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Members Newsletter

Latest News, Events & Information

March 2023

We have had successful coffee mornings at SPACE over the past few months. We are delighted to announce the next coffee morning, will be held On Friday 21st April at SPACE with Therapies and Services for Children.

There will be another one held on, Friday 28th April at Down Syndrome Cheshire in Northwich. It will be an informal session, where parents will be able to catch up with other parents.

At each of our events through the year we will have people from education, health and charities. Pop along so you can ask them any questions about accessing their services.

Children are welcome!



SPACE
Parent Carer Info Morning
21st April 2023
10am-12pm

An opportunity to meet & find out more about organisations that offer therapies and services for children including:

Therapy Stars
 Brainwave
 The Neuromuscular Centre
 B.I.R.D Charity
 Healthwatch CIC
 Koala NW - Little lungs

Refreshments will be available from the cafe.
 For more info about SPACE visit www.spacecheshire.org

PCF Parent/Carers Coffee Morning
at Down Syndrome Cheshire
 Denton House, Denton Drive, Northwich CW9 7LU
 Come along for an informal chat with professionals and other parents.

Fri 28th April, 10am -12pm
Mathew Southall
 Children's Therapies - Health (OT, Physio, SALT)
Little Lungs
Disability Positive
Carers Trust
Cheshire Buddies

PCF CWaC
 Parent Carer Forum
 Cheshire West & Chester
www.pcfcheshirewest.org

DOWN SYNDROME CHESHIRE
www.dscheshire.org.uk



Parent Representative Meeting

PCF reps continue to attend meetings, to share your views and opinions. This month those meetings have included:

Transition for children with developmental trauma and triggers of going to High School.

PCF have organised Coffee mornings at schools with parents/carers, to get to know each other and share any concerns or anything else they would like to know.

PCF have organised and attended SPACE coffee mornings with other professionals, we have been discussing and arranging more for the future. The next ones will be held on:

Friday 21st April SPACE

Friday 28th April Down Syndrome Cheshire.

Transport

Transport will continue, for those people who want it to afterschool club as long as there is no additional costs. It is currently only for those parents/carers who have got it, transport are trying to find other ways to resolve this.

Steering Group Meeting

We hosted our bi Monthly Steering Group. A number of professionals attended and they updated us on the work that they are doing and how they would like parental input. Many of them will be attending our Forum on 22nd March. Don't forget to book your space.

North West Regional PCF Meeting

Cheshire West PCF are part of the North West PCF. We attended a meeting in Wigan to meet other PCF's to talk to them about the work that they are doing. Warrington PCF gave a presentation about the new Ofsted SEND Inspection Framework. Their region were the first in the country to be inspected under the new framework. Thank you Warrington for your insights.

Monthly Meetings

Our reps continued to attend our monthly meetings, these range from meeting with Information, Advice and Support Services to attending Special School heads meetings.

If there is anything you would like to raise with us about issues or concerns, then please feel free contact:

contact.pcfcwac@gmail.com

Live Well E-news


Live Well
Cheshire West

e**news**

**Early Years
Roadmap**
0-5 Years

**New! Additional or Special Educational
Needs Pathway**

Are there Gaps in Services?



A requirement of the Local Offer is to give your feedback to commissioners of services, about the quality of existing provision and inform them of any gaps in service provision available.

To find out more click image or visit: [Live Well Cheshire West \(govdelivery.com\)](http://govdelivery.com)

After a successful Forum back in November, we have more fantastic events coming up for you to put in your diaries.

Please see below for more information on our upcoming events.





Wed 22nd March 2023, 10am - 2pm

Come along to our free event on:

Review of Services & Meet the Professionals

Including:

Helen Brackenbury Director of Children
and Family Services

Debbie Edwards Head of Education and Inclusion,
presenting one year on from Ofsted inspection.

at **Vale Royal Abbey**
Vale Royal Drive Northwich CW8 2BA

Tea/Coffee & Cakes / Lunch - all included.

FREE - Book online to reserve your place.
www.pcfcheshirewest.org/whats-on

[PCF March In-Person Forum booking link...](#)

Parent Carer Forum Event:
Wed 19th April 2023
10.30 - 12.00pm

Topics:

Roadmap to Special Educational
Needs & where to find support
presented by Emma Walker

Review of Early years
presented by Emma Meekin

Online Zoom Event

Book online today to reserve your place.

www.pcfcheshirewest.org/whats-on

[PCF April Virtual Forum booking link....](#)



Transport Focus Group

Following on from the feedback we have received about Transport this academic year. We are hosting 2 Transport Forums to gain your experiences so we can feed it back to the Transport Team.

Wed 10th May 2023 at 11am or
Thurs 11th May 2023 at 7pm
both sessions on Zoom

To book, go to:
www.pcfcheshirewest.org/whats-on
or contact us at: contact.pcfcwac@gmail.com

[If you would like to register an interest in sharing your views please click here...](#)



Wed 24th May 2023, 10am - 2pm

Presentations • Q&As • Marketplace

Come and Meet the Professionals for:
**Mediation Services
& Transition to Adulthood**
plus Information on activities, groups and services.

at Holiday Inn, Cheshire Oaks
Lower Mersey Street, Ellesmere Port CH65 2AL

Coffee/Tea & Chat • Lunch included

FREE - Book online to reserve your place.
www.pcfcheshirewest.org/whats-on

[PCF May In-Person Forum booking link...](#)

Signposting News **USEFUL LINKS & INFORMATION**



Click on the images below to direct you to the upcoming activities...



Endorphins

**ENDORPHINS
EASTER
HOLIDAY SESSIONS**
FOR YOUNG PEOPLE WITH SEND!

SESSION DATES AND TIMES

Chester: Holy Trinity, Norris Road,
Blacon, Chester CH1 5DZ

Tuesday 4th April 12.30pm - 3.30pm (4-11 years)
Wednesday 5th April 12.30pm - 3.30pm (12-18 years)
Tuesday 11th April 12.30pm - 3.30pm (4-11 years)
Friday 14th April 2:30pm - 5:30pm (12-18 years)

Winsford: Winsford Academy
Grange Lane, Winsford CW7 2BT

Wed 5th April (4-11 years)
Thursday 6th April (12-18 years)
Wednesday 12th April (4-11 years)
Thursday 13th April (12-18 years)
10am-2pm

Booking is essential
To book contact our team on: T: 0330 1332642 E: bookings@endorphins.uk
Or visit: endorphins.uk

Cheshire West and Chester



KIDS INCLUSIVE MULTI - SPORTS

Wednesday,
5th & 12th April
10.30am - 1.30pm

**FREE
sessions**

Pool play session 10.30am - 11.30am
Multi-Sports in hall 12.00pm - 1.30pm

Attend one or both sessions.

Suitable for SEN kids
& those needing
support getting active.
Up to age 16.

All equipment is
provided.

Please bring packed lunch.

Book at Reception - 0151 659 1010

[Click here for a full list of events and how to book](#)



BEFRIENDING SERVICE



? Do you sometimes feel lonely or isolated?

? Would you like to connect with someone?

Our befriending service is for relatives caring for people with a learning disability and also for people with a learning disability aged 18+





GET IN TOUCH WITH US

075 2824 7792 (Phone or Text)

nicola@rescare.org.uk

[Please click here to be directed to the Befriending Referral form...](#)



Do you have a child with additional needs?

We are a charity based in Northwich and raising funds to open up a local sensory centre and social cafe for children and young people with additional needs and their families.

We currently run SEN exclusive sessions for our members for 0- 16 year olds.





If you would like to find out more please email dianedixon@tinystepssensory.onmicrosoft.com

Visit our website
www.tiny-steps.co.uk

Contact us via the stay and play tab

Visit our facebook page and send us a message:

Email: info@tiny-steps.co.uk

 /Tiny-Steps  @tiny_steps_



SEND & Sensory Workshops

call Sara on: 0748 515 6488

email Karen: enquiries@smartbrighttraining.co.uk

Upcoming workshops

Smart Bright Training & Consultancy offers workshops to parents, carers, and practitioners on a range of SEND & Sensory topics, available online or in person.

An introduction to Sensory processing: two-part workshop

Date - March 8th: Part 1 & March 9th: part 2

Time 6.30 pm - 8.30 pm

Venue: Via Zoom

Ticket price: £35 for both sessions.

Supporting My Anxious Child: two-part workshop

Date - March 23rd part 1 & March 24th part 2

Time 6.30 pm - 8.30 pm

Venue: Via Zoom

Ticket price: £35 for both sessions.

SEN Support

Date - May 16th

Time 6.30 pm - 8.30 pm

Venue: Via Zoom

Ticket price: £20 - one session

Understanding EHCPs (Education, Health & Care Plans): two-part workshop

Date - May 23rd part 1 June 6th Part 2

Time 6.30 pm - 8.30 pm

Venue: Via Zoom

Ticket price: £35 for both sessions

How to book? Go to: www.smartbrighttraining.co.uk

To find out more about the programme and to register your interest, parents/carers must attend the drop-in session on:

Tuesday 14th March
Oakview Academy Primary School
09.30am - 11.30am

On this day if you wish to sign up for the group you will be given a further appointment date on **Wednesday 22nd March** to meet with our team individually to discuss your current family situation further.

Oakview Academy

Address: Whitby's Lane, Winsford CW7 2LZ



If you require more information about the program or arrangements, please speak to your school.

CWP West Cheshire
Children and Young Peoples
Mental Health Services

The Incredible Years
Parents, teachers, and children training series



Helping people to be the best they can be

The Incredible Years

The Incredible years parent group is a comprehensive group programme supported by over 30 years of research. The group programme allows parents to learn and add approaches to their current skills.

Places are currently available on the Incredible years programme for families of primary aged school children (5-11yrs)

Parents/carers can access the programme by self-referral. This is a programme for adults.

Children do not attend.

(We are unfortunately unable to offer creche provision)

Programme Format

Through 12 weekly sessions the programme aims to:

- Promote child independence and self-confidence.
- Promote social, emotional, and academic skills
- The teaching of calming strategies with children
- Reduce and prevent behaviour problems



Helping people to be the best they can be



Group Sessions

Enable parents to hear from other parents about their experiences of implementing new approaches with their children. Parents benefit from the support of others in similar situations.

What other parents say:

"I've been able to learn a lot from the group and I've been able to put what I've learned into practice with my children."

"The support that I've been able to get from the group has been invaluable and I've been able to put what I've learned into practice with my children."

When and Where

Our next group will be taking place at

Oakview Academy Primary School in Winsford (CW7 2LZ)

The group sessions will run on:

Wednesday Mornings
09.30am - 11.30am for 12 weeks

starting on **Wednesday 19th April 2023**
(Excluding Half Term: Wednesday 31st May)

Parents will be expected to attend all sessions.

Helping people to be the best they can be

Supporting Progression to Further Education Learning & Employment



Greenbank

Cheshire West and Chester Council in partnership with our SEND Schools presents:

Programme of Webinars for Parents/Carers & Young People to Support Progression to Further Learning & Employment

Title of Webinar	Summary Content	Speaker(s)	Provider	Time	To Join (Just hover over the link below and press Control key + Click at 5pm on the appropriate date)
	To provide information on the Family Information Webinar topics to help you	Daniele Langford -	Greenbank School &		Overview Programme

USEFUL CONTACTS



Live Well Cheshire West - <https://www.livewell.cheshirewestandchester.gov.uk>

Information Advice and Support Service (IASS) - Tel 0300 123 7001 <https://www.livewell.cheshirewestandchester.gov.uk/Services/1279>

SEN Team - Tel 0151 337 6505
senteam@cheshirewestandchester.gov.uk

Starting Well - <http://www.startingwell.org.uk/>

West Cheshire 0-16 CAMHS Tel - 01244 393200
<https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/>

IPSEA- Call-in Helpline Tel- 0300 22 5899

<https://www.ipsea.org.uk/Pages/Category/service-overview>

CONTACT Advice Line -Tel-0808 808 3555

<https://contact.org.uk/>

Get Involved with the PCF....

We are always looking for new parents and carers to join us. You can attend meetings, give feedback to influence the services your child or young person uses or help us to identify the gaps in services. Also, a chance to meet other parents and learn about what's on offer in Cheshire West & Chester.

To contact us.....visit our website www.pcfcheshirewest.org

email contact.pcfcwac@gmail.com

or join us for one of our meetings.

We hope to see you soon!



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contact.pcfcwac@gmail.com

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