

FIND

Welcome to the Autumn Issue of the FIND Newsletter, 2016

We hope you have enjoyed the school holidays and are now looking forward to the Autumn term. Some children find returning to school difficult and this is made worse if your child is being bullied. Anti-bullying week is 14th – 18th November. For more information and details of where to find support, see the article on page 11.

This newsletter has a health theme to coincide with World Mental Health Day which falls on 10th October. One in four adults and one in ten children are likely to have a mental health problem in any given year. It is hoped that raising awareness will help to remove the stigma associated with mental health problems. Zachary has shared his story about depression on page 7, and the useful websites on page 25 are also focused on support around mental health.

Finally, does your child attend an activity/group that can be featured in the newsletter? Have you had a good experience you would like to share? If you have an article, activity group or a story, send to: **find@lancashire.gov.uk**
Thank you for your continued support

Norma O'Hagan

Child and Family Support Liaison Officer
Special Educational Needs and Disability Service (SEND)

 www.facebook.com/LancashireLocalOffer



*I've learned that
people will forget
what you said,
people will forget
what you did, but
people will never
forget how you
made them feel.*

Maya Angelou

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Child and Family Support Development Liaison Officers and their areas

Sue Gaskell - West Lancashire and Burnley Liaison Officer

Email: susan.gaskell@lancashire.gov.uk

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Rachel Shatford - Lancaster, Fylde and Wyre Liaison Officer

Email: rachel.shatford@lancashire.gov.uk

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Norma O'Hagan - Chorley, South Ribble and Preston Liaison Officer

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Lauren Till - Hyndburn, Rossendale and Ribble Valley Liaison Officer

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Mobile: 07557 030839

For Pendle please contact any of the above Liaison Officers

Collaborative Workshops #SENDtogether

SEND together workshop 1

Our first workshop was an exciting day for the young people, parent carers and professionals who were there. Thank you to everyone who came along and represented others. We have made a video to show you what we talked about at the workshop. It explains our promises to you and the next steps in working together in our journey to make a better future. Watch our video to find out more about this journey and how it will work at:-

www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/shaping-send-together/collaborative-workshops



How you can get involved

If you didn't get chance to go to the workshop and want to have your say there will be plenty of chances to get involved through the local groups.

At the next workshops the group will talk about how to make sure everyone has their voice heard. We'll add more information about that on the Local Offer.

If you are a parent carer and are interested in becoming a member of the Collaborative Workshop, please email:

Dawn.fenton@lancashire.gov.uk

Young people wishing to join should contact POWAR on 01772 629470.

For more information

You can follow us on Facebook: www.facebook.com/LancashireLocalOffer and look out for #SENDtogether.



An Introduction to Stephen Martin

On February 29th 2016, I started working for Lancashire County Council as the Special Educational Needs and Disability (SEND) Service Senior Manager for the East of Lancashire. As the new senior manager in the SEND Service who has been asked to look after engagement with parent/carers and through this the FIND database and Newsletter, the editorial team have asked me to write a little piece telling you all a little about me. So here goes.

I am not originally from Lancashire. I was born and brought up just down the road in Manchester and some of its surrounding towns such as Middleton, Heywood, Horwich and Bolton. Around 14 years ago, I looked in to emigrating, with my wife and daughter, to New Zealand, selling our house, furniture and most of our worldly possessions in preparation for this. These plans fell through and so as a family we found ourselves looking for new home. In searching with various estate agents we came across a house for sale in Crawshawbooth. As it happens we did not like this house, but liked the look and feel of the Rossendale Valley and eventually bought a house here and moved up 12 years ago. I am told by born and bred friends from the Valley, that 12 years still does not make me a local and that I still sound like a Manc, but I consider myself a Lancashire lad now.

This is my first time working for a Local Authority, before this working for the last 20 years in education as a teacher and manager. My dabbles as a Quantity Surveyor, in the transport and logistics industry and with the Royal Navy are very distant memories.

I started out in education as a Secondary Maths Teacher and then had the privilege of running a project that worked within a very deprived and run down city area. This project worked with the local primary schools, secondary schools and the local authorities' adult education provision to help bring about positive change in people's lives. As part of this role, I acted as one of the Secondary Schools' SENCos. This was a life changing time and experience for me and it reinforced a passion for social justice and SEND that is a core part of me today.



Back in 1995, I had met and fallen in love with the woman that I would marry a year later. My wife has a physical disability as a result of a genetic condition, and so had developed methods of getting on with life over the years, having gone to University and worked. It was not until the birth of our daughter, four years into our marriage, who inherited the genetic condition, that we started to think about the future, adaptations, adjustments and the challenges that this would present. This also consolidated my passion for disability rights and equality and since then I have focused all of my jobs and training in the SEND area.

After my time in primary and secondary schools, I moved to working with young people in Further Education Colleges and in employment. For several years, I managed the support delivered at a college here in Lancashire, Myerscough College, and then was the senior manager responsible for the support at two Colleges and a University in Greater Manchester.

I am excited about the opportunities that I now have at Lancashire County Council and I look forward to being able to shape the SEND Service with my fellow LCC Officers, schools, colleges and most importantly with you the children, young people and parent/carers of Lancashire.

Autumn is a second spring when every leaf is a flower.

Albert Camus

Local Parent Carer Forums

Parent Carer Forum Questionnaire

Thank you for your feedback regarding the Parent Carer Forums, the response has been good. We are currently collating the information and a report will be available from the Local Offer.



Do you have a child/young person with additional needs? Come along to your local forum, it is an opportunity to raise any issues/concerns, chat to other parents and meet the guest speaker. Although the forums follow an agenda it is a relaxed, friendly atmosphere. You are also welcome to bring a friend along for support.

The dates and times for your local forum can be found below. If you require more information contact your local Liaison Officer, contact details can be found on page two.

Parent/carers are able to attend any of the local forums, please feel free to contact a liaison officer for more information.

Burnley - Liaison Officer: Sue Gaskell

Holly Grove School Barden Lane, Burnley BB10 1JD	Mon 12 September	1:30pm – 3pm
	Mon 10 October	1:30pm – 3pm
	Mon 7 November	1:30pm – 3pm

Chorley & South Ribble - Liaison Officer: Norma O'Hagan

Community Room, Chorley Fire Station, West Way, Chorley PR7 6DH	Fri 9 September	10am – 12:30pm
	Wed 9 November	10am – 12:30pm
Broad Oaks Child Development, Centre Balcarres Rd, Leyland PR25 3ED	Wed 5 October	10am – 12:30pm

Fylde - Liaison Officer: Rachel Shatford

Oak Tree Children's Centre, Sydney Street, Lytham St Annes FY8 1TR	Wed 14 September	1pm – 3pm
	Wed 12 October	1pm – 3pm
	Wed 16 November	1pm – 3pm

Hyndburn - Liaison Officer: Lauren Till

Hyndburn Leisure Centre Henry Street, Church, Accrington BB5 4EP	Thurs 22 September	1pm – 3pm
	Thurs 20 October	1pm – 3pm
	Thurs 17 November	1pm – 3pm

Lancaster - Liaison Officer: Rachel Shatford

Morecambe Fire Station, Westgate, Morecambe, LA4 4TA	Tue 13 September	5:30pm – 7:30pm
Poulton Children's Centre, Clark Street, Morecambe LA4 5HT	Tue 4 October	10:30am – 12noon
	Tue 8 November	10:30am – 12noon

When you're different, sometimes you don't see the millions of people who accept you for what you are. All you notice is the person who doesn't. **Jodi Picoult, Change of Heart**

Pendle - Please contact any Liaison Officer

Pendle View Primary School, Gibbfield Road, Colne BB8 8JT	Thurs 29 September	1:30pm – 3pm
	Thurs 27 October	1:30pm – 3pm
	Thurs 24 November	1:30pm – 3pm

Preston - Liaison Officer: Norma O'Hagan

Sir Tom Finney School, Ribbleson Hall Drive, Preston PR2 6EE	Wed 7 September	10am – 12noon
	Thurs 6 October	10am – 12noon
	Tues 8 November	10am – 12noon

Ribble Valley - Liaison Officer: Lauren Till

Community Room, Clitheroe Fire Station, Princess Avenue, Clitheroe, BB7 2AL	Thurs 8 September	1pm – 3pm
	Thurs 6 October	1pm – 3pm
	Thurs 10 November	1pm – 3pm
	Thurs 1 December	1pm – 3pm

Rossendale - Liaison Officer: Lauren Till

Staghills Children Centre, Top Barn Lane, Newchurch, BB4 7UE	Mon 19 September	1pm – 3pm
	Mon 17 October	1pm – 3pm
	Mon 14 November	1pm – 3pm

West Lancashire - Liaison Officer: Sue Gaskell

First Step's Children's Centre, Eavesdale, Tanhouse, Skemmersdale WN8 6AU	Tue 13 September	9:30am – 12noon
Jollies Barn, The Gravel, Mere Brow, Tarleton, Lancashire PR4 6JX	FAMILY EVENT Tue 11 October	4:30pm – 6:30pm
The Grove, Station Approach, Burscough L40 0RZ	Tue 8 November	9:30am – 12noon

Wyre - Liaison Officer: Rachel Shatford

Red Marsh School, Holly Road, Thornton-Cleveleys FY5 4HH	Tue 25 October	1:15pm – 2:45pm
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There is no need to book, just turn up!

**All the dates and information on guest speakers can be found on Eventbrite:-
www.eventbrite.co.uk/o/lancashire-local-offer-send-10708547763**

Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns. **George Eliot**

How to look after yourself

‘Healthy Minds’ say that if you are feeling down and don’t know what to do. These tips can help you. So why not give them a go...

- Talk to someone you really trust. Contact a friend.
- Go for a long Walk or a Run, But don’t forget to come back.
- Let those feelings out. If you want to cry that’s OK. Crying is good for you.
- Keep a Scrapbook or a Journal - write down how you feel, and reflect back on better times and positive feelings
- Take up a hobby to take your mind off things.
- Join a club or group and try something new such as photography or Pole Dancing.
- Do some art, poetry or music and capture your creative heart.
- Mindfulness activities such as relaxation are great.
- Spend time with family and friends. Don’t be isolated.
- Try adult colouring books.
- Call or text friends on your phone.
- Join a young persons group and make new friends.
- Do some volunteering. Helping others can also help you.
- Sit in a quiet room and listen to some music to help you relax.
- Play a musical instrument - get creative.
- Tell a trusted adult how you feel by letter or text if you can’t say it face to face.
- Read a book.
- Sing a song
- Go to the Gym or a Zumba class.
- Shout into a pillow.
- Have a hot bath.
- Surf the net for new ideas to help you.
- Focus on something that makes you feel good.
- Try to keep a smile on your face.
- Check out our contacts list for who can offer help.

LOCAL ORGANISATIONS WHO CAN HELP YOU.

CAMHS / ELCAS

North Lancashire

Lancaster and Morecambe - Ross Children’s Centre,
Euston Road, Morecambe, Tel: **01524 834140**

Fylde and Wyre CAMHS, Whitegate Health Centre,
Whitegate Drive, Blackpool, Tel: **01253 657166**

East Lancashire

ELCAS, Burnley General Hospital,
Casterton Avenue, Burnley, Lancashire. Tel: **01282 13332**

Central / West Lancs

Chorley and South Ribble CAMHS
Shawbrook House, Balcarres Road, Leyland.
Tel: **01772 644644**

Preston CAMHS

Ellen House, 1-3 Ellen Court, Preston. Tel: **01772 777344**

West Lancashire CAMHS

Westgate House, Hillside Health Centre, Tanhouse Road,
Skelmersdale, Tel: **01695 588430**

SAMARITANS

Freephone: **116123**

Email: **jo@samaritans.org**

Or visit your local branch, details at: **www.samaritans.org**

Young Minds

A voice for young peoples health and wellbeing.

Parent Line: **0808 802 5544**

Also on Facebook & Twitter

Lancashire Young People’s Service

Tel: **01772 531781** or visit your local Youth Zone.

Childline

Freephone: **0800 1111**

***“The Purpose
of our lives is to
be Happy”***

Dalai Lama

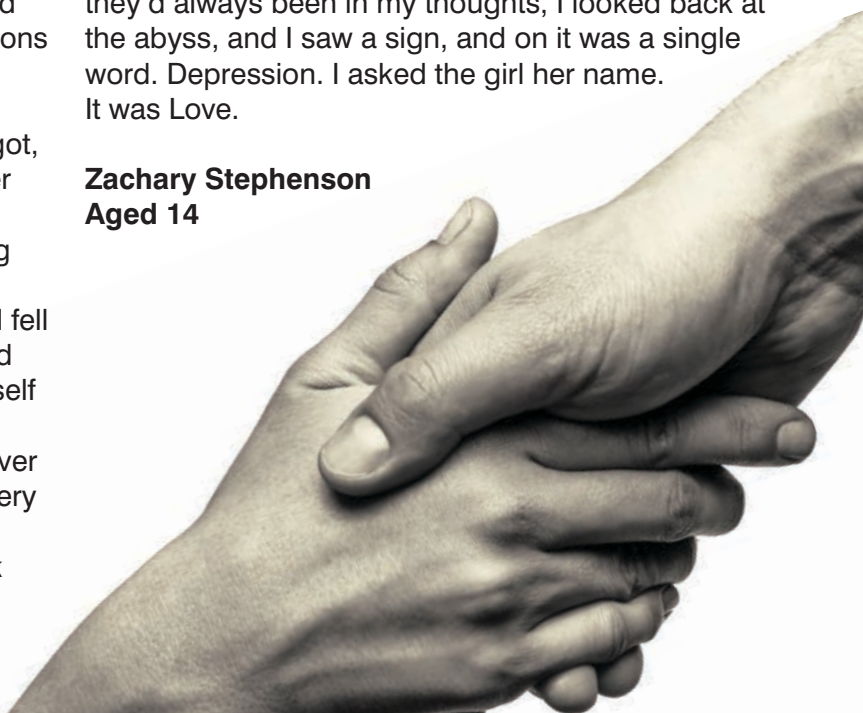


I didn't know if I had the courage to do this...

I peered over the edge, staring down into the dark abyss. The rickety wooden bridge I was stood upon started to tremble at the force of the biting wind that was slicing against my skin, it felt as though it was piercing my skin, throwing me off balance. If she didn't grab my arm as I was thrown from the bridge, I would have ended up at the bottom of that dark abyss. She saved me. As she pulled me back onto the bridge, I felt another gust of wind hit me, but this one was different. Warm. Welcoming. I'd seen this girl before, when I had never started the long journey out of the abyss, I had just finally started to steadily escape. Home. That was a feeling I had struggled to find, almost like trust and safety, but this girl, she had showed me these feelings, showed me that I could trust and along with trust comes safety. She had saved me, and now we were walking away from this place, as far away as we could get. The key was to watch your footing and go slowly, to make sure you take all the precautions to never ever fall back into that deep dark hole. Whenever one of us lost our footing we would support each other, no matter how difficult that got, we just needed to get out of this place, no matter how long it takes. She made me feel safe in this dangerous place; I'd been down here for so long I'd forgotten what the world outside here looked like, was it as beautiful as I remembered before I fell down here? All this time down here had changed my perspective on so many things, keeping myself together down here was so, so difficult, but with the help of this girl, I had made it further than I ever could have gotten myself. She supported my every step, every time I fell down, she would be there to pick me back up, even in this dangerous dark

place. She was my light in this dark, almost guiding me through here, trying her hardest to get me out of here, but she didn't need to, where had she come from? Was she in her own abyss, somewhere out there? Maybe. I got the confidence then to look up, and I saw that there was a light; yeah it's still a long time away, but in time, with patience, and the girl's support, I will get out of here, and I'll look back on this time, and I will tell others my experience and give them advice for if they fall into their own dark abyss. Now the end is close, the light is very close now, just a bit longer, I just need to hold myself together a bit longer. My god I've fallen down a lot, but the girl took my hand each and every time, guiding me out of here. Finally we were out. We took a few more steps and I fell to my knees, my family and friends who I had never socialised with, communicated with properly, or seen, were all here, they'd always been in my thoughts, I looked back at the abyss, and I saw a sign, and on it was a single word. Depression. I asked the girl her name. It was Love.

Zachary Stephenson
Aged 14





Do you want to lead a happier, healthier life? Introducing a **free** service for the people of Lancashire

What is the Lancashire Wellbeing Service?

We provide free, practical support for the people of Lancashire who may be struggling with issues affecting their happiness and health. We want you to feel included in the community and able to live more independently.

Is it for you?

If you are aged 18 or over and sometimes feel unable to cope with issues such as finance, health and fitness, mobility and transport, relationships and families, employment and housing or if you are anxious, stressed, feel isolated or simply overwhelmed the Lancashire Wellbeing Service is here to help you.

What we do

With support from one of our dedicated Wellbeing Workers you will set yourself realistic goals and take practical steps to improve your happiness and health. We will support you towards achieving these goals and help find solutions to the causes that might be affecting your quality of life.

How do I find out more?

For further information or to seek confidential support please contact us:

Telephone: 03450 138208

(local rate call)

8am – 6pm, Monday to Friday.

You can also visit our website
www.lancswellbeing.co.uk
and complete an enquiry form.

Lancashire Wellbeing Service is funded by Lancashire County Council



'Myplace' (Motivated Young People Looking After Community Environments) is an exciting new 'Ecotherapy' based project that seeks to enable young people aged between 13 and 25 years, living in the Chorley, Preston and East Lancashire areas, to participate in environmental activities and projects over the next 5 years, that -

- Develop new skills
- Build individual resilience
- Improve local greenspace areas
- Increase self confidence
- Engage local communities

The project, funded in partnership with the Lancashire Wildlife Trust and Lancashire Care Foundation Trust, by the Big Lottery Fund, is one of 31 projects working with the 'Our Bright Future' movement, a national consortium of 8 organisations which are coordinated by the UK Wildlife Trust that is working to empower young people to become the next generation of environmental leaders.

The myplace project works with young people in their local greenspaces, who may be referred to us from a wide range of voluntary organisations, Pupil Referral Units, as well as from Local Authority and Lancashire Care Foundation Trust services, on projects that improve areas for wildlife, create environmental art, improve access or grow and cook food.

All of the young people referred to myplace will have the opportunity to be involved in a 9-month environmental programme of activity that culminates in the chance to present their own ideas to a 'Dragon's Den' event to gain funding that may make their dreams come true!

In addition, 'myplace engagement' works with existing groups and organisations on 3 month projects to develop local greenspaces, with the involvement of local communities.

Mike Winstanley, MyPlace Senior Project Officer said 'the response to myplace from local groups has been amazing. There is a real willingness to get involved with the work we are offering and I am sure that the project is going to make a real difference to young people, enabling them to take an active role in developing their local environment and feeling healthier at the same time.'

Myplace aims to work with over 1000 young people over the next 5 years, enabling them to develop new skills, feel healthier and improve 120 local greenspace areas whilst raising £120,000 of funding towards the works and engage with 1200 members of local communities, empowering them to make decisions about their own environment.

To find out how to get involved in myplace please contact Mike Winstanley on **01772 872017** or via email **mwinstanley@lancswt.org.uk**.



Supermen and Wonder Women

My Challenge

I sit here today, writing this article in the dawn of conquering ONE WHOLE MILE at the Great North Swim in Lake Windermere. To some, it may not seem a massive achievement but for little old me, this is BIG! You see, I have never been one for exercise. Double sports period at school saw me designated to the Litter Squad as I always had a 'sick note' to get out of anything remotely exercise related! I hated it! So what brought me to take on this huge challenge? If I had to put it down to one thing – it would be the fact that I am a Parent Carer. A Parent Carer who, like the rest of us, faces challenges day in and day out that are far greater than conquering a fear of deep, dark water, of braving the cold, eerie depths of Lake Windermere. Swimming the Great North Swim may be my greatest physical challenge, but guiding my autistic daughter through the turbulent years that have preceded us has to be the biggest achievement of my life. My daughter is rapidly approaching 20 and to say that we have suffered some terrifyingly dark days is an understatement. But in the past few years, we have slowly emerged from the darkness and finally for the first time in 10 years, I see a light at the end of the tunnel. Just a year ago, I would never have envisaged even contemplating the Great North Swim. But since the waters have calmed with my daughter, I have begun to crave finding something else to give my life purpose. Something that is just for ME. Something far removed from the world of special needs. Something to make me feel alive again. Something that makes me feel like ME again, just a snippet of the person I used to be. However, the person who swam the Great North Swim is not the old me. I am a different person now, following years of raising a child with special needs. I am stronger, more resilient, focused, determined and less fearful. Nothing in this world could be more frightening and challenging than raising a child with a disability as all those reading this article will know.

I cannot say that being a Parent Carer is the only catalyst for setting myself this challenge because just under a year ago, I decided to quit sugar. For me, quitting sugar was up there with the enormity of raising an autistic child. Sugar was my best friend who supported me through years of appointments, meltdowns, lonely isolated days



and nights, anxiety and depression. Yet she was the contributor to the latter, producing a vicious circle of binge eating to suppress the desperation I was feeling trying to support my daughter as a single mum with a limited support network. Some relationships you just have to let go of and my sweet friend needed to be sent packing. She was destroying me and my very existence. It has not been easy to do, but the benefits I am reaping now were worth the short period of agonising withdrawal. I suffer very little with low moods now – whereas before I was up and down like a yo-yo most of the week. My skin is bright, my energy boundless and my mind is focused and positive. I am a huge advocate for this lifestyle change and urge everyone to give it try – if only for one month.

So I guess what I am trying to say through this article is that absolutely anything is possible. Give yourself credit for the incredible job you are doing raising a child with a disability. We are the Supermen and Wonder Women of the world, with gifts and skills we never thought we had. I will end by telling you of the moment that occurred around 10 minutes into my Great North Swim. I stopped in the water, did a 360 degree turn, taking in the wonders and beauty of the Lake District. My friend asked "what's with the huge grin?" I answered: "I think I am the happiest I have been for as long as I can remember"...

Victoria Bown
Parent Carer





POWAR is the Council for Children with Disabilities and Special Needs, funded by Lancashire County Council. The group, made up of young people aged 5-25 with SEN, call themselves POWAR, which stands for Participate, Opportunity, Winning, Achievement and Respect. POWAR meet up regularly to discuss issues relevant to being a young person with disabilities and to share their opinions with professionals about many issues that may affect them.

What has been going on in POWAR

In May Half Term we went to Preston's College and took part in lots of different workshops. This event was #SENDTogether, a collaborative workshop. There was a tower challenge involving newspapers, lolly pop sticks, sticky tape and planning a party. We met lots of different parents, professionals, and young people there. Everyone working together and listening to each other was good; lots of different ideas were shared.



Over the past year we have been away doing lots of fun experiences such as a weekend residential to Waterpark in Coniston. Some young people went to the NOW awards in London which was a great experience. The Diana awards were another trip, meeting lots of inspirational young people from all over the country.

Since March Barnardo's have changed their meetings to make them more specific by having themed meetings that young people can enjoy more. We have started looking at our group rules and how to treat people. It has been good working together as a team, trying to listen to other people's opinions has been valuable. **Written by our Media Group**

POWAR Meeting Dates September – December 2016

September

Tuesday 6th September – Media Group 6-8pm
 Tuesday 13th September – Young Inspectors 6-8pm
 Tuesday 20th September – POWAR Combined 5-8pm

October

Tuesday 4th October – Media Group 6-8pm
 Tuesday 11th October – Young Inspectors 6-8pm
 Tuesday 18th October – POWAR Combined 5-8pm

November

Tuesday 8th November – Young Inspectors 6-8pm
 Tuesday 15th November – POWAR Combined 5-8pm

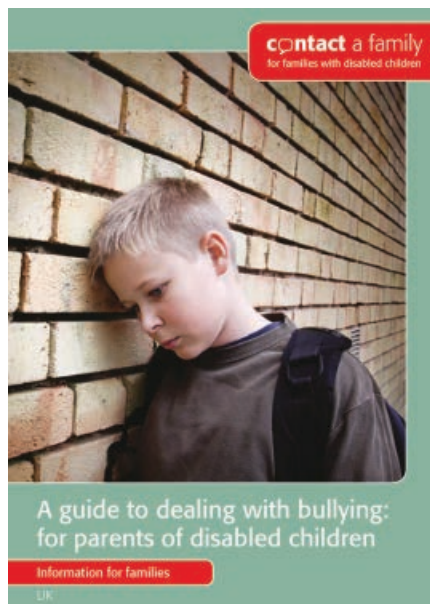
December

Tuesday 6th December – Media Group 6-8pm
 Tuesday 13th December – Young Inspectors 6-8pm
 Tuesday 20th December – POWAR Combined 5-8pm

A POWAR Primary session will run during the October half term, dates TBA. Please contact for further details.

If you are interested about our POWAR meetings and want to know more please ring **01772 629470**.





Bullying: Support for Parents and Carers

As many Parents and Carers will be aware, Bullying can be enormously destructive for any child and through research, is regularly cited as a major concern for our Children and Young People. In particular, we know that for children with some form of perceived vulnerability (including those with a special need or disability), the impact can be particularly traumatic and take specific forms such as manipulative bullying, conditional friendship or exploitative bullying.

'Contact a Family' (a charitable organisation founded during the 1970s by families of disabled children) provides some excellent advice and guidance for Parents and Carers of children with a disability. Their guide to dealing with bullying provides some useful

advice for families including spotting the signs of bullying, what action you can take and tips from other parents.

www.cafamily.org.uk/media/388418/bullying.pdf



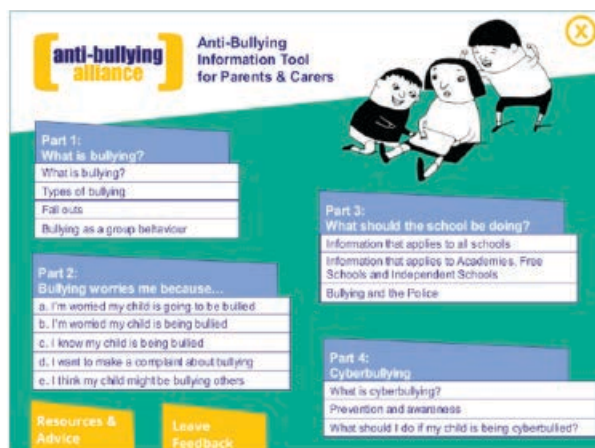
Bullying: Anti-Bullying Week 2016

Each year, the Anti-Bullying Alliance co-ordinate Anti-Bullying Week during November and for 2016, this will take place on 14th – 18th November. Each year sees a different theme and for 2016, this theme will be '**Power for Good**'. Many schools, groups and community organisations use Anti-Bullying Week to plan activities and assemblies around the theme, which this year seeks to promote three main aims:



- To support children and young people to use their **Power for Good** – by understanding the ways in which they are powerful and encouraging individual and collective action to stop bullying and create the best world possible.
- To help parents and carers to use their **Power for Good** – through supporting children with issues relating to bullying and working together with schools to stop bullying.
- To encourage all teachers, school support staff and youth workers to use their **Power for Good** – by valuing the difference they can make in a child's life, and taking individual and collective action to prevent bullying and create safe environments where children can thrive.

Anti-Bullying Alliance, Anti-Bullying Week 2016



In addition, the Anti-Bullying Alliance also produce a number of guidance tools around Bullying including the Anti-Bullying Information Tool (left) which can be found online at:

<http://anti-bullyingalliance.org.uk/parent-tool/story.html>

Graham Lowe
Chair, Pan-Lancashire LSCB,
eSafeguarding Group, July 2016

You don't have to be like anyone else. You just need to learn more about your own creative self and start blooming.

Deborah Day

Shannon's story

Our childminder had always said our daughter was the quiet one, my younger son the chatterbox. When I stopped working full time I noticed this too. When my daughter was aged 3, she went up on stage to sing at a public event. They had to check their speakers as no words came out of my daughters' mouth when she appeared to start to sing. It just didn't click that she had any difficulties at that time. I had certainly never heard of Selective Mutism. At home my daughter was loud, funny and bossy - a real chatterbox. I thought school probably had their hands full with her.

On her first day an older child in year 2 had told her that she couldn't play on a certain piece of equipment. I asked her why didn't she tell her teacher but was to get a reply I would become familiar with over the years. "I couldn't", said she. Some days later she came home and her pants were wet and the answer on asking why she hadn't asked or just gone to the toilet was the same. My mum, my daughter's Grandma who she had seen almost every weekend all of her life came up to visit. I noticed my daughter was using gestures and sounds, smiles and giggles to communicate with her-no words.

The end of term school report came - apparently my daughter was hardly reading at all and did not speak in circle time and never volunteered answers. I knew that she could read. The children in her class usually read in a group in a reading circle to other children rather than directly to a TA or teacher. We were confused, why was our bright bubbly daughter not letting other people see her personality, aside from us, her family at home.

I happened to be watching the House of Tiny Tearaways when I saw Charlie, the little boy with Selective Mutism, and thought he was like my daughter. I asked at school the next day if they thought my daughter may have a reason for her quietness such as Selective Mutism. They told me that they thought she was just shy. So again I told myself to stop being silly and put it out of my mind, surely they would know if anything was wrong?

In the summer holidays I noticed that in the shoe shop she would only point to the shoes she liked rather than speak, she wouldn't talk to the doctor or dentist and despite the best efforts of the chatty hairdresser she remained silent, her body stiffened and she looked away when people spoke to her.

Later that year, during a trip to hospital for a bad bout of tonsillitis, involving having a canula put in her wrist, she did not speak or cry out. She did not answer the doctor's questions verbally, just nodded.

Again I asked her teacher if she thought that our daughter was OK verbally - she said she thought she was just extremely shy.

However, whilst in Year 4 the teacher, after some similar incidents that our daughter experienced in her first years at school, told us that our daughter was reluctant to speak, that she didn't initiate conversation. She was worried how she would cope in secondary school and life in general if she continued this pattern of behaviour.

Concerned, we requested an appointment with the Educational Psychologist, but he said she was just a quiet child and that we should talk more to her at home.

We felt lost in the wilderness and didn't know who to turn to for advice, at that time we could only find an American website. Eventually, on an online support group, we found SMIRA (Selective Mutism Information and Research Association), which was to be our lifeline for our daughter.

Our daughter was also having problems with number work; she had always found retaining number information difficult. She told me "I feel stupid because I find it so hard to speak and I find it so hard to do numbers". She began to refuse to go to school with all the added anxieties, and SATS test brought further pressures on her. She was also diagnosed with Asperger's Syndrome, aged 11. Following advice from SMIRA, our daughter was assessed by Child and Adolescent Mental Health Service (CAMHS) and the Speech and Language services, and we received support from them.

Our daughter returned to a different school and has since passed all her GCSEs aged 16 and has just started her 'A' levels at 6th Form. We feel very positive about our daughters' future now. Shannon is recovering from Selective Mutism and she is very good at expressing how she feels through her writing and singing and has hopes of being an actor, one day.

I offered to build SMIRA a UK website (and they let me) so that other parents and professionals could access information and find it a little quicker than I was able to.

We have also found The Selective Mutism Resource Manual by Maggie Johnson & Alison Wintgens to be invaluable in helping us with our understanding of the condition. Maggie Johnson writes: “With regards to shyness, people understand shyness well and are naturally sympathetic towards shy children. This is because the child presents a consistent behaviour – they’re slow to warm up, quietly spoken and responsive. i.e. their body language and facial expression conveys interest and warmth towards people around them, and gratitude when someone else makes the first move and approaches them.

“SM is NOT well understood and people are not always naturally sympathetic because no matter how hard they try to be nice, the child backs off and gets more and more stony-faced if they are being encouraged to speak or join in an activity where other children are talking. SM children are very inconsistent and can be confident (even cocky) one minute when no speech is required, but then freeze with a blank facial expression (which can look challenging and confrontational) when speech is expected from them. This is bound to look like deliberate behaviour if you don’t understand it’s an anxiety reaction, whereas we automatically sense that shyness can’t be helped.”

Some useful questions:

- Does the child welcome your attempts to include them?
- Does the child’s body language and facial expression convey warmth and interest?
- Is the child naturally quiet and generally slow to warm up?
- Is the child slow to warm up but joins in after a while?
- Is the child’s behaviour fairly consistent, both at home and school?

These are features of shyness.

- Does the child appear to be withholding speech deliberately at times?
- Does the child suddenly freeze and withhold speech or appear to dig their heels in and not answer?

- Does the child avoid or refuse to carry out certain activities?
- Is the child inconsistent? (sometimes tight-lipped or frozen and sometimes relaxed, boisterous or confident?)
- Is the child very different at home to at school?

These are features of SM.

Selective Mutism can be a complex disorder affecting both adults & children who can vary in who they can and cannot talk to, or the various situations in which they can and cannot talk. Every person with this condition can present slightly differently and have different needs in terms of what would help them best. For unknown reasons, Selective Mutism appears to be more prevalent amongst girls and more cases are reported from migrant and multi-lingual families. In my daughter’s case, it is older children and adults who she finds it difficult to speak to in almost any situation, but she seems more able with her peers & younger children. It can range in presentation from a reluctance to speak to frozen unresponsiveness. My daughter describes her throat as being “all squeazy” when she is asked to speak, and says she doesn’t like the sound of her own voice. Although some selectively mute children ‘grow out of it’, it is very risky to assume this as, if ignored, the condition can actually get worse and in an older child is particularly difficult to treat and it can lead to increased anxiety, social anxiety, depression and limited life chances.

Parents - if you think this sounds like your child, you can self-refer your child to a speech and language therapist, but always ask if they have experience of Selective Mutism. What you can do now to immediately help a selectively mute child is to remove all pressure and expectation for that child to speak, as this reduces the anxiety which is preventing them from speaking in the first place.

By Gabrielle Bateman

Shannon and Gabrielle have been invited to an event at the Palace of Westminster to raise awareness of Selective Mutism and the work of SMIRA.

Shannon is currently studying Politics at ‘A’ level.

For more information on Selective Mutism, go to: www.smira.org.uk

If I have the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning. **Gandhi**

for Primary School Children Preston, South Ribble & Chorley

at Leyland Leisure Centre

SPONSORED BY



Leyland takes centre stage in developing deaf squash for Primary School Children!

"Leyland Lions Junior Squash & Racketball Club" based at Leyland Leisure Centre has been selected by England Squash our National Governing Body of Sport to create a **"Centre of Excellence"** for deaf children in Primary Schools in the North West of England.

The club is one of 4 Centres in England (London, Midlands, North East, North West) working with UK Deaf Sport to create centres of excellence for young deaf children in England in 2016. **These centres will gain a "DEAFinitely Inclusive Club accreditation".**

This year's programme at Leyland is being sponsored by "Cloudy2Clear Windows" (the UK's leading double glazing replacement company).

Cloudy2Clear operate in one of the most competitive markets in the country. They are uniquely focused Double Glazing Replacement Service, only replacing the glass and not the frame, saving customers money. Cloudy2Clear have been endorsed by WHICH? Trusted Trader.



Fylde, Wyre and Blackpool
Deaf Children's Society

Activities for deaf* children/young people and their families



September-December 2016

We welcome deaf* children/young people, their siblings and families. (*Deaf includes all levels of hearing loss (mild/moderate/severe/profound) including unilateral deafness (affecting only one ear) and temporary deafness such as glue ear.)

Paintballing Sunday 11th September 1.00pm – 3.30 pm

Impact, Whyndyke Farm Marton, Preston New Rd, Blackpool FY4 4XQ (Adults are welcome to take part but will need to pay £25.00 per person) Suitable for ages 12+.

The Wacky Warehouse Tuesday 20th September 6.00pm -7.30pm

The Air Balloon, Blackpool Airport, Squires Gate Lane, Blackpool, FY4 2QS. Food and drink will be provided for all the children. Suitable age 12 and under (height limit 4' 9"/1.45m)

Bush Craft and Muddy Play Day Sunday 2nd October 11.00am - 4.00pm

Thompson House Equestrian Centre, off Pepper Lane, Standish, Wigan, WN6 0PP. Please bring your lunch and plenty of spare clothing for the children. Suitable all ages.

Ice Skating Saturday 15th October 5.00-7.00pm

Bristol Ave, Bispham, Blackpool FY2 0JE. Returning by popular demand. Suitable all ages.

ibox Bus - Minecraft Session + Halloween Activities, Fancy Dress Tuesday 25th October 6.00pm-8.00pm

Blackpool Centre for Independent Living, 259 Whitegate Drive Blackpool, FY3 9JL
ibox bus - suitable for ages 7+. Places are limited so early booking is essential

Bowling Tuesday 8th November 6.00pm-8.00pm

Thornton YMCA Bowling, Victoria Road East, Thornton-Cleveleys, Lancashire FY5 3SX.
Suitable all ages.

Glazy Days Pottery Painting Tuesday 22nd November 6.00pm-8.00pm

4-6 The Esplanade, Fleetwood, Lancashire FY7 6DL. Sign Hi Say Hi! will cover the cost of one item per child up to £10.00 in value so if more expensive items are chosen parents will need to pay any additional costs.

Christmas Party with CJ Tazz Tuesday 6th December 5.30pm-8.00pm

Stanley Park Golf Club, North Park Drive, Blackpool FY3 8LS.

With a visit by Father Christmas.

There will be a raffle in aid of Club funds so prize donations would be welcome.

Aladdin Pantomime Saturday 17th December 2.00 pm

BSL interpreted performance The Grand Theatre, 33 Church Street, Blackpool, FY1 1HT
Suitable all ages.

Sign Hi Say Hi! – Fylde, Wyre & Blackpool Deaf Children's Society for any child who is deaf or has an hearing impairment, their siblings and families. Activities £1.00 per person (unless otherwise stated), Under 5's are free. To book on to the activities please contact 07437 335 655 or email signhisayhi@ndcsgroup.org.uk
www.signhisayhi.org.uk



The Coppice School

The Leading Parent Partnership Award (LPPA) is a national award that provides a coherent framework through which schools, early years' settings and other educational organisations can deliver effective parental engagement from early years to post-16.

At The Coppice School, we believe that the school's partnership with parents is central to our work in encouraging and developing children's learning. We proudly hold the *Leading Parent Partnership Award* and are currently working towards reaccreditation.

In doing so, we are keen to develop new ways to support parental engagement in our school community. An example of this can be found in our recent collaboration with Lancashire College and the *Back to Nature* project.

Over a period of four consecutive weeks, parents came into school to explore the outdoor environment alongside their child and to take part in lots of fun and creative activities, such as gardening and craft work using natural materials.

As well as some quality time with their own child, parents had the opportunity to meet other parents in a relaxed and informal environment.

One of our parents, Rachel O'Brien told us that;

"I really enjoyed the Back to Nature sessions and getting to meet some parents I'd not seen before and reconnect with others. I think the children all enjoyed it too. If the opportunity to attend arises again I'd highly recommend it to other families." ☺



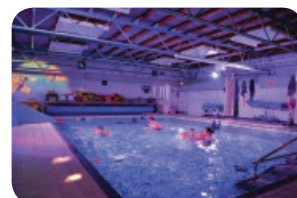
The Coppice School is a community special school in Bamber Bridge, Preston. Our learners are aged from 2-19 years and have a broad range of additional needs that include severe or profound and multiple learning difficulties and complex medical needs.



We are privileged to teach some truly amazing youngsters and our overall mission is to ensure that they **learn, enjoy** and **achieve**.

Our school has a number of facilities that enable us to provide a specialist education for learners with a wide range of learning difficulties and complex medical needs. These include;

- hydrotherapy pool
- a purpose built food technology base
- multi-sensory light room
- therapy room
- designated nurse's room
- newly updated library area
- outdoor area offering an outdoor classroom, trim trail, willow tunnel, picnic area and recently resurfaced play ground



For further information about our school please telephone **01772 336342** or visit our school website **www.coppice.lancs.sch.uk**

"Highly experienced staff get the most from my child"
- Parent

"The class team make every effort to tune into my child and to assess his needs and responses."
- Parent

"My child is much more settled and his needs are being more closely met."
- Parent

FREE West Lancashire Family Information Evening

Do you have a child or young person with Special Educational Needs and/or Disabilities?

Come and join us at a drop-in fun information evening.

All family members are welcome, height and age restrictions removed.

Tuesday 11th October 2016, 4.30pm – 6.30pm

Jollies Barn, The Gravel, Mere Brow, Tarleton, Lancashire, PR4 6JX

If you would like to attend this event, please book your place with:-
Sue Gaskell on **07584 217661** or **susan.gaskell@lancashire.gov.uk**

Please note:

Jollies Barn ask that parents are responsible for their children and young people while visiting the play centre at all times.



Nest Lancashire has been set up to support young people aged 10-18 in Lancashire who have been affected by crime.

You can talk to us in confidence and all of our services are free of charge. Our aim is to help you recover from whatever it is you have experienced and our trained, friendly staff will be able to help you move forward and feel safe again.

Experiencing or witnessing a crime can be really frightening. Being hassled, bullied or threatened is not ok. It is normal to feel upset, angry, frightened or scared following the experience.

You may feel fine one moment and overwhelmed the next. Everyone deals with the effects of crime differently, whatever you are feeling, we are here to support you.

It doesn't matter if you haven't contacted the police or if the incident happened a long time ago. Even if you are unsure of whether what has happened to you is classed as a crime, we are here to help.

There is no crime too small or too big for us to be able to support you.

What support is available?

We can support you in a way that suits you best. You can talk to us over the phone, in person, email us or send us a text. We will talk to you to get to know you and decide the best way forward together.

We can offer you:

- One to one support
- Group sessions with other young people
- Access to sport and other social activities
- Help to build your confidence
- Help to ensure you feel safe and secure again
- Support in reporting the crime if you would like to do so
- Information about your rights as a victim of crime
- Support you throughout the process if your case goes to court

Contact us

If you have been affected by crime and would like to talk to someone, please get in touch.

Call: 0300 111 0323

Text: NEST and your number to 60777

Email: info@nestlancashire.org

Website: www.lancashirevictimservices.org/victims/are-you-under-18

Kidz to Adultz North

Thursday, 17th November 2016

EventCity, Barton Dock Road,

Manchester, M17 8AS

9.30am – 4.30pm

Main Event Sponsor:-

**Slater
Gordon**
Lawyers

**Free
Entry**

Welcome to
Kidz
Exhibitions

**Over 165
Exhibitors providing
Information on:**

- Funding •Seating •Beds
 - Mobility •Bathing •Sensory
 - Accessible Vehicles •Housing
 - Transition •Employment
 - Education •Legal Matters
 - Communication
 - Wellbeing •Sports/Leisure
- and much more...**

**FREE event for
children & young
adults up to 25yrs
with disabilities and
additional needs, their
families, carers and
professionals.**

**FREE CPD & TOPICAL
SEMINAR PROGRAMME!**

Topics Include –

- Moving and Handling •Autism
- Behaviour •Sleep Issues
- Sensory •Continence Issues
- Transition •Education
- SEN Law •Employment
- The Care Act •Seating
- Personal Budgets

and many more...

ALL WELCOME!

Seminars Sponsored By:-

IM irwinmitchell
solicitors

Dates For Your Diary

NEW •Kidz to Adultz Wales

07/07/2016

House of Sport, Cardiff.

• **Kidz to Adultz Scotland**

15/09/2016,

Royal Highland Centre, Edinburgh.

• **Kidz to Adultz Middle**

16/03/2017

Ricoh Arena, Coventry.

• **Kidz to Adultz South**

08/06/2017

Rivermead Leisure Complex, Reading.

**CHILDREN
WELCOME**

**Accessible
Parking**

**For visitor's FREE entry tickets & to
register your interest please contact:-**
0161 607 8200 info@disabledliving.co.uk
www.kidzexhibitions.co.uk



Kidz Exhibitions

Disabled Living

Established in 1897, Disabled Living a charity registered with the Charity Commission for England and Wales. Registered Charity number 224742

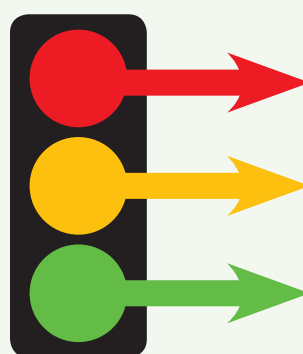


Organised By:
Disabled Living

Hospital Passport

Going into hospital is a worrying time for any of us. It can be even harder for someone who has a learning disability. If you're looking after an adult or child with a learning disability, follow these tips to make a hospital stay go smoothly.

- Before the hospital stay, make sure you've discussed what will be happening to the person with a learning disability.
- If the person you care for is being referred to hospital by their GP, you can ask the GP to check whether the hospital has a learning disability liaison nurse.
- Before going into hospital, make sure the hospital staff are aware of the type of disability the patient has.
- If the person with a learning disability has a communication book, make sure they have it with them. They can also fill out a 'hospital passport', such as the one available on the Lancashire Teaching Hospitals website:
www.lancsteachinghospitals.nhs.uk/learning-disabilities
- If you or the person you care for need help or advice while in hospital, you can contact the Patient Advice and Liaison Service (PALS):
www.lancsteachinghospitals.nhs.uk/pals or the Mencap Direct helpline: **0808 808 1111** (Monday to Friday, 9am to 5pm).
- Make sure there is a plan for when the person with a learning disability is discharged from hospital.



Things you must know about me

Things that are important to me

My likes and dislikes

Lancashire Break Time

Lancashire Break Time provides an opportunity for children/young people with special educational needs and or/disabilities to attend a fun activity, whilst also providing a break for the main unpaid parent/carer. The break is for a period of at least two hours.

The criteria to qualify for Lancashire Break Time short breaks is to be the primary carer of a child or young person with special educational needs and/or disabilities, aged 0 to 18 years and with difficulty accessing universal services. The child/young person must live in Lancashire.

Lancashire Break Time activities will be running during the school holidays, including Autumn half term and Christmas. To find out what is available in your area, check out the information on Lancashire's Local Offer under activities and transport:- **www.lancashire.gov.uk/send**
The direct link is:- **www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/activities-and-transport/short-breaks.aspx**

Families Together

Stay and play sessions for children with SEN/additional needs and their families aged 11 and under. All sessions staffed by experienced Children's centre staff and Red Marsh School.

Thursday 3rd November 1pm—3.30 pm
Flakefleet Children's Centre,
Northfleet Avenue, Fleetwood, FY7 7ND

Happy Halloween

We will have various activities with a spooky Halloween theme!

For more information please contact- Fleetwood—01253 770682.

Phoenix Youth Theatre



Come and join us at Cardinal Allen High School

Melbourne Avenue, Fleetwood, FY7 8AY

(Drama Hall – through the green gates)

Fridays from 6.00pm till 8.00pm



9 – 19 years: First session FREE!!!

£4 per week

Come along and learn all aspects of theatre

Disabled friendly venue

Our Mission:

To provide a safe and friendly environment, free from judgment and bullying, so that young people aged 9 to 19 years from Blackpool, Wyre & Fylde, of all abilities and needs, can learn performing arts, theatrical skills and take part in performances.

In doing this it is our aim that they will gain self-confidence, self-esteem and social skills, and thus be empowered to participate fully and responsibly in their communities.

We aim to plan and arrange social and practical outings, such as visits to theatres, or just 'fun days' where the children can simply enjoy 'belonging'.

For more information contact Roz on 07515 703133 or Paula on 07709 957156

www.pytfleetwood.wix.com/phoenix www.facebook.com/PhoenixYouthTheatre pytfleetwood@gmail.com

CONNECT WORKSHOPS

for people with disabilities and learning difficulties



Work with two professional drama practitioners to create a performance combining movement, drama, voice, music and lighting! The piece will be performed to family and friends at the sharing event at the end of the 10-week term!



Junior Connect
for ages 5 - 11

Wednesday 6pm - 7pm

Senior Connect
for ages 11 - 25

Wednesday 7pm - 8pm

Adult Connect
for ages 18+

Wednesday 1:30pm - 3pm

£3 per session as a donation



01282 427767



www.burnleyyouththeatre.org



www.facebook.com/BurnleyYouthTheatre



Queens Park Road, Burnley, BB10 3LB



Pantomimes

Theatres across Lancashire are now taking bookings for their Christmas Pantomimes. Please contact the theatres direct for more information, and remember to give details of any additional requirements. Some of the theatres below offer a free companion ticket for those who cannot attend without assistance, however these are limited so please ask when booking.

Dukes Theatre, Lancaster, LA1 1QE
01524 598500, www.dukes-lancaster.org

Wheelchair access

Assistance dogs welcome

Pinocchio

25th November – 7th January

Audio Description Performance 26th November;

Touch Tour available beforehand –
 please mention when booking

BSL Performance 31st December

Relaxed Performance 4th January

Lancaster Grand Theatre, Lancaster, LA1 1NL

01524 64695, www.lancastergrand.co.uk

Wheelchair access

Induction loop

Cinderella

2nd December – 29th December

Marine Hall, Fleetwood, FY7 6HF

01253 887693, www.wyretheatres.co.uk

Wheelchair access

Snow White and the Seven Dwarfs

8th December – 11th December

Blackpool Grand Theatre, Blackpool, FY1 1HT

01253 290190, www.blackpoolgrand.co.uk

Wheelchair access

Registered assistance dogs welcome

Induction loop

Free companion tickets available

Aladdin

9th December – 8th January

Audio Described and BSL performance 17th December

Blackpool Pleasure Beach Arena, Blackpool, FY4 1EZ

01253 341707 (info), 0871 2229090 (bookings),

www.pleasurebeacharena.co.uk

Wheelchair access

Alice in Wonderland on Ice

11th December – 27th December

Lowther Pavilion, Lytham St Annes, FY8 5QQ

01253 794221, www.lowtherpavilion.co.uk

Wheelchair access

Jack and the Beanstalk

14th December – 30th December

Signed performances 19th and 23rd December

Relaxed performances 20th and 28th December

Charter Theatre, Preston, PR1 1HT
01772 804444, www.prestonguildhall.com

Wheelchair access

Jack and the Beanstalk

12th December – 5th January

Signed performance 16th December

Chorley Little Theatre, Chorley, PR7 2RL

01257 264362, www.chorleylittletheatre.com

Wheelchair access

Hearing loop

Cleopatra – the Panto!

9th December – 17th December

Civic Arts Centre and Theatre, Oswaldtwistle, BB5 3HZ

01254 398319, www.civicartscentre.co.uk

Wheelchair access

Free companion tickets available

It's a Panto Jim But Not As We Know It!

25th – 26th November

Santa and the Pirates (That don't want Christmas!)

27th November

Jack and the Beanstalk

3rd December

The Rip-Roaring Adventures of Robin Hood

10th December

Elf the Musical!

16th – 18th December

King George's Hall, Blackburn, BB2 1AA

0844 8471664, www.kinggeorgeshall.com

Wheelchair access

Guide dogs welcome

Free companion tickets available

Dick Whittington and his Cat

8th – 31st December

Signed performance 27th December

Thwaites Empire Theatre, Blackburn,

BB2 4HT

01254 685500,

www.thwaitesempiretheatre.co.uk

Wheelchair accessible

Sinbad

30th November – 7th January

Darwen Library Theatre,

Darwen, BB3 3BU

01254 706006,

www.darwenlibrarytheatre.com

Wheelchair access

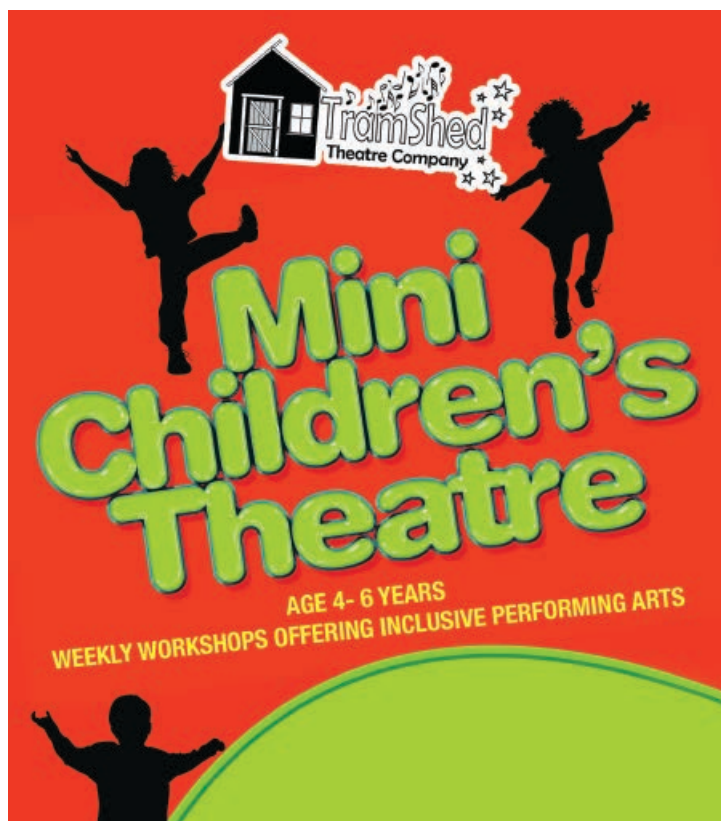
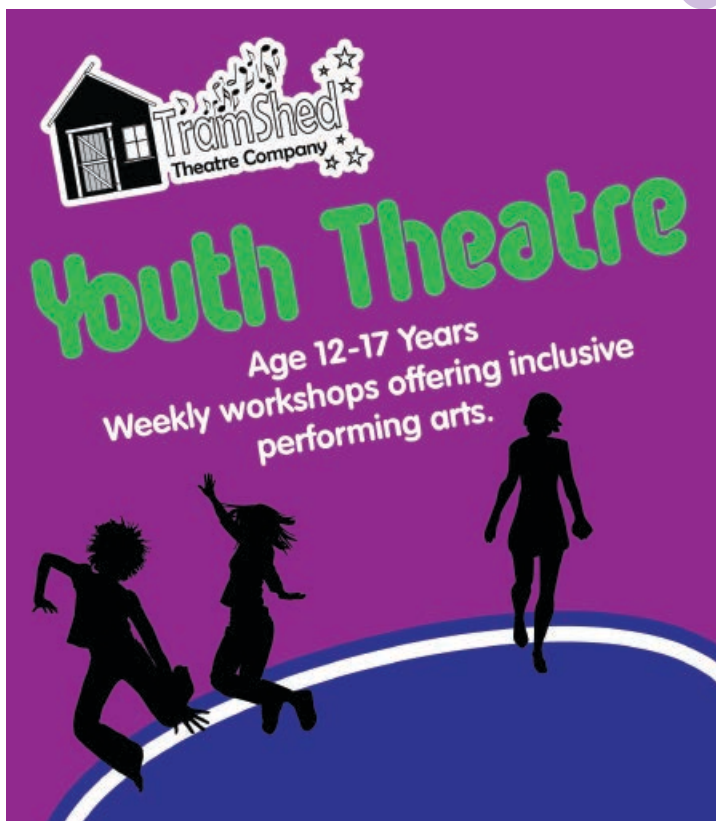
Induction loop

Guide dogs welcome

Aladdin

9th December – 24th December





ONLY £35 PER TERM (Approx 12 sessions)

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

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

www.tramshed.org.uk



@tramshedtheatre

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

Do you go to the Cinema?

Have you heard about the CEA Card?

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA), formerly the Cinema Exhibitors' Association (CEA). The scheme was introduced in 2004 and is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them. You don't need to have a CEA Card for a reasonable adjustment to be made and cinemas still have to make reasonable adjustments. If you require an adjustment to visit a cinema because of your disability, the UKCA's policy is cinema staff should make them for you. The cost of the card is £6 per year.

Eligibility

The eligibility criteria are kept under review and maybe updated from time to time; currently people who receive one of the following benefits are eligible:

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

Additionally, limitations placed on Cinemas by their local licenses require children and young people under 8 years of age to be accompanied by a responsible person; consequently applications for cards can only be considered for people who are 8 years of age or older.

To Apply

Online at: www.ceacard.co.uk
Telephone: 023 9224 8545
Textphone: 18001 023 9224 8545

Accessible Screenings

Did you know there are a number of additional ways that cinemas maximise disabled people's opportunities to enjoy going to the cinema?

For Visually Impaired People

Audio Description (AD): this provides a pre-recorded voice commentary that is listened to via a headset which can be borrowed from the cinema - just ask a member of staff.

For more information about AD, visit:
www.rnib.org.uk

For People who are Deaf or Hard of Hearing

There are a number of alternatives for guests who may be Deaf or hard of hearing:

- **Subtitling (ST):** this projects the dialogue onto the screen for reading by people who cannot hear it.
- **Induction loop:** this is used by hearing aid wearers and encompasses the seats in the cinema screen. It is designed to remove background noise which otherwise might be picked up by the hearing aid.
- **Infrared systems:** these 'bathe' the cinema audience in infrared light which transmits the dialogue to special equipment worn by any person with the hearing impairment. The equipment for these systems may be borrowed from the cinema - just ask a member of staff.

For more information visit:

www.actiononhearingloss.org.uk

For People with Autism and Learning Disabilities

These screenings are usually referred to as Autism Friendly Screenings (AFS), although some exhibitors use the term 'relaxed'. Adjustments can include:

- lights left on low;
- sound turned down;
- trailers and advertisements not usually played;
- people are allowed to move around during the screening and make a bit of noise;
- the film starts promptly at the time advertised;
- limited numbers of people
- staff trained in autism awareness;
- you are able to bring your own food and drink;
- "chill-out zone" where available.

Cineworld, ODEON, Showcase and Vue Cinemas all host monthly Autism Friendly Screenings. For more information and to find out what's on in your area, please visit the Dimensions website www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings





Dear Parents

Since our last article for FIND we are moving forward as an independent Forum and now have a small office in Central Lancashire which enables us to focus more strongly on the work of LPCF.



LCC has now recognised LPCF as a “Key Partner” and we have been given two places on the SEND Transformation Programme Board where we will be engaging at strategic, decision making level to input the parent carer voice into service development. To prepare for this we are working hard to build our infrastructure and putting in place all the policies that we need.

We feel that it is important that we truly represent parent carers from across the county as far as is possible and so you may receive (or see on Facebook) survey links or requests for information. We would be grateful if as many of you as possible could share your views and experiences with us.

Following feedback from our events in March we are planning our cluster events and identifying training for parent carers. As far as possible we hope to put on sessions across the county so that as many parent carers as possible can be involved.

To get regular updates on what's happening please like us on Facebook at Lancashire Parent Carer Forum, and follow us on Twitter. If you'd like to join our mailing list you can sign up to be a member at www.lpcf.co.uk or email us at info@lpcf.co.uk. You can use this email address to get in touch with us about any other topic, issue or comment.

We look forward to hearing from you because.....

Supported by

contact a family
for families with disabled children

*Together
we can!!!*

Members of



National Network of Parent Carer Forums
‘Our Strength is our Shared Experience’
www.nnpkf.org.uk

Useful Websites

Lancashire Mind - We are more than a mental health charity; we're a passionate movement leading the mental wellbeing revolution in Lancashire. Our vision is mental wellbeing for all because a person with high mental wellbeing is more likely to be happier, healthier, more resilient and less likely to develop mental health conditions. Approximately 1 in 4 people in Lancashire are currently living with a mental health condition. The vast majority are playing an active role in society with a significant proportion in active employment. Only a small minority of people live with a mental health condition that has a long term substantial impact on their life. In 2013 this was less than one percent of the population. With appropriate support a mental health condition can have a minimal impact on a person's life. Appropriate support includes things society does that allows a person to operate as an equal and they are not necessarily formal or clinical. Lancashire Mind believes that no matter the severity of a mental health condition, the person living with it still has the right and ability to be an equal in society and to experience the positive and negatives that this brings.

W: www.lancashiremind.org.uk

T: 01257 231660 (Lancashire)

T: 0300 123 3393 (national helpline)

E: info@lancashiremind.org.uk

Wellbeing & Mental Health Helpline for the people of Lancashire - launched in August 1996 following a nationwide review of mental health services, the Helpline is a listening, information and emotional support service for those concerned about their own mental health, or that of someone they know. We are open Monday to Friday 7pm - 11pm, Saturday & Sunday 12 midday to 12 midnight.

W: www.lancs-mentalhealthhelpline.nhs.uk

T: 0800 915 4640

Mindsmatter – Talking Therapies provided by Lancashire Care. We promote increasing access to psychological therapies (IAPT) and work with adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression

W: www.lancashirecare.nhs.uk/Mindsmatter

T: 01524 550552 (Lancaster and Morecambe)

01253 955943 (Fylde and Wyre)

01772 733437 (Preston)

01772 644519 (Chorley and South Ribble)

01695 684177 (West Lancashire)

01254 226007 (Hyndburn)

01200 420499 (Ribble Valley)

01282 657927 (Pendle)

01282 657268 (Burnley)

01282 657792 (Rossendale)

World Mental Health Day - World Mental Health Day, hosted by the World Federation of Mental Health, is on 10 October each year. To help mark the occasion, we're raising awareness of what can be done to ensure that people with mental health problems can live with dignity.

W: www.mentalhealth.org.uk/campaigns/world-mental-health-day

Young People and Mental Health - an information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

W: www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help

Partnership for Children - an independent charity which promotes the mental health and emotional wellbeing of children around the world. Children with learning difficulties are at much greater risk of developing mental health problems than other children. Our principal activity is a programme called Zippy's Friends, which is now running in primary schools and kindergartens in 30 countries and has already helped more than one million children. We also develop resources for parents and teachers to help young children cope with difficult situations, such as bereavement, bullying or divorce and separation. Many of these resources are available free of charge from the website.

W: www.partnershipforchildren.org.uk

T: 020 8974 6004

E: info@partnershipforchildren.org.uk

ICECard - gives first responders key information on critical health issues; such as medication use, allergies or pre-existing conditions. It is easily identifiable and instantly to hand unlike carrying your details in a mobile phone, which may be locked or difficult to operate. ICEcards have a fully writable reverse, allowing details to be filled in on who should be contacted in the event of an accident or incident. Cards are supplied in packs which include key rings and stickers for e.g. your phone case.

W: www.icecard.co.uk

Together for Short Lives – hearing the news that your child is likely to die young is devastating. It's an incredibly distressing and confusing time. For tens of thousands of families in the UK this is the reality. Families often feel alone and isolated, and may have to fight to get vital care and support. We want to address this and have developed a range of resources to support you and to help you get the most of your local services and enjoy your time together as a family.

W: www.togetherforshortlives.org.uk

T: 0808 8088 100

Welfare Rights

Change to suspension of benefit for hospital inpatients under 18 years of age

Children and young people under 18 will no longer have their Disability Living Allowance (DLA) or Personal Independence Payment (PIP) suspended after spending 84 days in hospital (28 days for 16 and 17 year olds).

The change has been made following a decision in the Supreme Court where it was found that the provision of NHS in-patient treatment does not overlap with the provision of DLA or PIP to the extent that the suspension of payments of these benefits is justified. The Court recognised that the disability related needs of children in hospital care are far from being met in their entirety by the NHS, and that parental participation in the child's care is encouraged. The Court also accepted that financial difficulties arise for parents due to expenditure on

travel, meals, childcare for siblings and potential loss in earnings for parents. Despite the findings in the Supreme Court decision, it was left to the Secretary of State to decide what action to take to avoid any further violation of rights of disabled children following their 84th day in hospital.

Thankfully this decision led to a change in legislation which means that since 8/7/15, any person under the age of 18 on the day on which they enter hospital or other NHS funded care will not have their DLA or PIP payments suspended after 84 days (or 28 days). The Department for Work and Pensions has already run scans to identify those affected by this change and paid arrears due. If you feel you are owed money due to this change and haven't been contacted then ring the DLA helpline on 03457 123456 or the PIP payment enquiry line on 0345 8503322.

For free and confidential advice on benefits, please contact the Welfare Rights Service.

Tel: 0300 123 6739

Email: infowrs@lancashire.gov.uk

Web: www.lancashire.gov.uk/benefits-and-grants

THE THURSDAY CLUB

Weekly Art, Craft, Spa and Disco for adults with additional needs

By DIVINE DAYS COMMUNITY ARTS CIC

Have Fun, Make Friends, Get Active, Chill Out at our new Social Club run by qualified staff and volunteers.

**Every Thursday 1.30-3.30
Greenhill Community Hub, Old
Skelmersdale, Beech Close WN8 8DL**

For more information, visit www.divinedays.com
or contact katie@divinedays.co.uk

'Whatever!'

at
St John's Leyland

Last Saturday of every month

From 6.00pm till 8.00pm



for children and young people (yr 7 upwards) with disabilities and or /additional needs

Games! Table Tennis Chill and chat! 
at St John's Church
Leyland Lane, Leyland PR25 1XB
<http://www.stjohnsleyland.co.uk/>
Brenda 01772 301738

Lancashire County Council – contact details

www.lancashire.gov.uk/corporate/contact_us/index.asp

Email: enquiries@lancashire.gov.uk

High level Service:	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
	SEND Information, Advice and Support Service	0300 123 6706
	School Admissions	0300 123 6707
	School Appeals	0300 123 6708
	Lancashire Adult College	0300 123 6709
Care Connect	Social Care	0300 123 6720
	Safeguarding Adults	0300 123 6721
	Emergency Duty Team	0300 123 6722
County Benefits Service	Care And Urgent Needs	0300 123 6735
	Blue Badges	0300 123 6736
	NoW Card	0300 123 6737
	Schools Transport	0300 123 6738
	Welfare Rights	0300 123 6739
Environment	Anti-social behaviour on buses	0300 123 6782
Local SEND Offices	Central (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
	Educational Psychologist helpline (term time only 1:30pm – 4:45pm)	01772 530444

Buy/Sell for Sale

If you would like to use this Service to sell your unwanted specialist equipment please send us your picture, text and contact details

Buy/Sell Equipment: This buy and selling feature is a service that is offered at the request of the FIND readers. However the FIND Newsletter or any of its representatives are unable to check any of the items for sale in this article. So you are advised to make your own enquiries and checks to ascertain the standard, quality, fitness, safety and suitability of the item. Any agreements entered into as a result of the advert are between the buyer and the seller. The FIND newsletter is only a medium for which to advertise items for sale and holds no other responsibility.

Reminder

We will be starting our new "Parents' Tips" page from the Winter 2016 issue. Do you have any useful tips to share or good experiences with local businesses that you would recommend to other families? Please email us at: FIND@lancashire.gov.uk



Your Help Is Essential

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

- Are you involved with a new 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. Remember, this is FREE to use.

E: FIND@lancashire.gov.uk

T: 01772 538077 or 01772 532509



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Lancaster – Lucy Ellis

Preston – Caroline Donnelly

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

Voluntary Organisation – Julia Johnson, Face 2 Face/Scope

Health – Tom Harrison, Lancashire Care Trust

Children's Centres representative – Gillian Bell

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

www.facebook.com/LancashireLocalOffer

Winter issue – deadline for articles 14th October, published December 2016

If undelivered, please return to:
Room C37, County Hall, Preston,
Lancashire PR1 8RJ

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Get this free newsletter sent to your door

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

Professionals – please contact FIND, details above.

Name

Address

Postcode

Tel. No.

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