

# FIND

## Welcome to the Summer issue of the FIND Newsletter, 2021

Carers' Week takes place in June, and this year's theme is "Making Caring Visible and Valued". During the pandemic, those caring for vulnerable people in hospitals, care homes and communities have been rightly recognised for the vital work they carry out. Others that care for family members or neighbours are unpaid and often unseen as carers, and the campaign plans to raise awareness of the challenges they face. This issue has information on the support available to parent carers in Lancashire, during Carers' Week, but also throughout the year.

We would like to say thank you to everyone that contributes to FIND – stories from families are especially welcomed and we know from feedback that other parents really enjoy reading these. Inside we have Johanna's blog about her experiences as a Special Needs Mum, Helen's family outings during lockdown on a customised tandem, and James tells us all about horse riding and more!

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



If you find it in your heart to care for somebody else, you will have succeeded.  
**Maya Angelou**

If you or a member of your family have a story to share, please email us at **FIND@lancashire.gov.uk**

We also want to recognise Hayley Monk, who is sadly stepping down from the Editorial Group this time. Hayley has been a member of the group since 2017 and she and her children have contributed many fabulous articles to FIND – thank you Hayley!

Finally, Fathers' Day is on Sunday 20th June – we hope you all have a great time!

Thank you all for your continued support  
**Sarah Deady**  
Policy, Information and Commissioning (Start Well)

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## New additions to the SEND Partnership

The Lancashire SEND Partnership is delivering an improvement plan to increase positive outcomes for children and young people with SEND across the Lancashire County Council area. The Partnership, which brings together education, care and health with parents and carers as well as children and young people, is committed to delivering the improvements, and providing children and young people with the support they need.

In January this year, the Lancashire SEND Partnership welcomed two new staff members, Sarah Gorst, SEND Partnership Manager, and Anna Burkinshaw, Local Offer Development Officer.

### Sarah:

*"I joined the SEND Partnership Team in January this year in the role of SEND Partnership Manager. In my role I am responsible for coordinating much of the work of the SEND Partnership Board to support and develop services, processes and relationships that improve experiences for children and young people with SEND in Lancashire. I especially love working closely with all partners from Lancashire Parent Carer Forum, health, social care and education and children and young people who have set up their own SEND Board".*

*"I would like to hear the views of different groups that are part of the SEND Partnership across Lancashire. You can contact me with any queries you may have in relation to this work, and about how you can get involved, via email:"*

**SENDPartnership@lancashire.gov.uk**

### Anna:

*"I started my role as Local Offer Development Officer in January 2021. I have tried to immerse myself in the world of SEND and have learned so much from hearing parent carer and children and young people's stories. These stories and feedback are really helping me to understand how we can work together to shape the future of the Local Offer".*

*"While the Local Offer has some brilliant information, feedback from a recent survey shared with Parent Carers has shown that it needs developing and needs to be better promoted to families of children and young people with SEND".*

*"I am working closely with the Lancashire Parent Carer forum to hear the voices of those who use the Local Offer to develop and improve it".*

*"Please look out for the brand new Directory of Services which is due to be launched on the Lancashire Local Offer website at the end of May 2021. This will be a catalogue of services available to families with SEND, including school information, things to do and wellbeing. Visit the Local Offer website at:"*

**www.Lancashire.gov.uk/SEND**



## Are you a carer?

This National Carers Week, look after your wellbeing post lockdown, with a FREE 'Making Caring Visible and Valued through Equine Guided Learning' session.

My Life, the North West charity known for its innovative work improving the lives of people who need support and their families, is offering carers a completely free Equine Guided Learning session designed to improve wellbeing and revive their energy levels following lockdown.

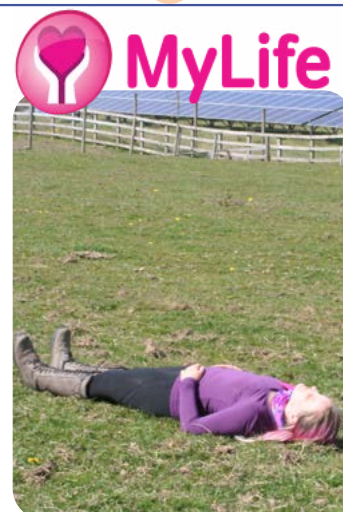
My Life's CEO Caroline Tomlinson explains: *"We know just how tough the pandemic has been for carers, because we work with so many people who look after their loved ones. We've been running these sessions for a while now and you can visibly see the difference they make to people's lives. They're a chance to slow down and for once do something just for you."*

Set in Standish in 84 acres of green land, the Equine Guided Learning session combines person-centred coaching and spending time with horses, to help carers build their confidence and self-esteem, with elements such as mindfulness to help rejuvenate body and mind.

As much about helping people to feel more in control as it is about being with the horses, a previous participant thanked the charity for *"helping begin to lift a weight that I hadn't realised had grown so heavy."*

Caroline adds: *"Invariably we all manage to have a good laugh too, with some people developing firm friendships – and everyone gets to enjoy a complimentary lunch at our Stable Door Café & Ice Cream Parlour because they deserve it!"*

If you're a carer and would like to take part in the free 'Making Caring Visible and Valued through Equine Guided Learning' session on 10th June, 10am - 3pm at My Life, Thompson House Equestrian Centre, off Pepper Lane, Standish, Wigan, Lancashire, WN6 0PP, book on **01257 472 900** or email **info@my-life.org.uk**



# Lancashire is 'Making Caring Visible and Valued' this



7–13 June 2021

Carers Week is an annual awareness campaign that celebrates and recognises the vital contribution of the UK's unpaid carers – supporting family members and friends who have a disability, mental or physical illness or need extra help as they grow older.

Caring will touch each and every one of us in our lifetime, whether we become a carer or need care ourselves. Whilst caring can be a rewarding experience, it can also have a huge impact on a person's health, finances and relationships.

On behalf of the Carers Week charities, Helen Walker, Chief Executive of Carers UK, said:

*"Throughout the COVID-19 pandemic unpaid carers have played an essential role supporting older, disabled and seriously ill relatives and friends, doing so most of the year on their own behind closed doors. They have forgone breaks from caring and much of the support they would normally have relied on."*

*"As restrictions ease it is vital that we acknowledge the enormous contribution that unpaid carers continue to make day in day out. I am delighted that many individuals and organisations are getting involved with virtual activities, helping carers to connect to others and access advice and information locally."*

*"Looking after someone can be a hugely rewarding experience, but it sometimes comes with difficulties, including getting the right support. This Carers Week I hope all parts of the community – family and friends, employers, businesses, schools, health and care services – do their bit to make caring visible and show it is valued."*

For Carers Week 2021 charity Carers UK is joining forces with **Age UK, Carers Trust, Motor Neurone Disease Association, Oxfam GB and Rethink Mental Illness** to help raise awareness of caring around the country.

The six charities driving Carers Week 2021 are calling on individuals, services and organisations to do their part in **Making Caring Visible and Valued** – recognising the contribution made by carers and helping them get the practical, financial and emotional support they need to care for a loved one.

Hundreds of activities are taking place across the country during Carers Week and many people have Added Their Voice on the Carers Week website to make caring visible this year. To find out more, visit:

**www.carersweek.org**

Twitter: **@CarersWeek #carersweek**

Facebook: **www.facebook.com/CarersWeek**

## NEW Parent Carer Support Group

4<sup>th</sup> Tuesday of each month, starts 22<sup>nd</sup> June

11am – 1pm

Open to parent carers living in East Lancashire, children welcome.

54-56 Café  
Blackburn Road  
Accrington  
BB5 1LE

There is limited **free parking** outside (up to 2 hours)

Free lunch and a hot drink included during June, July and August

Booking essential – please email: [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)



## Trinity Parent Carer Group

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

Join us with a cuppa for a chat with other parents and carers to share information and support.



### Virtual Meetings



**2nd Thursday each month 9:30-10:30 am**  
and  
**4th Tuesday each month 8-9pm**

Email [trinitysnap17@gmail.com](mailto:trinitysnap17@gmail.com) for a Zoom invitation

2021 meeting dates		
February 11 <sup>th</sup> & 23 <sup>rd</sup>	March 11 <sup>th</sup> & 23 <sup>rd</sup>	April 8 <sup>th</sup> & 27 <sup>th</sup>
May 13 <sup>th</sup> & 25 <sup>th</sup>	June 10 <sup>th</sup> & 22 <sup>nd</sup>	July 8 <sup>th</sup> & 27 <sup>th</sup>

### All Welcome

Trinity Special Needs Advice Partnership  
07484 131652 [Trinitysnap17@gmail.com](mailto:Trinitysnap17@gmail.com)



## Lighthouse Parent Carer Group

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

Upcoming meetings (10.00-11.30am):

March 26th

April 23rd

May 28th

June 25th

July 23rd



To access the Zoom link email

[CFWWestLancsNeighbourhoodTeam@lancashire.gov.uk](mailto:CFWWestLancsNeighbourhoodTeam@lancashire.gov.uk)  
or Facebook message West Lancashire Children and Family Wellbeing Service

Children and Family  
Wellbeing  
Service

Lancashire  
County Council



everyone  
matters.

Everyone Matters is a new group for parents and carers of children and young adults with disability or S.E.N needs. You are welcome to join us every Friday afternoon at 1-3pm. Everyone Matters provides a friendly, safe and supportive environment for you to come and meet others and enjoy a free tea or coffee.

Brave Church, Watson St,  
Oswaldtwistle, BB5 3HH

Phone: 01254 372771

Email: [hello@bravechurch.co.uk](mailto:hello@bravechurch.co.uk)  
Website: [www.bravechurch.co.uk](http://www.bravechurch.co.uk)

In partnership with  
HM Government THE NATIONAL LOTTERY COMMUNITY FUND  
COMMUNITY FUND  
NHS West Lancashire Clinical Commissioning Group  
COMMUNITY FOUNDATION for Lancashire



## Around The Table With Twinkle

**Every Thursday 11-12pm**

Come and take a break with us here at Twinkle House. Grab a coffee and take part in our online friendship group. It's a chance to make friends, learn more about what support is out there during lockdown and take some time to relax.

- Fun ice breakers each week
- A chance to talk amongst a supportive group
- One hour to take time for yourself
- Signposting and information sharing



For more information or to join the next Zoom meeting, please contact **Belinda Moreland** via email: [wellbeing@twinklehouse.co.uk](mailto:wellbeing@twinklehouse.co.uk)

[www.twinklehouse.co.uk](http://www.twinklehouse.co.uk)

2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 9UP

The Lancashire Carers Service is continuing to offer a comprehensive service and is welcoming new referrals. We are planning to re-introduce our community based activities shortly and are looking forward to meeting with you again. A robust Risk Assessment process will be in place to ensure we comply with COVID regulations and stay safe. You can access more information about our activities and our services through our website @ [www.n-compass.org.uk](http://www.n-compass.org.uk)

If you would like to access our services, you can do so through our website or by calling our Service Access team on **0345 688 7113**.

### The Lancashire Carers Services offer includes:

**Carers Line:** A team of knowledgeable and skilled Service Access Advisors are available Monday-Friday 9:00am-5:00pm to help with your enquiries. To talk to a Service Access Advisor, please call **0345 688 7113**.

**Support from a dedicated Carers Assessment and Support Officer:** Discuss with a dedicated member of our team about how being a Carer affects you and highlight any support you may need. We can provide you with information and support to access a break and can facilitate access to community health and wellbeing services, activities and much more. We have specialist Assessment and Support Officers in fields such as mental health, dementia, ethnicity and health services.

**Carers Assessment:** An assessment for you with an Assessment and Support Officer, even if the person you care for is not receiving care and support from Lancashire County Council. The assessment will include information on; the person you care for, your caring role, your ability to access education, work, leisure, cultural activities, the impact on your health and wellbeing and whether you are willing and able to carry on with all parts of your caring role. The assessment can take place over the telephone or face to face. Following your Assessment, you may be eligible for a Carer's Personal Budget to improve your health and wellbeing.

**Peace of Mind 4 Carers Plan:** With an Assessment and Support Officer and the person you care for, we can support you to put together a plan for the event of an emergency where you are unable to carry out your caring role. The plan will include information on; property access arrangements, medical conditions and disabilities, care, medication routine and the details of people who can be contacted in an emergency. An option for up to 72 hours free replacement care from a care provider may be available for emergencies where you are taken into hospital unexpectedly or are involved in an incident involving emergency services and no support is available from family or friends. Once completed, a copy of your plan will be sent to you. Plans can be activated 24 hours a day, 7 days a week, 365 days a year. A plan can be completed over the telephone or face to face. To activate your plan please call **0800 840 3166**. We no longer prompt you to review your plan. Please call us on **0345 688 7113** if there are any changes.

**Carers Help and Talk (CHAT) Line:** Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence, call the Carers Help and Talk (CHAT) Line. All calls are answered by Volunteers who can offer understanding with regards to the common challenges faced by Carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a Volunteer please call us on **0333 103 9747**. In the event that a Volunteer is not immediately available to answer your call, please do try again.

**Carers Community Network Platform:** We are thrilled to offer our digital Carers Community Network Platform. This is a virtual community where you can meet other Carers, share ideas, experiences, sources of information and support each other through these difficult times by being able to talk about the issues that are most important to you. You can also share some of the tips that have helped you to manage your wellbeing. It only takes a minute to sign up and once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have over 1000 active members who are looking forward to connecting with you! To sign up please contact our Service Access team on **0345 688 7113** or send an email to [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)

**Volunteer with us:** The Lancashire Carers Service has several volunteer roles designed to support Carers to give back to their community. The Carers Help and Talk (CHAT) Line is our telephone helpline service set up to offer emotional support to Carers, 24 hours a day. It is manned entirely by Volunteers who work from the comfort of their home... this is just one of the many ways you can get involved in volunteering! We believe absolutely everyone has something valuable to offer, and with a variety of volunteering roles, there's something for everyone at n-compass. If you are interested to hear more, we would love to hear from you! Please call **0345 688 7113** or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)





**REACH OUT**  
SUPPORT FOR PARENTS OF  
CHILDREN WITH SHORT LIVES  
CHAT • CONFIDE • SHARE


ARE YOU THE PARENT OF A CHILD WITH A LIFE  
LIMITING OR LIFE THREATENING DISORDER?

Sometimes it can be difficult to talk to  
someone

WE HAVE CREATED A SAFE PLACE  
TO TALK WITH OTHER PARENTS  
WHO UNDERSTAND

find us  
<https://www.facebook.com/groups/reachoutsupportforshortlives>

 Find us on  
Facebook



**C.H.A.T.S**  
Cares Help Advisory Training Support

**COVID-19 Update Summer 2021**

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

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


**YOU ARE NOT ON YOUR OWN**

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

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

You are welcome to join our virtual drop-ins last  
Wednesday of the month 7pm-8.30pm and 2nd Thursday  
of the month 10am-12.00pm

Email Claire [chats\\_123@yahoo.com](mailto:chats_123@yahoo.com) for a zoom invite.

 Find us on  
Facebook




**AUTISM SUPPORT GROUP**

For parents and carers  
of  
autistic children & young people age 0-18 years  
living in  
East Lancashire and Blackburn with Darwen

The third Saturday of each month at 7.30pm	The fourth Tuesday of the month at 10.30am
<b>2021</b> 15th May, 19th June, 17th July, 21st August, 18th September, 16th October, 20th November, December TBC	<b>2021</b> 25th May, 22nd June, 27th July, 24th August, 28th September, 26th October, 23rd November, December TBC
<b>2022</b> 15th January, 19th February, 19th March	<b>2022</b> 25th January, 22nd February, 22nd March




To book a place on one of the below events please contact the children's service  
Email: [children@actionasd.org.uk](mailto:children@actionasd.org.uk) Text: 07809903852 Call: 01282-415455

All of our groups are currently being held online over zoom.  
[www.facebook.com/groups/actionforasd](https://www.facebook.com/groups/actionforasd)

Action for ASD working in partnership with NHS Blackburn with Darwen Clinical Commissioning Group & NHS East Lancashire Clinical Commissioning Group

Action for ASD | King Edward House | 9 Finsley Gate | Burnley | Lancashire | BB11 2HA  
Tel: 01282 415 455 | web: [www.actionasd.org.uk](http://www.actionasd.org.uk) | Charity No: 1089341




**Carer** [noun]  
/'keərə(r)

[1] Cares (unpaid) for family or friends who have a  
disability, illness or who need support in later life:  
Washing them. And their laundry. And their dishes.  
Keeping appointments. And records. And tempers.  
Giving medicine. And time. And hugs.  
Filling forms. And fridges. And silences.  
Dealing with doctors. And nurses. And pharmacists.  
And social workers. And benefits agencies.  
And care workers. And a lack of sleep.

[2] Needs support to manage a life of their own.

**Looking after someone?**  
Find out about the help  
and support available at  
[carersweek.org](http://carersweek.org)

Headline supporter  


Carers Week has been made possible by Carers UK working with five other national charities.  
Carers UK is a charity registered in England and Wales (246326) and in Scotland (SC039307) and  
a company limited by guarantee 864297. Registered office 20 Great Dover Street, London SE1 4LX.



# A Little Lament

You'd think that these long lockdowns would be conducive to lots of blog writing, but unfortunately that's not been the case. And in all honesty, I've not really felt like it. Let's face it, it's been a case of surviving one day to the next and just getting through.

Over these last couple of weeks though, I've started to have a few more Carrie Bradshaw moments, which hopefully means that my creative brain's starting to wake up a bit.

I've been thinking a lot about the idea of lamenting, as I've recently been listening to Annie Lennox's new recording of Dido's Lament, by Henry Purcell. I know it might not be everyone's bag, but I think it's absolutely stunning, actually I'll go a step further and say it's perfect. What could be better than Annie and Purcell? I know my taste is a tad niche, but I really do challenge anyone not to be moved in some way by this piece of music.

Last week I found myself listening to aforesaid piece in the car, whilst driving ALONE to the supermarket (yes, I think it was for wine and chocolate). As I drove through our lovely high street that is usually buzzing with its pubs and restaurants, the dark and quietness struck me. It was like something out of a film, with Dido's Lament being the perfect soundtrack. For the past year, we've all known we've been living through a nightmare, a pandemic that our children's children will learn about in their History lessons, but we've just got on with it. We've all had our part to play, we've had to make sacrifices, work harder, some more than others, but everyone has had their world torn apart, to some extent.

We've had to do the whole "getting on with it/it is what it is (hate that)/#positive vibes/we can do this" thing. Because that's how you get through hard times. Or is it? I've been thinking that a good lament is in fact a healthy thing to do. To actually feel sad and acknowledge that this really is tough going. It was on that drive, with the darkness and the music that it struck me. This is not 'the new normal', this is horrific, so many people have died, so many people are lonely and terrified and are emotionally damaged beyond repair by this virus.



And that is so tragic. And it's ok to feel sad and angry about it.

It made me think of my experience as a Special Needs Mum. I generally go about my life in warrior mode, fighting for my son's rights, trying to make life easier for him, campaigning for the cause as much as I can. Putting up the impression that I'm strong and can cope with anything thrown in my way. But that's not healthy, or normal, or sustainable. I've grown to acknowledge what I call my 'slap in the face moments'.

These happen when I'm going about my daily business and something happens, out of the blue to remind me of the tragedy of my son's condition. And it feels as physical as a (hard) slap in the face. Like the other week when a local FE College sent him a prospectus through the post for their A Level/BTEC Courses (sort your data out please). Or his mainstream peers applying for their Provisional Driving Licenses. Or the horrendous news articles about people with Learning Disabilities being given DNR orders whilst in hospital with Covid. Or the little daily reminders of just how vulnerable and precious our boy is.

Most of the time when I've had a SITF moment, I tend to suck it up and get on with my day, but I now acknowledge that this actually quite damaging. I used to think that if I was sad about his condition it meant that I wasn't being loyal to him, or not accepting him in some way, but that's obviously not true. It is OK to feel sad sometimes, to have a good old lament.

As we fight our way towards the end of these awful times, with their tragedy, sadness and restrictions, I do think it's good to say that we're struggling, it's been tough, and I feel (insert expletive) angry about it. I think once we've let all this out, we're ready and waiting to let the positivity in.

**Johanna Smith**  
Parent Carer

<https://musingsofanextrememum.com/>

**FLEETWOOD BEACH WHEELCHAIRS**  
 Central Promenade, opp' the New Boston Hotel  
 Making Memories!

Registered Charity  
 No: 1187870



Chairs are FREE to hire, your donations are welcome!

**Wish you were here?**  
**t: 03000 111 003**  
**w: fleetwoodbeachwheelchairs.co.uk**

f t

## Fleetwood Beach Wheelchairs

was officially launched in September 2020, just six months after being approved as a registered charity. Even with the disruptions and closures of recent months, the response to the service has been amazing!

To most people spending time on the beach with family and friends is something taken for granted but to somebody in a wheelchair it's at best difficult and at worst, impossible. Beach wheelchairs are specifically designed to make access easier. Light and manoeuvrable, durable and also pretty stylish with their over-size, pneumatic tyres, the equipment has already made a huge difference and helped create some treasured memories.

Fleetwood Beach Wheelchairs have their own premises, The Wheelbase, on The Promenade close to the Town's well-known venues, Marine Hall and The Mount. There's plenty of parking on-site and amenities such as accessible toilets within a few hundred metres. Visitors can pre-book one of seven chairs for free, any day, between 10am and 4pm by calling **03000 111 003**.

The range of chairs can accommodate ages from young children to adults and are suitable for most levels of mobility. A carer should accompany the chair-user at all times and there is a hoist and a number of accessories to make the experience as enjoyable and seamless as possible. Volunteers are on hand to oversee the checking-out and checking in process and explain about beach safety, tides and activities on or close to the beach.

Mick Gray is chair of trustees and the man behind the idea. *"I could see from my own house overlooking the beach, how difficult it was for people in wheelchairs to access the beach. After some research I found the North Berwick service and that inspired me to set up something in Fleetwood. With the support of my fellow trustees, funders and sponsors, and above all the goodwill of the public, we have achieved something to be proud of and immensely valuable to the community."*

The feedback to the service is overwhelmingly positive with many visitors saying it has been the first time they have been able to access a beach. This is typical of the comments received, *"It was fantastic to be able to get my daughter on the beach. The staff were so helpful. Great experience for us all as a family to enjoy the sea."*



For more information on Fleetwood Beach Wheelchairs visit the website **www.fleetwoodbeachwheelchairs.co.uk** follow the service on Facebook and call **03000 111 003** for all bookings and inquiries.





## Charlotte's Tandems

I became aware of Charlotte Tandems a few years ago after spotting a customised bike on a friend's photo and was in awe of the freedom and opportunity this provided for them as a family. It was January 2020 that I made contact with the charity through email and was put in contact with David, a local man who gives up his spare time to customise bikes for those with additional needs for the charity. We arranged to meet socially distanced at his house, which luckily for us was only a 20 minute walk away, where he assessed Harrison's requirements and talked through his recommendations. My son, Harrison is nearly 7 with GDD and SLD, non-verbal and up until March 2020, the only way of being able to explore the outside was if he was in his pram.

It was in April 2020, just as we had gone into national lockdown due to the covid pandemic we were loaned free of charge a customised tandem, specifically tailored for Harrison's needs, and he absolutely loved it! The timing was perfect, as with the national restrictions in place this provided us as a family, a new opportunity and form of escapism to explore our local area that wasn't over shadowed by tantrums or melt downs when Harrison didn't want to go for a walk.

We were fortunate enough to have the tandem on loan to us until July, when we decided to invest in our own and David helped and supported us with his recommendations and also customised our own bike so it was suitable for Harrison by sourcing and fitting the adaptations for us.

The opportunity Charlotte Tandems have provided us with has been priceless. We have cycled the guild wheel trail in Preston, rode through Blackpool lights, and enjoyed countless outings exploring our local area which we have been truly thankful for, particularly in the last year.

**Helen**  
Parent Carer



FIND out more at: [www.CharlottesTandems.co.uk](http://www.CharlottesTandems.co.uk)  
**Facebook:** [www.facebook.com/groups/CharlottesTandems](https://www.facebook.com/groups/CharlottesTandems)  
**Twitter:** @CharlottesTand





## Hi, I'm James and I love riding at Phoenix RDA



Look how I fly onto the ponies, it's great!



I'm riding Tilly (The Tank) here.



This is Rosie, our other pony.



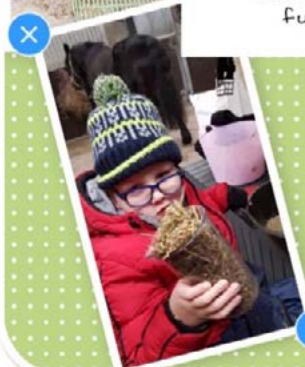
This is Beth my friend from school who comes to ride too.



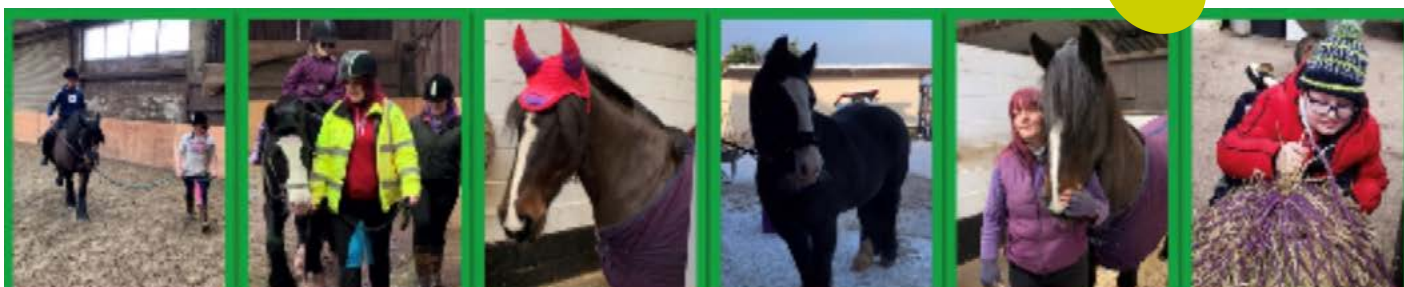
" I don't just ride at Phoenix RDA you know!

I love making Rosie's tea, I stir it with a carrot cos I don't like putting my hands in! I like Tilly best except when she sets off at a rate of knots. Our coach Jenni tells me to 'sit up and not be a sack of spuds' but she never lets me fall. I like hugging Rosie and the lamb too.

I have a volunteer friend called Kevin who calls me Geraldine for a joke. It is good at riding and I have my own helmet. I don't mind filling haynets but sometimes they have me shovelling poo 🐞. It's all good fun though and I've made new friends.







# PHOENIX RDA



We are a friendly group based on a farm in Burnley, Lancashire, in a stunning location with both indoor and outdoor arenas.

We cater for adults and children and most disabilities whether you want a riding experience or to enjoy learning about pony and stable care too.

While a great physical therapy for many conditions, added benefits are confidence building, calming effects, social skills, learning, and of course having FUN!

Contact us for more info:  
Phone: 07899483015  
Email: Jenni.rda@mail.com

Or follow us on FB: <https://www.facebook.com/PhoenixRDA>

Come join us!





# DANCE & DISCO

FOR BABIES & TODDLERS WITH ADDITIONAL NEEDS

Tap and ballet classes, exploring music, following EYFS framework; lead by qualified practitioners specialising in children with additional needs



**TAP**  
10:00-10:45  
Sessions £5.00

**BALLET**  
11:00-11:45  
Sessions £5.00

**DISCO**  
12:00-12:45  
Sessions £5.00

**TUESDAYS**



Artz Centre, Hall Green, Upholland, WN8 0PB

For more information;

Call: 07896 137236 or

Email: [divinedays@artzcentre.co.uk](mailto:divinedays@artzcentre.co.uk)

[WWW.ARTZCENTRE.CO.UK/DIVINEDAYS](http://WWW.ARTZCENTRE.CO.UK/DIVINEDAYS)



# DIDDI DIVAS

FOR INFANTS & JUNIORS WITH ADDITIONAL NEEDS

Tap and ballet classes, exploring music, following EYFS framework; lead by qualified practitioners specialising in children with additional needs



**TAP**  
10:00-10:45  
Sessions £5.00

**BALLET**  
11:00-11:45  
Sessions £5.00

**STREET & MT**  
12:00-12:45  
Sessions £5.00

**SATURDAYS**



## Meaningful, creative & inclusive Dance Classes

Working with the Community, for the community in our community

We have a performance-based session for children as young as 2 years old and their families with additional needs who meet weekly to work within a therapeutic framework, which offers a person centred approach to creating and performing.

This group of dancers are incredibly talented and the work that our practitioner delivers in collaboration with them is breath taking to see. Their work is incredibly moving and powerful. The impact that music and Dance have on children with disabilities is proven to support the children who, by engaging in dance and music, learn how to follow directions, focus, balance, distinguish right from left, and develop a concept of music and rhythm, as well as how to work well with others. The physical, cognitive, and social-emotional skills they develop are critical for all children. There is an emotional connection that children with disabilities have to music and movement, which allows the children freedom to express themselves and shine as individuals, with unique gifts and talents. This also improves self-esteem and an individual's sense of wellbeing and purpose.

We are run by qualified practitioners and fully trained volunteers. DBS checked and registered with WLCVS. We are working with Well Skelmersdale, Live Well Project and CCG. Funded by the Lottery.

- [info@divinedays.co.uk](mailto:info@divinedays.co.uk)
- [www.divinedays.co.uk](http://www.divinedays.co.uk)
- [DivineDaysCommunityArts](https://www.facebook.com/DivineDaysCommunityArts)
- [DivineDaysUK](https://www.youtube.com/DivineDaysUK)



Well Skelmersdale





# LITTLE ORCHARD AND ANIMAL LIFE!

**Inclusive sensory class for under fives**

From babies to beyond, join us in our beautiful orchard, for a class for children of all abilities!

**DISCOVER THE DELIGHTS OF THE GREAT OUTDOORS!**

- ★ CLOUD WATCHING!
- ★ CREATING MUSIC!
- ★ DEN BUILDING!
- ★ MUD PIES!
- ★ MEET OUR ANIMALS AND MORE!

**Tuesdays, 10am~12pm, 4th~25th May & 8th~29th June**

Just £10 per session including coffee, juice and toast from our Stable Door Café & Ice Cream Parlour!

Book your course of four sessions in advance on 01257 472 900 or email [info@my-life.org.uk](mailto:info@my-life.org.uk).

Thompson House Equestrian Centre, off Pepper Lane, Standish WN6 0PP.

[www.my-life.org.uk](http://www.my-life.org.uk)

Registered Charity No.: 1119863

## WHAT WE DO...

For children and adults with autism, learning difficulties and associated disorders.

- 'Stay and play all day' family club every Saturday!
- We provide training sessions for parents and carers (on zoom).
- Mid Week Sessions
  - Mondays: Dance Therapy
  - Wednesdays: Under 5's Stay n' Play
  - Wednesdays: Activity Day

\*\*\* SLEEP CLINIC COMING SOON \*\*\*

For more information and bookings, please email [b.donoghue@ojscare.org](mailto:b.donoghue@ojscare.org)

**COMMUNITY FUND**

**NEVO MEMBER**

Lancashire County Council

# Colourful Footsteps

Virtual SEND Group for 5-11s

Meet other parents

Have fun with activities to do at home

Find out how to get support

**Fridays at 4pm on zoom**

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

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

Made with PosterMyWall.com

## Toy Library for children with disabilities and additional needs aged 0-18 years

# Unique TOYZ

Covering Morecambe, Lancaster and surrounding areas.

We deliver toys or can arrange click and collect from our unit on White Lund Industrial Estate

Contact us now for more information or to request a membership form and join for free!

Find us on Facebook Unique Toyz

07889597654

[uniquetoyz01@gmail.com](mailto:uniquetoyz01@gmail.com)

Funded by **Children in Need**



**Lancashire**  
County Council



**AOK**  
**Stay and Play**

**Support group for children and families with additional needs/disabilities**

EVERY WEDNESDAY  
FOR CHILDREN AGED 0-8  
BOOKABLE SESSIONS  
AT LUNE PARK NEIGHBOURHOOD CENTRE  
FOR CHILDREN WITH OR WITHOUT A DIAGNOSIS

Contact Claire at Lune Park on 01524 581280 or e-mail [claire.rogerson@lancashire.gov.uk](mailto:claire.rogerson@lancashire.gov.uk)



High Five is a play & support group, run by volunteers to provide activities for children with severe disabilities and their family.

We are running a virtual programme during the pandemic consisting of activity boxes, zoom events and online competitions. We hope to restart our live events soon!



To find out more join us on our Zoom 'Welcome Meeting' on **Thursday 24th of June**

If interested please find and message us on Facebook;  
[www.facebook.com/HighFiveLancashire](https://www.facebook.com/HighFiveLancashire)  
Charity number: 1164321

## YOGA & MINDFULNESS

# Yoga Therapy for children with SEND

Yoga's therapeutic benefits can provide children and young people with strategies to help them cope better with the stressors of their current environment and help them to understand self-acceptance and emotions so they can find a way to live in the world peacefully.

Through yoga and mindfulness practices I can provide tips and techniques to help support children and young people who are experiencing anxiety, depression, trauma, Post Traumatic Stress Disorders, eating disorders, suicidal ideation and self-harm as well as struggling with emotional and behavioural regulation.

### Sessions include:

- Personalised practices, responsive to the needs of the child/young person
- Practices to improve social and communication skills
- Ways to regulate and calm the nervous system
- A sense of feeling more connected to the body

If you would like to discuss how Yoga Therapy can support your child, contact me on 07900 074196, email [sarah@breatheeducation.co.uk](mailto:sarah@breatheeducation.co.uk) or visit [www.breatheeducation.co.uk](http://www.breatheeducation.co.uk)



**Breathe**  
EDUCATION

f @BreatheEd    t @breathe\_ed





## SOCIAL CONNECTION DURING 'LOCKDOWN'



Are you in secondary school years **10 or 11**?



Would you like to **talk about your experiences** of COVID-19 and its impact on **you and your friends**?



**Volunteers are needed** to take part in **research** exploring young people's experiences of social connection during COVID-19 'lockdown'.



We **understand the importance** of social connection for young people.



We think that young people should be given **opportunities to share their experiences** and knowledge.

Interested in taking part?

Please get in touch



Like more information?

[d.jordan3@lancaster.ac.uk](mailto:d.jordan3@lancaster.ac.uk)



## Autism Wellbeing Support Group



**A wellbeing group for autistic young people ages 12-16 years**

**6.30 till 7.30pm**

On Zoom

Monday's 22nd March, 17th May, 21st June, 26th July, 16th August, 27th September, 25th October, 15th November, 13th December 2021

The Autism Wellbeing group is open to young people age 12-16 years who have a diagnosis of ASC. This group is a wellbeing group for young people who would benefit from strategies around self care, emotional regulation, social communication.

The group provides an opportunity to make friends, develop strategies, and increase self-esteem and confidence.

**Cover topics including but not limited to:**

Understanding autism, anxiety and worry, friendships, conversations, personal safety, social media safety and many more!

*(Please contact us for a list of topics)*

**For more details about the Autism Wellbeing Support Group please contact the children's service:-Tel 07809 903852 or email [children@actionasd.org.uk](mailto:children@actionasd.org.uk)**

*All current groups take place on Zoom*

Action for ASD | King Edward House | 9 Finsley Gate | Burnley | Lancashire | BB11 2HA  
Tel: 01282 415 455 | web: [www.actionasd.org.uk](http://www.actionasd.org.uk) | Charity No: 1089341



## REGAIN CONTROL

**Being involved in regain control, can improve your:**

- Mental health
- Confidence and self-esteem
- Relationships
- Self-awareness
- Employment/education/training

**What is it about?**

It is a 10 week programme of therapeutic support where you will meet with a practitioner 1:1 to talk about anything that you may be struggling with. We hope to offer you strategies and coping mechanisms that will lead to positive changes in how you feel about yourself, and your relationships with friends and family.

Having thoughts, feelings and worries listened to and understood can be hugely beneficial. At times it can feel like we don't have any control over what we think or how we feel, and sometimes just 'talking things through' can help you to feel more confident about something you had on your mind.

**The kind of things we can support you with may include:**

- anxiety
- exam stress
- abuse
- behaviour
- relationships
- grief/loss
- sleep problems
- depression/low mood
- anger
- bullying
- family
- body image
- self-harm
- suicidal feelings



**What some of the young people have said about the support they have received!**

**It's helped me a lot, I have a lot more confidence in myself and my behaviour has changed and my body language. I really enjoyed it.**

**It has helped my anxiety and I don't feel anxious as much, it has also helped my self-esteem and confidence and I am a lot happier than I used to be.**

**It's made me feel better about myself and helped me improve my relationships at home and in school.**

**FOR MORE INFORMATION**  
**01772 910340**  
**[www.canw.org.uk](http://www.canw.org.uk)**

Registered Charity No: 222533



PAPYRUS

0800 068 41 41  
[papyrus-uk.org/get-in-touch](http://papyrus-uk.org/get-in-touch)

Are you at risk of suicide or worried about someone?

**childline**

ONLINE, ON THE PHONE, ANYTIME

0800 1111

[childline.org.uk](http://childline.org.uk)

No problem is too big or too small



kooth.com

Mon - Fri | 12pm - 10pm  
Sat - Sun | 6pm - 10pm

Free, safe and anonymous online support



text 'YM' to 85258  
[youngminds.org.uk/contact-us](http://youngminds.org.uk/contact-us)

Crisis Messenger is a free 24/7 UK wide service

**Continued support will be available; together we can look at the obstacles you currently face.**

We can provide access to appropriate services that may help to reduce social inclusion and encourage positive choices.

Our team will work directly with you, so that you're confident in where to go to gain important skills and experience.





# School is difficult

I am Andy, a 24 year old man and the founder of Spectrum Gaming, an online community for autistic young people under the age of 18. We launched on 1st June as a result of the pandemic and are now an official charity. We now have a community of over 2,000 young people, who have all taken part in our events and communities.

One common theme in our community is difficulty attending school. A lot of our members are out of education, and others really struggle with school-based anxiety. After recognising this theme, our young people wanted to make sure education settings know why education is difficult for them and what can be done to change this, so together we launched the 'School is Difficult' project. You can find out more and take part by completing our survey at:

<https://www.schoolisdifficult.co.uk/>

We are gathering the views of SEND young people, parents/carers, neurodivergent adults and professionals on the good and bad of the education system, with the aim of creating resources and a report with

recommendations on what can be done to make the education system work for these young people who are often failed.

I am wondering if it would be possible for you to do one of two things:

1. Share this project in your network – the more responses we have, the bigger impact the project will have.
2. If you can take the time to share any similar pieces of work or insight you have into this topic, it would be massively appreciated.

Thank you very much for taking the time to read this, it really means a lot to me and our community.

Kind regards  
**Andy**

Founder of Spectrum Gaming

Pathways are proud to support this important research and support for children and young people being undertaken by our partners at Spectrum Gaming.



Spectrum Gaming is an online community for autistic young people which has three main intended outcomes:

1) Building Friendships - A lot of autistic young people are lonely, isolated and struggle with friendships. We wanted to create a community where autistic young people feel comfortable and can make strong friendships in a safe way. Our main provision is our online community, that anyone from across the UK can access. We also run meet ups for young people who live in the Greater Manchester area.

2) Increasing Self-Acceptance - Because of how much people misunderstand autism and the way it is diagnosed, unfortunately many autistic people hate their diagnosis or feel ashamed of being autistic. We want to make sure as many autistic people as possible are able to accept their differences and live the happiest lives they can

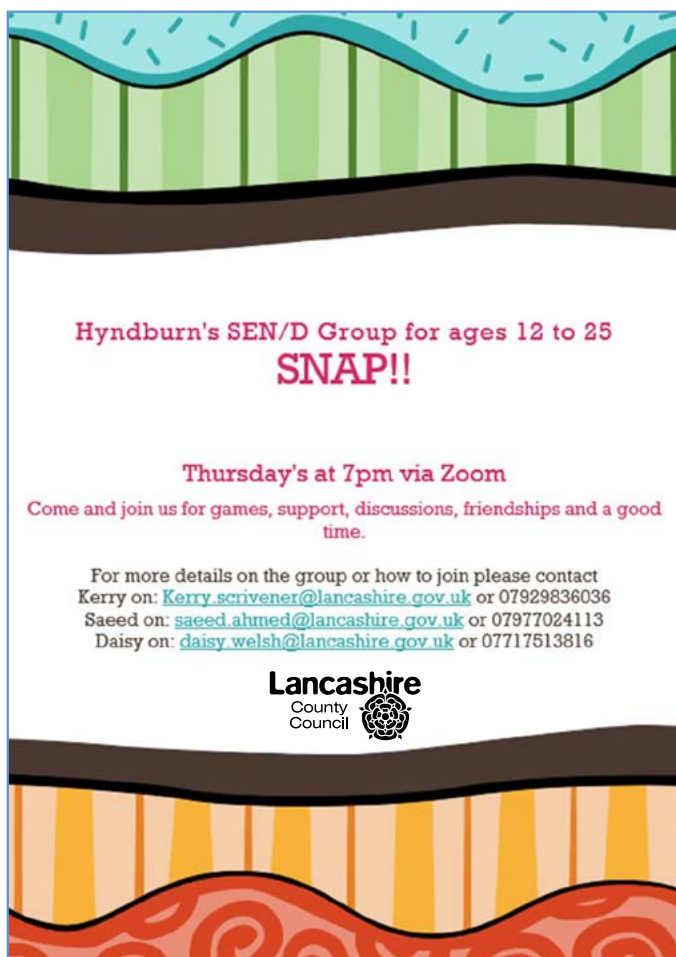
3) Advocacy - We don't just want to be a community that enables autistic young people to develop meaningful friendships and develop a more positive perspective of autism. We want to create a movement that will have a positive influence on society through advocacy, and enable strategic change to ensure the needs of autistic young people are met across the UK. We have created a platform where young people can share their voices through content, talks and more. You can see some examples of content we produce on our YouTube channel.

Contact Us/Follow Us

[www.youtube.com/channel/UCfd9V\\_w9g6kPRDg1oaXEzhg](https://www.youtube.com/channel/UCfd9V_w9g6kPRDg1oaXEzhg)  
[www.twitch.tv/itspectrumgaming](https://www.twitch.tv/itspectrumgaming)  
[www.facebook.com/Spectrum0Gaming](https://www.facebook.com/Spectrum0Gaming)  
<https://twitter.com/Spectrum0Gaming>  
 Email Us at: [info@spectrumgaming.net](mailto:info@spectrumgaming.net)







**Hyndburn's SEN/D Group for ages 12 to 25  
SNAP!!**

**Thursday's at 7pm via Zoom**

Come and join us for games, support, discussions, friendships and a good time.

For more details on the group or how to join please contact  
 Kerry on: [Kerry.scrivener@lancashire.gov.uk](mailto:Kerry.scrivener@lancashire.gov.uk) or 07929836036  
 Saeed on: [saeed.ahmed@lancashire.gov.uk](mailto:saeed.ahmed@lancashire.gov.uk) or 07977024113  
 Daisy on: [daisy.welsh@lancashire.gov.uk](mailto:daisy.welsh@lancashire.gov.uk) or 07717513816

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County Council

**UniQcorns**  
Burnley

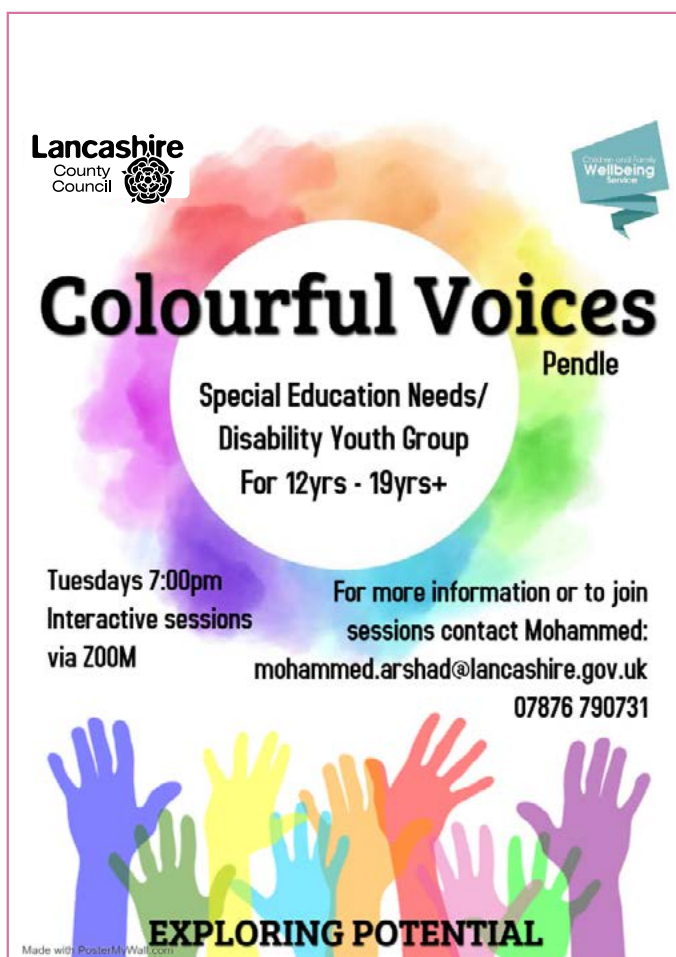
**Special Education Needs/  
Disability Youth Group**  
For 12yrs - 19yrs+

**Tuesdays 7:00pm**  
Interactive sessions  
via ZOOM

For more information or to join  
sessions contact Sophie:  
[sophie.leach@lancashire.gov.uk](mailto:sophie.leach@lancashire.gov.uk)  
07929847448

**EXPLORING POTENTIAL**

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**Lancashire**  
County Council

**Colourful Voices**  
Pendle

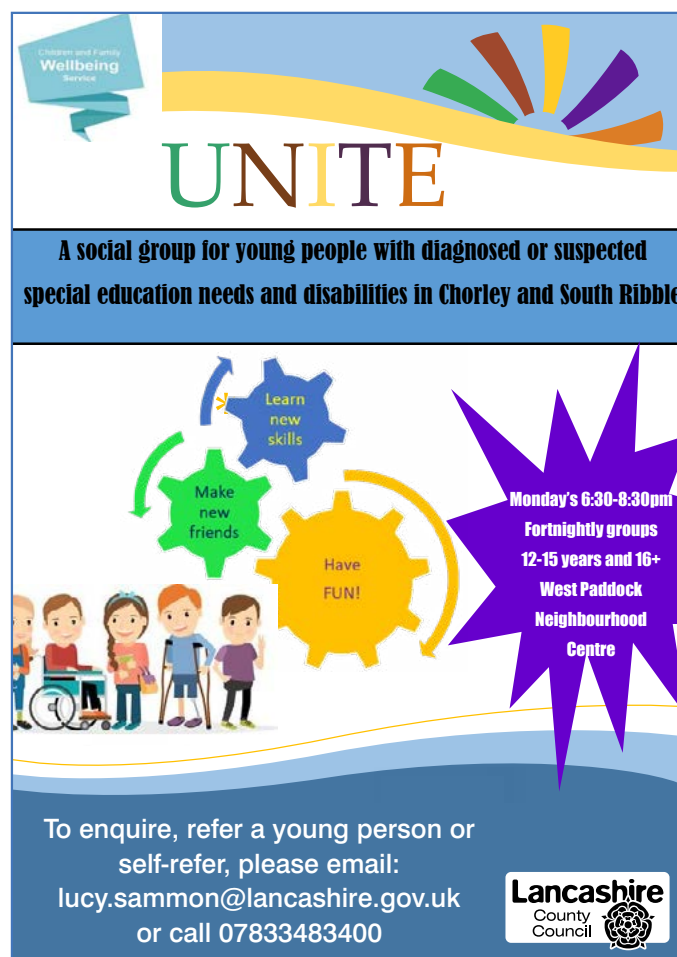
**Special Education Needs/  
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For 12yrs - 19yrs+

**Tuesdays 7:00pm**  
Interactive sessions  
via ZOOM

For more information or to join  
sessions contact Mohammed:  
[mohammed.arshad@lancashire.gov.uk](mailto:mohammed.arshad@lancashire.gov.uk)  
07876 790731

**EXPLORING POTENTIAL**

Made with PosterMyWall.com



**UNITE**

**A social group for young people with diagnosed or suspected  
special education needs and disabilities in Chorley and South Ribble**

**Monday's 6:30-8:30pm**  
Fortnightly groups  
12-15 years and 16+  
West Paddock  
Neighbourhood  
Centre

**Learn new skills**  
**Make new friends**  
**Have FUN!**

To enquire, refer a young person or  
self-refer, please email:  
[lucy.sammon@lancashire.gov.uk](mailto:lucy.sammon@lancashire.gov.uk)  
or call 07833483400

**Lancashire**  
County Council



# POWAR

## Introduction to the New Participation Team

As of the 1st of April 2021, the commissioned service that was run by Barnardo's ended and came to sit within Targeted Youth Support, Children and Family Wellbeing Service (Early Help).

I will introduce myself; my name is Suliman (or Suli for short); I am the Professional Range Youth Worker responsible for SEND Participation and moreover POWAR (the SEND Forum). I have had firsthand experience of disability and SEND as I was born with a disability and am therefore passionate about getting the voice of Children and Young People heard.

There are not many people to introduce you to because at the time of writing this article, we're right in the middle of putting the new Participation Team together and are interviewing for the people we're missing; but below is a diagram of what the team will look like.

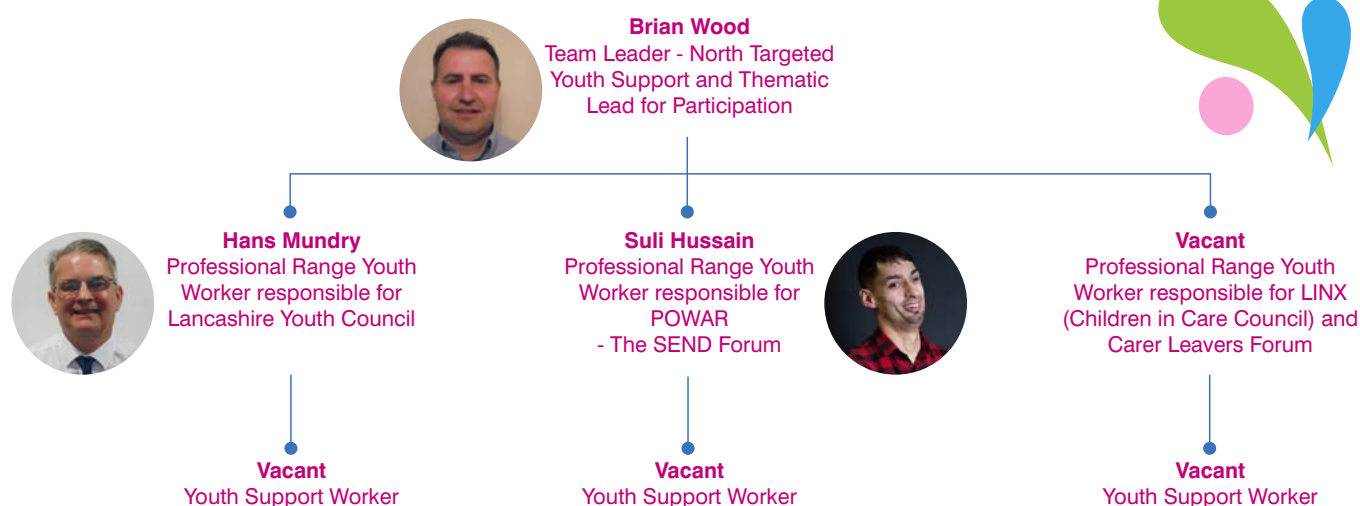
The Group is currently meeting every fortnight on a Tuesday as one group via Zoom.

You can get involved by contacting **Suli** on: **07775 221214** or emailing: **[suliman.hussain@lancashire.gov.uk](mailto:suliman.hussain@lancashire.gov.uk)**

### What has POWAR been involved in?

The new team (currently Brian, Hans and Suli) have been trying to get to know young people from the group and doing background work to make sure young people voices are getting heard.

The young people also met the new staff at an introduction session via Zoom; It was also decided that the group was going to redesign the current POWAR logo and branding.



### What is POWAR and how do I get involved in it?

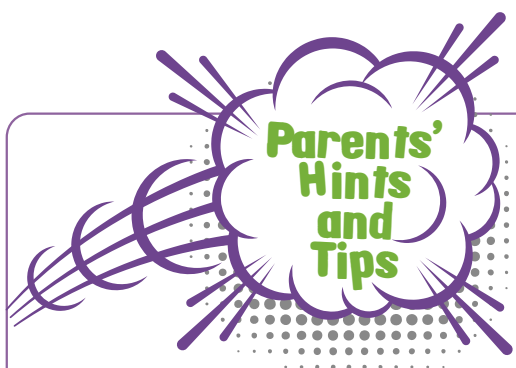
POWAR stands for Participate, Opportunity, Win, Achieve, Respect. POWAR is a forum for children and young people with SEN or additional needs aged 12 to 25, where young people can get to have their voice heard about the things that are affecting them and give their views about how services can be better improved for young people with SEND.



POWAR members have been involved in the Interview Panels for Children's Social Care Social Workers, Team Managers and Senior Management Posts.

5 members of the group have been involved in the setting up and development of SEND Children and Young People via an Executive Board supported by Sarah Gorst and the Participation Team.

In the near future we hope to be working with our colleagues from the Children and Family Wellbeing Service, to widen participation via schools and colleges.



# Preparing for School

Starting a new school is a big step for anyone, and after so much time spent at home, lots of children may have difficulty getting used to the routine this year. If your child has additional needs there may be extra challenges too. We have put together some ideas below that you may find useful in preparing for the big day.

Write a shopping list with your child of all the things they will need for school – uniform, shoes, PE kit, pencil case, etc. Let them choose some items themselves, such as a school bag or lunch box. Check with the school if they have second-hand uniform for sale – some schools hold a uniform sale at the end of the summer term.

In the weeks before the “big day”, let your child dress in their new uniform and make a school corner at home. Make it fun and exciting and tell your child how grown up they are and how proud you are of them. Our daughter loved practising sitting on the carpet for a short story and then getting a star sticker for good listening. We also bought story and sticker books about starting school to share together.

Did you know that Marks and Spencer have a school uniform range specially designed for children with sensory issues, or those who just need a little extra help when getting dressed. Itchy care labels have been moved into pockets so they don't irritate skin, trousers and skirts have elasticated waists rather than buttons/zips and shirts have Velcro fastenings instead of buttons. See the range at: [www.marksandspencer.com/l/kids/school-uniform/easy-dressing-school-uniform-range](http://www.marksandspencer.com/l/kids/school-uniform/easy-dressing-school-uniform-range)

George at Asda have also introduced an “Easy On Easy Wear” school uniform range to help with independent dressing and sensory issues. Find the full range at: <https://direct.asda.com/george/school/easy-on-easy-wear/D10M5G1C15,default,sc.html>

Having new shoes fitted can be an anxious experience for some children. Clarks shoe shops offer free 15 minute measure and fit appointment at a time that suits you. They also have Quiet Time appointments if your child finds shopping overwhelming. Contact your local branch: [www.clarks.co.uk/measureandfit-in-store](http://www.clarks.co.uk/measureandfit-in-store) If your child has different sized feet, they can supply most shoes in odd sized pair – just ask at your local store. Members of Twins Trust receive a 10% discount on full price footwear and accessories for all children in the family up to age 16. Show your valid Twins Trust membership or e-membership card at the till.

Take photos of your child's teacher, teaching assistant and SENCo and also key areas of the school, eg their classroom, the dining room, toilets, etc. Put them in a scrap book with names/labels and talk about them during the summer holidays. If you know other families at the same school, you could arrange to meet up for “play dates” over the holidays.

If your child is not fully continent when they start school, make sure you have an intimate care plan in place. This will include where and by which members of staff they will be cleaned and changed. This, along with any requirements surrounding eating, drinking or taking medication should be noted in their Education Health and Care Plan (EHCP) or SEN support plan.

Build good relationships with your child's Teacher, TA and the school SENCO. Don't be afraid to voice concerns or worries early on, as they are just getting to know your child. Use a home/school diary to write about the day's/evening's events for each other. Suggest ways of working that your child enjoys, as every child has a different learning style.

## For older children:

If your child is moving up to high school or college and currently uses transport provided by the local authority, they may be eligible for Independent Travel Training. One to one training teaches road safety, using money, travelling by bus and other skills. Once the young person is confident and able to travel alone, they will be given a bus pass and be ready to take the next step to independence. For more information go to: [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/travel/independent-travel-training](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/travel/independent-travel-training)

**Do you have any tips to share with other parents? Are there any businesses or services you would recommend to families of a child with SEND? Email your ideas and suggestions to [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk)**

Lancashire

**SEND IAS**

Information, advice and support  
for Special Educational Needs and Disability

## The SEND Information, Advice and Support Team

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

### School Admissions

Thursday 1<sup>st</sup> July 1:30pm – 2:30pm

<https://zoom.us/join/registration/loc02tpsuEtZzgCwsl-nOpj18A1ZJ0tAg>

### Meetings with school – make them matter

Thursday 8<sup>th</sup> July 1:30pm – 2:30pm

<https://zoom.us/j/91293266129?pwd=ZS9aZVBMSVlBcVc4ek8zaUMJ3Zldz09>

### SEN support in school

Tuesday 8<sup>th</sup> June 6pm – 7pm

<https://zoom.us/j/98672505872?pwd=K3RRMXdVZGRvRGVsY2JLY2FBbTdwQT09>

Thursday 10<sup>th</sup> June 1:30pm – 2:30pm

<https://zoom.us/j/94825386769?pwd=QTRBc05NM09rc2h1UWUvUWVJYTZyLkdz09>

Thursday 15<sup>th</sup> July 1:30pm – 2:30pm

<https://zoom.us/j/92471444999?pwd=MU9nRFhJbmlzVWd0cXZHK1OrMUROdz09>

### The Annual Review process

Thursday 17<sup>th</sup> June 1:30pm – 2:30pm

<https://zoom.us/j/98779114978?pwd=dWY0WjBjaGdCWlBkATNoc3ZyTXZMdz09>

### Preparing for Post 16 EHCP transition

Thursday 24<sup>th</sup> June 1:30pm – 2:30pm

<https://zoom.us/j/98092847331?pwd=eEw1rWUNkSzdpeKkXWk3T1A2ZGRyZz09>

### Booking essential – click the Zoom link to book


SEND Information, Advice and Support Team


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

Email – [information.lineteam@lancashire.gov.uk](mailto:information.lineteam@lancashire.gov.uk) Website – [www.lancsendias.org.uk](http://www.lancsendias.org.uk)


Facebook - [https://www.facebook.com/Lancashire-SEND-Information-Advice-and-Support-Team-](https://www.facebook.com/Lancashire-SEND-Information-Advice-and-Support-Team-101447257945808)

101447257945808

**Lancashire**  
**SEND IAS**   
Information, advice and support  
for Special Educational Needs and Disability




## Moving up to High School in September?



Lancashire SENDIAS have commissioned Transition Workshops for parents of children with additional needs, who will be transferring from primary to high school in September.


Joining an online workshop will enable parents to prepare their child for some of the changes they will experience and help children to be confident that they are ready for their new school.

There will be 3 online sessions for each workshop with a mixture of discussions with other parents and practical tips that families can work on at home together, these will run on the same day and time each week.



For more information or to sign up to 3 sessions of the workshops email Joan at

Trinity Special Needs Advice Partnership

[Trinitysnap17@gmail.com](mailto:Trinitysnap17@gmail.com) 

**SEND Information, Advice and Support Team**

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

Email – [information.lineteam@lancashire.gov.uk](mailto:information.lineteam@lancashire.gov.uk)

Facebook - [www.facebook.com/LancashireSENDInformationAdviceandSupportTeam](https://www.facebook.com/LancashireSENDInformationAdviceandSupportTeam)





## Top tips for transition to high school for pupils with SEND

- Ask the young person what they are worried about. Use this as the basis for any support strategies.
- **Home-school communication** – Is there a person the family can contact about any issues and what is the best way to get in touch? Please remember this is daunting for all parents of first-time year 7 starters. There may be a few hiccups to start with but hopefully your young person should settle in fairly quickly. If there are any major concerns, try to find a solution and contact the school where necessary. Please be patient and provide solutions if possible as you know your young person best, school will have strategies ready to go but it's important that young people are given the opportunity to try for themselves first to build their confidence, self-esteem and independent skills.
- **New environment** – maps, locker, bells.
- **New uniform** – Check the school policy and don't leave it too late to buy what you need. School shoes are an issue for some, buy early if possible so they have time to try them on and get used to them. **LABEL EVERYTHING!** and show them where their name is on their clothes so they can check theirs. I guarantee they will lose at least one thing including coat, calculator, drinks bottle & PE socks!
- **Start & end of the day** – How are they going to get to and from school. If starting a new routine, practice, practice, practice. Is there someone they can meet at school, on the way? DO they take a mobile phone? There are lots of apps you can install to track their journey, with their consent, if you need that extra reassurance.
- **Mobile phone rules** – Schools have different policies around phones in school, please make sure to check these out before they start.
- **Lunchtimes** – What happens at lunch? If they have packed lunch vs school dinners. Where do they go? Where can they go if they get overwhelmed?
- **New expectations** – break/lunchtimes, transition between classes
- **New vocabulary** – 'tutor group', 'head of year', subject-specific vocabulary.
- **Forgotten items** – What to do if they forget their PE kit, pencil case, lunch. Who can they ask to help?
- **Lost items** – What to do if they leave their PE kit, coat, lunch box etc and can't find it. Does it get taken to a specific area? If so, where and how do they access it?
- **Key people** – mentor, form tutor, SENCO, who/how to ask for help. Who can they talk to if they need help or advice and where are they? Show them who they are, where they can find them and write it in their planner.
- **Quiet area** – library, allocated area for stress management, safe base.
- **The timetable** – how to use it, formatted for the individual's understanding.
- **Systems for organization** – diary, checklists for materials and books. Using a paperclip/bulldog clip to mark the right week in their planner helps.
- **Homework** – expectations and explanations. Consider if the young person will need help recording homework details in their planner. Asking the teacher or LSA/TA to check they have the right info recorded saves a lot of stress and worry. Does the school offer homework support sessions? Some young people have a mental barrier with completing homework at home. Can they access the library after school or have access to support during the week to help with homework issues?
- **Transition workbook** – addresses differences between primary and secondary school, and new experiences with a step-by-step approach. Things to look forward to, sports clubs, lunchtime clubs, new subjects, technical lessons, new friends and old friends.
- **Personal Profile** – written by pupil (with LSA/parent/teacher support), includes all the information new staff should know about the pupil. Please include positives as well as areas of need.



## Activities for children and young people this summer

An exciting activities programme is being arranged for the school summer holidays, including a special programme for children and young people with special educational needs and disabilities (SEND).

The programme, which is currently being finalised, will provide four hours of activities each day per person, over four weeks in the school holidays.

The county council will be working with our existing providers and our district council colleagues to develop the SEND offer.

Parents and carers will be encouraged to attend sessions with the child, to provide support them with activities if needed.

The summer activities follow-on from the virtual Discovery Camp, which took place during the Easter school holidays, including face-to-face SEND activities.

The wide range of different activities being planned aim to help people for example to be more active, learn new skills, meet new people and work together, increase self-esteem and improve wellbeing.

**Edwina Grant OBE**, Executive Director Education and Children's Services at Lancashire County Council, said: *"We want as many children and young people as possible to benefit from this programme during the summer holidays. Thanks to the funding we've received, it's free for people to take part."*

*We had really good take-up from our Discovery Programme at Easter, which had to be virtual due to the Covid restrictions. But as restrictions are reduced, we hope to also offer outdoor activities in the summer."*

A general programme is being created, which is open to all pupils. The county council will be working with a wide range of partners including district councils and Street Games, to develop new opportunities and build on existing activity programmes.

Details for the activities taking place over the summer are currently being finalised and will be publicised closer to the time, including how to apply.

Some of the funding for the Holiday Activities and Food Programme (HAF) has been provided from the government to Lancashire County Council. The aim of this funding is to encourage children and young people who usually receive a free school meal to take part.

Please check the Local Offer [www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND) and facebook page [www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer) for updates.

## Lancashire Break Time

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

Despite the pandemic, and thanks to our fabulous LBT Providers, we have continued to deliver activities since July last year, with more providers reopening as the restrictions are lifted. We have also been able to offer outdoor activity sessions at the Lancashire Outdoor Education Centres during the Easter and half term holidays, and there are more planned for the summer too!

To check if you are eligible and to find out what activities are on offer in your area, visit the Local Offer:

**[www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/lancashire-break-time](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/lancashire-break-time)**

### Short Breaks Review and Redesign

The proposed changes to the Lancashire Short Breaks offer were approved by Cabinet earlier this year.

From Spring 2022, as part of the new model, Lancashire Break Time will become known as Break Time, and it is anticipated there will be a more diverse range of group activities available, offering more choice to Lancashire families.

During the Autumn term 2021, parent carers will be invited to register for the Break Time scheme and receive an allocated number of activity hours for their child(ren). Families will have the option to purchase additional hours if they require more.

Following the launch of Break Time, the scheme will be expanded to offer Break Time Plus, providing an option for children and young people that receive a social care package and therefore aren't eligible for LBT, to access group activities with their peers.

A further update and details of the process to register for Break Time will be shared in the autumn issue of FIND, as well as on the Local Offer website (opposite) and facebook page:

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







## Transition Group



### A social group for young autistic adults 16 - 25 years

Our Group meeting takes place on a Friday 6-7pm  
On Zoom

This is a group for young people age 16-25 years who have a diagnosis of ASC or who are seeking a diagnosis. This group is a social communication group for young people going through the transition into adulthood and provides an opportunity to make friends, develop relationships, and increase self-esteem and confidence.

#### Cover topics including but not limited to:

Education/College, friendships, conversations, personal safety, social media safety and many more!

(Please contact us for a schedule of activities & discussion topics)

*If you would rather book an 121 appointment please let us know.*

### NEW: Autism Chat 16-25 years

Once a month we will be having a group discussion session around understanding autism and different topics including neurodiversity, communication, sensory differences and anxiety.

Friday's 29th January, 26th February, 26th March, 30th April, 28th May, 25th June, 30th July, 24th September, 29th October, 26th November 2021

7.30-8.30pm

Please note that all our social groups and discussions are not taking place online via zoom or our facebook group [www.facebook.com/groups/ASDTransitionGroup](https://www.facebook.com/groups/ASDTransitionGroup)

For more details about the Transition Group please contact the children's service on Mobile:- 07809903852 or email [children@actionasd.org.uk](mailto:children@actionasd.org.uk)

Action for ASD working in partnership with NHS Blackburn with Darwen Clinical Commissioning Group & NHS East Lancashire Clinical Commissioning Group

Action for ASD | King Edward House | 9 Finsley Gate | Burnley | Lancashire | BB11 2HA  
Tel: 01282 415 455 | web: [www.actionasd.org.uk](http://www.actionasd.org.uk) | Charity No: 1089341

## Around the World! Day Opportunities

INDIGENOUS ART!

WORLD CUISINE!

DIFFERENT CULTURES!

TRADITIONAL DANCING!

INTERNATIONAL SPORTS!

AND MORE!

**19th April – 2nd August!**  
**We bring the world to YOU!**

Join in our adult programme for people of all abilities and enjoy activities personalised to you! Full or half-day sessions are available and support can be provided.

New to Day Opportunities?  
Call 01257 472 900, email [info@my-life.org.uk](mailto:info@my-life.org.uk) to join in!  
My Life, Thompson House Equestrian Centre, Standish and Leigh Sports Village, Leigh.

## MUSIC QUIZ!

**LAST THURSDAY  
OF EACH MONTH  
6PM - 7.30PM**

- The Quiz will be held on zoom
- Free to attend
- You will need a pen & paper to join in
- Questions for beginners and music whizzes
- No cheating or shouting answers allowed
- Winner gets their favourite song played at the end

Email Erin at  
[erin@meet-n-match.co.uk](mailto:erin@meet-n-match.co.uk)  
to register interest

**We are asking disabled people to tell us of their lockdown experiences.**

Answer 6 quick anonymous questions today.

**This is an ideal opportunity to access additional support if needed – we can call you if you'd prefer to have a chat.**

[www.denwlinkworker.co.uk/survey](http://www.denwlinkworker.co.uk/survey)

SCAN ME

You can also take part via telephone, SMS, video call or email.

Telephone: 01772 558 863

SMS: 07709 710 195

eMail: [dean@disability-equality.org.uk](mailto:dean@disability-equality.org.uk)



## Staying Safe Online?

A course for adults with learning disabilities and/or autism and their support staff or family carers

	<p>You will learn about:</p> <ul style="list-style-type: none"> <li>How to keep safe when using the internet</li> <li>How to communicate safely online</li> <li>How to better understand what social media is</li> </ul>
	<p>The course is taking place on the following dates.</p> <p>You only need to attend one of these dates.</p>
	<p>Wednesday 2nd June 2021 Wednesday 7th July 2021 Wednesday 1st September 2021</p> <p>Please choose which date you want to attend</p> <p>The course will run from 1pm - 4pm</p>
	<p>The course will be delivered via ZOOM. You will need access to a laptop, smartphone or tablet to take part in this course.</p> <p>If you need help with zoom, we may be able to help. Please get in touch if you want to take part but are unsure about using zoom.</p>
	<p>FREE for Meet N Match Members</p> <p>£10 for non-members</p>

Booking Essential - only 12 spaces available.  
Contact Amanda for a booking form - [amanda@meet-n-match.co.uk](mailto:amanda@meet-n-match.co.uk)

## Motiv8-lancs CIC

Motiv8-lancs offer a wide range of fun, educational learning activities in a safe environment at our centre.

The sessions are for adults with a learning disability/ difficulties, adults living with Autism, Asperger's

Syndrome or a mental health need.

Please contact us for more information.

On :07980292330

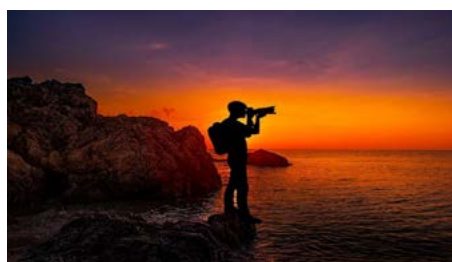


## BASIC PHOTOGRAPHY SKILLS

Thursdays at Motiv8-lancs with our fantastic tutor who has won an enormous amount of awards

You will learn basic photography skills to help you take some amazing photographs at stunning locations.

The sessions are very educational, fun, friendly And very informative to help you progress.



A two course lunch is provided and refreshments throughout the day.

Please contact me for more information regarding the sessions, the fee and details about what we do at Motiv8-lancs.

Telephone: 07980292330



The Beeches Centre , Rimington Avenue,  
Accrington , BB5 0NP  
Contact Tracy on: 07980292330

Facebook: motiv8-lancs daytime activities  
[Motiv8-lancscic@outlook.com](mailto:Motiv8-lancscic@outlook.com)  
[Motiv8-lancs.co.uk](http://Motiv8-lancs.co.uk)

### WE ARE NOW OPEN

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

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

• Woodwork Crafts, History, Arts/ Crafts, mindfulness activities, Arm chair exercises, Play your cards right Games, Fabric/silk painting, Bingo, Table top Gardening, Meditation, Card Making, Scrapbooking, and much more!



LOTTERY FUNDED

A two course lunch is included in the price and one to one support is available on request at an extra cost  
Please telephone for more details regarding prices and days that are now available.

We also participate in a special session that includes a wide range of musical instruments, sing songs using Makaton signs, plus using lots of LED  
Fun resources!



## How Do I.....Date?

A course for adults with learning disabilities and/or autism and their support staff or family carers

	<p>You will learn about:</p> <ul style="list-style-type: none"> <li>How relationships work</li> <li>Staying safe</li> <li>Communication</li> <li>The rules of dating</li> </ul>
	<p>The course is taking place on the following dates.</p> <p>You only need to attend one of these dates.</p>
	<p>Wednesday 12th May 2021 Wednesday 23rd June 2021 Wednesday 21st July 2021</p> <p>Please choose which date you want to attend</p> <p>The course will run from 1pm - 4pm</p>
	<p>The course will be delivered via ZOOM. You will need access to a laptop, smartphone or tablet to take part in this course. You will need some basic knowledge of using zoom to take part in this course</p> <p>If you need help with zoom, we may be able to help. Please get in touch if you want to take part but are unsure about using zoom.</p>
	<p>FREE for Meet N Match Members</p> <p>£10 for non-members</p>

Booking Essential - only 12 spaces available. Contact Amanda for a booking form - [amanda@meet-n-match.co.uk](mailto:amanda@meet-n-match.co.uk)



Motiv8-lancs CIC

Activities for Adults with Learning Disabilities



**A two course lunch is included in the price**

Please telephone 07980292330 for more details regarding prices and days that are now available.

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

[www.motiv8-lancs.co.uk](http://www.motiv8-lancs.co.uk)

Facebook: motiv8-lancs daytime Activities

We are based in Accrington

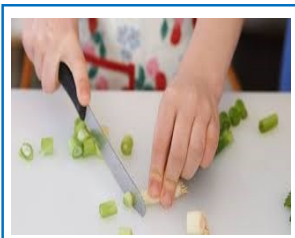
## NEW SESSIONS

**YOU ARE WHAT  
YOU EAT**

**MONDAYS AT  
MOTIV8-LANCS**

We deliver lots of different Fun educational stimulating activities at our centre please ask for details on what we do on other days

- We are open in lockdown
- Our clients are socially distanced at our centre
- We have clear Perspex screens at each tables
- We sanitise frequently
- We wear masks or visors
- Our clients have their own resources, tissues and sanitiser
- Contact us for more details



## Purple Umbrella Fitness Activities

**Come and join our fitness programme at the Thomas Galvin Playing Fields, Abbey Lane, Burscough L40 7SR.**

**( Opposite the Recycling Centre )**

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

We will be holding weekly outdoor activities for Adults with complex disabilities who may find it difficult to manage larger social groups.

Activities include;

Mini Basketball, Jenga, bowls, ring toss, walks and swingball.



Sessions will run every Thursday 2-4pm  
from March till October 2021

(weather permitting)

Come and join in the fun and make new friends!

Please bring your own support, face coverings and refreshments.

We can also provide visors if needed

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

Any questions please email us at: [sandraanja21@gmail.com](mailto:sandraanja21@gmail.com)

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



## Hate Crime and What To Do About it



### What is Hate Crime?

A hate crime is a crime committed against someone because of who they are. Victims are targeted because of their race, ethnicity, religion, being lesbian/gay or transgender or **disabled**

### DIVERSITY



Or simply for being 'different'



### Examples of Hate Crime

Name calling and bullying  
Being hurt or attacked  
Pretending to be a friend for money  
Damaging or stealing belongings  
Nasty messages on social media



### Personal Safety

Always report a hate crime whether you are a victim or a witness but don't take any risks.  
**Your safety is important!**



### Support for Victims

Victims can get support from the police, victim services and third-party reporting centres who have stickers in the window.



### How can you help?

Share positive messages about diversity and difference



Don't tolerate hate and hostility towards others



### Reporting Hate Crime

There are different ways to report Hate Crime



On-line [www.report-it.co.uk](http://www.report-it.co.uk)



Phone 101 or 999 in an emergency

If it doesn't feel right or look right **TELL SOMEONE**

### Under-reported Crimes

Hate Crime can affect victims and the people around them. Disability Hate Crime is one of the most under reported. Help people to report it!

## Autism Support Helpline

A free, confidential service providing advice, support and information for neurodiverse adults, young people and their families.

# 0800 031 5445

Autism | ADHD | Sensory Processing Differences

No matter what stage of your journey, we can offer:

- Strategies
- Resources
- Signposting to other services
- Advice
- Supportive listening

**daisy chain**  
A haven for families affected by autism

Lines open:  
Mon-Thurs 9am-8pm  
Friday 9am-5pm

Nationwide support



HM Government

In partnership with

THE NATIONAL LOTTERY  
COMMUNITY FUND

Daisy Chain | Calf Fallow Lane | Norton | Stockton-on-Tees | TS20 1PF  
Registered Charity No. 1109792 Company Limited by Guarantee 4763989

Excellent  
care with  
compassion

The Mental Health, Learning Disability, Autism and Dementia Team.

**NHS**

Lancashire Teaching  
Hospitals  
NHS Foundation Trust

# Our Health Exhibition



**Thursday 24th June 12:30–4pm**

**Chorley Hospitals  
Education Centre 3, Lecture Room**

Contact **Katie Birch** to book a time slot  
**01772 523676/07395370419**  
or email **Katie.birch@lthtr.nhs.uk**

## WHEN A LOST ITEM IS FOUND, YOU GET AN INSTANT ALERT!

Ensure your family's beloved things don't stay lost

**Attach to  
valuables**

Fix to a variety of items. Contact info is stored in our database (no info displayed)

**Found item  
is scanned**

When someone finds an item of yours, they scan the QR code or go to site to alert you

**Chat with  
the finder**

Anonymous chat with the person that found your item and arrange to get it returned

Pack includes: 1 x metal bag or keyring tag and 20 x labels that stick to items such as; toy or clothes tags, plastic bottles, books, fabrics etc.

For more information, visit: [www.tagosi.com/NAS365](http://www.tagosi.com/NAS365) (case sensitive)



20% of all profits from these packs is donated to the National Autistic Society



Stickers are dishwasher and washing machine safe!

Lancashire

# SEND IAS

Information, advice and support  
for Special Educational Needs and Disability



## New SEND IAS Website

We are pleased to announce the launch of our new SEND IAS Website.

[www.lancssendias.org.uk](http://www.lancssendias.org.uk)

Pop in and take a look around. There is information about what we do and how we can support you as well as about SEND and our training and information events.

There are sections for parents and for young people with lots of links to other organisations and support.

You will also find our factsheets about school admissions and choosing a school, meetings in school and SEN Support in school.

We hope that you will be able to find the answers to your burning questions here, but alternatively you can always contact us if you don't find what you are looking for or need to discuss your individual circumstances.

Our contact details are the same as before:-  
Tel: **0300 123 6706** Monday to Friday, 9am to 5pm  
Email: **information.lineteam@lancashire.gov.uk**

Do give us some feedback if you have used our service as we value your thoughts and will use them to improve what we do and how we do it.



# Lancashire County Council – contact details

[www.lancashire.gov.uk/council/get-involved/contact](http://www.lancashire.gov.uk/council/get-involved/contact) Email: [enquiries@lancashire.gov.uk](mailto:enquiries@lancashire.gov.uk)

	Service	Number
Corporate Services	Signposting / General enquiries	0300 123 6701
	Libraries	0300 123 6703
	Library Service Automated Renewal Line	0300 123 6704
	Registration and Certification Service	0300 123 6705
	School Admissions	0300 123 6707
	School Appeals	0300 123 6708
	Lancashire Adult College	0300 123 6709
Care Connect	Social Care	0300 123 6720
	Safeguarding Adults	0300 123 6721
	Emergency Duty Team	0300 123 6722
County Benefits Service	Care And Urgent Needs	0300 123 6735
	Blue Badges	0300 123 6736
	NoW Card	0300 123 6737
	Schools Transport	0300 123 6738
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

## Disability Awareness Day

**SUNDAY 12TH SEPTEMBER 2021**

**Walton Gardens, Warrington**

**10am - 4pm**



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

Organised by

Principal Sponsor



@WDPcomms

Disability Awareness Day



Tel: 01925 240064 [www.disabilityawarenessday.org.uk](http://www.disabilityawarenessday.org.uk)

**Promoting Independence Through Life and Work**



## 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

**Lancashire County Council**  
Sarah.deady@lancashire.gov.uk

### Parent Representatives\*

Nannette Holliday - Chorley  
Lucy Ellis - Lancaster  
Hayley Monk - South Ribble  
Trish Dobson - West Lancashire  
Sarah Lewis - Hyndburn  
\*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](https://www.facebook.com/LancashireLocalOffer)

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

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

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

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

### Get this free newsletter sent to your door

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

Name

Address

Postcode

Tel. No.

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

The FIND Newsletter is produced by Lancashire County Council. The views expressed in signed articles do not necessarily represent those of Lancashire County Council. The newsletter cannot accept any responsibility for products and services advertised within it.