

# SEND

## Welcome to the Spring issue of the SEND Newsletter, 2024

In 2023, the SEND Partnership asked children, young people and their parent carers for their views on SEND support services in Lancashire. The survey will remain open so you can still have your say – find out more on page 8.

Inside this issue you can read Amy's story "Round pegs, or square holes?", a family's experience of raising a child with additional needs. If you would like to share your own story, or have any hints, tips or recommendations to share with other families, please email us at:

**FIND@lancashire.gov.uk**

Do you follow the Lancashire Local Offer facebook page? From recent feedback, we know it can be frustrating to see a great service or event advertised, only to find out it's too far from where you live. You can now filter by your local area using hashtags, for example #LocalOfferFylde or #LocalOfferBurnley.

Finally, we hope all the mums have a really Happy Mothers' Day on 10th March!

Thank you for your continued support  
**Sarah Deady**  
Policy, Commissioning and Children's Health

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



A little flower that blooms in May  
A lovely sunset at the end of the day  
Someone helping a stranger along the way  
That's heaven to me.

**Sam Cooke,**  
**"That's Heaven to Me"**



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## International Potocki Lupski Syndrome

awareness day takes place on

**8th March**

Potocki Lupski Syndrome (PTLS) is a rare genetic condition caused by a duplication on part of Chromosome 17, that affects around 1 in 20,000 births.

PTLS has a wide impact in terms of physical and learning development.

Common symptoms include low muscle tone, difficulties with eating, poor fine motor skills, sensory issues and speech delay.

For more information, visit:

[www.ptlsfoundation.org](http://www.ptlsfoundation.org)

Or [www.ptlshope.org](http://www.ptlshope.org)

**PTLS**  
POTOCKI-LUPSKI SYNDROME

**PTLS HOPE**  
RESEARCH  
FOUNDATION

**DOWN'S SYNDROME ASSOCIATION**

**21**  
**MARCH**  
**2024**

Raise money and awareness for the Down's Syndrome Association

Wear your #LotsofSocks with pride this #WorldDownSyndromeDay

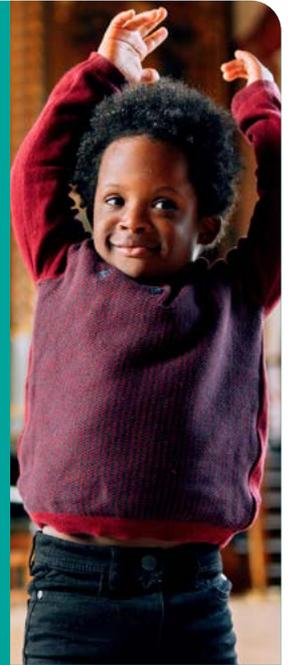
**World Down Syndrome Day**



Take a photo or video, share on social media and spread the word!



[downs-syndrome.org.uk/AwarenessWeek](http://downs-syndrome.org.uk/AwarenessWeek)



It's **purple day** so...

People everywhere are **Understanding the Reality for People Living with Epilepsy**



[epilepsy.org.uk](http://epilepsy.org.uk) #purpleday

## YOUNG CARERS ACTION DAY

**CARERS TRUST**

**WEDNESDAY 13 MARCH 2024**

### Fair Futures for Young Carers

Being a young carer shouldn't be a barrier to a young person's dreams. It should be a stepping stone to a brighter future.

Together, let's create a future where young carers can dream without limits.

Your voice matters. Support us on Young Carers Action Day so every young carer can learn, earn, and thrive!



Find out more and get involved: [Carers.org/ycad](http://Carers.org/ycad)

#YoungCarersActionDay



# World Autism Acceptance week

2nd April – 8th April 2024

## What is World Autism Acceptance Week 2024?

World Autism Acceptance Week is an annual event that is held all over the world to teach more people about Autism.

Autism is a lifelong developmental condition that can affect how people communicate and interact with other people. Autistic people can also have sensory issues and may find some situations overwhelming and stressful.

World Autism Acceptance Week aims to teach people about Autism and how it affects people, with the hope that more people will be accepting of Autism and better educated on the topic.

## When is World Autism Acceptance Week 2024?

This year, World Autism Acceptance Week will take place from 2nd to 8th April 2024. World Autism Acceptance Week is always planned around World Autism Acceptance Day, which is on 2nd April.

The theme for World Autism Acceptance Week 2024 is colour, so make sure that you wear as much colour as you can!

## What is the history of World Autism Acceptance Week?

World Autism Acceptance Week hasn't always had this name. The event used to be called World Autism Awareness Week. However, the name has been changed due to a lot of people already knowing about Autism.

The first Autism Awareness Week was held in 2007, with the aim of making more people aware of Autism and how it can affect people.

The aim of this week has now changed from awareness to acceptance. Most people are aware of Autism, but we need to make sure people are accepting of Autism. This means accepting people with Autism for who they are and making accommodations to support them in everyday life.

## How can you take part in World Autism Acceptance Week 2024?

There are lots of fantastic ways that you can take part in World Autism Acceptance Week 2024!

You could hold an event at your school where parents and children can come in and learn all about Autism and how it affects people. You could even invite Autistic people to come in and speak during an assembly about their experiences and how it has impacted their lives. It's always great to hear from people who are directly impacted!

Why not also fundraising for a charity that helps people with Autism? You could hold a bake sale, or a 'wear your clothes' day to raise the money! (credit: Twinkl.co.uk)

## Help for autistic people in Lancashire

There are lots of ways you can find out more information and where to get help if your child or young person is autistic. Or even if you are an autistic adult.

You can sign up to the FREE Lancashire & South Cumbria autism hub, Autism Unlocked. Here you can receive free advice and guidance on a range of issues affecting autistic children and young people and autistic adults. There is a dedicated space for parent carers too. You can find Autism Unlocked on the Local Offer website in the Health category: [www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND).

The Lancashire SEND Directory has a number of services, organisations and groups available to autistic children and adults.

You can find the SEND Directory here:

<https://senddirectory.lancashire.gov.uk/kb5/lancashire/directory/home.page>. Type in "autism" or "autistic" in the keyword search and you will find suitable information such as local health services, national charities supporting autistic people, autism support websites and even local autism-friendly trampolining sessions!

You will also find details of a new Family Autism service which is currently being piloted in East Lancashire. This pioneering project supports families with a child or young person up to the age of 25 with, or seeking, an autism diagnosis. For more information on the Family Autism service, visit <https://canw.org.uk/what-we-do/support-families/family-autism-service/> email: [info@canw.org.uk](mailto:info@canw.org.uk) or call **01254 244700**.

You can also follow us on Facebook by searching "Lancashire Local Offer". We share details of groups, activities available for children and young people with special educational needs and disabilities (SEND). We use the hashtag #autism for posts suitable for families of autistic children and young people.



# Lancashire Short Breaks Service

## Break Time



**Break Time provides fun group activities to children and young people aged 4-18, living in Lancashire, who have a special educational need and/or disability (SEND). Activities take place after school, at weekends and during school holidays and give parents and carers a short break from their caring role.**

### Registrations

Families must register every year if they wish their child to attend Break Time groups. The registration period for 2024/25 took place during the autumn term and over 1500 requests were submitted. Thank you to everyone that applied; you should by now have received a letter in the post to confirm if your child has been awarded membership.

A number of parents and carers have been in touch as they unfortunately missed the deadline to register their child. If there is capacity, we may be able to open for a second registration period over the coming months. Please check the Local Offer website and facebook page for updates.

### My child has been awarded Break Time hours – what now?

Once you have been notified of your child's Break Time membership number, you can select a suitable provider from the list on the Local Offer. Contact the provider by phone or email to discuss your child's needs and to book sessions.

There will be a parental contribution to pay – usually around £2 per hour, but this can vary depending on the activity offered. The provider can advise when booking. You can book and attend sessions in any area you choose, however please be aware we do not provide transport (one or two providers do offer their own pick-up service).

If you agreed to receiving promotional materials on your child's registration form, we may email you occasionally with information from local Break Time providers.

### Things to remember

- Keep your child's Break Time membership number safe – you will need this when booking activity sessions. If you do lose the number, you can request a copy via email; include your child's full name, date of birth and your postcode.
- Keep a record of the sessions you have booked, so you know how many hours are still available to use. There is a downloadable Hours Tracker on the Local Offer pages, or you could use the paper version included with your child's membership letter.
- You will need to re-register each year in order to continue to use the service. Registrations for 2025/26 are likely to take place in the autumn term 2024 – updates will be shared on the Local Offer website and facebook page closer to the time.

### Feedback

Parent carers of Break Time members were asked to take part in a survey following the summer holiday 2023. Thank you to everyone that completed the survey, your views are really important and help us to further develop the service, to meet the needs of more children and young people with SEND.

The responses received showed that 90% of children and young people enjoyed the activities they attended. 95% of families felt the provider was able to meet their child's needs, and that there was a benefit to the whole family. We asked whether parent carers were able to have a break themselves – 84% agreed, but others had to use the time to work.

You said:

- Without break time hours, my son wouldn't have the opportunity to socialise with his friends. He loves the group he attends and it is his chance to be with other children with similar needs.
- He was happy, his anxiety at a low and not once did I pick my son up near to meltdown. Which has never happened before.
- Personalised support that is natural and unhurried. Amazing.
- It's important for my child to be in a group they enjoy and it gives me time to spend some 1:1 time with my other child and some ME time.
- 78 hours is not enough! Especially for working parents of children with SEN.
- There is still a shortage of choice for break time activities in our area.
- I'm a better mother because I have space to breathe.

You can see the results of the survey on the Local Offer, along with an outline of how we will address the issues raised, to improve the service for all members and their families.

We welcome feedback (good or bad!) from all Break Time members and their families, to help us develop and improve the service further. If there is anything you would like to tell us about your experience of using the service, please complete the online form at [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/short-breaks-feedback](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/short-breaks-feedback)

### Contact Details

For any queries on the Break Time service, please contact us at [breaktime@lancashire.gov.uk](mailto:breaktime@lancashire.gov.uk)

If you prefer to speak to someone, please call **0300 123 6720** and ask for the Children and Family Wellbeing SEND Team.

Full information on Break Time, including details of all our providers, can be found on the Local Offer at: [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time)

Updates from Break Time providers and reminders about key dates such as registrations will also be shared at [www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer)

If you feel your child needs more support than Break Time provides, you can request a Child & Family assessment, so we can fully understand and identify the best way to meet their needs. Call **0300 123 6720** to request an assessment.

### Break Time Plus

Break Time Plus enables children and young people who receive a social care package of support following an assessment, or who are in the care of Lancashire County Council or another local authority, to access group activities as part of their package of care.

You do not need to register for Break Time Plus – speak to your child’s social worker or allocated worker, or visit the Local Offer page: [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time-plus](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time-plus)



# STARS CAMP

**MONDAY TO FRIDAY  
11AM - 3PM**

This school holiday camp is for disabled young people aged 7 to 18.

To find out if you are eligible please get in touch.

The camp offers a variety of activities from sports, arts and crafts, games, and more.

LCC Break Time hours can be used here. Concessions available.

**Education & Community Centre  
Bloomfield Road, FY1 6JJ**

For more information:

- Email: [info@bfcct.co.uk](mailto:info@bfcct.co.uk)
- Call 01253 348691
- Visit: [www.bfcct.co.uk](http://www.bfcct.co.uk)

**FREE MINIBUS** available from Lansdowne Road, Lytham St Annes, FY8 4DR and Holly Road, Thornton-Cleveleys, FY5 4HH



Department for Education

COMMISSIONED BY LANCASHIRE COUNTY COUNCIL



**NEW GROUP,  
AGES 5-16**



- play games
- make friends
- inclusive
- have fun

# HYNDBURN BREAK TIME

**RHYDDINGS, HAWORTH STREET,  
OSWALDTWISTLE, LANCASHIRE,  
BB5 3EA EVERY TUESDAY; 5 - 7PM**



Inclusive Multi Sport & Activity Short Breaks programme, available for children and young people registered with Lancashire Break times.

For more information, or to book your child's place, contact: [craig.holcroft@sportworksltd.co.uk](mailto:craig.holcroft@sportworksltd.co.uk)





## THE HOLIDAY ACTIVITY AND FOOD PROGRAMME (HAF)



Many of you will have now heard about HAF, the Department of Education funded programme that provides for children in school holidays, ensuring they have a safe, happy and healthy time, keeping active, being fed and making new friends.

Children are eligible for a funded place if their family are in receipt of the benefits that entitle them to free school meals (FSM). However discretionary places can be offered to children with other vulnerabilities and SEND is one of those. This is why we have made it a priority for our clubs to be inclusive, we encourage you to seek out a HAF place for your child, share information with staff about what your child's needs are and how they can be accommodated, and they should work with you to ensure your child is included and made to feel welcome.



In summer 2023 the number of children and young people with an identified SEND who attended a primary HAF clubs rose to 907 from 594 in summer 2022. We also have increased the number of specialist SEND HAF clubs, there is one or more in 11 of our 12 districts. Sportscool, an organisation that previously provided universal HAF clubs for us, branched out in 2023 and delivered specialist HAF clubs across the county with great success.

Libby Brew from Sports Cool explained to us what their clubs are all about. "Bringing up child with disabilities or additional needs can be very demanding as well as rewarding. Children can present with very particular challenges or require intensive care and support. Through play, children learn to build confidence, self-esteem, creativity, and how to interact with others. Sadly, too many disabled young people miss out on play every day.



Sports Cool remove these barriers by providing truly inclusive play and leisure that everyone can enjoy and join in with, no matter how complex their needs are. Children aged 4 to 12 experience the same fun and friendship as their non-disabled peers, with activities adapted to suit their unique individual needs.

Our coaches are highly trained to cater to every child's needs and they work with parents to determine whether their child requires 2:1, 1:1 or non 1:1 support, so when they come to Sports Cool parents/carers can feel reassured that they are safe, supported and happy."



Sports Cool non-exclusion policy means that they will always find a way to make sure that every child can come along and enjoy themselves, even if that means our team investing in new training or equipment.

Children are encouraged to participate in the activities on offer by experienced coaches. Aside from being fun, play is essential for a child's cognitive, physical, social, and mental wellbeing and development. All coaches embrace the Sports Cool ethos of Educate, Motivate and Participate.

- Sensory room (available in some venues)
- Sport Games (including football, cricket, dodgeball, and lots more)
- Supervised outdoor play
- Bouncy Castle
- Interactive, multi sensory, music and dance sessions
- Arts and crafts

Each Play scheme has a variety of areas set up for different types of play. These include areas for art and creative activities, larger open spaces for noisy and active play, outside space for accessible bikes and trikes, a sand and water play area, and a quiet sensory space.

HAF this Easter will be running from the 2nd to the 12th of April – eligible children should be able to attend at least 4 sessions.

Please go to our website to find out more about HAF:

[www.lancashire.gov.uk/children-education-families/school-holiday-activities](http://www.lancashire.gov.uk/children-education-families/school-holiday-activities)

Or email: [CFW-HAF@lancashire.gov.uk](mailto:CFW-HAF@lancashire.gov.uk)





# Sibs

## - For brothers and sisters of disabled brothers and sisters

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.

### What is it like being a sibling?

Being a sibling of a brother or sister with a disability, additional need or long-term health conditions brings experiences which can be both good and challenging. Siblings often learn skills and develop abilities from supporting their brother or sister. This means they often show great patience, can be creative and resourceful. However, sometimes siblings might struggle a little too. Siblings at times may feel isolated, worried and lonely.

### Where can I find information for my sibling child?

In our 20 years of supporting siblings, we have learned how important it is for children and young people to have access to good quality information. YoungSibs is our online information service for siblings aged 7-17. The web pages provide a range of resources including age-appropriate information on disabilities and health conditions including autism, ADHD, Fragile X and learning disabilities. There is lots of information about how to cope with sibling life at school, maintaining good mental health and tips about what siblings can do if they are worried about the future. Importantly, there is also information about finding ways to develop positive relationships with their brothers and sisters. Sibs also writes monthly blogs for children on relevant topics such as celebrating family occasions, changing schools or learning about new diagnoses.

There is also the opportunity for siblings to write to a sibling advisor with any specific worries or problems, receiving a personalised response from the Sibs Team.

### What other support is available?

Having opportunities for siblings to meet others is a valuable source of support and comfort for siblings. Some siblings attend local sibling support groups, other children receive support from young carer services and others have the opportunity to meet other siblings through local and national events for families of disabled children. It is crucial for siblings to know they are not alone! Sibs has also developed Sibs Talk Lite resources to support schools to include siblings and also works to train those wishing to set up sibling support groups.

If you would like further information about Sibs check out our information at [www.sibs.org.uk](http://www.sibs.org.uk) or sign up to our regular newsletter at [www.sibs.org.uk/subscribe](http://www.sibs.org.uk/subscribe)








## A Youth Voice and Influence group for young people with SEND

A space to raise issues of importance to young people with SEND. Make changes across Lancashire to improve services and have fun!!!

**Where**



131 Brindle Road,  
Bamber Bridge,  
Preston, PR5 6YJ

**When**

- ✓ Every Monday
- ✓ 6:00pm to 8.00pm  
ages 12-25

**Who**

- ✓ Any young person diagnosed or undiagnosed with SEND

Contact Suli at [suliman.hussain@lancashire.gov.uk](mailto:suliman.hussain@lancashire.gov.uk) or call 07775 221214.



## Lancashire Young Carers Service

Are you caring for someone with a physical disability, mental health problem and/or a drugs and alcohol problem, and:

- You are affected by your caring responsibilities
- You are not getting along with family or friends
- Feeling down about your situation
- Your health and wellbeing are being affected by your caring role
- You are not getting any spare time of your own
- You are struggling with homework and lack of support in school

We can help, after assessing your needs, by:

- Making sure you and your family have the right support in place
- Helping you make informed choices
- Providing information on friendships and activities in your local area
- Working with your school and training providers to support you to reach your goals
- Offering you one to one support and groupwork
- Working on your feelings and refer you to services we think might be able to help

If you are under 18 years old and any of these issues or similar ones are affecting you or someone you know, call us confidentially on: **01772 641002**

Believe in children  
 Barnardo's



## You Said, We Did

The Lancashire SEND Partnership launched two surveys in July 2023, to gather the views of children and young people with SEND and their parent carers on their experience of SEND support services in Lancashire.

In July and August we received 678 responses from parent carers and 163 responses from children and young people. Thank you to everyone that completed the surveys.

A summary of the feedback received is now available to read on the Local Offer, along with what we have done, and are working on, in response to the issues raised.

The surveys will remain open and feedback will be published annually on the Local Offer. To have your say, scan the QR code(s) opposite and complete the online form.



## Are you a child or young person with SEND or a parent carer?

Have your say about the services you receive by filling in this short survey.

- The surveys are open year-round, open to all children (5+), young people and parent carers
- Your child does not need to have a diagnosis or support in place to complete the surveys
- We use your feedback to develop and improve our services



Parent Carers  
Survey



Child/Young Person  
Survey

[www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND)  
[www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer)





**SEND**  
Specialist Teaching Service

Step Forward for SEND

**play** **EVERYONE IS WELCOME**

**D/deaf Baby and Toddler Group**

Thursdays 9.30am -11.30am  
(Term time)

**Tay Street Family Hub,  
Tay Street, Burnley, BB11 4BU**

Run by Teachers of Deaf Children from  
Lancashire County Council

07977058661

**Lancashire**  
County Council

**talk to other parents**







**HYNBURN AND RIBBLE VALLEY**

Children and Family Wellbeing Service

Lancashire County Council



**FAMILY SEND GROUP EVERY MONDAY**

**3:45pm-5:15pm**

**THE PARK CHILD AND FAMILY CENTRE  
NORFOLK GROVE ACCRINGTON  
BB5 4RY**

**NO BOOKING REQUIRED!!**



**HYNDBURN AND RIBBLE VALLEY**



**NO BOOKING REQUIRED**

**DADS FOSTER DADS UNCLAS BROTHERS GRANDDADS**

**ON THE MENU**  
A DELICIOUS BRUNCH AND A COUPLE OF HOURS OF QUALITY TIME AND FUN WITH YOUR CHILDREN 0-11yrs

Saturday 13th April 2024  
10am-12pm

GREAT HARWOOD NEIGHBOURHOOD CENTRE BB6 7JQ

FOR MORE INFORMATION PLEASE CALL 01200 420460 OR MESSAGE OUR PAGE

**Lancashire**  
County Council



**COLOURFUL FOOTSTEPS**

Children and Family Wellbeing Service

These 12 week sessions are for children with physical, learning, behavioural and emotional difficulties offer an inclusive environment, with opportunities for learning development and support. This is also where parent carers have the opportunity to meet make new friends and share experiences with those going through similar joys and challenges.

Tuesdays: 3:45pm-5:15pm  
New Fra Accrington. RR5 1PR

Tuesdays: 3:45pm-5:15pm  
Christ Church Longridge. PR3 3JA

Thursdays: 3:45pm-5:15pm  
Copperhouse Rishton Neighbourhood Centre BB1 4HF

Thursdays: 3:45pm-5:15pm  
The Zone Clitheroe BB7 2JY

To book your place:  
01200 420460.  
Message our page.  
Or Email  
cfwrvgroups@lancashire.gov.uk





**Lancashire**  
County Council





# Round pegs, or square holes?

I am sure that when you were expecting your child, many of you reading this newsletter had a version of what you thought family life would look like.

I laugh when I think back to my instagrammable dreams of matching family wellies, baby groups, and lunch dates. Only for me, and I am sure many of you, this isn't quite what life looks like now.

They say you don't know what you don't know, but had I known, it would have been clear from about five weeks in that my baby wasn't one for organised activities. Being a person who loves a plan myself, it threw me a bit when my baby hit the roof every time I tried to get him into any kind of structured mum and baby environment.

Lying in a draughty children's centre being massaged, being used as a body weight at a mum and baby exercise class, shoving his hand into clay for art – none of this held quite the same charm as being pushed along in his pram listening to the wind blow through the trees.

As time went on, it became clearer that he didn't communicate or play in the same way as other children. A diagnosis of ASD and probable ADHD followed, and since then we've been wrangling with the question we'll no doubt be asking for many years to come.

What is best for him – "normal" or specialist? Education, activities, holiday clubs, hairdressers... even clothing. What's more inclusive, trying to adapt to mainstream and both teach and learn from your neurotypical peers, or attending specialist provisions that are better attuned to your needs? It's the million dollar question.

There's not going to be one size fits each family, and let's be honest, what fits your family one morning may not work later that day. Special needs parenting is constant horizon scanning, problem solving, strategising and negotiating for the best experience at any given time – yes it's excellent for your CV, but it's also completely exhausting.

What we've finally settled on (but what might not always work for us), is finding those provisions that don't advertise themselves as specifically for SEN families, but instead promote accessibility for all and who are committed to making the experience something everyone can enjoy or be involved in.

We won't be the only family who've been through five hairdressers before finding one who understands that spraying water and trying to put a cape on an autistic child is a sensory nightmare. She's not an SEN trained hairdresser. But she gets it. Opening a little bit earlier for us so there's no hairdryer noise from other clients, leaving the cape on the peg...these little things are what can bring all our children comfortably into the mainstream world if that's what we choose.

We're currently working our way through different types of swimming lessons at a rate of knots, alternating class size, time of day, having an autistic instructor...but in my heart I know that for him to thrive in a pool environment he's probably going to need one on one teaching eventually.

But our biggest success to date has been a recent discovery. We've found an outdoor play provision that provides all the sensory fulfilment a curious, bright little boy could want – but it's not in his face, and there's no timeframes, no pressure, no rigid structure.

Wild by Nature, a Ribble Valley based woodland play experience opened in the autumn of last year, and with it, we found the first place completely suited to us as a family. Children roam within the safe confines of the woodland environment, self-selecting areas and items of interest to play and learn with, and our little boy has been mesmerised by their potion making stations ever since.

They're not an SEN organisation, but their whole ethos is inclusivity at every level, and add in fresh air, brews for the adults and smores for the kids...it's pretty much the perfect place for us as a family.

Only you know what will work for you, but there's no right or wrong approach when it comes to where to go. Our people and our places are out there. We just have to look a little bit harder.

**Amy Blackburn**  
Parent Carer

To find out more about Wild by Nature, visit:  
[www.wildbynatureoutdoors.co.uk](http://www.wildbynatureoutdoors.co.uk)

# INSIDE OUT

Children and Family  
**Wellbeing**  
Service

Come and make friends and have fun!

This group helps to support children who may be struggling to express and manage their emotions or are presenting anxious behaviours and low self-confidence. (8-11 years - Key Stage 2)

In the sessions children will be able to:

- Explore wishes and feelings and understand worries
- Look at ways to help manage strong emotions
- Take part in creative and physical activities to encourage positive interaction with their peers.
- Build confidence and social skills
- Meet new people and make new friends
- Play games.

**Mondays 3:30 - 4:45pm**

at Carnforth Hub, Kellet Road, Carnforth, LA5 9LS

**Tuesdays 3:30 - 4:45pm**

at Morecambe Library, Central Drive, Morecambe, LA4 4DW

**Thursdays 3:30 - 4:30pm**

at Lune Park Hub, Ryelands Park, Owen Road, Lancaster, LA1 2LN

**FREE** to attend.  
Just turn up or ring  
**01524 581280**  
for more information.



## SEND

Specialist Teaching Service

Step Forward for SEND

**play** EVERYONE IS  
W E L C O M E

**D/deaf Baby and Toddler  
Group**

**Tuesdays 1.00pm - 2.30pm**

**sing** (Term time)

**Westgate Neighbourhood Centre,  
Langridge Way, Morecambe LA44XF**

Run by Teachers of Deaf Children  
from Lancashire County Council

**talk to other  
parents**

07876844585

**Lancashire**  
County Council

## NEURO NINJAS

Every Thursday at  
Layton Methodist Church,  
1 Westcliffe Drive, Blackpool, FY37DZ.  
4.30-5.30pm

We are an exclusive Autism group for children with or awaiting diagnosis and their siblings. Children can enjoy different sensory play, activities, toys and games. We provide a safe, non judgemental environment for children and their families. This allows the children to be themselves and build friendship.

Book your place  
[Neuroninjasfylde@gmail.com](mailto:Neuroninjasfylde@gmail.com)

Follow us on FaceBook  
[www.facebook.co.uk/NeuroNinjasFylde](http://www.facebook.co.uk/NeuroNinjasFylde)

£3 per family.

# Lancashire Libraries



All Lancashire Libraries offer a safe, accessible, welcoming, and creative space where our communities can connect, be active, take notice, learn, and share. Our friendly, knowledgeable, trained staff can offer advice and guidance on a range of subjects from recommended reading materials to help getting online and signposting to local services. We offer support to children and families, through actively promoting health, learning and wellbeing.

Libraries offer a wide range of events and activities which may include Baby Bounce and Rhyme, Toddler Rhyme Time, and Story Sessions, as well as reading schemes such as Little Steps and the Lancashire Reading Trail. Some libraries also offer quiet hours, braille books, special adaptive equipment, and sensory sessions.

## Bookstart book packs

Libraries also work with BookTrust to gift SEND book packs for ages 0-5 as part of the Bookstart scheme.

This includes packs for children with visual impairment (Bookstart Shine), hearing impairment (Bookstart Touch), and impairment to fine motor skills (Bookstart Star). If your family or Early Years setting has a child who would benefit from being gifted one of these packs, please ask at your local library or email

**CulturalDevelopment@lancashire.gov.uk.**



## Little Steps at Lancashire Libraries

Little Steps is aimed at children 2-5 years and has been created to improve children's communication, support mental health and well-being, and get active. The Little Steps recommended reading list was put together by speech and language professionals, health practitioners and Lancashire library staff, to help children develop new skills. Help us in encouraging your children to flourish through reading and play with Little Steps.

Come along to your local library and join in our regular family sessions, all about chatting, playing, reading and learning, featuring storytelling to entertain, games and puzzles to play, activities to create. Each session is focussed on helping every child develop through group play and is a great way for you to have fun with your child while they make new friends.

The Jungle themed characters featured in Little Steps are: Find your voice with Pedro the parrot; discover new emotions with Theo the tiger; make new friends with Elsie the elephant; find out about families with Kody the koala; learn about growing up with Freya the frog; and boost self-esteem with Sami the snake.

When you join in Little Steps you will receive a Little Steps book bag, a card featuring tips for helping your child start school, as well as your first character card featuring recommended books to read and activities to try out at home.

## Chatter Time Sessions

Suitable for 0 to 2 year olds, but older siblings welcome.



Come and learn with your child, in a friendly and informal environment. We use songs, stories, play, picture communication symbols (PCS) and Makaton signs to support early language development. There is the opportunity to stay and play after the session with toys and games available. The course is 6 weeks of fun sessions.

These sessions help increase parents' awareness of the importance of early language and communication, understanding of how to support their child's early language and communication skills and to provide an environment where strategies can be demonstrated and practised with support.

Sessions are running in the Wyre and Fylde areas libraries: Kirkham, Garstang, Thornton, Ansdell, St Annes and Cleveleys.

For details of events being held at your local library, please visit [www.lancashire.gov.uk/libraries-and-archives/libraries](http://www.lancashire.gov.uk/libraries-and-archives/libraries) and click on **Events**

# CONDUCTIVE EDUCATION AT RAINBOW HUB

## Introducing Rainbow Hub...

Rainbow Hub is a charity in Mawdesley, Lancashire that exists to improve the lives of children and young people from across the North-West, with significant additional challenges, and their families.

We provide specialist educational and therapeutic approaches to learning, including Conductive Education, to help individuals to become more active and live more independently.



**RAINBOW**  
HUB

## What is Conductive Education?

At Rainbow Hub, our main service is 'Conductive Education' (CE) - a system of therapy and education specifically designed for children and adults who have motor disorders (problems with moving) of neurological origin (damage to the movement areas of the brain).

CE is based on the premise that the person who has a motor disorder does not have a medical condition requiring treatment, but rather a problem of learning requiring education and therapy.

Our CE sessions are delivered in group sessions which take place weekly for up to 2.5 hours. CE sessions are structured and help to promote social skills, independent learning and positive peer interaction within a positive environment where children are motivated to learn whilst having fun!

## Who can benefit from CE at Rainbow Hub?

Conductors (specialist teachers of CE) are trained specifically in neurological motor disorders such as Cerebral Palsy and acquired brain injuries. Although our specialist teaching methods used within CE can also help develop the independence and confidence in children with downs syndrome and children who present with similar conditions.





## What are the benefits of CE?

CE uses a repetitive physical learning programme, (including sitting, lying, standing elements among other activities) incorporating rhythm, song, and phrases to help individuals develop the necessary muscle control required to carry out simple movements. These controlled movements can help individuals to achieve their potential, and reach milestones such as rolling, crawling, greater head control, standing, and walking etc. as well as being able to actively participate in/fulfil daily tasks e.g., dressing, eating, drinking, personal hygiene, which they would otherwise be reliant upon others for. The benefits are not just physical ones; by learning to actively participate in their day-to-day life more, children and young people will often improve their confidence, self-care skills, personal, social and emotional skills, play skills, language and communication skills and a better understanding of themselves and how to engage more in their daily lives.

## How is Conductive Education different?

CE is different to many other therapies. The brain is adaptive and CE aims to develop the neuroplasticity which helps to rebuild new pathways within the brain.

The tasks learnt within CE sessions are all purposeful and transferable to everyday life, therefore the emphasis is on learning rather than a set of exercises to complete. CE is different due to not focusing on one area of the child's development. CE helps to develop the child as a whole person physically, cognitively, socially and emotionally.

## Is Conductive Education used in conjunction with other therapies?

CE can be used alongside any other therapies

## Conductive Education helps a child's inclusion

CE is about equipping the child with confidence and ownership over how they interact with the world, the people they meet and most importantly with their peers.

With more independence, there is also increased opportunities for the child to feel included in friendship circles, this occurs naturally with the reduction of adult support required.

CE also teaches the child about being creative with their movements to carry out self-care skills, promoting their overall well-being. This in turn opens the door to more experiences that are often not accessible for those with a disability. CE aims to encourage everyone to feel empowered and motivated to enjoy their life and participate in new things.

CE prioritises a child's potential – what they can achieve not what they cannot. At Rainbow Hub, “we never put a ceiling on learning”.

## What do parents say about CE Rainbow Hub

“Our son started using tripod sticks in Oct 2022 through attending CE at Rainbow Hub and it took 3 people to support him to take those first steps. He can now walk with them independently (with close supervision) – an achievement we never thought we would see!

It is important for our son to have friends who share similar difficulties as he is the only one at his mainstream school who uses equipment. Rainbow Hub gives him (and us) a community of people who understand what life is like with a disability.”

“Our son contracted Meningitis at just a few days old and as a consequence has a brain injury and peripheral nerve damage. He will be unable to walk.

Thanks to CE at Rainbow Hub, he has improved his motor and social skills and attending has given us the opportunity to meet other children/families.

Knowing that he will grow up surrounded by others with similar needs, and a fantastic team who can help him achieve his potential is of great comfort us as parents”

## Learn more about Rainbow Hub

Visit the Rainbow Hub website [www.rainbowhub.org](http://www.rainbowhub.org) where you can find out more about CE, and our other services, including Rainbow Hub Nursery and Rainbow Hub School.

You can reach us on 01704 823278 or follow us on social media @rainbowhubnw  
Find out more about CE here:

<https://www.cepeg.org.uk/about/conductive-education>



Children and Family Wellbeing Service

Calling all 0-5 year olds with **Special Educational Needs and Disabilities**. A new playgroup just for you offering structured and free play in a calm and supportive space  
**Parents and siblings welcome too**

Join us at: **West Paddock Family Hub & The Zone, West Paddock, Leyland PR25 1HR**

**Every Thursday 9.45am - 11.45am**



Children and Family Wellbeing Service

# This is Us!



**FREE ENTRY**

★ Dive into Awesome! 🚀  
 Hey, awesome young minds aged 12-25 with Special Educational Needs, this is YOUR call! 🌈 Join our vibrant SEND group, your exclusive fun zone. Activities, new pals, and tons of fun await! It's your time to shine! ★

Book now:  
[prestantys@lancashire.gov.uk](mailto:prestantys@lancashire.gov.uk)

Every Monday  
 6:30 - 8:30  
 Ribbleson Children's Centre



## COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

This group aims to provide a space for children with SEND or a disability to develop social and emotional skills along with building their confidence and resilience.

The session provides lots of engaging activities both physical and emotional for the children including soft play, games and arts & crafts.

- Wednesdays, 3:30 - 4:45pm
- West Paddock Family Hub, PR25 1HR

**FREE** group  
 for 5 - 11  
 years

For more  
 information call  
 01772 532930



THE SPACE CENTRE

# TEEN

# SESSIONS

£5 PER TEEN £1 PER CARER

7TH APRIL, 12TH MAY, 9TH JUNE,  
 14TH JULY, 18TH AUGUST

**SUNDAYS 2.45 - 3:45 PM SPACE 2**

MEET OTHER TEENS WITH ADDITIONAL NEEDS AND THEIR FAMILIES. CONNECT AND HAVE FUN.

CALL 01772 760 403 TO BOOK. CARERS MUST STAY WITH TEENS DURING THE SESSION

**Preston area, for ages 12-18 years**

**SEND EPIC CLUBS**  
EVERY THURSDAY 4-5PM

For Inspire SEND members, age 8+

- Clay Club
- Dance Club
- Baking Club
- Music Club
- Football
- Gym Club
- Wheelchair Basketball

To book, please email:  
caitlin.blythe@inspireyouthzone.org

**Inspire Youth Zone,**  
Chapel Street, Chorley, PR7 1BS

# Splatter Dance

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

*'Tell me & I forget. Teach me & I remember. Involve me & I learn'*

**Fun inclusive opportunities for everyone, especially those with additional needs. Allowing opportunities to access high quality dance experiences to explore dance as a creative & expressive art form.**

With 15 years' experience working with schools & community groups we carefully design activities to develop participant's transferable skills. These skills include creative, physical, social, language & communication skills, as well as boosting resilience, mental health & emotional wellbeing.

## DANCE

Dance classes are perfect for those who love to move & express themselves. We play to each person's strengths & allow them to progress on their own terms, in a way that is meaningful for them. By focusing on the building blocks of dance we foster each person's love of dance.

## MAKATON

MAKATON classes develop essential communication & language skills. These skills support understanding & enable people to interact in everyday situations. Learning Makaton also reduces frustration & helps an individual's needs & wants to be understood.

*All community venues have free onsite parking & are located in Ormskirk & the surrounding areas*

The first & currently only Makaton Friendly organisation in West Lancashire, led by a fully qualified & licensed Makaton Tutor

Contact Emma to book: [emma@splatterdance.co.uk](mailto:emma@splatterdance.co.uk) 07973 636019

Inclusive performing arts for Blackpool, Wyre and Fylde.

**MINI CHILDREN'S THEATRE**

**INCLUSIVE THEATRE WORKSHOPS**

**AGE 4-7 YEARS**

**ONLY £50 PER TERM**



**CHILDREN'S THEATRE**

**INCLUSIVE THEATRE WORKSHOPS**



**AGE 8-12 YEARS**

**ONLY £50 PER TERM**



**YOUTH THEATRE**

**INCLUSIVE THEATRE WORKSHOPS**

**AGE 13-16 YEARS ONLY**

**£50 PER TERM**

**YOUNG ADULT COMPANY**

**INCLUSIVE THEATRE WORKSHOPS**

**AGE 17-24 YEARS**

**ONLY £50 PER TERM**



TO APPLY  
 07852 498427  
 TRAMSHEDTHEATRE@HOTMAIL.CO.UK  
 TRAMSHED.ORG.UK



Information, advice and support for Special Educational Needs and Disability

Information, Advice and Support is available on the following topics and more:

- ✓ SEN Support
- ✓ Education Health Care Plans
- ✓ Education Health & Care Needs Assessments
  - ✓ Exclusion from school
- ✓ Emotionally Based School Avoidance
  - ✓ Child Views
  - ✓ Mediation
- ✓ Appealing to the SEND Tribunal
  - ✓ Choosing a School
  - ✓ School meetings
  - ✓ Transitions

If you have a query, you can make contact by phone, email, Facebook or take a look at our website.

Helpline Number 0300 123 6706 – 9 to 5, Monday to Friday.

You can leave a message outside of these times and we will call you back.

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

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

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



## Do you have a learning disability? Annual Health Checks for over 14's

Are you a parent or carer of a child with a Learning Disability?

Do you know from the age of 14 they are entitled to Annual Health Check?

Please contact your GP for a FREE learning disability check and to discuss adding your child to the Learning Disability Register, so they will receive an invite for a Learning Disability Annual Health Check.

For further information visit: <https://www.lscft.nhs.uk/healthfacilitation>

**Prince's Trust Team Blackpool**  
12 week course for young people aged 16-25

Team programme

Lancashire Fire and Rescue Service

Do more. See more. Be more.

Scan QR Code to find out more information

[www.lancsfireandrescue.org.uk/adults](http://www.lancsfireandrescue.org.uk/adults)

**Purple Umbrella**

**KEEP BUSY & ENJOY LIFE WITH PURPLE UMBRELLA**

Group Activities and Friendship for People with 1:1 Support

- Low Cost or NO Cost
- Communication Group
- Big Days Out
- Meet-Ups
- Volunteering
- Gardening

Purple Umbrella is a Community Group & Co-operative in West Lancashire and surrounding areas run by and for people with disabilities, their families and supporters. New members are very welcome.

For more Information or for a Chat Call: 07518 347559  
or email: [purpleumbrellaNW@gmail.com](mailto:purpleumbrellaNW@gmail.com) @purpleumbrellaNW

# Success for Supported Internships in Lancashire



Three transition-to-work programmes in the County have been recognised for the team's notable achievements in a variety of areas.

The Legacy Project is a supported internship programme for young adults living and learning in Skelmersdale and the surrounding areas. In November the team, alongside Delphside Primary School, were invited to the Pearson National Teaching Awards in London in November 2023, where they won the Silver 'Impact Through Partnership' award. The ceremony was hosted by Gaby Roslin, where educators from across the UK joined for this prestigious event.

The Legacy Project has an achieved rate of helping 75% of SEN adults gain employment, and works in conjunction with local businesses, specialist schools and those with additional needs in the area. The project is funded by Well Skelmersdale and the CCG, and more information can be found on their website. Well done to all involved on such a brilliant achievement and highlighting the important work happening in West Lancashire!

DFN Project SEARCH is a national one-year study to work programme, which helps young people with EHC (Education, Health and Care) Plans to access the workplace through developing transferable, marketable job skills. The programme consists of a host organization, education provider, and an adult supported employment provider. DFN Project SEARCH hosted their annual conference in November at the Winter Gardens in Blackpool. The team at Calico, Burnley, won two awards; the Data for Impact award and an award for achieving 80% of interns in paid employment. On receiving the Data for Impact award, Sarah Moorhouse from Burnley College said 'Winning the Data Impact Award shows that we use data to deliver an exceptional programme, which is evidenced by our continuously high achieving outcomes. We gather data to help us engage with local employers and identify opportunities for the young people we serve.'

For the second year running, the team at Lancashire County Council won the award for 100% Employment Outcomes at the DFN Project SEARCH conference.

The team comprises of Lancashire County Council, Preston College and Hft. Laura Robinson, Supported Internship Facilitator at Preston College, commented 'winning a 100% outcomes award stands as a powerful testament to the success of our programme. This recognition not only contributes to the long-term sustainability of the supported internship, but also involves showcasing success stories and uploading our commitment to ensuring ongoing success and having a positive impact on our interns and their successful transition into employment and adulthood. This aligns seamlessly with Lancashire County Council's high aspirations for the people who live and work in the region.'

Last but not least, graduate Jason Cherry, who completed a supported internship at Calico, Burnley, in summer 2023, won Young Advocate of the Year! Jason was offered a role at Advocacy Focus UK, where he has made an impact on the organization through the work he is doing. On winning the award and paid employment, Jason said 'I had come to the end of my education, and I wanted to not only seek employment, but worthwhile employment. All the skills I learned while on the DFN Project SEARCH supported internship have allowed me to fulfil my dream! I feel very included and part of the team whilst in work and socializing outside of work. I am really happy at Advocacy Focus and I am enjoying my adventure'. He continues his work as a member of the Youth Advisory Board at DFN Project SEARCH, where graduates collaborate on engaging employers across the UK to develop inclusive employment practices. A huge congratulations to Jason, and to all award winners who are paving the way for young people to find meaningful paid employment.

o find out more about supported internships offered across the county, you can visit our local offer page at [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/young-people-and-adulthood/project-search/](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/young-people-and-adulthood/project-search/) Alternatively, our SEND Employment Officer, Hannah Monaghan, can be reached at [Hannah.monaghan@lancashire.gov.uk](mailto:Hannah.monaghan@lancashire.gov.uk).

Laura Jade aka LJ joined “Get Set” having achieved her Level 1 Diploma in Childcare and Early Years at Blackburn College. Classroom based provision did not particularly suit LJ’s learning style and she was keen to pursue an employability-based route.

“Get Set” is a supported internship programme designed specifically for young people with Special Education Needs/Disabilities (SEND) to build their skills and qualities to enter the world of work. LJ was eager to join the programme, as she has ADHD and Autism. LJ identified that gaining paid employment, may be a difficult frontier to face on her own.

From the very start of the programme in September 2022, LJ demonstrated a healthy work ethic. She had already been volunteering at ‘Inspire’, (Chorley Youth Zone) at weekends for two and a half years, helping out on activities with young people with SEND. The Supported Internship provided opportunities to learn new skills and personal qualities evolved. By October half term, LJ started working at Blackburn Food Bank in the kitchen preparing and cooking basic snacks for guests and other volunteers. She also helped maintain a safe and healthy environment in which to work. The acquisition of new skills and professional standards, stimulated LJ’s ambitions further. By December, her third month on “Get Set,” Laura took on an additional volunteering role one day per week in the Children’s Society charity shop Chorley, sorting and displaying stock. Her energy was impressive!

An enthusiastic job seeker, LJ applied for several jobs in the knowledge that her education would be ending by July 2023. She had a couple of knock-backs; some employers did not respond to her applications but this did not deter her. A position for a Supply Support Worker in schools at “Milk Education” ignited LJ’s ambitions into overdrive. As expected for this nature of work, the recruitment process was going to be exceptionally thorough and lengthy.



With support and encouragement from the team on “Get Set” along with helpful advice and regular guidance from Hayley Henry, Executive Consultant from “Milk Education” LJ achieved success in gaining a paid position. She travels independently on public transport to various schools in the Wigan area and keeps in touch with the Get Set team.

A recent conversation with LJ revealed that she’s *“Still really loving it – the children are wonderful. I like getting paid and making choices on how to spend my money and budget. Hayley’s been very kind and patient with me – I appreciate that. I’m glad I chose a Supported Internship it was the best choice for me because it was a practical course. I’ve never really enjoyed classroom study, maybe my own experiences helped me to understand how I can work and support with young people with SEND.”*

We also spoke to Hayley Henry Executive Consultant, at Milk Education who agreed that *“LJ is absolutely fine, her enthusiasm is infectious and she’s definitely a worker. I am particularly impressed with LJ’s willingness to travel to Wigan from Chorley, quite a few people are reluctant to consider working away from their hometown! We promote inclusivity in the recruitment and selection of our workforce. We are proud to support talent. Reasonable adjustment in is not a big deal. We are mindful of protected characteristics. Our ethos is built on kindness and effective delivery in our teaching supply and classroom support service.”*

Thank you, LJ, for your incredible update and to Milk Education for their positive actions on employing young people with SEND! The change in curriculum to work based environments benefited her.

#### STUDENT PROFILE

**Laura Jade Taylor**

Age on programme - 22 yrs

Employed by ‘Milk Education’ – Supply Support Assistant

**Get Set**

**Supported Internship - Blackburn College**

The inspirational founder of a local charity went to Lancaster Castle on Friday 20th October to receive a British Empire Medal (BEM) which she was awarded for services to Disabled People in the first King's birthday honours in June.

Jen Blackwell is 42 and lives in Chorley. Her greatest passion in life is dance. Jen also has Down's syndrome but has never let her disability stop her from living life to the full. After she left school, Jen and her mum, Sue, spent 10 years searching for the right dance training opportunities that would allow her to follow her dream to be a Dance Leader and performer. After all those years of searching, they couldn't find anything that was accessible for Jen because of her learning disability, so in 2009 they took matters into their own hands and set up their own organisation, Lancashire-based charity DanceSyndrome.

DanceSyndrome's ethos is that disability should never be a barrier to following your dreams. All DanceSyndrome activities are co-produced, with people with learning disabilities taking visible leadership roles to inspire people to see what can be achieved when we all become more inclusive. The charity offers weekly inclusive dance workshops, their own accredited leadership training, and high quality and exceptional performances at a variety of events including the prestigious Edinburgh Fringe Festival.

After 14 years of striving to inspire people in all areas of life to become more inclusive, Jen was recognised in the 2023 King's birthday honours. As announced on the 17th June, Jen was awarded The British Empire Medal (BEM). The BEM recognises an achievement or contribution of a very "hands-on" service to the community in a local geographical area. This often takes the form of sustained commitment in support of very local charitable and/or voluntary activity; or innovative work that has delivered real impact.

Presentations of BEMs are made locally by The Lord Lieutenant of Lancashire and Jen was invited to the prestigious ceremony at Lancaster Castle, where the newly installed Lord-Lieutenant of Lancashire, Mrs Amanda Parker, presented medals to Jen and other recipients, on behalf of His Majesty the King. Amanda was appointed to the role of Lord-Lieutenant of Lancashire by King Charles III following the retirement of Lord Shuttleworth after 26 years in the role. She officially took over the role on August 2, becoming the first female Lord-Lieutenant of Lancashire in almost 500 years.

This is not the first time that Jen and the DanceSyndrome team have been recognised for their work. The charity has been the recipient of many local and national awards over the last 10 years, most notably receiving the Queen's Award for Voluntary Service, the MBE equivalent for volunteer groups in 2019. This prestigious honour recognises the exceptional contributions made to local communities by groups voluntarily devoting their time for the benefit of others. Jen was thrilled to be invited to Buckingham Palace to celebrate achieving this award.

Jen said "I'm amazed to receive this honour for what I love doing. I'm proud of who I am and the achievements of DanceSyndrome. It's an honour to inspire others to dance and live a life of their choosing. I believe that everybody can dance and do things they love no matter how other people define us."

DanceSyndrome Managing Director Julie Nicholson said "Everyone at DanceSyndrome is so proud of Jen and we are thrilled to see her recognised in the King's birthday honours. This is so well deserved after many years of hard work on the part of Jen, her family, and the team of dancers. Jen has always wanted to change the world through her dance and when she is given accolades like this it demonstrates the huge difference that one person can make if they are determined and dedicated. It's great to see success on this level and really shows what can be achieved when people with learning disabilities are properly included and supported to follow their dreams."

If you would like more information about how to support DanceSyndrome's work or join a dance session, then you can find out more at:

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





## SPRING TERM DANCE PLANNER

Mon	6 - 7PM Everybody Dance (ON ZOOM)		
Tues	10:30 - 11:30AM Everybody Dance (ACCRINGTON)	1 - 2PM Everybody Dance (CHORLEY)	
Weds	10 - 11AM Everybody Dance (PRESTON)	11:30AM - 12:15PM Ballet (PRESTON)	
Thurs	11AM - 12PM Street Dance (ON ZOOM)	6PM - 7PM Musical Jazz (ON ZOOM)	
Fri	6 - 7PM Friday Night Dance Party (ON ZOOM)		
Sat	10:30 - 11:30AM Everybody Dance (CLITHEROE)		

More information and online booking is available at:  
[www.dancesyndrome.co.uk/sessions](http://www.dancesyndrome.co.uk/sessions)

DanceSyndrome is grateful to be supported by the following funders:



St Thomas's Church,  
Marton Street,  
Lancaster  
LA1 1XX

# Inclusive Dance Workshops

Inclusive dance sessions for people with & without disabilities (age 14+ including adults)

Everybody welcome!



Everybody Dance  
Ages 14+  
At 2-3pm  
Cost £5



Saturdays:  
6th January to  
23rd March  
(Please note there will not be sessions on the following dates:  
10th February & 17th February)



Book online:



Contact Debs for information. Tel: 07517 916866

Photography courtesy of the National Lottery Community Fund



# DS Youth

An inclusive dance collective for young people

**Mondays, 6pm - 7:30pm**  
Bangor Street Community Centre, Blackburn

An inclusive dance collective for young people who are interested in developing their dance skills and moving on towards performing.

**Join us!**

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

Tel: 07597 942494

@DanceSyndromeUK



**DS Youth - inclusive dance collective:**

**Mondays, 6pm - 7:30pm**  
at Bangor Street Community Centre,  
Norwich St, Blackburn, BB1 6NZ  
Price per session: £8

If you'd like to join us, email:  
[CYP@dancesyndrome.co.uk](mailto:CYP@dancesyndrome.co.uk)

**Further information:**

- Ages 14-25 years old
- All abilities welcome. Inclusive dance is about people with and without disabilities dancing together
- No previous dance experience needed
- We will explore dance techniques and movement patterns
- Learn about the skills needed to perform
- Work towards performance opportunities throughout the year
- Wear comfortable clothes and shoes for moving
- Bring a drink of water

**Join us!**



DANCE






Find us on Facebook

*'you are not alone'*

**Spectrum of Light Rossendale is a parent carer support group of children whom have extra needs**

**MONDAY EVENINGS  
7.00PM - 9.00PM**

Come along to our safe space with people who are in similar positions. Make friends, give and take away advice. £2 donation, refreshments are provided.

For more information contact **Julie** on  
**07968 057954**  
info@spectrumoflightrossendale.co.uk



everyone matters.

Everyone Matters is a group for parents and carers of children and young adults with disabilities or SEN needs. You are welcome to join us every first Tuesday of the month at 1-3pm.

Everyone Matters provides a friendly, safe and supportive environment for you to come and meet others.

Brave Church, Watson St,  
Oswaldtwistle BB5 3HH

Phone: 01254 372771

Email: hello@bravechurch.co.uk  
Website: www.bravechurch.co.uk



**Family  
AUTISM  
Service**

**Is your child seeking or has an autism diagnosis?**

**Do you live in East Lancashire or Blackburn with Darwen?**

**Is your child/children under 25 years old?**

**Are you a parent/carer looking for information, advice and support?**

**Come along to our:**

- Parent Support Group
- Autism Awareness Sessions and workshops
- Cygnet Course
- Social Activities (for families, young people, siblings)
- Emotional Health and Well Being sessions



**MAKE A REFERRAL**

**For more information:**  
☎ 01254 244706 | ✉ autism@canw.org.uk | [www.canw.org.uk](http://www.canw.org.uk)






**HOME  
START**  
in East Lancashire

**Home-Start  
Coffee and Chat**

**Do you think your child may have additional or behavioural needs or have you got a diagnosis and need help?**

Home -Start would like to invite you to our coffee and chat morning sessions to share ideas with other parents and our experienced volunteers

Topics include managing behaviour, sleep, nutrition, sensory needs, EHP Plans, wading through the system and many more ideas and resources are available

Home Start are running informative coffee mornings for parent/carers, of all children who have additional and/or behavioural needs, who would like to share/gain advice and ideas with others.

Topics such as managing behaviour, sleep, nutrition, sensory needs will be discussed and

Contact **Rachael 07702 555078**  
No need to book – just turn up



**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 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-in last Wednesday of the month 7pm-8.30pm. Email Claire chats\_123@yahoo.com for a zoom invite.**

**Face to Face meetings 2nd Thursday of the month 10am-12.00pm, @ More Music, 13-17 Devonshire Rd Morecambe LA3 1QT.**



**BEYOND THE SPECTRUM**

**A meeting space for parents and carers of Autistic children over the age of 16.**

**Facilitated by :  
The More You Know About Autism Services.**

**The Haven, Blanche Street, Preston. PR2 2RL**

**Please register your interest at:  
Sue.Lovatt@RichmondFellowship.org.uk**



**Key-Connect  
Peer Support Group  
For Parents and Carers of  
Autistic Young People**

**Do you care for an Autistic young person, with or without diagnosis or on the Pathway?**

**Our Peer support group may be of interest to you.**

Key-Connect is an informal peer-support group in a relaxed, inclusive and confidential space.

Connect with other parents/carers with shared lived experiences, exchange practical advice, offer mutual support, and signposting.

The group will meet weekly on Tuesdays for 1.5hr / 12 weeks.



**Who:** Parents/Carers within Lancashire/South Ribble  
**Where:** Wade Hall Family Centre, 73 Royal Ave, Leyland PR25 1BL  
**When:** Starting Tuesday 24th October 2023 @12:30pm-2pm

For further information and to book a place please contact:  
Niki (Group Facilitator) on 07580358080 / niki@keycharity.org.uk

Free to attend - Booking is Essential



**Lancashire Positive Minds  
Parent/Carer Support  
Group**



**Anxiety / Obsessions and Compulsions / Depression /Self Harm  
Eating Disorders / Psychosis / Suicidal Thoughts / Autism  
Low Mood / Attention Deficit Hyperactivity Disorder/  
Borderline Personality Disorders / Self Esteem and confidence issues  
and more.**

Supporting a child, whatever age, with Neurodiverse and Mental Health difficulties and needs can be really challenging, isolating, emotionally, physically and mentally exhausting.  
**You are not alone!**

Come along to the group, meet with other likeminded Parents/Carers in similar situations and get both peer and professional support in a confidential, safe environment. The Group is very much parent led but professionally supported who can provide support, advice, guidance, practical tips and strategies, topic discussions and guest speakers all whilst you can have some time for you and have a cup of tea/coffee!

**Leyland Group meet - First Monday of the month from 6.30 –8.30pm  
Preston Group Meet - Second Thursday of the month from 6.30-8.30pm  
Contact Susie for further details.**

**Email:** Lancashirepositiveminds@gmail.com  
**Parent Founder:** Susie – 07713 337182  
**Instagram:** Lancashire\_Positive\_Minds  
**Twitter:** Lancashirepositiveminds@lancashireminds  
**www.Lancashirepositiveminds.co.uk**  
**Facebook Closed Group:** Lancashire Positive Minds

*\*All Facebook requestors will receive a message in messenger prior to approval, please check*



Are you a parent or a carer of a child with SEND or other additional needs?

Do you find it hard to find the time to meet up with others going through similar struggles/experiences?

## You need a TimeOut!

TimeOut is a safe online space to chat or to seek help/advice for and from other parents and carers. ,,

For more information, contact Kat at [kat.timeout@outlook.com](mailto:kat.timeout@outlook.com), search **TimeOut (Chorley)Support Group** on Facebook or scan this QR code.



# SEND Peer Support Group



**ARE YOU A PARENT OR CARER OF A CHILD WITH SEND OR OTHER ADDITIONAL NEEDS?**

**DO YOU NEED A SAFE SPACE TO CHAT, OR SEEK ADVICE FROM OTHERS WHO COULD BE GOING THROUGH THE SAME?**

JOIN US ON THURSDAYS, 1PM TILL 2.30PM AT DUKE STREET FAMILY HUB (DUKE ST, CHORLEY, PR7 3DU)

for more information  
Call 01257 516316 / 516466  
Or email [CFW-CH-groups@lancashire.gov.uk](mailto:CFW-CH-groups@lancashire.gov.uk)







## Wednesdays 1-2:30pm

Support group for parents, grandparents & carers of children with additional needs

Come for a cuppa and a chat about joys & challenges  
Share ideas with other parents & carers  
Guest Speakers

Park Neighbourhood Centre  
Barnes Road, Skelmersdale, WN8 8HN

## Trinity Parent Carer Group

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

Join us for an informal chat with other parents and carers to share information and support.

### Face to face Meetings

2nd Thursday each month 9:30-11:30 am  
St Annes Pastoral Centre,  
Prescot Rd, Ormskirk L39 4TG

2024 Face 2 Face meeting dates			
January 11 <sup>th</sup>	February 8 <sup>th</sup>	March 14 <sup>th</sup>	April 11 <sup>th</sup> tbc due to school holidays

### Virtual Meetings via Zoom

4<sup>th</sup> Tuesday most months 8-9pm

2024 Zoom meeting dates			
January 16 <sup>th</sup> NB change of date	February 27 <sup>th</sup>	March 26 <sup>th</sup>	April 23 <sup>rd</sup>

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

**All Welcome** please check TrinitySNAP on Facebook for any possible date changes due to school holidays etc

Trinity Special Needs Advice Partnership 

# 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
Travel and Transport	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 Helpline	01772 533 900
	SEND Information, Advice and Support Team	0300 123 6706
	Children & Family Wellbeing Service	0800 511 111

**kooth**

**Whenever you're feeling...**

Reach out to us.

Thought bubbles: lonely, left out, a bit different, misunderstood, like you don't belong

[kooth.com](http://kooth.com)

## 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
- Useful websites that you would recommend to other families

Contributions for future issues – please contact us.

Email: [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk)

Tel: 01772 538077



Do you have anything to share in the SEND Newsletter? We would love to hear from you!

## Editorial Group

### Lancashire County Council

[Sarah.deady@lancashire.gov.uk](mailto:Sarah.deady@lancashire.gov.uk)

[Anna.burkinshaw@lancashire.gov.uk](mailto:Anna.burkinshaw@lancashire.gov.uk)

### Parent Representatives\*

Lucy Ellis – Lancaster

Amy Blackburn – Pendle

\*Parent carers from other areas interested in joining the group, please contact us (details above).

### Voluntary Organisation

Tom Harrison – Community East Lancashire

Sam Jones – Chair, Lancashire Parent Carer Forum

### Health

Clair Martin – Designated Clinical Officer, North Locality

**Summer issue** – deadline for articles 29th March, published June 2024

**Autumn issue** – deadline for articles 28th June, published September 2024

**Winter issue** – deadline for articles 27th September, published December 2024

If undelivered, please return to:  
Room CH1:42, County Hall, Preston,  
Lancashire PR1 8RJ

If you would prefer to receive SEND in a different format, or if you no longer require a copy, please call **01772 538077** or email [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk)



We also have a facebook page.

For regular updates, please 'like' our page at: [www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer)

## Get this free newsletter sent to your door

If families would like to have a free copy of the SEND Newsletter delivered to their home 4 times a year, please register online at: [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/send-newsletter](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/send-newsletter)

To Professionals – please email [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk)

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