus representatives from the independent parent carer forum.

Feedback will be shared with parents and the partnership working groups after the summer with the next round of events taking place in the autumn.

Independent parent/carers forum - VoCaL

Parents recently hosted a series of events and webinars designed to re-engage with parent/carers and establish a new independent parent carer forum. They have chosen a new name – VoCaL (Voice of Carers across Lancashire) – and will be discussing the structure and governance of the new forum at their next meeting in September.

If you would like to be involved, or find out more about the forum, please contact **LancsPCF@gmail.com**.

Get in touch

If you would like to make a suggestion or have a comment about the Lancashire SEND Partnership, please email **SENDpartnership@lancashire.gov.uk** or call **01772 532 280**.

"We're pleased to reveal the new logo for the Lancashire SEND Partnership. Look out for it appearing on social media and the Local Offer in the months ahead."





Autism Information Session



Would you like some specific advice about autism and your child? Free one to one advice and guidance for parents/carers of children & young people who have a diagnosis of autism or are seeking a diagnosis.

Please book a 30 minute appointment in advance by contacting the children's service on 01282 415455 or emailing children@actionasd.org.uk

Action for ASD, Suites 7 & 8 Kings Mill, Queen Street, Burnley, Lancashire, BB10 2HX

Friday's 21st Sept~19th Oct~16th Nov~14th Dec 2018

2019

25th Jan ~ 22nd February ~ 22nd Mar 2019

Time: 1-4pm

Haslingden Library, Deardengate, Haslingden, Rossendale BB4 5QJ

Thursday's 6th Sep ~ 4th Oct ~ 1st Nov ~ 6th Dec 2018

2019

7th Feb ~ 7th Mar 2019

Time: 1pm-4pm

Barnoldswick Library, Fern Lea Ave, Barnoldswick BB18 5DW

Thursday's 13th Sept~ 11th Oct

8th Nov ~ 13th Dec 2018

2019

10th Jan ~ 14th Feb~ 14th Mar 2019

Time: 1pm-4pm

Accrington Library, St James' St, Accrington BB5 1NQ

Thursday's 27th Sep ~ 22nd Nov 2018

2019

24th Jan~ 28th Feb~ 28th Mar 2019

Time: 1pm-4pm

St Mary's Centre, Church St, Clitheroe BB7 2DG

Thursday's 20th Sept~18th Oct ~15th Nov~ 20th Dec 2018

2019

17th January ~ 21st March

Time: 1pm-3pm

Action for ASD | Autism Resource Centre | Suites 7 & 8 Kings Mill | Queen St | Burnley | Lancashire | BB10 2HX | Tel: 01282 415 455 | Website: www.actionasd.org.uk



Family Sessions

SPACE 1 1st & 3rd Saturdays @ 10:15-11:15am
& every Sunday @ 2:30-3:30pm
Prices- £3.00 per child
£1.00 per adult

SPACE 2 2nd & 4th Sunday @ 10:45-11:45am
& every Saturday @ 1:30-2:30pm
Prices- £4.00 per child
£1.00 per adult

For families with children who have a disability/ additional needs.
Ring **01772 760403** to book a place.



10 Pedders Lane, Ashton-on-Ribble, Preston, PR2 2TH
www.thespacecentre.org



OJ's Saturday Club

Activities for children with autism and their families

The club will run every Saturday
11.30am-3pm

£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



For weekly updates and confirmation of Saturday Club opening please text Lisa on 07971 723607 or check the OJ's Facebook page - OJ'sCare - we will post weekly on Thursdays or Fridays

✉ lisa@ojscare.org ☎ 07971723607

🏠 www.ojscare.org 📱 ojscare 📺 ojs_care

Staying Safe Online: Online Bullying

Online Bullying (previously referred to as Cyberbullying) is the **most common issue raised by children and young people** when asked about their online concerns. Whilst it can be very distressing for all children, those with additional needs or disabilities can be vulnerable to particular forms of bullying such as **manipulative bullying** (where an individual is controlling a child) or **exploitative bullying** (where the features of a child's condition are used as a basis to bully them).

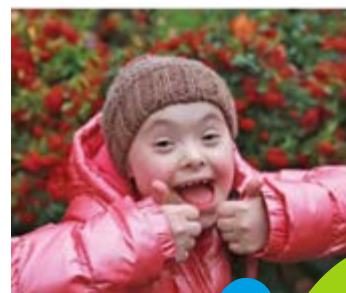
Whilst the involvement of technology can bring additional challenges, it is important that we are not distracted by the technology - **Online Bullying remains Bullying regardless of the technology involved.**

However, the technology by its nature can provide benefits when addressing such issues as importantly, it allows us to retain evidence not always available with other forms of bullying. For parents and carers of children with additional needs, finding specific information to help support our children can initially seem a challenge and therefore, the information and resources highlighted below provide a number of useful places to start.

- **Contact:** Contact is a charity for families with disabled children, producing a range of useful resources for parents and carers. These include a very useful guide - 'Dealing with Bullying' which includes useful tips including spotting the signs, building confidence and raising your concerns - https://contact.org.uk/media/1158607/dealing_with_bullying.pdf
 - **Internet Matters:** An extremely useful website with some very highly recommended guidance for parents and carers about dealing with bullying in the form of 10 points to consider. They also have some excellent guides on setting up home internet connections and safety settings on mobile devices:
www.internetmatters.org/issues/cyberbullying/deal-with-it
 - **Facebook:** Whilst we may be more used to dealing with issues around the negative aspects of social media, the Facebook Safety Centre provides some useful practical tips under a series of themes if your child is being bullied:
 - Preparing for a successful conversation
 - Talking about the problem
 - Developing an action plan
- www.facebook.com/safety/bullying/parents/mychildisbeingbullied

In addition, Lancashire Safeguarding Board's website provides a highly-recommended dedicated section for parents and carers on a range of online safety-related topics with advice, guidance and recommended resources to help us support our child to stay safe online – www.lancshiresafeguarding.org.uk/online-safeguarding/parents-and-carers

Graham Lowe
LSCB Online Safeguarding Advisor
Lancashire Safeguarding Boards 2018
W: www.lancshiresafeguarding.org.uk



Anti-Bullying Week



Odd Socks Day will take place on the first day of Anti Bullying Week, Monday 12th November 2018 to help raise awareness for Anti-Bullying Week.

Most importantly, Odd Socks Day is designed to be fun! It's an opportunity for children to express themselves and appreciate individuality. There is no pressure on the children to wear the latest fashion or for parents to buy expensive costumes. All they have to do to take part is wear odd socks to school, it couldn't be simpler!

Participating children are invited to make a £1 donation - or any donation you think appropriate - to support the Anti-Bullying Alliance to continue coordinating Anti-Bullying Week. Ask your child's school if they will be taking part in Odd Socks Day. You do not have to raise money to take part - the most important thing is the message of Odd Socks Day - and any money raised for us is a bonus!



Useful contacts

Anti-Bullying Alliance

Resources and information for parents and schools to help address bullying of children with special educational needs and disabilities. Including good practice guidance for teachers and other professionals on cyberbullying, bullying and mental health and bullying and autistic spectrum disorders.

www.anti-bullyingalliance.org.uk

Childline

Tips for children on building confidence and self-esteem, coping with embarrassment, being scared to go to school. How a child can respond if they're being bullied and how to support a friend who's being bullied. Children can call a counsellor or chat to one online in confidence. They also have videos about bullying and other topics in BSL.

Freephone: 0800 1111 (24 hours)

www.childline.org.uk

Changing Faces

Supports people who have conditions or injuries which affect their appearance. Self-help guides for children and young people on looking different, feeling different, when teasing becomes bullying – with techniques to handle different situations.

T: 0300 012 0275

www.changingfaces.org.uk

Bullying UK

Information and practical advice for parents, young people and professionals. Free online parenting classes to help manage behaviour.

T: 0808 800 2222

www.bullying.co.uk

It is time for parents to teach young people early on that in diversity there is beauty and there is strength. - **Maya Angelou**



Lancashire Care NHS Foundation Trust

wildlife TRUSTS
Lancashire, Manchester & Merseyside

A NATURAL WAY TO WELLBEING

Inspiring people through ecotherapy to take action for **wildlife, communities and wellbeing**.
Myplace can also support improved employability by offering you new skills and experiences.




We offer weekly sessions for over 25 year olds, and other sessions for 15 -25 year olds in **Chorley**.

For more information call;
For over 25's + Mike on 07927 551380 or
for 15 – 25's Emma on 07720 208428

Facebook: @myplace2gr0w
Twitter: Myplace2gr0w
www.lancswt.org.uk/myplace

LOTTERY FUNDED
European Union
European Social Fund

NEW

On the Beat Extra

Mondays
from 17 September 2018
1.30-3pm
£4 in advance, £4.50 drop in
for 16 to 35 years old
at More Music, Devonshire Road,
Morecambe, LA3 1QT
01524 831997

This new music session is interactive and fun. It is aimed at adults with learning disabilities. Led by Bill Roberts who has many years experience leading SEND music making, this Monday session is specifically aimed at younger participants.

Please book your place in advance.

More Music



Wyre Action Group YOUTH CLUB

Come join us every Friday
6pm - 7.30pm
Cleveleys youth club for children with disabilities, additional needs or mental health problems.
For children of all ages and siblings.
The cost will be £1 a child.
(Children must be accompanied by an adult)

Cleveleys Community Centre
Kensington rd, Cleveleys. FY5 1ER

Are you between the ages of 16-25?

Want to take your interest in music to the next level?
Summer and Autumn 2018 Inclusive music ensemble in Preston


Join our project for young people of all abilities who want to take their interest in music to the next level. Develop your music making skills, learn about mentoring and get the chance to perform live at festivals across Lancashire

with musicians from different backgrounds. You'll meet new people and work collaboratively in a music ensemble. You can also get a nationally recognised Arts Award.

Fridays, from 1:30pm
Main Hall,
Plungington Community Centre,
Brook Street,
Preston, PR1 7NB
07599 702020

This opportunity will give you the chance to develop your skills in music technology and/or instruments, working

no label artscic
@no label artscic





POWAR stands for Participate, Opportunity, Win, Achieve, Respect. We are 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 September - November 2018

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 4th September 6 - 8pm / Tuesday 2nd October 6 - 8pm / Tuesday 6th November 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 18th September 5:30 - 7:30pm
Tuesday 16th October 5:30 - 7:30pm
Tuesday 20th November 5:30 - 7:30pm

Young Inspectors

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

Tuesday 11th September 6 - 8pm / Tuesday 9th October 6 - 8pm / Tuesday 13th November 6 - 8pm

The meetings are held at our centre in Lostock Hall, Preston. 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.

Personal Achievements of Young People

We are POWAR, and today we are celebrating our individual achievements, big and small!

- ★ Rosie is very proud that she passed her English exam and recently she went on the big rides on the pleasure beach not just the small rides! She is also happy she is more confident to speak in the POWAR groups and she reached 3000 followers on her Instagram account for her art and animation!
- ★ Andrew is happy that he is getting people together, talking and doing activities. He also has been going to buy things at the shop on his own.
- ★ Lucy has recently passed all her mock exams and she is looking forward to doing work experience soon. She is also proud of her volunteering work with a rainbows group.
- ★ Dan is excited that he is going to a new college in September to do animal care.
- ★ Adam has got A's on all his school exams apart from French.
- ★ Rachael just passed an exam too and got equivalent to a C in her English GCSE.
- ★ Beth is working hard to get over her fears.
- ★ Danielle is improving on her make-up skills and is thinking about her future career.
- ★ Evie is proud of becoming a member of youth council, and will be representing POWAR in the upcoming meetings.



Fylde, Wyre and Blackpool Deaf Children's Society

Registered Charity number 1037445

We welcome deaf* children and 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.*

Horse Riding

Sunday 9th September, 3:15pm – 5:30pm
Wrea Green Equitation Centre, 49 Bryning Lane,
Wrea Green, PR4 3PP
Numbers are limited so you need to book early. Preference for places will be given to regular attenders at events. Please ensure children wear suitable clothing and footwear.

Circus Starr

Monday 17th September, performances at
4:45pm and 7:00pm
Solaris Centre, Harrowside, Blackpool, FY4 1RW
Relaxed and inclusive circus show. When booking please state which performance you require.

Clip'n'Climb

Tuesday 9th October, 6:00pm – 8:00pm
9 Apollo Court, Hallam Way, Blackpool, FY4 5FE
We have booked the party package so there will be food for the children.

ibox Bus/Sand Art

Tuesday 23rd October, 6:00pm – 8:00pm
Independent Living Centre, 259 Whitegate Drive,
Blackpool, FY3 9JL
The ibox bus is suitable for age 7 and above. Try your hand at Sand Art, suitable for all ages, run by Kidsbeehappy.

Laser Quest

Tuesday 6th November, 6:00pm – 8:00pm
66-74 The Promenade, Blackpool, FY1 1HB
We have booked the party package which includes 2 sessions of play followed by McDonald's for the children. Please ensure children wear suitable footwear.

Glazey Days

Tuesday 20th November, 6:15pm – 8:00pm
126 Bold Street, Fleetwood, FY7 6HW
We will fund the cost of one item per child up to £10 in value. Coffee and cake will be provided for adults.

Christmas Party with CJ Tazz

Tuesday 4th December, 5:30pm – 8:00pm
Stanley Park Golf Club, North Park Drive,
Blackpool, FY3 8LS
Buffet and Disco with a visit from Father Christmas.

Beauty and the Beast

Saturday 15th December, 2:00pm
The Grand Theatre, 33 Church Street,
Blackpool, FY1 1HT
BSL interpreted performance. A great family event.

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
website **www.signhisayhi.org.uk**



Penguin Family Group

Support Group for children 0-5 with Special/Additional Needs & their families

**Mondays 10am -12 noon,
Term time Support**

**Broad Oaks Child Development Centre, Balcarres
Road, Leyland PR25 2ED**

Join us at our informal Family Support Group
in a safe environment with specialised equipment and sensory room. Help and
support is available from our qualified and experienced staff & volunteers.

Contact Home-Start Central Lancashire for more information

01257 241636

Working In Partnership with Broad Oaks Child Development Centre

VOLUNTEER AND MAKE A DIFFERENCE

We need you!

We are looking for parent/carers of children and young people aged 0-25 with Special Educational Needs and Disabilities (SEND) and/or additional needs living in Lancashire to volunteer and be a part of what will be our brand new parent carer forum.

If you can spare time, whether it be hourly, weekly, bi-monthly or however much you can do then please get in touch with us.

Help to shape the future of SEND by working in co-production with the local authority, education, health and social care and other providers to ensure the collective voice of parents and carers in Lancashire.

Email **Lancspcf@gmail.com** for further information.

V o C a L

Voice of Carers across Lancashire

Your all new parent carer forum in Lancashire



VoCaL

Voice of Carers across Lancashire

Parent/Carer Forum Meeting 19th September 10:30am to 1:20pm

- Hosted by parent/carers like you
- Share experiences and advice
- Get your voice heard and make new friendships
- Create a positive change, for everyone
- Work with the new Lancashire SEND Partnership

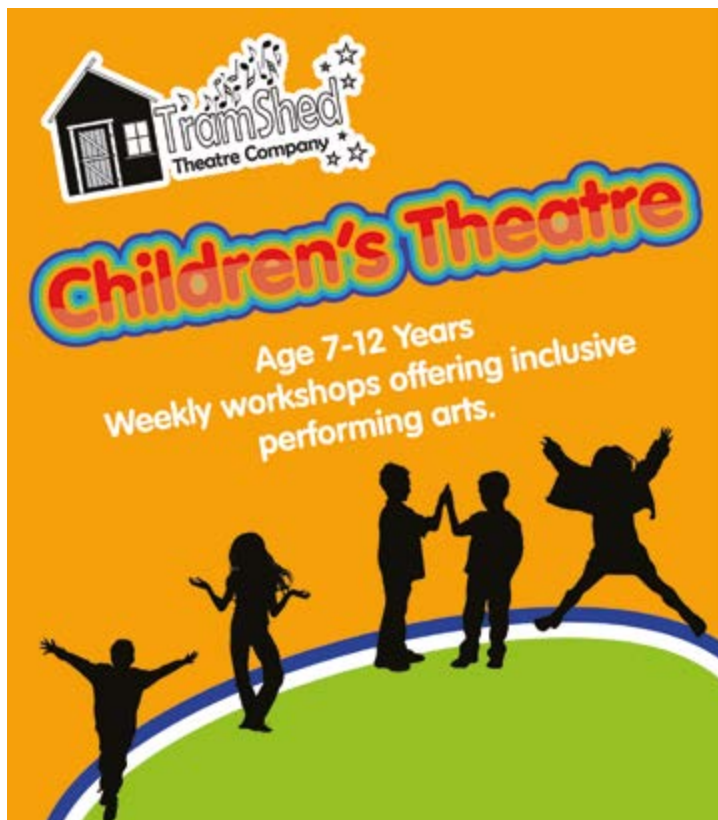
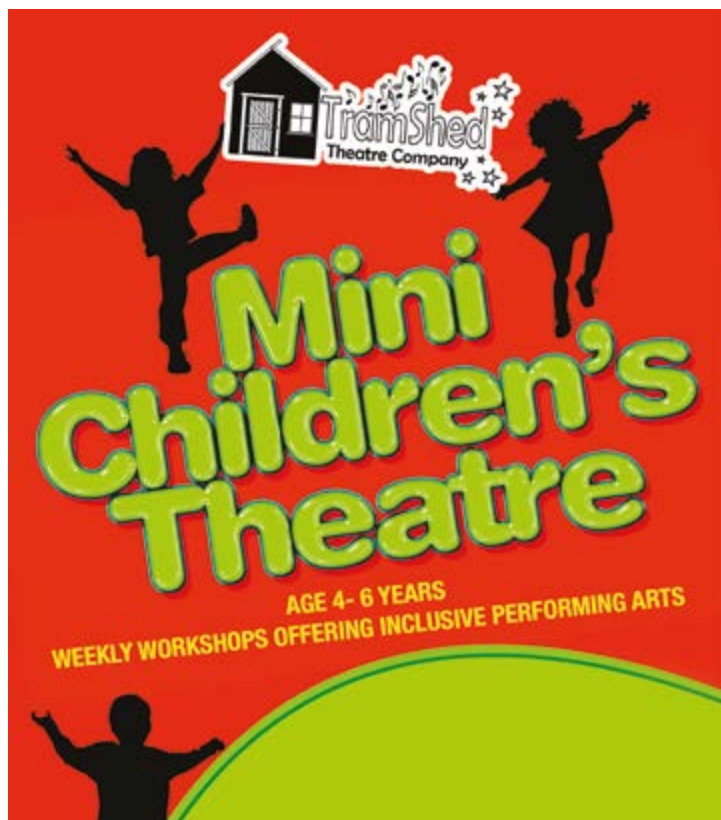
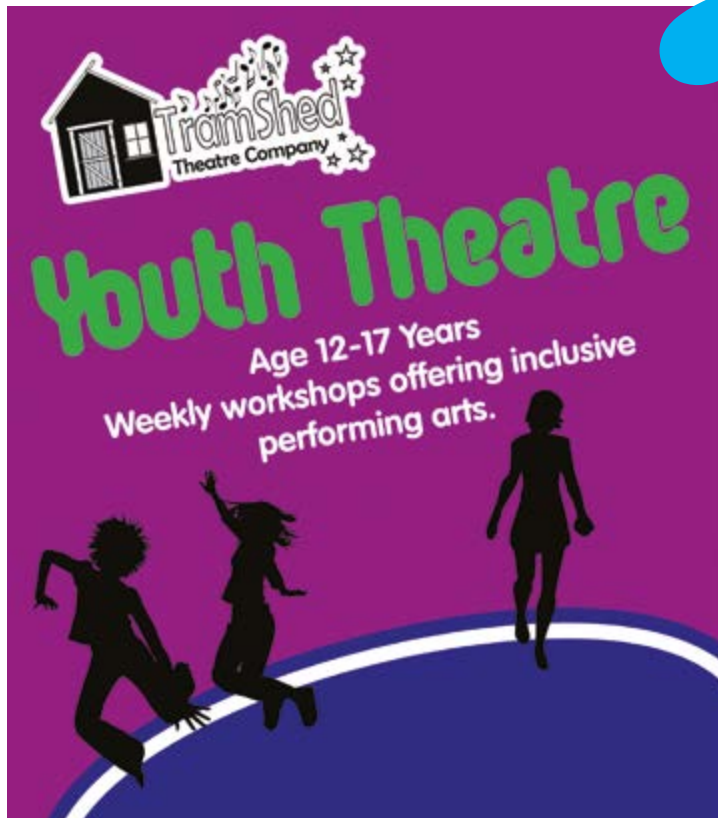
By bringing together our collective experiences and views we can focus on solutions, work in partnership with service providers and improve support and care for our children and young people.

Simply confirm your attendance by email: **lancspcf@gmail.com**

Venue: Bamber Bridge Methodist Church Hall,
5 Wesley St, Bamber Bridge, Preston, PR5 6NN
Refreshments provided

You can also find us on facebook:
<https://m.facebook.com/lancspcf/>





ONLY £35 PER TERM (Approx 12 sessions)

Based at: Woodlands School, Whitegate Drive, Blackpool, FY3 9HF

For an application form call 07852 498427 or email tramshedtheatre@hotmail.co.uk

www.tramshed.org.uk

 @tramshedtheatre

To bring individuals together to create outstanding, original and beautiful theatre which inspires and celebrates everyone.
Registered Charity: 1109987

We know what we are, but know not what we may be - **William Shakespeare**



BURNLEY

youth theatre

In May half term 2018, Burnley Youth Theatre hosted their second Mini One Connect and third One Connect week. One Connect and Mini One Connect is a project that aims to bring together children and young people with disabilities and existing members of Burnley Youth Theatre to build confidence and relationships, and to learn from each other.

This May's Mini One Connect week brought three primary school children, with disabilities, together with Grace, one of Burnley Youth Theatre's existing participants. The three children were invited to attend the week after Holley Brown, Burnley Youth Theatre's Youth and Family Outreach Worker, and Amber Tither, Workshop Leader, went into the children's schools and delivered a taster session with them.

During the week the children looked at ways to express themselves and found that their favourite way as a group was through colouring and craft. They also looked at movement and mirroring, masks, puppets and storytelling. They looked at telling their own stories and acting out characters from books they read. This led to their performance piece *The Three Little Pigs*, which they performed for friends and family at the end of the week. They also used the puppets they had created and puppetry skills as part of the performance. The sessions were run by Amber Tither, who really enjoyed the week; watching the children grow in confidence and also seeing Grace's leadership skills grow as a Mini One Connect Leader. All the children who attended have been offered a step in bursary place at Burnley Youth Theatre

"Grace, who was our mini leader to help with stepping in, really took the others under her wing. She helped when they got nervous and worked up over performing - she really nurtured them. It was also really lovely to see those who didn't even want to stay on Tuesday, or say their name, come to life and gain so much confidence in just a short week."

Amber Tither, Workshop Leader and leader of Mini One Connect week, May 2018.

If you would like more information on our connect sessions, please email info@burnleyyouththeatre.org, visit www.burnleyyouththeatre.org or call **01282 427767**



Planning a Successful Pantomime Experience

My 7-yr old son has a chromosomal microdeletion syndrome (Williams Syndrome) which means he has some autistic-like behaviours. He also has hyperacusis, which means he has increased sensitivity to certain frequencies and volumes of sound, and so regular everyday noises in our day-to-day environment can be extremely uncomfortable and stressful for him. He can also feel overwhelmed in crowds and 'sensory busy' situations and so a rowdy pantomime with flash powder explosions and people shouting out loud, and lots of hissing and booing, may not be the obvious choice for a fun family time. Despite this, we have successfully taken him and his 9-yr old sister to the pantomime every year since they were both babies. There are some venues starting to offer Relaxed Performances (also known as Autism Friendly) but I have not found any local to me, so here are my top tips for the best chance of success at a regular pantomime:

1. Choose a small local theatre rather than combining a panto with the hustle and bustle of parking in a busy city centre, with huge crowds of people all descending on the same venue. You are likely to be a less stressed out adult upon arrival too!
2. Get familiar with the layout of the theatre before you book – attend a different production at the same venue without your child and check out the best seats for yourself, or speak to the venue and get their assistance with this. We always book seats in a small box rather than the noisier stalls and it means he can sit on the floor and have a quick break if he chooses. Book early though, because these seats sell out fast.
3. Practice at home by watching repeats of the CBeebies pantos to get familiar with what you can expect to see and the traditional panto format. Explain everything that is likely to happen in a calm way and explain that there will be some surprise noises and flashes of light but it's all very safe.
4. Look at booking a matinee performance, which tends to be quieter and you can avoid tiredness being an additional factor with challenging behaviour.
5. Arrive quite early so that you can explore and settle into the environment before the majority of other people arrive. My son can often be found running around in the foyer and rolling around on the floor to let off steam before he needs to sit down for a longer period of time.
6. Take along any favourite cuddly toys or cuddle blankets, especially useful when the panto starts as it can be a little overwhelming until they adjust to the volume and intensity. It's sometimes easier to watch by peeping through a blanket to dampen down some of the experience.
7. If in doubt take ear defenders along. Even if your child doesn't need them most of the time, they are worth having in your bag, because the theatre can be a noisy place.
8. Be prepared to miss occasional chunks of the performance, so take another adult along to sit with any other children in case you need to pop out into the foyer to allow one child a break from the action (my son prefers to miss about 10 mins towards the end of the second half, when the villain temporarily has the upper hand, before it all turns out well and there is the inevitable wedding scene).
9. Have some snacks in your bag as useful distractions and be prepared to purchase merchandise such as windmills with flashing lights, fairy wands and swords – just hope and pray that they don't break until after the performance!
10. Remember that it's a pantomime not Shakespeare – it's okay to shout out, jump up and down, wear crazy clothing and to have a lot of fun. It's the one time of the year when we can all let our hair down and shout things out loud during a theatre performance, so enjoy - you don't need to be on 'shush' duty!

Hayley Monk
Parent carer

Pantomimes in the Lancashire Area 2018

Beauty and the Beast

30th Nov 2018 to 8th Dec 2018
Relaxed performance 30th November, 2pm
Oswaldtwistle Civic Theatre, 155 - 157 Union Road, Oswaldtwistle, BB5 3HZ
01254 398 319
info@civicsartscentre.co.uk

Jack and The Beanstalk

9th Dec 2018 to 24th Dec 2018
Darwen Library Theatre, Knott Street, Darwen, BB3 3BU
0844 847 1664
dlit@blackburn.gov.uk

Peter Pan

30th Nov 2018 to 2nd Jan 2019
Blackburn Empire Theatre, Aqueduct Road, Blackburn, BB2 4HT
01254 685 500
boxoffice@blackburnempire.com

Sleeping Beauty

9th Dec 2018 to 31st Dec 2018
King George's Hall, Northgate, Blackburn, BB2 1AA
0844 847 1664
events@kinggeorgeshall.com

Beauty and the Beast

14th Dec 2018 to 22nd Dec 2018
Chorley Little Theatre, Dole Lane, Chorley, Lancashire, PR7 2RL
01257 264 362

Cinderella

6th Dec 2018 – 3rd Jan 2019
Charter Theatre, Lancaster Road, Preston, PR1 1HT
01772 804 444
info@prestonguildhall.co.uk

Beauty and the Beast

14th Dec 2018 to 30th Dec 2018
Southport Theatre & Convention Centre, The Promenade, Southport PR9 0DZ
0800 9112 6971

Peter Pan

23rd Nov 2018 to 5th Jan 2019
Audio Described Performance 22nd December, 7pm
BSL Performance 29th December, 7pm
Relaxed Performance 2nd January, 6pm
The Dukes, Moor Lane, Lancaster, LA1 1QE
01524 598 500
tickets@dukes-lancaster.org

Jack and the Beanstalk

6th Dec 2018 to 9th Dec 2018
Marine Hall, The Esplanade, Fleetwood, FY7 6HF
01253 887 693
marinehall@wyre.gov.uk

Aladdin

18th Dec 2018 to 22nd Dec 2018
Thornton Little Theatre, Fleetwood Road North, Thornton Cleveleys, FY5 3SZ
01253 887 693
thorntonlittletheatre@wyre.gov.uk

Snow White & the Seven Dwarfs

7th Dec 2018 to 30th Dec 2018
Lowther Pavilion Theatre, Lowther Terrace, Lytham St Annes, FY8 5QQ
01253 794 221
boxoffice@lowtherpavilion.co.uk

Beauty and the Beast

7th Dec 2018 to 6th Jan 2019
Audio Described/Signed Performances 8th and 15th December, 2pm
Grand Theatre Blackpool, 33 Church Street, Blackpool, FY1 1HT
01253 290 190
box@blackpoolgrand.co.uk

When booking tickets, always speak to the theatre about any additional needs. Many have special performances on certain dates, and some offer free tickets for carers.



DANCESYNDROME WINS "CHARITY OF THE YEAR" AT E3 BUSINESS AWARDS 2018

Accrington based charity, DanceSyndrome has been named "Charity of the Year" at the 2018 E3 Business Awards. The event took place on 12th July at the Macron Stadium in Bolton.

The charity, which was founded by dancer Jen Blackwell, who happens to have Down's syndrome, provides inclusive dance workshops and leadership training for people with and without disabilities. DanceSyndrome's dancers also perform live at special events across the UK with the aim of inspiring people and demonstrating that people with disabilities can live a life of their choosing and demonstrate that their abilities are more important than their disabilities.

DanceSyndrome faced strong competition from not-for-profit organisations from across the North West. The award was presented by Azhar Iqbal representing the award sponsor Colne Tyre Centre.

Receiving the award, the company's Founder, Jen Blackwell said: "I'm thrilled and amazed to receive this award! Dancing is my life and my passion and I'm so grateful for the opportunity to follow my dreams with DanceSyndrome and inspire others to do the same."

Speaking on behalf of 1 Events Media, the host and organiser of the awards, Managing Director Mubarak Chati said: "The E3 Awards have always been about more than just commercial success; they celebrate the impact that enterprise has on lives and communities across the North West. DanceSyndrome is



a fine example of that enterprising spirit and it's right that its commitment should be recognised.

"DanceSyndrome can be very proud of its achievement. Competition this year was exceptionally fierce; so much so that we felt we had to increase the number of shortlisted candidates in several categories. To come away with a win in 2018 meant proving an extraordinary commitment, and that is exactly what DanceSyndrome did."

Speaking on behalf of the DanceSyndrome, Managing Director, Dawn Vickers said: "We are so proud to have won this award! We hope that this award will introduce us to even more people who believe that inclusion is a fundamental human right for everyone and want to support our ground-breaking work to enable more learning-disabled adults to realise their dreams and ambitions."

For more information about DanceSyndrome, visit:-

Website: www.dancesyndrome.co.uk

Facebook: www.facebook.com/dancerleddisabilityinspired

Twitter: @Dancesyndrome

More information about the E3 Business Awards, including a full list of winners, can be found at www.e3businessawards.co.uk.



Strictly Wheelchair Dancing is a wheelchair dance group of all ages and abilities based in Manchester. Our motto is "You can do it"! Anyone is welcome no matter what their ability or their disability.

Wheelchair Dancing involves athletes with a physical disability who love to express themselves through the medium of dance. Wheelchair dancers may participate in "combi" style dancing with an able-bodied (standing) partner or "duo" style dancing for two wheelchair users together. Wheelchairs users can use an electric or manual wheelchair.

Everyone is welcome to come along and see what we do. Individuals or couples, wheelchair users or able bodied dancers are welcome.

We teach competitive Wheelchair Dancing and Social Wheelchair Dancing as competitions are not for everyone.

Our wheelchair dance classes are held every week. (Please check during holiday periods that classes are being held.)

Saturdays 11am – 1pm

£5.00 per person, first session free and carers go free

Woodhouse Park Lifestyle Centre, Portway, Wythenshawe, Manchester, M22 1QW

For more information about Wheelchair Dancing you can contact us as follows:

Email: strictlywheelchairdancing15@gmail.com

Telephone: 07828 201044

Website: www.strictlywheelchairdancing.co.uk

PLAY 4UZ 2
ACCRINGTON INCLUSIVE PLAY AREA



**HELP US TO RAISE
£1 MILLION
TO BUILD THE NORTH WEST'S FIRST
SPECIAL EDUCATION NEEDS
AND DISABILITIES
PLAYGROUND!**

Play 4UZ 2 is a groundbreaking project to build a playground for children with Special Education Needs and Disabilities in Accrington. The park will be the first of its kind not only in Accrington, but Lancashire and whole of the North West.

"The park will allow our son to play safely, independently and most importantly we would be able to have fun as a family which we can't currently do in mainstream parks. He has no sense of danger, low muscle tone and other medical problems that restrict his play and he continually gets frustrated because he can't use the majority of the play equipment. I have to follow him around everywhere to make sure he doesn't hurt himself. Having a safe environment where he can use all the equipment would be incredible, not only for Oliver but for all families with children with a disability in Accrington, Lancashire and the North West"

Sarah Lewis
Parent Carer and Chair of Hyndburn
Parent and Carers Forum

If you'd like to learn more, make a donation, a pledge or volunteer to help, please contact us today.

07940 190642

sarah@play4uz2.co.uk or maxine@play4uz2.co.uk



www.play4uz2.co.uk



PLAY 4UZ 2
ACCRINGTON INCLUSIVE PLAY AREA



Working in partnership with



Hyndburn Green Spaces Charity Number is 1145700

What have we been up to?

We attended the Oswaldtwistle Carnival 24th June. We were part of the procession and had a stall with information.



We spoke to lots of people on the day and hopefully spread the word of what we are trying to achieve. We also raised £92.50 with our collection buckets on the stall and kind donations of glitter tattoos.

We spoke to Gilly about our project Live on Radio Lancs on the 11th July at the Civic Theatre in Oswaldtwistle. We hope you tuned in.



We were nominated for the Bags of Help scheme at Tesco in Accrington. During July and August, customers could vote for us to receive a cash grant of up to £4,000. Thank you to everyone that posted their blue token for us!



My son A had been feeling a little run down. We'd all recently suffered the loss of Granddad, and as hard as losing someone is for anyone, if you're only six and you're also on the Autistic Spectrum, there may be extra difficulties when it comes to processing such complicated emotions. Granddad had been a huge part of our lives and A could often be found sitting with him, listening to 1960's music and eating too much ice cream. A's inner world can be quite intense, and he can often seem quite serious for his age, so it was good to see them making each other laugh, like cheeky little boys. Granddad's illness progressed quickly and all the laughter and noise disappeared; A was completely bereft.

A started to suffer socially at school and wasn't paying attention in class. At home, he was finding it very difficult to sleep; he had night terrors and bad dreams, making him tired, withdrawn and frustrated. We tried taking him to his favourite places, made his favourite foods, invite friends and relatives over to play – but nothing seemed to give him back his spark. It was clear he was desperately unhappy; even surrounded by his loving family, friends and teachers, he couldn't be reached or comforted. Eventually, school suggested a few sessions with a Play and Creative Arts Therapist. We didn't know what to expect, but Yasmin was warm and friendly, and I instantly knew my son would feel very safe with her. After his first session, he came home from school and told me he'd made a new friend. He said she was very kind and his session had gone well.

Yasmin kept me updated with A's progress and suggested games to help his healing process and facilitate communication. She also shared a beautiful book (*The Heart and the Bottle* by Oliver Jeffers) which I would read with A. After a while, we'd sit in Granddad's chair and read it together, and he began to be able to cry. He wasn't able to talk about it straight away, but it was clear something was changing. It was good for both of us to be able to feel close again.

When the sessions at school ended, I arranged for Yasmin to continue A's therapy at home. Although I knew the sessions were based around play, I'd not been prepared for all the wonderful boxes of things Yasmin brought with her. It was always quite exciting to see the little toys, the conversation pieces, and the sandbox being set up in the living room! It was a completely magical transformation and helped A to settle in and understand it was time for Play Therapy.

When Yasmin felt A was ready to end Play Therapy, it was a natural and steady process, so he was able to adjust to the changes. I could see a huge improvement in his sleep and ability to communicate with others. We were reassured that help was always at hand if needed in the future.

The following month I lost a close friend of mine, and although A knew I was sad, I tried not to show my grief around him. He noticed this, gave me a big hug and said, "Mum, you should just tell me when you're feeling sad. I'm not going to just break apart if you tell me. All that's going to happen is I will sit here and listen to all your stories about your friend." I realised that Play Therapy had given him the space to explore his own feelings without worrying how those feelings would affect the people he loves.

Since then, I've seen many times how A has used the processes he learned during therapy, and how he's become stronger, more open, and more communicative as a result. It helped me too. I realised I'd inadvertently taught my child to hide his feelings in order to protect others, and that that's not the best way to heal.

I will never regret the day I decided to accept the school's offer of help. I will always be so grateful to Yasmin for the way she helped bring my son's smile back, and I recommend Play and Creative Arts Therapy to any other parents and caregivers who are considering a little extra support for their troubled young ones.

Parent Carer, Lancashire

Blossom Play Therapy offers 1:1 individual therapy sessions and group therapy for children and young people aged 4 to 16.

Play and Creative Arts Therapy uses the power of play and creative arts as a form of self-expression, as it is not always easy for a child to express their feelings verbally.

For further information, contact Yasmin on
07511472258
 or email yasmin@blossomplaytherapy.co.uk
 website www.blossomplaytherapy.com



BRICK MASTERS



Wednesday 4 - 5pm
Broadway Rooms
St Nicholas Church

Ages
5-11
£3
per session

Love Lego? Are you the next master builder?

Then come join us and build lots of different models, complete challenges and create your own designs. Sessions are designed to be fun, engaging and creative. Children develop a variety of skills during the sessions including social communication skills, confidence, attention and focus, patience, fine motor skills, imagination and creativity, story telling and building friendships.

Prebook (as spaces are limited):



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



Enjoy tea, coffee and cake



A space for your child(ren) to play



Meet other parents/carers



Share tips and experiences between others

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

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

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

Dates: 13th October / 15th December (more dates to follow)

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

Cost: £1 per child

Email: Inclusion@fulwoodfmc.net **Facebook:** [facebook.com/allindropin](https://www.facebook.com/allindropin)

Website: www.fulwoodfmc.net

Telephone: 01772 861597

Please contact us if you have any questions.



Lighthouse



Coming together to help
build your support network.

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

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

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

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

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

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



**NEW
Session's**

WEDNESDAY's

5:15 pm – 6:30 pm Ages 5 – 9 years

6:45 pm – 7:45 pm Ages 9 – 12 years



Bamboo's STEM sessions are fun, educational practical and engaging. Children can enjoy creating and building while sharing ideas and approaches to STEM Challenges. Through playing games and group activities children develop practical skills, build confidence, team work, and build new friendships.

£2
per session*



Led by a team who have over 15 years of experience working with children in the fields of Education and Youth Work. For more information please feel free to contact us!



bamboo@imp-edu.com



find us on Facebook



All Staff and Volunteers are fully vetted and DBS checked

*Not for profit sessions
— charges only to cover cost of session

**Broadway Rooms
St Nicholas Church
Fleetwood**

Autumn Mess-Free Painting

Great for toddlers, children with limited fine motor skills and those who do not enjoy the feel of paint on their hands.

1. Using a black marker pen, draw an Autumn design onto a clear grip seal or zip lock plastic bag.



2. Squirt small amounts (less than you think!) of different coloured paints into the bag.



3. Seal the bag!!

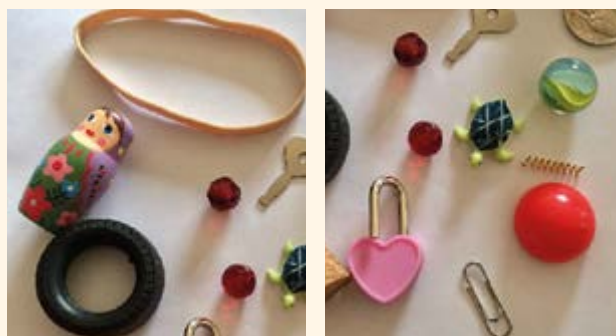
4. Allow your child to put their hands onto the outer bag and move the paint around to colour the picture.



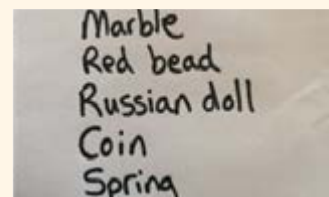
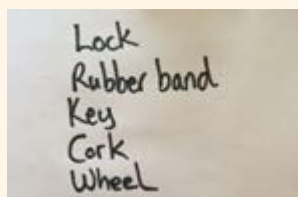
5. Have fun by experimenting with other additions to the bag e.g. leaves, glitter or small beads.

Hidden Objects Bottle Game

1. Take an empty water bottle and allow it to dry out fully.
2. Take a tour of all the house collecting any bits and bobs that may be useful - marble, paper clip, Kinder Egg toy, coin, bead, piece of string, Lego, etc...



3. Make a list of all the objects or take photos if your child cannot read yet.



4. Fill the bottle with rice, layering the objects as you go. Fill to the top with rice for a tricky game, or leave a little gap to make it easier.



5. Glue the lid on the bottle to prevent the game being a choking hazard

6. Challenge your child(ren) to find all the objects, or particular objects in a fixed period of time. Good for rainy days and car journeys!

7. The larger the bottle the greater the challenge but you'll need a lot more objects. Cracker prizes are great for this!

Parents' Hints and Tips

Bonfire Night



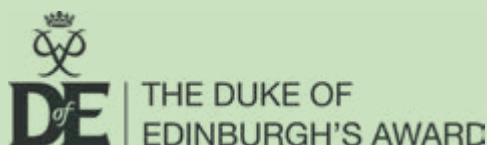
Bonfire Night is a fun event that many of us enjoy. But, for those with autism or learning disabilities, fireworks can cause anxiety and stress. Many families choose not to celebrate Bonfire Night because their children find it too distressing. Below are some ideas to help make the occasion a positive experience and more enjoyable for everyone.

- Create a countdown calendar so your child can understand when Bonfire Night will take place. Make an itinerary of the evening in advance so that they realise what will be happening and when. Fireworks are unpredictable, so try to help your child understand what to expect. Sparklers may not have much sound but they look like mini fireworks, so try to show them some in advance. Watching videos of fireworks displays may also help to prepare them.
- Find out if there is an organised event in your area – some local authorities provide displays suitable for people with disabilities that might be less crowded and cause less anxiety for people with autism.
- If you go to a big display, stand away from the crowds. You could even park at a distance from the venue and watch from the car, so you can enjoy the visual display without any of the noise.
- Snacks and drinks like hot chocolate can act as a distraction and also calm children down. Warm clothes can also be a great comfort. Pack items that help soothe your child, such as a weighted vest, favourite toy, or handheld game.
- Use headphones or ear defenders to help to block noise and reduce the anxiety that people with sensory issues may experience. There are some that block out noise but still allow speech to be heard, which can be reassuring. You could also use a set of headphones to play their favourite music, or ear muffs to help keep their ears warm too.
- Hold your own display at home and invite family and friends, so you are in control and do not have to wait around in the cold. Outdoor displays may not keep to their advertised time and this may make your child anxious. If you buy your own fireworks you can avoid loud ones that might cause distress and instead focus on bright and sparkly ones.
- If you have a display at home, allow your child to watch from inside where it is warm and they can experience the pretty sights without the loud noises.
- Talk to your children about fire safety and the dangers associated with fireworks. Be aware that some dislike of fireworks may come from anxiety or fear of being hurt. Reassure them that you are obeying safety rules.
- Have a virtual bonfire night. There are several virtual fireworks displays available online, where you can control the level and noise of the fireworks.
- Set an example. Stay calm and have fun when you're watching fireworks with your child. Being around adults that aren't scared and are enjoying themselves can have a calming effect and encourage them to relax have fun too!



In the Winter issue, we will be looking at affordable and appropriate toys for Christmas. Is there anything you would recommend? Send your suggestions to FIND@lancashire.gov.uk





If you're aged 14 - 24 and want a real challenge, then the Duke of Edinburgh's Award could be for you.

The Duke of Edinburgh's Award is an internationally recognised programme, which is a real adventure from beginning to end. There are three levels of the award that you can do; Bronze, Silver and Gold. The main differences between them are how long they take to complete and how challenging they are.

To achieve your award you will complete a personal programme of activities in four themed areas. These are volunteering, physical, skills and expedition. You will also need to complete a 'residential' or stay-over if you are doing your gold award.

The best bit is you get to choose what you do!

You can choose things that get you excited and that you enjoy. Your programme can be full of activities and projects that get you buzzing, and along the way

you'll pick up experiences, friends and talents that will stay with you for the rest of your life.

Where to take part

There are a number of organisations around Lancashire that run the Duke of Edinburgh's Award. Most schools will offer their pupils access to the award so it is best to check with them first. Uniformed organisations like scouts, guides or cadets also offer the award so if you are a member of one of these organisations it is best to ask one of your leaders about the award. You can also visit the DofE website to find a group: www.dofe.org

Additional needs

The Duke of Edinburgh's Award is achievable by any young person who chooses to take up its challenge, regardless of ability, gender, background or location. Find out more at:

www.dofe.org/leaders/additional-needs

Contact details

T: 0151 228 2533

E: northofengland@DofE.org

AUSOME PARENTS



This group has been set up to help parents of children with ASD/ADHD & other SEN needs in the Preston, South Ribble & surrounding areas. Although it is a parent support group, adults that

are on the spectrum are welcome too.

Our aim is to arrange regular meet ups, so we can make friends, have a brew and a chat, support one another with ideas and advice and generally just have some ME TIME and a break from the norm.

So if you do feel on your own, friends and family don't understand, or just need a break, please join us.

Support is also available on the Facebook page if you can't make the meetings.

We meet twice a month on a Thursday, 10am – 2pm

Café Emmanuel
Plungington Community Centre, Brook Street,
Preston, PR1 7NB

For more information, please get in touch:

Email: emmaleah2@btinternet.com

Mobile: 07527 916 037

Facebook group: AUSOME PARENTS OF PRESTON!!



Family Fund

Helping disabled children

Information and Support Day

Learn more about support services, grants and information available to you and your disabled child or young person.

Come along and meet Family Fund and other charities in your area and get help with your Family Fund application form.

Thursday 13 September 2018
Preston, 10:30am - 2:30pm

**Lancaster Suite, Preston Guild Hall,
Lancaster Road, Preston PR1 1HT**

Let us know you're coming or simply turn-up and show your support. We're always here if you have any questions: events@familyfund.org.uk

Let us
know you're
coming

Visit the events page on our website:

www.familyfund.org.uk

The Family Fund is a charity with company limited status. These company limited status guarantees incorporated in England and Wales. Registered in 1982. Registered charity number: 103084. Limited company number: 3008000.



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

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

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

The Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as Action on Hearing Loss, the RNIB, Dimensions and Muscular Dystrophy UK.

Eligibility

You will need to provide evidence that the card holder receives one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Blind Persons Registration

You will need to send a copy of the awarding letter from DWP or a statement confirming receipt of the allowance for **the person requiring assistance** (the card holder).

This should be dated within the last 12 months.

Alternatively, if you are a Registered Blind Person then please send a photocopy of certification for the person requiring assistance (the card holder).

To apply, **the person requiring assistance** must be 8 years of age or older.

To apply, you will need:

- Proof of eligibility (see above)
- A photo
- Payment of £6.00

You no longer need a code to renew your CEA Card.

The CEA Card is valid for one year from the date of issue. You can pay for your card by post:
CEA Card, PO Box 199, Deeside, CH5 9BW

Or online: www.ceacard.co.uk

For further information about the CEA Card, contact:

Email: info@ceacard.co.uk

Telephone: **01244 526 016**

Textphone: **18001 01244 526 016**

Office Hours 9am to 5pm Monday to Friday excluding Bank Holidays.

This is a UK Call Centre, and calls are charged at standard UK Landline rates.



Did you know there are a number of different types of screening in UK cinemas, helping to ensure everyone enjoys the big screen experience?

Many of these adjustments are available across a broad range of cinemas including independents, local and national circuits. Availability may vary depending on the venue, screen size and type of equipment. Some venues cannot provide these extra services, so it is always best to check first to see what is available at your local cinema.

Information about these screenings and venues can be found at: www.accessiblescreeningsuk.co.uk

Kidz to Adultz North

Thursday 8th November 2018
9.30am - 4.30pm
EventCity, Barton Dock Road, Manchester,
M17 8AS



One of the largest **FREE** UK events supporting children and young adults up to 25 years with disabilities & additional needs, their families, carers and the professionals who support them.

- **FREE Entry**
- **150+ Exhibitors**
- **Easy Access**
- **FREE Parking**
- **FREE CPD Seminars**
- **Children Welcome**



FREE CPD Accredited Seminars running alongside the exhibition:

- Postural Seating
- Sleep Issues
- Moving & Handling
- Managing Continence in Schools
- Sensory Processing
- Autistic Spectrum Disorder

And more!

Chance to win a £200 voucher and many prizes!

Register online for your **FREE** entry ticket and to be kept informed of future Disabled Living events and services.

www.kidzexhibitions.co.uk Or simply contact Disabled Living:

Email: info@disabledliving.co.uk or Tel: 0161 607 8200

Tickets are not compulsory as you can register on arrival.



Organised by:

Disabled Living

Practical solutions supporting disabled adults, children & older people

CPD

The CPD Certification Service

Lancashire County Council – contact details

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

	Service	Number
Corporate Services	Signposting / General enquiries	0300 123 6701
	Libraries	0300 123 6703
	Library Service Automated Renewal Line	0300 123 6704
	Registration and Certification Service	0300 123 6705
	School Admissions	0300 123 6707
	School Appeals	0300 123 6708
	Lancashire Adult College	0300 123 6709
Care Connect	Social Care	0300 123 6720
	Safeguarding Adults	0300 123 6721
	Emergency Duty Team	0300 123 6722
County Benefits Service	Care And Urgent Needs	0300 123 6735
	Blue Badges	0300 123 6736
	NoW Card	0300 123 6737
	Schools Transport	0300 123 6738
	Welfare Rights	0300 123 6739
Environment	Anti-social behaviour on buses	0300 123 6782
Local SEND Offices	South (Preston, Chorley, South Ribble, West Lancashire)	01772 531 597
	East (Hyndburn, Ribble Valley, Pendle, Burnley, Rossendale)	01254 220 553
	North (Lancaster, Fylde, Wyre)	01524 581 200
Other Useful Numbers	Family Information Service	0300 123 6712
	Carers Lancashire	0345 688 7113
	Information, Advice and Support Team, SEND Service	0300 123 6706
	Children & Family Wellbeing Service	0800 511 111

For children and young people aged 0 to 25

Children with Additional Needs

Sunday 30th September

Salt Ayre Leisure Centre Lancaster

CAN DO event

Day of Opportunity

Stalls from support providers

X Height Climbing Wall

Energy Soft Play

Gravity

Bouncy Castles

Accessible Bikes

Face Painting

Arts and Crafts

Swimming

Sensory Area

Information, Advice & Support

Cafe Area

Chill Out Zone

Family Circuit

Taster Sessions

pre-register & stall booking via www.nldgcando2018.eventbrite.co.uk

SALT AYRE LEISURE CENTRE

ENERGY

X HEIGHT

GRAVITY

FITNESS

TRANQUIL

Lancashire County Council

Your Help Is Essential

We 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.

E: FIND@lancashire.gov.uk
T: 01772 538077 or 01772 532509

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

Editorial Group

Information, Advice and Support Team

Sarah.deady@lancashire.gov.uk
Pauline.mansley@lancashire.gov.uk

Parent Representatives

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

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

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

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

Get this free newsletter sent to your door

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

Name

Address

Postcode

Tel. No.

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

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

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