

FIND

Welcome to the Winter issue of the FIND Newsletter, 2019

We have some inspiring stories in this issue – Meme from Colne is in training for the Tokyo Paralympics next year; Thomas has gained work experience and increased independence through Project Search; and Jen from DanceSyndrome has once again been included in the Disability Power List 100 – well done to you all!

The Christmas holidays are almost here, and we are all looking forward to time with our families, however if your child has a disability there can be extra challenges. We have some Christmas hints and tips inside, as well as gift ideas and festive events.

Lancashire Break Time activities will be taking place across Lancashire during the holidays, giving parent carers a short break of a few hours while their child or young person takes part in a fun group activity. See page 3 for details of who can attend, and how to book a place.

 www.facebook.com/LancashireLocalOffer



Your positive action combined with positive thinking results in success.

Shiv Khera

Lancashire's Short Breaks offer, including Lancashire Break Time, is currently being redesigned in partnership with parents, carers, young people and providers, and we will keep you updated on the progress made. In the meantime, we can confirm that Lancashire Break Time will continue into the New Year in its current form.

We are always looking for more stories and articles from readers – if you have something you would like to share, please email: **FIND@lancashire.gov.uk** or call us on **01772 538077**.

Finally, we wish you all the best for the festive period, and a happy and peaceful New Year.

Thank you for your continued support.
Sarah Deady
Inclusion Service

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Lancashire Parent Carer Forum Update

The Forum Steering Group is continuing to work hard to build trusting working relationships with the professionals who provide our services so that we can ensure parents' views are fed in to the right people at the right time.

Lancashire Break Time and the Short Breaks Service

Following Cabinet agreement in August, the Short Breaks Service is now being redesigned by Lancashire County Council in partnership with parent carers and service providers.

LCC and LPCF worked together to design a questionnaire, which was shared widely to gather the voice of parent carers from across Lancashire.

This was followed by a number of face-to-face meetings, hosted by Lancashire Parent Carer Forum and Lancashire County Council, with parent carers from all across the county including Lancaster, Skelmersdale, Rossendale and Preston.

At these meetings, parents fed back why short breaks were important to them, what was working well, what could be done better or differently, gaps within provision and what they hoped the service would look like in the future.

After researching 21 other Local Authority offers around how they deliver short breaks, LCC were able to offer innovative ideas and share some best practice solutions and possibilities that were considered by parent carers as potential ideas for redesigning our service.

Parent carers suggested activities like "Come Dine With Me", outdoor adventures and building friendships, and ideas about how to make better use of their Short Breaks experience were discussed.

All the parents' ideas and feedback was collated and then presented to the providers of the Short Breaks and Lancashire Break time activities. The providers then talked about what the barriers were for them and what changes were needed in order to make the service more responsive to need.

The final step for the redesign is for 2 workshops to be held for parent carers, providers and professionals to meet and redesign the service. The proposals for the newly redesigned service will go to Cabinet for approval in March 2020.



One Year On Event

The LPCF open event in October was a celebration of parent participation and the impact of how parents being involved with improvement work has been a positive change in our County over the past year.

Invited speakers spoke to parent carers on topics including how parents have been involved in the redesign of the Neurodevelopmental Pathway, the Short Breaks redesign and the development of the One Page Profile section of the EHCP.

Parent carers were given opportunities to share their views on selected topics, to post questions and comments either via the flip chart questions around the room or via the tabled questions. All these comments, questions and responses have been published in the Event Report available on the Local Offer, LPCF Facebook page and by email request.

Local Area Partnerships

The Forum steering group members continue to attend Local Area Partnership meetings with health, education and social care representatives including SENCOs from primary, secondary and special schools, SENDOs, Paediatricians and Early Help Partnership Officers to hear views and share ideas and pathways across the sectors. Issues raised at the LAP meetings can be resolved by talking with partners or investigated by the next meeting.

Reaching more Parent Carers

The Forum is beginning to reach out to community-based groups to offer a 20-30 minute presentation on useful topics such as challenging behaviour, sleep hygiene, incontinence.

We are able to invite professionals from a range of services on topics to be decided by local groups. If this is something you are interested in hosting, please get in touch by emailing:

admin@lancashireparentcarerforum.org.uk

Update on Lancashire Short Breaks Review and Redesign

The consultation responses to the proposal to cease Lancashire Break Time indicated that we need to look at the whole Short Breaks Offer provided by Lancashire County Council alongside Lancashire Break Time. As a result, on 8 August 2019 Cabinet agreed to the review and redesign of the whole Short Breaks Offer, in partnership with parents, carers, young people and providers.

Thanks to the parent/carers, children, young people and short breaks providers who have shared their views on the Short Breaks Offer so far.

Short Breaks Offer workshops

Lancashire County Council and Lancashire's Parent Carer Forum invited parent/carers, short break providers and partners to attend two workshops as part of the redesign of Lancashire's Short Break Service offer.

The first workshop took place on 26th November. We looked at the information gathered so far as part of the review and considered options and priorities for the offer.

At the second workshop on 11th December, the group will bring together the preferred options and priorities from the first workshop into a model for a redesigned short break offer.

A report setting out the proposal for the future delivery of short breaks, based on this model, will be presented to Cabinet in March 2020.

Thank you to everyone that has taken part and had their voice heard. We will continue to share updates here and through the Local Offer website and facebook page.

Please note, Lancashire Break Time will continue in its current form until the review and redesign of the Short Breaks Offer is completed.

What is Lancashire Break Time?

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?

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

The image shows a screenshot of the Lancashire Local Offer website. The main heading is 'Special educational needs and disabilities - local offer'. Below this, there are several sections: 'Have your say', 'Your local offer', 'Getting help', 'Early years and childcare', 'Education', 'Health', 'Transport', 'Travel', 'Preparing for adulthood', 'Activities and transport', 'Find things to do', 'Accessible and inclusive activities', and 'Access to public facilities'. A green arrow points from the 'Things to do' link to a callout box that says 'Click on Things to do'. Another green arrow points from the 'Lancashire Break Time' link in the 'Activities and transport' section to a callout box that says 'Then on the Lancashire Break Time link'. The 'Activities and transport' section includes a sub-section for 'Lancashire Break Time' which states: 'Lancashire Break Time is a free service for parents and carers of children and young people with special educational needs and disabilities. It offers a range of activities and trips out for children and young people with special educational needs and disabilities. It offers a range of activities and trips out for children and young people with special educational needs and disabilities. It offers a range of activities and trips out for children and young people with special educational needs and disabilities.'

SEND Information, Advice and Support Team



The SEND Information, Advice and Support (IAS) Team are part of Lancashire's Inclusion Service. 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 courses for parents and carers.

SEND IAS Information Day

On Wednesday 6th November, we held an Information Day for parents and carers in central Preston. Thank you to the services that came along on the day, including Contact, Dyslexia Centre NW, Carers' Link and Millercare. Feedback from parents and carers that attended has been very positive:

"Very useful, informative and well worth my visit."

"I thought the way we were able to chat to someone who understood the system in the locality and the services available was great."

"Very helpful, thankyou."

Further events are planned in the North and East Lancashire areas – details to be confirmed in the New Year.

Contact us

To speak to an IAS Officer or IAS Liaison Officer, please call **0300 123 6706** or email: information.lineteam@lancashire.gov.uk

YOUNG DISABILITY FOOTBALL COACHING

Available to those aged 4-16

WHERE: Uclan Sports Arena, Tom Benson Way

WHEN: Saturday 10-11 AM Indoor Training Hall

NEED: Shin pads and a drink to last one hour

COST: FREE



KIT EXCHANGE & RECYCLE!
We need: boots, trainers, football kit of any kind, waterproofs, fleeces. Children and adult!
Drop off Saturdays at UCLAN Sports Arena or contact: kath@masonhouse.co.uk or mobile: 07730570688

ADULT PAN DISABILITY SESSIONS

WHERE: Playfootball Tag Lane Ingol Preston

WHEN: 6-7 PM Indoor training grids

NEED: Shin pads and a drink to last one hour

COST: £3

Enjoy football training and the opportunity to play in tournaments with the Lancashire FA and the North West Ability Counts league



How can you help us? - please contact if you are looking to volunteer or become a coach

www.sirtomfinneysc.co.uk | Email: kath@masonhouse.co.uk | Telephone: 07730570688

Registered Charity: No.1105246



MULTISTARS

Fun, inclusive multisport activities for young people aged 6-21 years old with a disability

FLEETWOOD HIGH SCHOOL, BROADWAY, FY7 8HE



INDOOR ROCK CLIMBING



DODGEBALL



BADMINTON



TRAMPOLINING



BASKETBALL



AND MUCH MORE!

Every Thursday, 6-8pm | £2 Per Person

*A consent form must be completed by a parent/guardian before taking part in activities.

Book Now!

Contact details
John Hartley
01253 208442
John.Hartley@FeetwoodTownFC.com

Meme Robertson, from Colne, has represented Great Britain in the under-19's women's team, winning a bronze medal at the International Blind Sports Association (IBSA) Goalball World Youth Championships.

16 year old Meme is now hoping to play in the Tokyo 2020 Paralympic summer games. With the help of funding from Lancashire County Council, she began training at the Royal National College for the Blind (RNCB) in September this year. Meme will receive 10 hours per week of coaching; including 1-1 technical coaching, personalised strength and conditioning, access to Psychology, Nutrition and lifestyle workshops and group training alongside other Talent and senior Great Britain athletes. This funding and placement will provide every opportunity for Meme to develop her skills further.

She was born with a vision condition called Nystagmus that causes uncontrolled and repetitive movements in the eyes. Meme's mother Catherine said *"Meme does not let this stop her from taking part in sports. She has proved that having a disability does not stop you, although without the funding from Lancashire County Council, she may not have gone to college."*

She has made so much progress and her confidence has grown greatly. She used to feel isolated before taking part in visually impaired sports, and she was close to giving up. She is now going to the college of her dreams.

I am so proud and thrilled with her; as long as she is happy, I will be happy."

Meme first became interested in goalball when her visually impaired cricket club, Lancashire Lions, invited her to a goalball training session. She was then invited to Goalball talent days and then eventually progressed to become a part of the GB women's team.

Catherine added *"She is such a different person now. She also uses public transport on her own, uses the trains and books her own tickets. She could not wait to start college on 7th September, where she continues to develop her goalball skills whilst studying and learning crucial independent living and learning skills too."*

Along with sports, Meme enjoys drumming and more recently is teaching herself to play the piano and guitar.



Meme represents Great Britain at the World Games.

Lancashire Young Carers Service

For Young People

If you are:

- under 18 years old,
- significantly affected by caring for someone with a physical, mental health problem and/or drug and alcohol problem,

then the Barnardo's Team can help you.

You will have a named project worker who will be there to listen to you, support you and provide information and advice.

Every Young Carer has a right to an assessment, taking into account the level of caring role and the impact which this has on your daily life. The assessment will enable you to identify any areas of need and support. We are a friendly and confidential service.

What we do

We run sessions about:

- Talking about the impact of your caring role
- Confidence, Self-esteem and Relationships
- Understanding the condition of the person you care for
- Healthy Lifestyle and Personal Safety
- Working together with Schools and Colleges
- Hobbies and Interests
- Decision Making/Having a Voice
- Support for all the family, including referrals to other services
- Building Resilience



Mission Statement

We would like all Young Carers in Lancashire to have the freedom to make informed choices about their lives and the level of care that they give.

Our Vision is for all Young Carers to receive appropriate information and support to enable them to feel valued and confident in their caring situation and to develop their own potential.

Our aim is to support, empower and equip Young Carers by ensuring they are recognised as a carer, supported to have a life outside caring, improve mental health and wellbeing and ensure children are protected from harmful caring roles and are thriving.

Contact

For further information or advice, please contact us on:

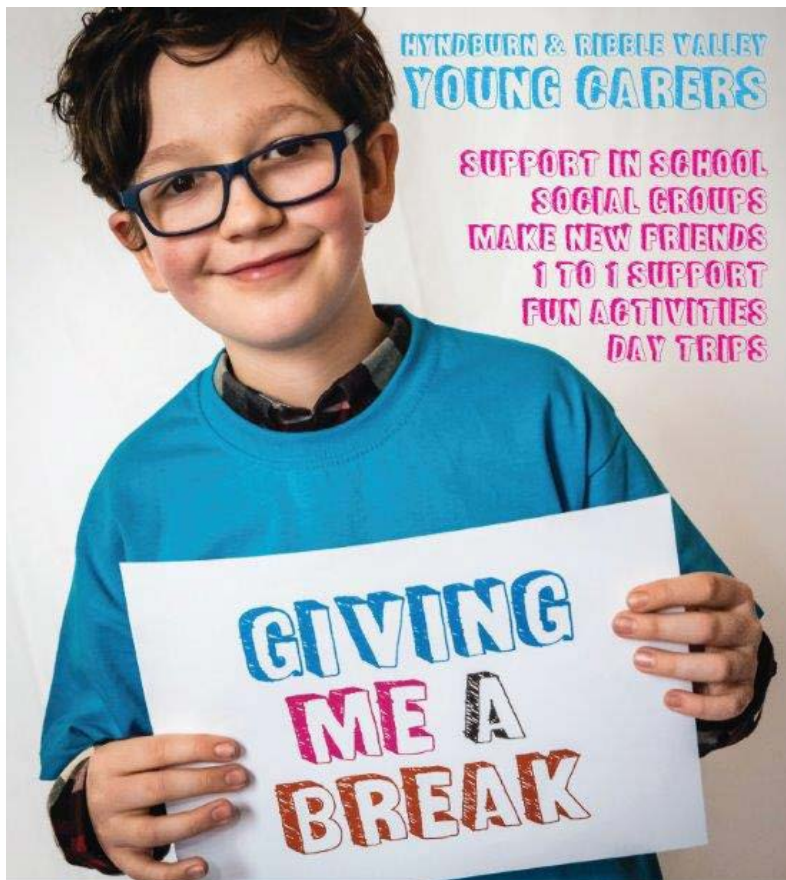
01772 432020 or email:

lancashireyoungcarers@barnardos.org.uk

Barnardo's Lancashire Young Carers Service
1 Dorothy Avenue, Leyland, Lancashire, PR25 2YA

We welcome referrals from ALL agencies. Referral forms can be obtained via email, post, or by contacting a member of our team. Please see reverse of leaflet for details. Referral forms are also available at:

www.barnardos.org.uk/lancashire-young-carers



Further information for Young Carers...

youngSibs For brothers and sisters of disabled children and adults
www.youngsibs.org.uk

YOUNGMINDS

www.youngminds.org.uk/find-help/looking-after-yourself/young-carers



Working to improve the lives of Carers and Young Carers

www.bprcvs.co.uk/index.php/services/young-carers



A young carer is a person under the age of 18 who is looking after a family member with a long term illness, disability, mental health or substance misuse issues. If this is you, please contact us as we may be able to help. **01254 387666**

Registered Charity: 1156275
Company Limited by Guarantee: 09564591



FIND YOUR BRAVE

#Children'sMentalHealthWeek



www.childrensmentalhealthweek.org.uk

DEAR PARENTS AND CARERS,

3-9 FEBRUARY 2020 IS CHILDREN'S MENTAL HEALTH WEEK

The week is run by children's mental health charity **Place2Be** to focus on the importance of children and young people's mental health. This year's theme is **FIND YOUR BRAVE**.

WHAT'S IT ALL ABOUT?

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. **FINDING YOUR BRAVE** can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

We all have times when we need to **FIND OUR BRAVE**.

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to **FIND THEIR BRAVE**.

1. **Remind your child that bravery comes in many forms and everyone is different.** What's brave for them might not feel brave to someone else.
2. **Chat with your child about a time when you've had to FIND YOUR BRAVE.** It might have been something big or small.
3. **Praise your child when they FIND THEIR BRAVE.** Maybe they've kept going at learning a new skill or tried something outside of their comfort zone which boosted their confidence.
4. **Point out examples of bravery in books and films** to your child and talk about how trying out different ways of being brave will help them feel good.
5. **Reassure your child that not feeling brave is OK too** and that there are times when it might be more difficult to be brave.

At children's mental health charity Place2Be we want all children to think about how they look after their minds.

Let your child know that if they are not sure about something, they should talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website www.place2be.org.uk/contacts



Project Search



Hello my name is Thomas McQueenie and this is my story about my Project Search journey. When I was told about Project Search I was very negative towards it because of all the knock backs I have experienced from other schemes in the past. I have a condition called Hydrocephalus which is a neurological condition. This affects my memory, learning and can also affect my mood at times.

This can be due to persistent headaches and other discomfort. I have been at Burnley College for a number of years and got some good qualifications but just hadn't had the break that I needed in order to get into work. However, I desperately wanted to find a job role that utilises my skills. I am told that I am a great people person. When I had a chat with the Project search team at Burnley College, Calico told me that this skill could be put to good use in a department that helps people and involves visits out in the community.

I immediately thought that this could be perfect for me!

The good thing about Project Search at Calico is that in the morning, I have an hour with a fantastic College Tutor and HFT Job Coach who both help me to understand working as an employee rather than being a student. Sian, our Tutor, covers many topics that are used as an employee and Christine, our Job Coach, helps with CV building and applying for employment both here at Calico as well as at external companies. They both help us to get to grips with our job roles. At the end of the day we have another hour with Sian and this gives us chance to discuss any issues we have faced whilst in our job roles but also learn about employment in general.



The staff at Calico have been brilliant! They acknowledge my disability but know that it does not define me; I am a person with a disability that is a potential excellent employee. They treat me as one of the team and help me to develop and push me to succeed every day. This with the help of our Tutor and Job coach, I finally feel like I have a brilliant chance at getting the job I have wanted for so long. Project Search has been the best learning experience I've had. I would never have gained this from any other course and I am ready to be the best employee I can be.

As I have gained work experience, my CV has built and has never looked so good. It is laid out in a way that looks professional, and I have added so many skills now that I have started to get interviews. I spent a lot of time practising interviews with Sian and now I feel calm and comfortable going in to an interview. I have had practise interviews with departments within Calico which has given me the skills I need to succeed. I recently applied for a role using the skills I have gained and have finally been successful! I start my new job in this month and could not be happier! After years of trying I now have a positive future because of Project SEARCH at Calico. I feel like I can start my life as an independent young person earning my own money and progressing as the amazing employee I know that I can be!



DFN Project SEARCH

Employment Internships for people with learning disabilities and autism spectrum conditions.

About DFN Project SEARCH

DFN Project SEARCH provides internships and employment training for people with a variety of learning disabilities and autism spectrum conditions aged 18-25.

Delivered in partnership by The Calico Group as the host employer, Burnley College, Lancashire County Council and HFT, the aim of DFN Project Search is to support you through a work programme within The Calico Group, helping you to gain the skills you need to maximise your potential and to find paid employment.

Eligibility

To be eligible for DFN Project SEARCH, you must meet the following criteria:

- ~ You must have an Education Health and Care Plan (EHCP)
- ~ You must be aged between 18-24 years old
- ~ You must be a Local Authority resident
- ~ You must be an appropriate fit for The Calico Group
- ~ You must have an ability and desire to progress and change your behaviours around work and employment
- ~ You must be willing to access public transport.

How DFN Project SEARCH works

The programme runs for one year during term time, starting in September. We will be supporting a group of 8-12 young adults who are currently studying at college. All our interns have a variety of learning disabilities and autism spectrum conditions.

Throughout the year, we will rotate each intern through three placements, giving them a variety of opportunities to build on their skills. We will also provide continual feedback throughout.

At the end of each internship, our desired outcome will be to help you gain employment.

How the programme runs

DFN Project SEARCH is delivered by one Tutor and one Job Coach.

Each working day will consist of two classroom-based teaching sessions at 9-10am and 3-4pm. The afternoon session will also provide an opportunity to debrief about your working day.

Between the two teaching sessions, you will carry out your work placement with The Calico Group from 10am-3pm, minus a lunch break.

Our Job Coach will shadow each work placement prior to your Internship starting, helping them to gain an understanding of the job role and to find appropriate levels of work.

Both the Tutor and Job Coach will also be there to support you in your search for employment.

Get in touch

If you think you would benefit from a DFN Project SEARCH internship, and you'd like more information, get in touch with **Sian Foster**:

sfoster2@calico.org.uk
01282 686424.



WorkFit is the Down's Syndrome Association's employment programme which brings together employers and jobseekers who have Down's syndrome. It is a tailored service dedicated to training employers about the learning profile of people who have Down's syndrome so that they can be supported in the workplace. We focus on finding the right employment opportunities for people who have Down's syndrome and ensuring that they have the support they need to be successful in the workplace.

Supported employment is not an end destination but a stepping stone into a career pathway. Be inspired by our YouTube videos which illustrate the range of job roles that our candidates are employed to do:

www.youtube.com/playlist?list=PLC3F8BB776F3FE002

The Down's Syndrome Association want to move away from the concept of 'giving people something to do' to an approach which progresses employees towards expanding their experience and learning new skills through training, confidence building and opportunities for professional development.



We recognise paid work is not right for everyone; employment options may include:

- Paid work
- Supported Apprenticeships/Internships
- Work Experience
- Voluntary Work

Whatever the option, Down's Syndrome specific support for employers is essential. General training around employing someone with a learning disability can be helpful but often misses too many factors that can be crucial to success – bespoke WorkFit Employer Training provides a full and detailed picture, along with strategies and resources and full details of our ongoing support. All services and support are free.

For more information on how WorkFit can support you, contact the WorkFit team below.

Tel: **0333 1212 300** (not premium rate)*

Email: dsworkfit@downs-syndrome.org.uk

Website: www.dsworkfit.org.uk

**motiv8
Lancs**

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



Educational sessions for adults living with a learning disability, autism or

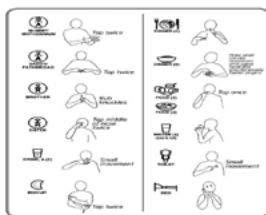
**Music, Dance
and Makaton'**



using various musical

Instruments and singing a song using

Makaton signs and baking various types of delicious tasty but healthy foods whilst



10.00-3.00pm £25.00

a two course lunch is included
Or

8.30-4.00pm £39.00 breakfast
and a two course lunch included
in the price



WIGAN'S BIGGEST INCLUSIVE CLUB NIGHT!

7PM - 10PM

INCLUSIVE CHRISTMAS DISCO

@ popWORLD

Come down and rock around the Christmas tree! Wear your Christmas jumpers, T-shirts or fancy dress!

Tuesday 3rd December!

Popworld Nightclub, King Street, Wigan.

Tickets £2 each

Must be bought in advance from:

My Life - 01257 472 900
Wigan & Leigh People First - 01942 728 748
SKILLS - 01942 522 333

18+

“People start to heal the moment they feel heard”

Cheryl Richardson

Preston 18-30s

Peer support group for any 18-30s in Preston living with depression

All are welcome – a friendly, confidential space where you can talk and feel supported

Facing Depression Together

PeerTalk

Find out more at:

- 07719 562 617
- peertalk.org.uk
- @peer_talk
- @peertalk1

EVERY TUESDAY (UCLan term time only)

6.30pm – 8.00pm
Greenbank Building,
Room GR170
Victoria Street
Preston PR1 2HE.

The PeerTalk Charitable Foundation, registered charity no.1169830.

Safety in Town is a scheme that gets shops and businesses to be safe places for people who feel vulnerable when they are out.

If you see a shop with the **Safety in Town** sticker in the window, you know you will be welcome to ask for support.

Safety in Town

'Helping you feel safe and stay safe when out and about in town'

If you sign up to the safety in town scheme you will get a **Safety in Town** card.

The card can be used to give important information to help people support you.

Do sign up for a card!

There is a lot of good information on the following link:

http://www.ildpb.org/stay-safe/safety-in-town/

If you want information about the Lancashire Safety in Town scheme or if you want to get a card please phone:

James Hughes 01772 561323

Mike Holt 07922 328049



DanceSyndrome Founder is included in the 2019 Disability Power List 100



Jen Blackwell, Founder of Lancashire based charity DanceSyndrome was announced as one of the most influential people with a disability in the UK at a reception at the House of Lords on Tuesday 8th October.

The Shaw Trust Disability Power List 100 is an annual publication of the 100 most influential disabled people in the UK. The list is compiled by an independent judging panel, chaired by Kate Nash OBE. Kate is the world's leading authority in 'Networkology' - the science behind the growth of workplace networks and resource groups. In 2007 she was awarded an OBE for services to disabled people. In 2013 she was appointed Ambassador to Disability Rights UK.

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

This inclusive approach to dance has resulted in Jen, 37 from Chorley, being included on the Power List for two consecutive years (2018 and 2019).

Jen said: *"I'm a winner again! I'm the Founder of DanceSyndrome, recognised and accepted for who I am, being the best that I can be, creating opportunities and changing lives. My charity shows the world what we can do, but we need charitable giving and people like you to help us make better futures for everyone."*

The full Shaw Trust Disability Power List 100 can be found at www.disabilitypower100.com

DanceSyndrome inclusive dance workshops and activities are for everyone! If you would like to dance, then this is for you! Come along to have fun, learn new dance styles, make friends, get fit and feel better.

Come free of charge for the first session to see what it's like.

Plungington Community Centre,

Brook Street, Preston

Mondays

Inclusive Ballet - 11.15am to 12.15pm £7

Inclusive Street Dance 1pm to 2pm £7

Inclusive Jazz 2.15pm to 3.15pm £7

(discounts available for multiple bookings)

Wednesdays

Everybody Dance community workshop - 10.15am to 11.45am £3

Contemporary - 12.30pm to 1.30pm £7

Create and Connect - 1.30pm to 3pm £5

Clayton Green Sports Centre,

Clayton Green, Chorley

Tuesdays

Everybody Dance community workshop - 11am to 12.30pm £3.50

Accrington Library,

Accrington

Thursdays

Everybody Dance community workshop - 10.15am to 11.30am £3

St Marys Church Community Hall,

Clitheroe

Saturdays

Everybody Dance community workshop - 10.30am to 12.15pm £4.50

For further details, contact **Sarah** on **07597 942494** or sarah@dancesyndrome.co.uk Or visit our website <http://dancesyndrome.co.uk/events/>

LANCASHIRE YOUTH COUNCIL



Children and Family Wellbeing Service

Are you 12-18 or up to 25 with SEND?

Get Involved with the Youth Council and have your say about things that affect you and your friends, and be listened to.

"All Young people have the right to have a say about the things that affect them especially when adults are making the decisions about the things that affect young people" Article 12—Un convention on the Rights of the Child (UNCRC), 1989

We want all young people to be involved in aspects of our work, planning sessions, delivering workshops, facilitating meetings, planning events and much more.

To be involved;

Come along to New Era, Paradise Street,

Accrington every other Wednesday

from 18:45 - 21:00

starting 11th September 2019

For more information please call Laura on 07786197162 or email laura.webster@lancashire.gov.uk



SNAP

The group is for children aged 11 - 25 who have a SEND or additional learning needs, that range from autism, ADD, ADHD and other learning difficulties.



Activities include sports, cooking, music, pool, X Box, games and arts & crafts.

Young people who attend are welcome to bring their parents or carers.



Thursdays
6:45 - 9pm



New Era Complex
Paradise Street
Accrington, BB5 1PB

01254 220692



Like RIBBLE VALLEY YOUTH ZONE for updates, news and latest info.

Ribble Valley Youth Club

Children and Family Wellbeing Service

Clitheroe Youth Club
Every **Wednesday** at
The Zone Clitheroe
Wesleyan Row BB7 2JY
Tel: 01200 420460

Longridge Youth Club
Every **Thursday** at
Longridge Young People's Centre
Longridge PR3 3JP
Tel: 01772 538978

Time: 6.45 - 9pm

For young people aged 12-16



AOK+

Children and Family Wellbeing Service

FREE WEDNESDAY'S FROM 6PM-8PM

**@Morecambe Library
FOOD. GAMES & MORE!**

For young people with additional needs aged 12+ and siblings
Central Drive, Morecambe LA4 5DL
01524 581280



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

POWAR meeting dates December 2019 – February 2020

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 3rd December, Tuesday 7th January & Tuesday 4th February. 6pm ~ 8pm

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 10th December, Tuesday 14th January & Tuesday 11th February, 6pm ~ 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 21st January.
5:30pm ~ 7:30pm*

POWAR Christmas Party:

Tuesday 17th December, details to be confirmed.

The meetings are held at County Hall, Preston, or Lostock Hall, Preston. Please contact the Participation Service on 01772 629470 for more information or if you would like to attend.

What have POWAR been working on?

POWAR members have been very busy recently. We have decided to start a campaign. We sent out a survey to young people in schools to complete, to find out what they thought was the most important issue for people with special needs in Lancashire. Their answer – Education! Since then we have done lots of work finding out what makes a successful campaign and deciding what our next steps are going to be. We want to inspire young people with special educational needs and disabilities to go to university. We also want to spread awareness of what it is like to have a disability, and share our experiences with other young people by doing workshops in schools.

We have also been working with Lancashire County Council on the redesign of the SEND local offer. We hope to soon be testing out the new website before it goes live. POWAR have also taken part in the short breaks consultation and have been advising LCC professionals on how they should consult with other young people and parents.

We welcome new members to get involved in our groups so please get in touch!



You can find us on Facebook, search Include Me 2.

**Believe in
children**
 **Barnardo's**

Lancashire
County
Council 





AFFECTED BY AUTISM?

If your child / grandchild or any young person aged 12 or under that you care for is affected by Autism, you may wish to register your interest in attending JAG Meetings.



Following a period of inactivity, The Junior Autism Group (JAG) is seeking to re-launch its services to parents and children in South Ribblesdale and the surrounding parts of Lancashire.

We run monthly meetings where, for a nominal fee, you and your child affected by Autism can come along to a safe and child orientated place that provides a happy and fun place for your child to play, whilst you can meet other parents and carers of children on the Autistic Spectrum.

We know from feedback we've had before that parents and children really value these meetings but to ensure viability going forward, we need to be sure that enough people would attend.

If this sounds like something that you and your child would enjoy, please register your interest in the first instance by sending an email containing your name, age of child(ren), address and postcode, mobile number and email address to :

juniorautismgroup@gmail.com

* your details will only be used to contact you about JAG meetings.

**motiv8
Lancs**

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

educational but fun sessions for children living with autism or any other disability or otherwise, you are most welcome.

Music, Dance and Makaton'



using various musical Instruments whilst singing a song using basic



Tuesdays: 2.15 - 3.00pm £4.00

Per child, carers free

Lots of resources with LED lights

Please telephone : 07980292330 to



Kangaroos

A trampoline session for children aged 3-11 with autism and their families.



**Saturdays
2.30-3.30**

Only **£5** per session
(plus £2 per sibling)

Find us at:

Preston City Trampoline Club
Blackpool Road, Preston. PR2 2DS

- www.pctc.org.uk
- 01772 720 941
- Or email us at bounce@pctc.org.uk

AUTISM



ACTION FOR AUTISM SPECTRUM DISORDERS

Charity No: 1089341

FAMILY SUPPORT

EAST LANCASHIRE & BLACKBURN WITH DARWEN



Where

Autism Resource Centre,

Suite 7 & 8 Kings Mill | Queen Street | Burnley | BB10 2HX

CVS Blackburn

45 Railway Road | Blackburn | Lancashire | BB1 1EZ

WHY? Access to support & early intervention • Learn new positive strategies • Have a coffee and a chat • Find out what other support services are available in your area • Access to training •

WHAT DO WE OFFER?

Families will be offered up to six support sessions, this can be pre or post diagnosis however this may be increased on an individual basis. The family support worker will work with families to provide early intervention including advice, information and positive strategies.

Support sessions will be offered at the Autism Resource Centre in Burnley or CVS Boulevard Centre in BwD but in exceptional circumstances home visits will be a possibility for families struggling to travel.

For more information please contact Action for ASD's Children's Services on 01282 415 455 ext 1 or email children@actionasd.org.uk

Do you know that Action for ASD have an Autism Resource Centre in Burnley?... We offer various services for both children and adults. Go to our website for further information or contact children@actionasd.org.uk or adults@actionasd.org.uk.

www.actionasd.org.uk

After looking around for a couple of years for a riding school tailored for children with learning difficulties, we have just discovered Foxfields Therapeutic Horse Riding Centre in Horwich, run by Clare O'Donnell. In its lovely countryside location close to Rivington, the best thing about this riding school, in my experience, is its inclusivity for families. All siblings – disabled or able-bodied, with or without learning difficulties – can participate in the same activity at the same time and have shared fun. In my experience this can be very difficult to achieve and can put a strain on well-intended attempts at whole family activities. This was not the case at Foxfields, and both my children Emilia (10) and Ethan (9) had a great time. Together.

Ethan has Williams Syndrome, which means he has moderate learning difficulties and a very short attention span, but he was immediately excited and keen to get to know the lovely collection of horses. Like children, each horse is unique but all the horses at Foxfields have very gentle personalities and are clearly comfortable around children. We met Thornton who is a retired race horse and lovely little Fleur, who's a real sweetie but too small to be ridden. She loves being pampered though and will stand patiently and be groomed, with the children losing interest far sooner than her!

Ethan was a little worried at first as he is scared of heights and terrified of falling, but with help from Clare he was soon comfortable around his horse Pippin and quickly became very engaged in the activity and learned some simple instructions to turn his horse and make her stop and start. He was happy to ride Pippin for the full 30 minute lesson and was very relaxed in her company. Clare was a big hit with him too!

To get the most from her experience, Emilia chose to split her session between riding and grooming the handsome Roanan, who enjoyed a thorough tail brushing whilst tucking into his lunch. She really enjoyed getting to know her horse and learning to care for him but Ethan was a little baffled why she would choose to miss out on riding time just to brush hair!

Horse Play in Horwich



Ethan making an equine acquaintance with Pippin



Emilia with Roanan, enjoying a mutually relaxing grooming session. Both wearing their pony tails well.

Hayley Monk Parent carer



Offering Equine-Assisted Therapy sessions for individuals with disabilities and special educational needs.



Quote FIND Newsletter for £3.00 off your first session

Sessions can include both ridden and non-ridden work with our fantastic team of horses and experienced instructors.

Working with horses can improve social, cognitive and physical skills, as well as being an enjoyable activity for all ages.

Situated on the outskirts of Rivington, we have access to fantastic off-road hacking and sessions provide an excellent way to experience the great outdoors!

Contact Clare on 07535474688 or foxfieldsridingcentre@gmail.com
 Foxfields Therapeutic Horse Riding Centre, Factory Hill, Horwich, Bolton, BL6 6RZ

READY STEADY TALK

Children and Family Wellbeing Service

Lancashire County Council



CHIRP COMMUNICATION HELP INTERVENTION RESULTS PROGRESS

Children & Family Wellbeing Service
Speech, Language & Communication play group.

An opportunity to discuss your child's speech and language development with our staff. You can seek advice on ages and stages & tips for supporting development.

These are NOT assessment groups, but referrals can be discussed and made if appropriate. There will be a range of activities and strategies to improve and support your child's speech and language.

Let's talk together!

Gisburn Road Neighbourhood Centre
Gisburn Rd School • Barnoldswick • BB18 5LS
Mondays 1:30pm ~ 3:00pm

Bradley Neighbourhood Centre
The Zone • Leeds Rd • Nelson • BB9 8EL
Thursdays 1:30pm ~ 3:00pm

Brierfield Neighbourhood Centre
Tunstall Square • Brierfield • BB9 5AF
Thursdays 9:30am ~ 11:00am

Colne Neighbourhood Centre
Walton St • Nelson • BB8 0EL
Thursdays 1:30pm ~ 3:00pm

Whitefield Neighbourhood Centre
Maurice St • Nelson • BB9 7HS
Fridays 1:30pm ~ 3:00pm

RMT Children's Movement Therapy

learn play grow



MOVEMENT IS THE PRIMARY LANGUAGE OF THE BRAIN

Saturday Drop-in Taster Sessions

No need to book just come along and try some fun movements. There will be time afterwards to talk with Lucy about your child's needs.

Lucy is a qualified Rhythmic Movement Training (RMT) specialist. She will be talking about this Neurodevelopmental Therapy and will share her knowledge and demonstrate how simple exercises can help children to develop:

- Speech & language
- Balance & Coordination
- Social and emotional skills
- Calm & Focus
- Reading and Writing
- Thinking and reasoning

Saturdays 2-3pm
16th Nov, 14th Dec & 11th Jan
£5.00 per adult for a session

At The WOW Centre, White Cross, Unit 834 Harpers Mill, Lancaster, LA1 4XG

Contact Lucy for directions & parking details: 07949 763378
lucyhampton.co.uk/movement

Come and find out more. The sessions are for all; parents, grandparents, and those working with or looking after children. Bring your child or come on your own.

RMT HAS HELPED CHILDREN WITH DYSLEXIA, DYSPRAXIA, DYSCALCULIA, SENSORY PROCESSING, ADHD, ADD, AUTISM, ANXIETY AND SPEECH AND LANGUAGE DELAY

WARRINGTON PLAY & SENSORY CENTRE

is a purpose built activity centre for disabled children and adults or those with special needs. It has a number of different areas where you can relax or play.

Our facilities have been planned carefully, and are fully accessible to ensure that your time with us is as enjoyable as possible.

Tel: 01925 817347
Email: sensorycentre@warrington.gov.uk
Web: www.warringtonsensorycentre.org

Woolston Neighbourhood Hub, Hall Road, Warrington, WA1 4PN

Warrington Play & Sensory Centre
WARRINGTON Borough Council




Boomerang is a safe, stimulating environment open to all children

ENTRY FROM £4
CAFE



Boomerang is the largest multi sensory play centre OPEN TO ALL CHILDREN in the North West. A charity formed in Bury in 2007 by a group of parents and carers with a vision to cater for all children throughout the region, regardless of their ability level or needs. Finding enjoyable and inviting places to take children with various, complex needs has been an ongoing challenge for many years.

Boomerang is a versatile venue that can be used by all children for play sessions, birthday parties, toddler groups, music groups and anything else you need! Please call to discuss your needs.

Due to the nature of the facilities, on certain occasions it may be booked for exclusive use. Please call us before you set off to avoid disappointment.

Boomerang, Unit 2, Woodhill Street, Bury, BL8 1AT
Tel: 0161 764 4842
Web: www.boomerangcentre.co.uk



For families with children who have a disability/additional needs



The Space Centre in Preston is the largest and most versatile multi sensory centre in the UK, encompassing 3 state of the art sensory rooms, a woodland walk, beautiful gardens and meeting room facilities. We facilitate private sessions for individuals or groups with additional needs, as well as shared sessions for both children and adults to access the centre at a reduced price. We also run craft and activity sessions during the holidays.

The SPACE Centre offers a totally flexible environment for families, carers, therapists and teachers which:

- Allows freedom for clients to move in safety.
- Builds confidence and motivation increasing learning potential.
- Provides a world of sensory stimulation and enables assessment of sensory abilities by presenting one stimuli at one time and excluding unnecessary distractions.
- Encourages relaxation in a calm and controlled atmosphere.
- Gives the opportunity for those who are wheelchair bound to be out of their chairs and experience different positions.
- Enables life skills to be developed through structured and educational programs using switch work to give control to the client.
- Encourages communication skills and choice making.

Hundreds of groups and individuals visit each month, including special schools, respite care homes, family bookings, play-schemes, parent support groups, after school clubs and also day centres and community homes who cater for young people and adults with physical and learning disabilities.

Our Sir Tom Finney Garden Room is a communal social and dining area for use during your visit. You can purchase a drink or snack, or bring your own packed lunch. There is also a kitchen available with a microwave, toaster and liquidiser.

We are very proud that Space now has two large Changing Place rooms available for use by visitors using the centre, and anyone else in the area who needs them. The rooms have H frame hoists, changing and shower beds, sinks and toilets. Visitors do need to bring their own slings.

The beautiful historic gardens behind the SPACE Centre are now available for groups to use before and after their sessions, thus enabling groups to spend more time at the centre. We are now fund raising to make all the paths wheelchair friendly, grow aromatic herbs and plants, design a woodland walk with exciting sensory features, create raised beds and hopefully have outside wheelchair swings and a roundabout!

Family Sessions

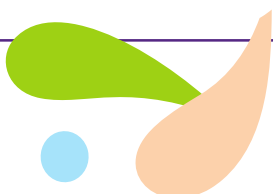
SPACE 1 1st & 3rd Saturdays @ 10:15-11:15am
& every Sunday @ 2:30-3:30pm
Prices- £3.00 per child
£1.00 per adult

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

Booking is essential – please contact us to discuss your needs.

Telephone: **01772 760403**
E-mail: thespacecentre@gmail.com
Website: www.thespacecentre.org

**10 Pedders Lane, Ashton-on-Ribble,
Preston, Lancashire,
PR2 2TH**



Christmas Survival Guide

Christmas can be an exciting and fun time for many of us, but new activity can be overwhelming for some. However, with good planning and communication, Christmas can be enjoyed by all.



Plan and talk about Christmas early, to prepare your child for the changes. Find out what they are looking forward to, and what makes them anxious.



Make a visual planner to explain what will happen and when. Mark on when you plan to buy a tree, when to decorate the tree and also to put decorations up. You may wish to spread these activities over a few days so your child can get used to the changes gradually. Make a note of when visitors are expected, so your child is prepared.



Some people with Autism don't like surprises, so help your child to write a list, and limit presents to those on the list. Friends and relatives may also be happy to choose something from the list.



Avoid the concept of Santa's "good and naughty" list. For some children, the stress of worrying about being on the naughty list can become overwhelming.



When wrapping toys and presents for children with additional needs, first remove them from the packaging, take off any fiddly ties or extra packaging and make sure any batteries are fitted and working, then wrap the toy up.



Tin foil makes excellent wrapping paper - it is very sensory and makes for an easy to open present. Or use a piece of fabric, tied with a ribbon. A child with limited motor skills will find this easier to open - just pull the ribbon!



Some children don't like surprises and may find unwrapping a present overwhelming - they may prefer a plain gift bag with unwrapped presents inside.



Limit the number of gifts for your child to open, and spread them out through the day or over a few days. It can be very overwhelming to have so much new stuff in front of them. Does it really matter if they open everything on Christmas Day?



If your child is not keen on opening presents because they're new and unfamiliar, try wrapping up some favorite toys. Sometimes unwrapping something familiar is very reassuring.



Our daughter loves looking at pictures and we have found it a great way of explaining different events to her. We have a holiday season book we've made with pictures of her and the family doing things in the holidays. We've included pictures of her in the school play, relatives coming to visit, etc. It helps her not to get overwhelmed with what's going on.



If you or your child enjoy the Christmas lights and window displays, sit on the top deck of the bus and you'll get a bird's eye view without getting stuck in the crowds. We do it every year and involve all my children so everybody's happy.



Help and encourage your child to make and give gifts. This provides an excellent opportunity to work on social skills, like thinking of other people's needs and interests, and being kind and helpful.



Create a quiet "Christmas free" space where your child can take a break, if it all becomes too much.



When you are visiting friends or relatives, fill a backpack with things your child finds comforting or enjoys playing with - toy cars, a stuffed animal, a CD and CD player, or a few books. If your child gets over stimulated, find a quiet corner or a back room and pull out the backpack.



Friends and family may not know how they can help unless you tell them. Give them a list of things they can do to support you.

Do you have any tips to share with other parents?
What does your family do differently that works well for your child? Email your suggestions to:
FIND@lancashire.gov.uk



Children's book ideas for Christmas

If you're looking for books for Christmas presents, Hayley has recommended some of her children's favourites.

Giraffes Can't Dance

by Giles Andreae & Guy Parker-Rees

Hard to believe that this fun story is over 15 years old now! The tale focuses on a giraffe who feels humiliated by his awkward and clumsy dance moves at the jungle dance. There are delightful pictures of animals doing a whole array of dance moves but the best comes right at the end when Gerald finds his own style and confidence.



Sharing a Shell

by Julia Donaldson & Lydia Monks

One of the less famous books by the author of The Gruffalo, so you may have missed it. This is a great story of the struggles of learning to share and understand that sometimes friends working together do better than trying to manage on their own and it's nice to have some company.



The Hundred Decker Bus

by Mike Smith

An imaginative story about a bus driver who fancies a change in routine. This is a great book for children who like to spot the interesting details in illustrations and there's a lovely fold-out ending that shows all the unusual and gravity defying decks of the bus!



Amazing

by Steve Antony

A great story to give a positive message about being yourself and celebrating diversity. Zibbo is a little pet dragon who can be a bit too excited sometimes but although he is a little different, he can do it all! The boy narrating the story is a wheelchair user but this is only apparent from the illustrations. A really fun story about a boy with an interesting pet having fun with his group of friends.



Fairy Magic

by Cerrie Burnell

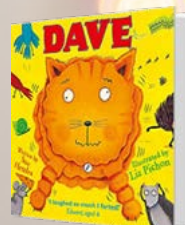
As a deaf child, Isabelle is able to see and sense things that her family miss. When she meets a fairy and discovered a magical world hidden at the bottom of her garden, her family don't believe her. Her hearing aid helps Isabelle to understand their world but can she succeed in persuading her family to step into hers?



Dave

by Sue Hendra

There's a whole series of Dave books but my family still find the original the best. A story about an over-indulgent cat who one day finds himself stuck in his cat flap. His friends come up with a plan to set him free which involves eating a lot of beans in order for Dave to propel himself free. As long as you don't mind a bit of toilet humour, children find this book hilarious. I only have to start the slow countdown 5-4-3-2-1 for my two to be in absolute hysterics!



If you have any books, toys or games you'd like to recommend to other parents and carers, please contact us at:

FIND@lancashire.gov.uk



Christmas at The Space Centre

Saturday 14th Dec - 2 pm Sunday 15th Dec 10am-5pm

Preston's College presents **SANTA'S GROTTO**

CINDERELLA £6.00 per child
(Quality Gift)

£4.00 per person Stalls & Activities

Family of 4 - £12.00 Refreshments/Raffle

Refreshments & Raffle Plus Christmas Alpacas
Contact Andrea on will visit between 1-3 pm
01772 769 391 (weather dependent)

Both dates to be Quiet Sessions available from 4 - 5 pm
pre-booked. on 15th December to See Santa

The Space Centre

Christmas @ The Coach House

RHYDDINGS PARK

Sunday 22nd December 2019

Lunch with Father Christmas

12 noon, £5 per person

Includes Brew, Homemade Soup & Sandwich for the adults, a kids party box & a present for each child



This event is for Children with Special Educational Needs and disabilities ONLY and their families



FOR DETAILS & Booking



www.friendsofhyddingspark.com



Christmas Family Time

Monday 16th of December, 4.30~6.30pm

Father Christmas

Birkacre, PR7 3QL, Chorley

Join us for a High Five visit to see Father Christmas, look at the decorations and enjoy a hotpot supper!

This is a ticketed event and children will be given a 30 minuet slot to visit Father Christmas!

£5 per person

All places must be booked in advance!
Contact: <https://www.facebook.com/HighFiveLancashire>



Unique Kidz and Co
Proud Charity Partners of Lancaster on Ice

Unique Skating Sessions

Disability friendly sessions at Lancaster on Ice brought to you by Unique Kidz and Co

Saturday 30th November: 9am-10am
Adults: £11.95 / Children (Under 16): £9.95

Tuesday 3rd December & Tuesday 10th December: 4pm-6pm
Adults: £10.95 / Children (Under 16): £8.95

Full Details & Tickets Available Now!
www.2019uniqueskatingsessions.eventbrite.co.uk

Unique Kidz and Co
Registered Charity Number: 1131652

Fledglings is part of the national charity, Contact. We are a non-profit shop that helps families with disabled children by supplying products and equipment that help with everyday challenges. We provide an easy and trusted environment to find the right solutions and allow families to connect and share their experiences.

We are proud to say that everything we do supports our families. Each purchase from Fledglings directly supports Contact's work to continue providing the help and advice families of disabled children need - this is our cycle of support.

If you are looking for the perfect gift this Christmas, we have some great ideas for you! Whether it is for your own family or your friend's children, Fledglings can help you find the best gift that is not only entertaining but suitable for each child's needs.

For children with additional needs, Christmas can be an exciting yet overwhelming time. With eye catching Christmas decorations and family friends gathering to celebrate the season, children can become overloaded with sensory stimulations. We have some suggestions for fun and educational toys that support different areas of learning.

Sensory Rainbow Glitter Balls



Sensory elements and colours are ideal toys for autistic children. Sensory Rainbow Glitter Balls have a fascinating sparkling stardust that swirls around the inside of the balls as they are moved. It can captivate the imagination and improve concentration

skills. As the balls are weighted, children can build muscle strength with physical development as well.

Message Mirror - How I Feel Today

Sometimes our children may find it difficult to talk about their feelings. The Message Mirror has the question "How I Feel Today" printed on the surface, prompting the user to think about their emotions. The mirror can encourage a positive self-image, self-awareness, observation, and talking and listening skills.



Sensory Glitter Storm Set

These crystal-clear Glitter Sensory liquid sets contain colourful mineral oil and water in a range of designs. When turned upside down, they provide a variety of ways for the droplets to fall or rise. The sets will captivate and fascinate and are an ideal resource for encouraging quiet focus times. They can inspire children's curiosity whilst developing creative language and understanding of simple scientific principles.



Talking Tubes Set

Talking Tubes can help develop children's communication, personal and social skills. The different sets can be used to communicate across a small distance, between rooms, across an outdoor area of event between indoor and outdoor environments. This can encourage talking and listening using the tube, sound understanding of the world, imaginative and collaborative play amongst children.



Our Christmas Shop will go live December with many gifts perfect for children with additional needs. Check out these products and more at: www.fledglings.co.uk

We hope you will find the perfect gift in our Christmas Shop and we wish you and your family a warm and a safe Christmas holiday!

Best wishes,
The Fledglings team at Contact, the charity for families with disabled children.
www.fledglings.co.uk



Deaf Children Playgroup

Every Fortnight
Starting Wednesday 9th
October @ 12:30 - 2:30pm
@ Reedley Hallows Nursery,
Barden Lane, Burnley
BB10 1JD
Snacks & Refreshments
provided

**For More Info Contact:
Riffat: 07891 251234**



Please text or call to confirm attendance



Meet families with deaf children near you



Our group offers regular meet ups and support for deaf and hearing impaired children (including those with glue ear) and their families. Check out our Facebook page or drop us an email to find out about upcoming events.




Find us on Facebook:
Central Lancashire
Deaf Children's Society
central.lancs.dcs@outlook.com



National Deaf Children's Society
REGISTERED ASSOCIATION




Minecraft Club

For children with autism and other Special Educational Needs

Lancaster University campus

Every other Thursday
18:30-19:30



Free of charge

Places limited

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






Science Hunters uses Minecraft to help children explore science topics. For more information please see www.lancaster.ac.uk/sciencehunters

 @ScienceHunters  Find us on

Staying Safe Online

A FREE course for adults with learning disabilities and/or autism

	<p>You will learn about:</p> <ul style="list-style-type: none"> What is the internet Social media safety Improving personal settings Keeping safe when using apps, emails and messenger services <p>Personal Device Clinic Safety Check at the end of the course</p>
	<p>Monday 9th December 10am - 1.30pm</p>
	<p>Society 9-10 Cross S Preston PR1 3LT.</p> <p>(Closest parking is Avenham Car Park - less than 5 minutes walk)</p>
	<p>Booking Essential</p> <p>Contact: Lucy on 07956 018422 or email lucy@meet-n-match.co.uk for a booking form</p>
	<p>If you need support, please ensure your support staff or family member accompanies you on this course</p>



Safer Internet Day 2020

Tuesday
11 February

Together for a better internet

Safer Internet Day 2020

will be celebrated globally with the theme: Together for a better internet.

Find out more about how you can get involved in the day by visiting www.saferinternetday.org.uk

Our Internet, Our Choice Report

For Safer Internet Day 2019, the UK Safer Internet Centre commissioned an online survey of 2004 young people aged 8-17 years, which was conducted by Censuswide. We also asked 10 Childnet Digital Leaders about their experiences online.

The report reveals just how integral sharing and viewing online content is to young people's lives, and how vital it is that we all understand the needs that young people have in navigating how to ask, give and receive permission online. The findings highlight that children and young people usually have the right intentions and want to be respectful and considerate of each other. However, in practice, they can sometimes get into difficulty.

The myriad of ways in which they use the internet, the fast-paced nature of the technology they use and the lack of clear guidance on what, how and when permission should be sought is causing difficulties for many children and young people.

It is essential that we all see it as our responsibility to support young people to practically apply consent online.

You can read the full report at:
www.saferinternet.org.uk/safer-internet-day/2019

www.saferinternetday.org.uk



Connect and learn

65% of 8~17s say they would feel **disconnected** from the world if they couldn't be online, with 13~17s (**72%**) significantly more likely to feel this way than 8~12s (**57%**).

Young people's attitudes to consent online

I was asking my Mum; "Why did you do this (share a video without asking) I didn't want this to happen. But luckily it wasn't that bad and Mum apologised."

'If you take a photo of you and your friend, asking permission means asking them if they don't mind you posting it. Because if you don't it's not really fair on them.'

81% of 8~17s say they know when and how to ask permission to post something about someone else,

BUT

52% say someone they know shared a photo or video of them **without asking them first.**

When consent is not asked or given online, it has a real impact on young people

'I saw something about me online that I didn't want up there'.

15%
Don't mind



44%
Angry



46%

Anxious or not in control



Moor End Community Primary School

Rising Stars Class

Moor End Community Primary School in Oswaldtwistle provide specialist Speech, Language and Communication support for children with additional needs, from reception to year two, in their special educational needs base.

The 'Rising Stars' class has a specialist teaching team led by a full time SEN teacher, and weekly visits from Speech and Language therapists. The children spend each morning in the class where specialist provision supports their needs, in a group and on a one to one basis, ensuring full access to the national curriculum.

In the afternoon, they join their year group alongside their peers. Head teacher Andy Martin said: *"It really gives the children independence and they can mingle with their peers.*

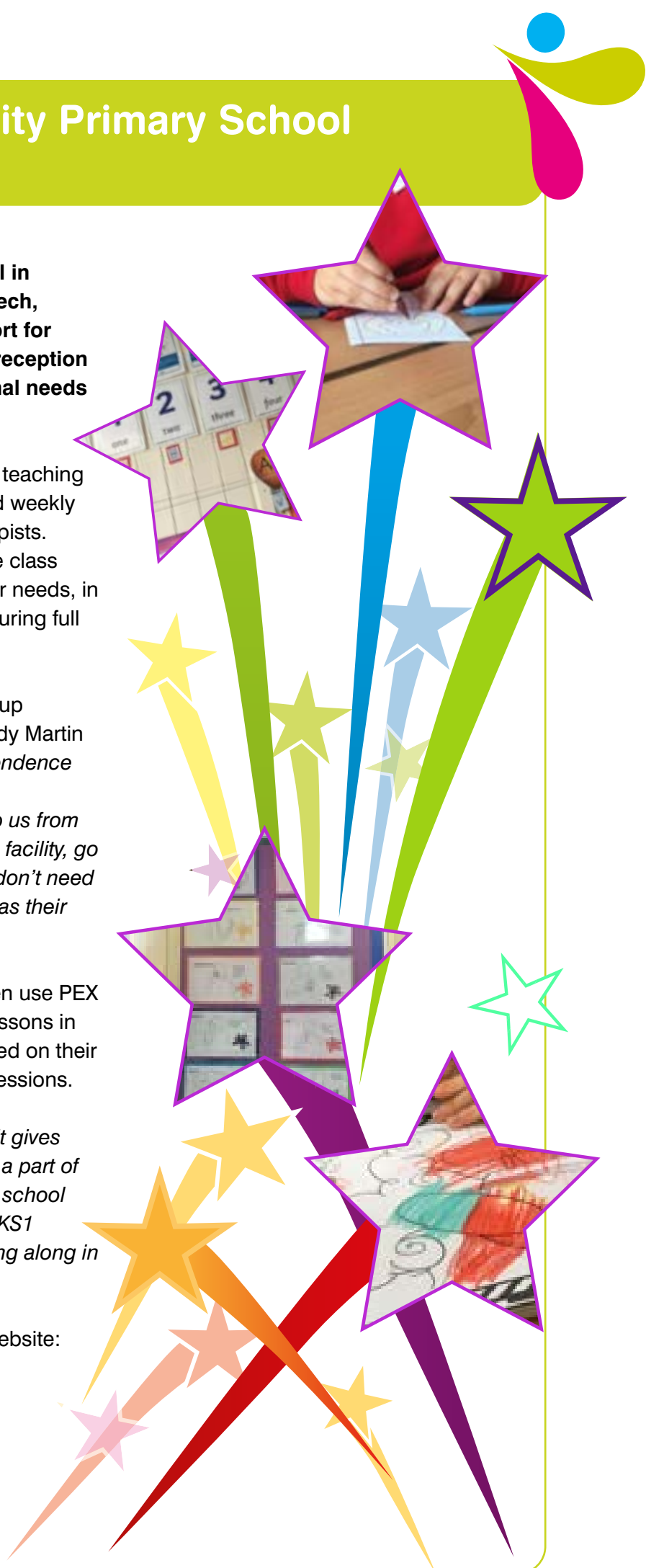
The majority of the children that come to us from other mainstream schools to access the facility, go back to their mainstream school. Many don't need an EHC Plan anymore when they leave, as their needs have been met."

During group work activities, the children use PEX cards and Makaton as well as having lessons in phonics. Children choose activities based on their own interests after the group learning sessions.

Specialist teacher Linda O'Brian said: *"It gives them confidence and allows them to be a part of the school. It's great for the mainstream school children as well, and recently we had a KS1 summer celebration where we held a sing along in sign language."*

For more information, visit the school website:
www.moor-end.lancsngfl.ac.uk

Moor End Community Primary School
White Ash Lane
Oswaldtwistle
BB5 3JG
Tel: 01254 233312



ICE 2020

Inclusive Community Experience aims to bring everyone together!

The Inclusive Community Experience will be held in the North-West this January.

The Disability Inclusion Movement, which aims to make sure people with disabilities have equal rights, has been big in the UK for over thirty years and the North-West has played a significant part in making change happen nationally. Now, ICE, the Inclusive Community Experience, a three day residential like no other, will bring together everyone who is passionate about making real inclusion happen!

Held at Ribby Hall Village near Blackpool from 27th - 30th January 2020, ICE is a chance for individuals, families and professionals to meet new friends, make new connections, hear from experts, learn how to involve the whole community through some very entertaining Come Dine with Me evenings, as well as enjoying a short break.

Organised by the charities My Life and In Control, ICE is the brainchild of My Life CEO, Caroline Tomlinson. A long-time advocate of disability rights, Caroline became involved in 'service-land' when her eldest son Joe contracted meningitis as a child and was left with a huge range of complex disabilities.

In her attempt to get a good life for her son, Caroline home educated Joe, developed a wide range of inclusive play opportunities, accessed a host of learning opportunities, got several user-led organisations off the ground and in 2010 formed My Life, a charity that supports people of all ages, with and without disabilities and connects people with their communities.

Caroline says: "We believe that when all members of a society are fully included, everyone benefits. When it comes to inclusivity, now more than ever there is a need for us to gather together, get our energy back and go back out there to make real change happen."

As well as workshops and entertainment, those attending will have the opportunity to experience the two day 'Conference to Influence Change,' where some of the UK's top speakers will be discussing subjects such as 'Asset Based Community Development, re-framing the social care conversation, all things legal, how to create great lives and what you need to know to influence change.'

Just £185* per person, including:

- 3 nights' accommodation
- Fresh locally sourced meal hampers (all needs catered for)
- A two day conference and workshops over three days
- Two nights of excellent entertainment
- Use of all Ribby Hall facilities including swimming pool

Book your place today! All **MUST** be booked and paid for in advance through:

info@My-life.org.uk or call 01257 472 900 or visit www.my-life.org.uk/the-inclusive-community-experience-is-back-this-time-its-even-bigger

*Places for PA's and support staff are also £185.00 per person.



West Lancs Parenting Support Group: for parents of 'differently wired' children



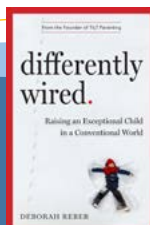
We are a group of mums who have children who are 'differently wired'. We are keen to create a group to provide a sense of community, support and information.

Meet 3rd Friday each month 11.30 am - 12.30 at the P.U.L.S.E., Unit 73 Concourse Shopping Centre, Skelmersdale, Lancs WN8 6LN
Tel: 01695 556630.

Enter via the doors nearest Nye Bevan Pool. The Pulse is on the ground floor a couple of doors before you get to Aldi's.

When your child is differently wired and has ADHD, Autism, Sensory Processing Disorder, Anxiety or another condition, the stresses and the uncertainties around parenting issues can quickly grow, leaving a parent to feel unsure, frustrated, overwhelmed and sometimes quite alone. Connecting with others who understand and may have experienced similar challenges can help. We meet 3rd Friday each month 11.30 am.

All welcome - it doesn't matter if your child does or doesn't have a diagnosis.



email: differentlywiredpsg@gmail.com



Need a Break?

child with S.E.N?

Chill & Chat

Coffee Morning

Every Tuesday
Term-Time 10 ~ 11am
at Morrisons Cafe, Chorley

For more information please email:
willow_hailwood@hotmail.co.uk

“People start to heal the moment they feel heard”

Cheryl Richardson

PRESTON

Peer support groups for anyone living with depression

All are welcome – a friendly, confidential space where you can talk and feel supported (followed by refreshments)

Facing Depression Together

PeerTalk

Find out more at:

- ☎ 07719 562 617
- 🌐 peertalk.org.uk
- 🐦 @peer_talk
- 📌 @peertalk1

Every Tuesday 6.30pm – 8.00pm (18-30s group)
(UCLan term time only)
Greenbank Building, Room GR170, Victoria St, Preston, PR1 2HE

Every Thursday 11.00am – 12.30pm
The Intact Centre, 49 Whitby Avenue, Ingol, Preston, PR2 3YP

Every Thursday 7.30pm – 9.00pm
Central Methodist Church, Lune St, Preston, PR1 2NL

The PeerTalk Charitable Foundation, registered charity no.1169830.

THE HAVEN CENTRAL LANCASHIRE

A calm environment for anyone seeking emotional support and advice.

We are here to help.

The Haven is a welcoming and non-judgemental place for individuals struggling socially and emotionally with life challenges or who are in crisis.

Visit, call or email.
No referral required.

Mon to Fri:
11am - 11pm
Sat & Sun (& Bank Holidays)
12pm - 11pm

T: **0330 0083672**

A: The Haven, Blanche Street,
Preston, PR2 2RL

E: centrallancashirehaven@richmondfellowship.org.uk

F: facebook.com/RFHavenLancs



If you require this information in a different language, please email communications@richmondfellowship.org.uk or communications@RichmondFellowship.org.uk नमने कृपया

Richmond Fellowship is a national mental health charity making recovery reality for thousands of people every year. We provide a wide range of services including residential support, supported housing, employment services, community support and crisis support. Visit: richmondfellowship.org.uk for more on the services we offer.

RICHMOND FELLOWSHIP
MAKING RECOVERY REALITY

Lancashire County Council – contact details

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

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

Learning more about ADHD: Practical Support

A FREE workshop aimed at developing your understanding of ADHD and providing everyday advice to further support your child.

The day will cover the following topics:

Overview of ADHD, autism and associated conditions

Executive functioning and emotional regulation

The impact of ADHD on families, environment, education and learning

Practical strategies to help manage the condition

Saturday 7th December 2019 9:30am ~ 4:00pm

Bridgeway School, Bamber Bridge, Preston. PR5 6EP

Book online at: www.witherslackgroup.co.uk/events/cumberland.adhd



Bridgeway
School



ADHD
FOUNDATION
Mental Health, Education and Training Services

For more information contact
Camilla or Rukiya on
0844 880 6520
or email
events@witherslackgroup.co.uk

Your Help Is Essential

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

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

Contributions for future issues – please contact FIND.

Email: FIND@lancashire.gov.uk

Tel: 01772 538077 or 01772 532509



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

Editorial Group

Information, Advice and Support Team

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Pauline.francis@lancashire.gov.uk

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Nannette Holliday - Chorley

Lucy Ellis - Lancaster

Hayley Monk - South Ribble

Trish Dobson - West Lancashire

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

Voluntary Organisations

Tom Harrison – Community East Lancashire

Julia Johnson – Carers Link Lancashire

Health

Catherine Howson – Lancashire Care NHS Foundation Trust



We also have a facebook page.

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

Spring issue – deadline for articles 10th January, published March 2020

Summer issue – deadline for articles 27th March, published June 2020

Autumn issue – deadline for articles 26th June, published September 2020

Winter issue – deadline for articles 25th September, published December 2020

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

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

Get this free newsletter sent to your door

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

Name

Address

Postcode

Tel. No.

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

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

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