

SEND NEWSLETTER

FOR OUR FAMILIES AND CARERS IN BLACKBURN WITH DARWEN

April 2025



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Welcome to our Spring 2025 edition!

The start of 2025 has been busy with the launch of our SEND Voice Youth Forum on the 23rd January 2025. This event was well-attended by children and young people and was a positive start for the Forum. It's not too late to still be involved with the Youth Voice Forum. If you are interested, please email sendyouthvoice@blackburn.gov.uk for further details.

During February and March, we held a number of coffee & cake meetings with parents and families to discuss the setting up of the new Blackburn with Darwen Parent Carer Forum. More information on this will be shared in the next newsletter but we'd love to hear from you if you want to help steer the work of the new BwD parent carer forum - please email Laura from Contact on laura.burling@contact.org.uk if you'd like to be involved.

We're also exploring a bigger Disability Information Day to be held on the 19th June 2025 - further details to follow but please save the date for now!

There are a number of awareness events taking place during April and May. April is [Autism Acceptance Month](#) and [Deaf Awareness Week](#) is celebrated from the 5th to 11th March 2025.

Blackburn with Darwen Adult Learning Team are running a selection of [family learning courses during April and May which you may find interesting.](#)

We hope you find this edition useful and informative. Please let us know what you would like to see in future editions by emailing local.offer@blackburn.gov.uk.



Family Hub



Darwen | Little Harwood | Livesey | Shadsworth



Spotlight on the Blackburn with Darwen Family Hubs

Did you know that Blackburn with Darwen is home to four Family Hubs, providing invaluable support to families with children aged 0–19 (or up to 25 for those with special educational needs or disabilities)? Our hubs address a variety of challenges, ranging from parenting difficulties to interpersonal conflicts, all within trusted environments staffed by skilled and compassionate professionals. Blackburn with Darwen families can rely on personalised support that raises confidence, respect, and empowerment, ensuring both parents and children benefit significantly.



What's more, the Family Hubs adopt a strength-based approach, working collaboratively "with" families rather than "for" them. By building long-lasting relationships, they create a foundation for positive outcomes, not just for children today but also for the future generations of parents they will become. Our hubs work in harmony with family support, social care, healthcare providers, and local voluntary organisations, forming a network of complementary services to holistically support families.

For those facing complex or multiple challenges, the Family Hubs bring together experienced practitioners who form a "Team around the Family" to offer tailored guidance and empower families toward independence. Specialist input from social workers, SEND professionals, and health experts further bolsters this support. The best part? The help doesn't stop when initial issues are resolved families can continue accessing support for as long as they need, ensuring stability and resilience for the future.

If you have not been to a hub, contact: Zoe.fitzpatrick@blackburn.gov.uk and Louise.shorrock@blackburn.gov.uk and they will arrange a tour.



Young People's Services

Inclusion Projects

Young People from the YPS SEND Inclusion Projects have enjoyed lots of fun over the Christmas period.

The Wednesday group visited Symths Toy shop to buy resources for the Kaleidoscope Centre for the children and young people to enjoy. They had a visit to Empire Theatre to watch the 'Jack and Beanstalk' pantomime and King George's Hall to see 'Cinderella'.

YPS had a joint Christmas Party with the Children with Disability Team at Kaleidoscope with a visit from a special guest – Father Christmas. Our older young people from the Kids Next Door (ASD) youth group along with the Senior Voice Group enjoyed a lovely Christmas meal at Oakenhurst Farm.

During Spring, YPS will be supporting a group going to the Anderton Centre to participate in a range of outdoor activities along with sessions onsite at Kaleidoscope. The older group are visiting Bury Arcade for the first time and some are attending the National Youth Voice Matters Conference in Manchester to meet with other SEND children and young people from across the country. Here they will discuss issues, challenges and barriers they face and what services & organisations need to address in order for SEND children and young people to fully participate.





HAF 2025 – Book now for Easter 2025!

Spring North is excited to brighten up the 2025 holidays by supporting families across Blackburn with Darwen through their 'Get Stuck In' Holiday Clubs! Here's your chance to join in on a series of FREE activities designed for children and young people throughout the year. Check out all the details and sign up at [Get Stuck In](#).

What's on offer:

- Clubs for all age groups
- 4 sessions per child
- Various venues, dates, and times
- Nutritious meals provided
- And the best part? It's completely free!

To secure your spot, you'll need your school FSM booking code (provided if you're eligible for free school meals).

For booking assistance, call our dedicated support line at 01254 784105 Option 2 (available Monday to Friday, 9 am to 5 pm). If you have questions about existing bookings, contact the provider directly—provider-specific contact numbers are available below each listing.

A few key points to know:

- Priority spots are reserved for children and young people currently receiving or eligible for Free School Meals (FSM).
- With around 2,000 pupils in Darwen and 5,000 in Blackburn, we're allocating 85% of our funding to maximise FSM participation while ensuring inclusivity by reserving 15% for those needing extra support.
- Join us in making the holidays unforgettable for our young people across the community! Don't miss out—secure your place and make this holiday one to remember.





Family Hub



Darwen | Little Harwood | Livesey | Shadsworth

Parent Infant Mental Health Support in the BwD Family Hubs

Did you know that one in four mums and one in eight dads experience mental health challenges during pregnancy or the first two years after birth? If there are complications with pregnancy and birth or shortly after birth, parents are more likely to experience challenges with their mental health. This crucial time, known as the perinatal period, is vital for bonding, growth, and development—but it can also be challenging.

Thanks to the Best Start for Life Grant and the Family Hub Parent Infant Mental Health (PIMH) project, families in Blackburn with Darwen who are in the first 1001 days have access to additional support services. Here are the details of the support available:

- Home-Start provides perinatal mental health peer support through free volunteer peer supporters, who help parents in their own homes and communities 1:1 and in groups.
- Dad Matters Blackburn with Darwen offers 1:1 free peer support for dads to have the best possible relationship with their families in the first 1001 days of their parenting journey, including advice and guidance on baby bonding, attachment, and wellbeing.
- Lancashire Women Family Wellbeing Service supports parents with free non-judgmental and trauma-informed therapeutic groups to help with coping, as well as some informal peer support groups for you to share your experiences with others who may have had similar experiences.
- The Family Hubs have also funded an emotional support service for miscarriage and baby loss, as this is something that our parents told us was needed in the area. Lancashire Mind's Together After Loss Service is a new service that supports parents with 1:1 therapy and peer support with others who have experienced baby loss.

There are also other support services available in the area which are free to access, such as:

- NSPCC Pregnancy in Mind (PIM): A free online support service that supports parents with their emotional wellbeing in pregnancy.
- Talking Therapies: Offers brief intervention for anyone with mild to moderate mental health difficulties, and people in the perinatal period are prioritized on the waiting list, which is already low.

For anyone in the perinatal period who is experiencing more moderate to severe mental health symptoms, they can ask their health visitor or midwife to refer them to one of the following services:

- **The Reproductive Trauma Service:** Offers various types of 1:1 therapy at varying intensities and peer support for mums whose mental health is significantly impacting their daily lives.
- **The Specialist Perinatal Community Mental Health Team:** Provides support to women experiencing moderate to severe mental health difficulties and works to minimize the risk of relapse in those women who are currently well but have a history of severe mental illness.

There are so many different support services available for parents through the Family Hubs and wider services, which is exciting. However, if you feel that more is needed and would like to share your views about what is needed to support parent-infant mental health, please do not hesitate to get in touch. If you would like to know more about the project in the BwD Family Hubs, please contact Lara McNally at lara.mcnally@blackburn.gov.uk



Lancashire Women

Low to moderate MH symptoms

1:1 Perinatal Therapists
Therapist on Burnley NICU
Baby Bonding and attachment Groups
Signposting to FH activities

Blackburn with Darwen Family Wellbeing Service - Lancashire Women



Dad Matters

Low to moderate MH symptoms

1:1 And Group peer support for dads

Support wellbeing and baby bonding and attachment

Sam Barret - Dads Coordinator

sam.barrett@home-start-bnd.org.uk

Blackburn & Darwen – Dad Matters



Home Start PMH Peer Support

New emphasis on supporting families 0-2 with training on PIMH Now receiving a higher number of referrals from pregnant parents – all staff and volunteers are trained in PMH.

Perinatal Peer Support - Home Start Blackburn & Darwen (home-startblackburnanddarwen.org)

Children and Young People 's Mental Health Services

Blackburn with Darwen



IMO Charity (Blackburn College only)

Age: 16-19 years old **THRIVE quadrant:**

Thriving, getting advice **Service offer:** The project is designed to target individuals at the college, offering them the benefits of both group and 1:1 mentoring sessions, aiming to bolster their mental and physical wellbeing. The programme is available to all students at the college and parents will have the opportunity to become mental health champions.

Referral information: Students can speak to the wellbeing/pastoral team at the college

Kooth

Age: 10-18, up to 25 with SEND **THRIVE**

quadrant: Thriving, getting advice, getting help

Service offer: Provides early help for mild, moderate and complex needs; depending on the individual, early help can range from self-help, resources from a magazine article to a councillor supporting a child or young person to access appropriate services. **Referral information:** No referral required

– sign up for free through the Kooth website [Kooth is available in many areas across the UK - Kooth](#)

Talking Therapies

Age: 16+

THRIVE quadrant: Getting advice, getting help

Service offer: Psychological therapy service offering a range of free talking therapies, with various brief psychological interventions to support people's emotional needs. Sessions can be online, face to face or via telephone.

Referral information: Self referrals can be made, and professionals can refer too.

[Self-referral :: Lancashire and South Cumbria NHS Foundation Trust](#)

Mental Health Support Teams (MHST)

Age: 5 to 18 – depending on if Education Setting has an MHST

THRIVE quadrant: Thriving, getting advice, getting help

Service offer: Provide direct mental health support to education settings, promoting the early detection and prevention of mental health problems across the whole setting and strengthening the links to mental health services.

Referral information: School requests for support often come from the school's designated mental health lead (DMHL). A child/young person can refer themselves by speaking to their mental health lead in school.



Parenting Support

Age: Parents/carers of CYP's with mental health concerns

THRIVE quadrant: Getting advice, getting help, getting more help, getting risk support

Service offer: Provides parents/carers support groups both virtually and in person. There is also social media support through website and Facebook pages, as well as 1:1 peer support

Referral information: Self referrals are encouraged but referrals/signposting from professionals can be made. Contact 01254 244700 or email path@canw.org.uk



Barnardo's My Time to Thrive

Age: 5-18, up to 25 with SEND

THRIVE quadrant: Getting advice, getting help

Service offer: Offer therapeutic interventions for CYPs with mild to moderate mental health and emotional wellbeing needs, both through 1:1 and group work.

Referral information: Referrals can be made on a standard CAMHS referral form or through the referral form on Barnardo's website [Referral Form \(mayden.co.uk\)](#)

Spring North Peer Support

Age: 10-19, up to 25 with SEND

THRIVE quadrant: Getting advice, getting help, getting more help

Service offer: Provides targeted peer support to CYPs in various protected groups who may have a higher prevalence of mental health needs and who are less likely to access support or engagement in interventions.

Referral information: Email: hannahholden@lancashiremind.org.uk

Eating Disorder Services

Age: All age

THRIVE quadrant: Getting advice, getting help, getting more help

Service offer: Offer support to people of any age who have been diagnosed with/meet the diagnosis criteria for an eating disorder.

Referral information: Referrals are accepted from GPs, the Single Point of Access Team and other health professionals.

Call 01282 657999

CAMHS

Age: Under 18 years old

THRIVE quadrant: Getting help, getting more help, getting risk support

Service offer: Specialist mental health child psychiatry service, which provides appropriate access to specialist provision for CYP's with a range of emotional health, psychological distress and mental health disorders.

Referral information: Referrals can be accepted from GP's, paediatricians, psychologists, social workers and other health professions. CYP's can also self-refer - [Healthy Young Minds :: Information for children and young people](#)

ADHD North West

Age: 0-18, up to 25 with SEND

THRIVE quadrant: Getting advice, getting help, getting more help

Service offer: Offers information, advice, guidance and various other services to individuals and families affected by ADHD.

Referral information: Complete the parental or professional referral forms on their website and return to reception@adhdnorthwest.org.uk

Early Intervention into Psychosis Service

Age: 14+

THRIVE quadrant: Getting more help

Service offer: Aims to help people who are diagnosed with psychosis or have experiences which are distressing and difficult to make sense of, which may lead people to be at risk of psychosis for the first time.

Referral information: Self referrals can be made but it is recommended referrals come through health professionals. Complete the referral form on the bottom of the website [Early Intervention Service :: Lancashire and South Cumbria NHS Foundation Trust](#)

NHS 111 Press 2

Age: All age

THRIVE quadrant: Getting advice, getting help, getting more help, getting risk support

Service offer: The service provides 24/7 access to mental health support in the UK. Anyone can call this number to speak with a mental health professional if you or someone you know is experiencing a mental health crisis.

Referral information: Free to call 24/7

Call 111 then press 2

Initial Response Service (IRS)

Age: All age

THRIVE quadrant: Getting advice, getting help, getting more help, getting risk support

Service offer: Telephone line available 24 hours a day, 7 days a week, to access mental health help and support.

Referral information: Free to call: 0800 0130707

Additional Services

A CYP may be involved with the following services, but they are not services which they can be externally referred into.

Risk Support

Age: Under 18 **THRIVE quadrant:** Getting risk support **Service offer:** Risk support is designed for

a cohort of young people who are unable to access or benefit from evidenced based mental health interventions, are not ready to engage/are hard to reach, or need some support to keep themselves safe where they are. RSLWs will attend MDT meetings, co-develop a Risk Support Management Plan with Health and Social Care and young person requiring risk support, signposting, incorporate the AMBIT approach and offer 2 training courses per year to external agencies/services as well as their own agency/service.

Response and Intensive Support (RAIS) Teams

Age: Under 18

THRIVE quadrant: Getting advice, getting help, getting more help

Service offer: Ensure that CYPs have timely access to risk assessments, risk formulation and a supportive risk management plan to improve outcomes for those who require an urgent or priority response.



Learning Disability Health Day

Come and join
the fun!



Find out all about:

- Annual health checks or even have one whilst you're there!
- Health screening & fun things to show you how to check yourself!
- Health promotions and lots more!



SATURDAY 26TH APRIL

10AM TILL 3PM

BARBARA CASTLE WAY HEALTH CENTRE,
SIMMONS STREET,
BLACKBURN,
BB2 1AX

For More Information:

Email: HFinbox@lscft.nhs.uk

IGNITE/Diversity SEND Sessions

We are excited to introduce our exciting SEND sessions designed to create enriching experiences for young people aged 8-21 with diverse abilities.

 When: Sundays (ages 8-21)

 Time: 2:00pm-6:00pm

 Location: Blackburn Youth Zone

 When: Mondays (ages 11-16)

 Time: 3:30pm-6:00pm

 Location: Blackburn Youth Zone

Further details on the sessions are detailed on the following pages.

If you would like your child to attend these sessions then please send an email to sajida.sidat@imocharity.org or alternatively, you can call Sajida Sidat on 07541 938431.

Spaces are limited, so don't miss out on this fantastic opportunity. Join us for a journey of growth, friendship, and discovery!

If you have any questions or need more information, please feel free to reach out to the above contact details.

We look forward to welcoming your child to our SEND sessions and creating unforgettable moments together!

IGNITE/Diversity SEND Sessions

Within our IGNITE/Diversity provision, we are committed to providing a safe, inclusive, and enjoyable environment for young people with special educational needs and disabilities. Our sessions are tailored to meet the unique needs of each young person whilst fostering personal growth, friendship, and fun!

What's in Store for Your Child?

🌟 Exciting Activities: Our sessions feature a wide range of activities, from arts and crafts to sports, baking to dance as well as tournaments. We believe in the power of play and exploration to build confidence and create lasting memories.

🍴 Delicious Food: Nutritious meals and snacks are provided to keep your child energised and ready for a day of fun. We cater to various dietary requirements, ensuring every young person's needs are met.

🌟 Life Skills Projects: Our curriculum includes engaging life skills courses designed to help young people develop essential skills for independence and daily living. From communication and social skills to practical activities, we offer a holistic approach to personal development.

Why Choose Us?

✅ Inclusive Environment: We celebrate diversity and provide an inclusive space where every young person can thrive.

🤝 Experienced Staff: Our dedicated team of professionals are trained to provide individualised support and care.

👥 Community Building: We believe in building a supportive community where young people and families can connect, share experiences, and grow together.

🎉 Fun and Learning: We blend fun activities with educational opportunities to ensure all young people have a well-rounded experience.

inspire | motivate | overcome
It's my opportunity

IGNITE Diversity

> SPECIAL EDUCATIONAL
NEEDS & DISABILITIES

- ✓ Inclusive Environment
- ✓ Experienced Staff
- ✓ Community Building
- ✓ Fun and Learning



**EXCITING
ACTIVITIES**



**DELICIOUS
FOOD**



**LIFE SKILLS
PROJECTS**

AGE
8-21
YEARS

**SUNDAYS
2 PM - 6 PM**

AGE
11-16
YEARS

**MONDAYS
3 PM - 6 PM**

JOIN US FOR A JOURNEY OF GROWTH,
FRIENDSHIP AND DISCOVERY!



**LIMITED
PLACES.
APPLY
NOW.**



BLACKBURN YOUTH ZONE, JUBLEE ST, BLACKBURN, BB1 1EP

IF YOU WOULD LIKE YOUR CHILD TO ATTEND THESE SESSIONS THEN PLEASE CONTACT:



Sajida Sidat
07541 938431 / 01254 781310
sajida.sidat@imocharity.org

@imocharity

www.imocharity.org



Friends of the Local Offer

Would you like to make things better for Children and Young People aged 0-25 with Special Educational Needs and/or Disabilities (SEND) in Blackburn with Darwen?

If so, we would love to hear from you!

Our Friends of the Local offer Group is a friendly group who meet once a month to find ways to help families to help themselves by recommending and making improvements to information, guidance and the services available for children and families locally.

Meetings take place at one of the BwD Family Hubs and include a brew and biscuits.

The group:

- Make improvements to the Blackburn with Darwen's Local Offer website
 - Make the information available more family friendly
 - Provide advice to professionals on sharing information
- Help develop and review important strategies for the borough

If you might be interesting in getting involved, please email us at local.offer@blackburn.gov.uk

**We would love to
hear from you!**

Feedback

We want to hear your views on our newsletter

**Please let us know what you would like to see in future editions by emailing
local.offer@blackburn.gov.uk**



**If you would prefer to receive this newsletter in a different format, please
email local.offer@blackburn.gov.uk**

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