

FIND

Welcome to the Spring issue of the FIND Newsletter, 2021

What a year it's been! Children are back at school at last, but as we are all aware, the pandemic has left many struggling with anxiety and other issues. You can find information in this issue on ways to help your children cope with all the changes, as well as details of organisations that can provide support to everyone.

The warmer weather and longer days of spring can help us to feel more positive. We are lucky in Lancashire to have lots of beautiful countryside and great parks to explore – remember to stay local though!

Families that use Lancashire Break Time short breaks will be pleased to know that Cabinet have now approved the redesign of the Short Breaks service. More details of the planned changes and key dates will be shared over the coming months.

For now, Lancashire Break Time activities continue as before.

There will be holiday clubs at Easter, including some Outdoor Education activity days at Borwick Hall and Hothersall Lodge! For details of what's available, and to check if your child is eligible to attend, visit the Local Offer: **www.lancashire.gov.uk/SEND**

For those eligible for free school meals, there will also be SEND activities provided in the Easter holidays as part of the Holiday Activities and Food Programme. Further updates to follow on the Local Offer website and facebook page.

The next issue will focus on fun activities and sports, as well as more support for parents, carers and families. If you know of any activity clubs, support groups, etc, that are hoping to reopen during the summer, or if you have anything else to share, please email us at:

FIND@lancashire.gov.uk

Thank you for your continued support.
Sarah Deady
Inclusion Service

 **www.facebook.com/LancashireLocalOffer**



Sweet April
showers do spring
May flowers.
Thomas Tusser

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www.lancashire.gov.uk/SEND

Rebecca's Story

As a young carer, worrying has naturally become a part of my daily routine without even realizing it. Even if everything is perfectly fine, there is always something that sits at the back of my brain on repeat.

Epilepsy can be a debilitating condition to not only those who have it, but the people around as well. However, as a sibling of someone who has epilepsy, being able to experience the ups and downs of the disorder has made me a much stronger person.

It has helped me to not only empathise with others facing similar situations, but also to educate others and bring awareness to epilepsy and the misinformation around it.

I'm incredibly grateful to the support I've received over the years, including from charities like Carers Link Lancashire who work with young carers around the county.

**Rebecca, 12 Years Old,
Young Carer**



Useful Contacts



Carers Trust:
info@carers.org
www.carers.org



Carers Link Lancashire:
01254 387666



**Barnardo's Lancashire
Young Carers:**
01772 641002
lancashireyoungcarers@
barnardos.org.uk



**Burnley, Pendle & Rossendale
CVS Young Carers:**
01282 433740
YoungCarers@bprcvcs.co.uk



Young Sibs:
www.youngsibs.org.uk

**epilepsy
society**

The 26th March is Purple Day,
a time to get people talking about
epilepsy, raise awareness of the
condition and raise vital funds.

**Wear something
Purple to show your
support!**

**purple day
friday 26 march**

**Helpline 01494 601 400
helpline@epilepsysociety.org.uk
www.epilepsysociety.org.uk**

YOUNG CARERS' ACTION DAY

16 MARCH 2021



Young Carers' Action Day (formerly Young Carers' Awareness Day) is an annual event designed to bring attention to the lives of Young Carers. The theme for this year is '**Protect Young Carers' Futures**'. The aim is for Young Carers to recognise the many skills they possess and for future employers to recognise these skills and attributes and how these young people can be a great asset to their workplace.

Many Young Carers have to learn new skills and deal with often complex or difficult situations and as a result they learn coping strategies, problem solving skills along with many other qualities which can make them extremely employable young people.

I have had the privilege of getting to know many Young Carers over the past few years, and I have been able to get an insight into their daily lives during my role as a Young Carers Development worker.

*Stephen** is one Young Carer who springs to mind when I consider the extra skills and qualities Young Carers often acquire. Stephen helps to care for his disabled siblings, and as well as being their big brother he regularly takes on the role of a teacher, a nurse, a childcare worker, and a chef too.

*Karen** helps to look after her mum who has a mental health condition and her sibling who has a physical disability. Karen is responsible for waking mum up in the mornings and helping her to remember things like turning off the oven or attending appointments. Alongside this she has to help her sister with daily tasks such as getting dressed and helping her to get organised for school.

*Emily** described how she was cooking meals and doing household jobs from the age of 5. It only occurred to her when she was a teenager and many of her peers struggled to make a meal, how many extra skills she had acquired due to being a Young Carer. Emily is now at college and training to be teacher and although it is clear to see the hardship she has endured over the years, I can't help but think that her life as a Young Carer has also set her on the right track to a successful career.

Naturally Young Carers can feel stressed by the responsibility of their caring roles but many can also see the benefits of what they are having to learn; the ability to empathise with others, the many practical skills they are developing, along with qualities such as organisational/time management skills and above all resilience, to help them to deal with whatever life throws at them.

There is no doubt that Young Carers deal with lots of things that some of their peers don't have to deal with and this is why it is important to recognise the vital role they play for their families and within society, and why they should be supported in their role and enabled to let their hair down too! However some of the skills the Young Carers are learning will make them stand out as an asset to our communities and to the workplace and make them highly employable and successful young people.

Julia Johnson

Young Carers Development Worker
Carers Link Lancashire

**Names have been changed*



Virtual Open Morning /Have-a-Go Afternoon

For prospective students and families with young people with a visual impairment

27th March from 9:30am

Virtual Open Morning for parents / carers followed by a virtual Have-a-Go afternoon for young people aged 13+ with a visual impairment.

Parents / carers are invited to join us for an informative morning talking to College staff and covering everything you need to know about RNC and the funding process.

Young people are invited to join us for some fun and interactive online activities, followed by an 'Ask us anything' Q and A session for students aged 17+.

To book your place OR for more information call **01432 265 725** or email: **info@rnc.ac.uk**
We are also excited to announce a recent launch of a brand new and improved RNC Website:
<https://www.rnc.ac.uk/>

Have you signed up for the **'Teach Me Too'** learning programme

Teach Me Too rolls out second stage of Covid-19 video learning programme.

- Teach Me Too launched the first stage of its video learning programme on 24th December, 2020.
- Teach Me Too is a learning resource designed specifically for children with Down's syndrome.

"These videos are a lifesaver for families, particularly right now. Many services such as speech and language therapy were already stretched even before the first lockdown - now they are in total crisis. Our five-year-old daughter Chloe hasn't had any NHS speech and language therapy for almost a year. Chloe has engaged really well with the Teach Me Too stage one videos and we are very excited about the launch of stage two." (Charlotte, UK)

"It's really helpful to have such a support to teach my child during this pandemic. The videos are totally adapted to their way of learning. As a parent, it's very reassuring and a big time saver." (Claire, France)

These are just a couple of the heartfelt reviews from parents describing the profound effect that the Teach Me Too videos are having on their children's learning in lockdown.

January saw the launch of the second stage of an online library of educational videos, designed to help children with Down's syndrome develop skills in speech, language and cognition. It consists of twenty more videos, which aim to build on the foundational skills introduced in stage one.

All forty videos focus on 'stage' rather than 'age', which allows them to be enjoyed by children of a wide range of ages. Like the first stage, the second phase of videos comes with additional learning resources so that parents and therapists can understand the techniques used, and introduce them outside of the sessions.

This innovative approach to learning has sparked global interest in the scheme. Thanks to funding from Quality Compliance Systems (QCS), a leading content provider for the care, health and learning sectors, Teach Me Too has been made freely available to all. Since it was released in December, the video library has been accessed by families in 53 different countries across five continents.

Jo Aiyathurai leads the charity, 21 Together, which designed the Teach Me Too programme. She said, "We're delighted by the level of interest that Teach Me Too has sparked – both in the UK and further afield.

Every day we receive heart-warming testimonies from mums and dads who firmly believe that the resource has been life-changing for their kids. We're also exceptionally grateful to QCS, whose help and expertise have proved invaluable. Our aim now is to work with our partners to ensure that many more children are able to access the videos, and in doing so, exceed their personal learning goals."

Teach Me Too

Teach Me Too is a video library of short educational videos, designed by specialist teachers and therapists to meet the educational needs of children with Down's syndrome (for example by using visual learning strategies).

There are forty videos, divided into two stages. Each stage comprises twenty 20 videos, with each video 10 to 15 minutes long. Twenty videos have been produced and led by specialist teachers, and twenty by specialist speech and language therapists.

Stage one focuses on early communication and cognitive skills, while stage two reinforces knowledge and understanding in this area.

The videos can be watched independently, but work best when an adult supports the child, and uses the ideas to continue learning at home or school.

To access the resource head to: <http://bit.ly/39TtSYO>

21 Together

21 Together is a registered charity in Kent set up in 2016 by four parents, each with a child with Down's syndrome. It is now a vibrant and thriving community charity with families at its heart, supporting over 140 families and 200 individuals within Kent. It was named "Charity of the Year" at the Wards Children's Charity Awards in November 2019. To find out more about 21 Together, or its Teach Me Too online resource, please email: teachmetoo@21together.org.uk

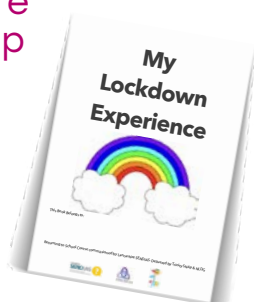
QCS

Quality Compliance System (QCS) provides a high-quality, bespoke Care Quality Commission management service for Adult Social Care providers, Dentists and GPs. Across the social care sector, QCS is widely trusted and respected brand which is specifically designed to conform to the CQC Fundamental Standards set out by the CQC. To find out more about QCS, call 0333-405-33 33 or email: sales@qcs.co.uk





North Lancashire
Directions Group
Parent Carer
Network



Lockdown Booklet

The Lockdown Booklet has been created to enable parent carers to inform schools and settings about their child's experiences of lockdown, both positive and negative aspects.

Not all children will be able to talk about or share effectively their experiences. There will be lots of pressure on school staff to unpick the lockdown experiences of our children. By sharing this booklet, we hope the gap can be bridged and support needs met quicker and easier.

Sharing the positives can also be a conversational starter for staff and support positive well being and mindsets for our children.

By completing the booklet with the child or young person, where possible, it will hopefully enable staff to understand how the child can be supported.

You can download a copy of the booklet from the NLDG website:

www.northlancsdirectionsgroup.com/lockdown-booklet

Down's Syndrome Awareness Week

15th - 21st March 2021



For this year's Awareness Week we will be celebrating all the different ways we're connecting with each other, particularly to share and amplify the experiences, knowledge, creativity and achievements of people who have Down's Syndrome.

Find out more at:

www.downs-syndrome.org.uk/about/campaigns/awareness-week-2021

Facebook Groups

East Lancashire Down's Syndrome Support Group:

<https://www.facebook.com/EastLancsDS/>

North Lancashire Down's Syndrome Group:

<https://www.facebook.com/nlancsdsgruop/>

Bolton Smiley Faces:

<https://www.facebook.com/bolton.smileyfaces>

Down's Heart Group:

<https://www.facebook.com/DownsHeartGroup/>

Downs Syndrome International:

<https://www.facebook.com/DSiupdate/>

Downs Syndrome Education International:

<https://www.facebook.com/dseinternational/>



Down's Syndrome
Association
A Registered Charity No. 1061474



Preparing your child for returning to school

With plans being made to reopen schools, as a parent or teacher you may feel concerned about your child returning to school, especially if they find change difficult to handle.

Website links

Social stories: autism.org.uk/about/strategies/social-stories-comic-strips

Here are some things that you can do to help prepare your child and to gain a sense of control over the uncertainties.

- 1 Think about your child's individual needs:** each young person has their own personality, strengths and requirements so will need different preparation and support.
- 2 Find out your child's worries:** are they worried about catching the virus or family members getting sick? Once you know their concerns, you can provide them with information and reassurance to help them feel safe at school.
- 3 Share with teachers and support staff your family's lockdown experience,** as this will affect how your child will feel about returning to school. For some families, just getting through each day has been the priority, while others will have lost someone close to them. This will help school staff to provide the support your child needs.
- 4 Work together** with your child's teacher and other professionals to agree an individual 'return to school' plan. It will help to think about what time your child will start and finish school, who will meet them and where they'll spend breaktime. You can add more details as they become known.
- 5 Use your child's preferred communication method.** Your child could help write their own 'return to school' plan. Other children may find symbols, photos or videos more helpful. **Social stories** which use short descriptions of a situation or activity can help children understand and cope with changes.
- 6 Think about what will be the same** when your child returns to school, such as their teachers and uniform. Focusing on this first will be reassuring and help reduce their anxiety.
- 7 Find out how the school environment will be different,** such as the position of desks in classrooms. School staff may be able to provide photos or videos so your child can see what school will look like. Remember, certain changes may benefit your child, for example fewer children in the playground may reduce the risk of sensory overload.
- 8 Consider how changes to school routines and activities will affect your child:** for example, there could be new rules about entering and moving around school. Some activities that your child enjoys may not be allowed, such as swimming. Help your child to understand those changes to their school day and why they are happening.
- 9 Think about what you learned about your child during lockdown.** Did certain activities calm your child down? Did regular movement breaks improve their focus? Share this with their teacher. It could also help to continue some of the activities you started in lockdown once schools reopen.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN



1

Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



5

Keep children learning

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



6

Limit screen time and mix up activities

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



7

Help your child manage stress

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



8

Expressing feelings doesn't have to be face-to-face

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



THE STRESS RELIEF GIRAFFE



OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water



STRUCTURE & ROUTINE

When things are uncertain, this leads to anxiety. Young people with Speech, Language & Communication in particular require a more concrete and predictable world to feel secure. You can decrease the uncertainty and increase the feeling of security by creating structure and routine for them.



BUILD STRUCTURE INTO DAILY ROUTINE

You want your daily routine to be as structured and predictable as possible. This reduces anxiety. Regular routines that are already in place such as bed times should be continued.



USE A VISUAL SCHEDULE

Try to use visual schedules so they can see what's coming up next. These plot a route through the day for them, creating predictability.



KEEP ROUTINE HABITS THE SAME

Keep your familiar routines consistent between days. For example, going for a walk at the same time each day, or following the same route on the walk.



MANAGE TRANSITIONS

Switching from one activity to the next can be challenging. Make it easier by giving reminders that things are coming to an end and others are beginning. You can use a Now/Next board, or a timer to help prepare for the change.

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Disability charity enhance their service for children and young adults in education with new look website



Claire Bell, Deputy Membership and PR Manager says,

'It's fantastic that our site is now live and will make it much easier for members to access all the wonderful audiobooks that we offer. Many of our educational titles have been recorded for our Sound Learning programme and can't be found elsewhere, such as *A Change is Gonna Come* by Darren Chetty. It's been a very difficult time for pupils, teachers and parents, these titles can really bring a subject to life and will ensure that those who are home schooling have an easily accessible resource that they can use to support their teaching.'

The UK charity Listening Books have launched the perfect support for lockdown learning for anyone with a print impairment which affects their access to books. If you qualify for membership* you can now visit their website, fill out a short joining form and begin to stream and download over 1500 educational and fiction titles for children and young adults! Including set texts such as Shakespeare plays and 19th century prose novels, study guides and titles to support mental health, as well as a wide range of popular fiction titles, the collection will make home schooling that much more enjoyable and accessible.

The new website was needed as the previous version wasn't fully accessible or mobile friendly and in addition did not have all the fantastic features for members. Members are now able to gain instant access to the service upon joining, can rate and review titles they've enjoyed, as well as create lists of favourite titles to share with others. The charity secured funding and found an agency to work with who created them a bespoke site which more fully serves their member's needs. You can visit the new site and join here: www.listening-books.org.uk

Listening Books currently serve over 111,000 members, comprised of individuals and organisations such as schools, children's hospitals and hospices. According to the Department of Education, 14.9% of all pupils have a SEN, and Listening Books will use the launch of the new website to reach as many as possible to highlight the overall benefits that access to audiobooks can bring, both for leisure and learning, and particularly as a resource for home schooling.

Listening Books - An audiobook lending charity for those that find their illness, mental health, physical or learning disability affects their ability to read the printed word or hold a book. Annual memberships start at £20 for those who can afford it or are free for those that would find the fee a barrier to membership. Please indicate this by ticking the relevant box on our application form.

*to qualify for membership, you must have an illness, disability, learning or mental health condition that affects reading or holding a book, and be resident in the UK.

CONTACT INFORMATION

Listening Books
12 Lant Street, London, SE1 1QH
Claire Bell
cbell@listening-books.org.uk
0207 407 9417

SINCE  1959
LISTENING BOOKS





Reading Well can help you cope with the pressures of life, **feel better** about yourself and **boost** your confidence using books.

The Reading Well books have been chosen by young people and health experts to **help** you with **difficult feelings and experiences** that can affect your wellbeing.

The books have **information and advice** as well as personal stories about dealing with feelings such as **anxiety, depression or stress** and experiences such as **bullying**.

Look out for the books in your local library - they're free to borrow.

Take one home today.

Recommended Reading

✶ GRAPHIC NOVEL
✶ MEMOIR
✶ FICTION

GENERAL

**Wellbeing - Mental health - Coping
Feeling Fine - Self-esteem - Learning about Life**

- **Blame My Brain**
Nicola Morgan
Walker Books
- **Mind Your Head**
Juno Dawson
Hot Key Books
- **Stuff That Sucks**
Ben Sedley
Robinson
- **The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!**
Self-Esteem Team
John Blake Publishing
- **Every Day**
David Levithan
Electric Monkey
- **House of Windows**
Alexia Casale
Faber & Faber
- ✶ **I'll Give You the Sun**
Jandy Nelson
Walker Books
- ✶ **Kite Spirit**
Sita Brahmachari
Macmillan Children's Books
- **Quiet the Mind**
Matthew Johnstone
Robinson

ADHD Attention Deficit Hyperactivity Disorder

- **Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD**
Patricia Quinn and Judith Stern
Magination Press

ANXIETY, WORRY AND PANIC

- **My Anxious Mind**
Michael Tompkins and Katherine Martinez
Magination Press
- **The Shyness and Social Anxiety Workbook for Teens**
Jennifer Shannon
New Harbinger
- **The Anxiety Survival Guide for Teens**
Jennifer Shannon
New Harbinger
- ✶ **The Perks of Being a Wallflower**
Stephen Chbosky
Simon & Schuster

AUTISM AND ASPERGER SYNDROME

- **Freaks, Geeks and Asperger Syndrome**
Luke Jackson
Jessica Kingsley
- ✶ **The Curious Incident of the Dog in the Night-Time**
Mark Haddon
Vintage
- **The Reason I Jump**
Naoki Higashida
Sceptre

BODY IMAGE AND EATING DISORDERS

- **Can I Tell You About Eating Disorders?**
Bryan Lask and Lucy Watson
Jessica Kingsley
- **Banish Your Body Image Thief**
Kate Collins-Donnelly
Jessica Kingsley
- ✶ **Tyranny**
Lesley Fairfield
Walker Books

BULLYING

- **Bullies, Cyberbullies and Frenemies**
Michele Elliott
Wayland
- **Vicious**
True Stories by Teens About Bullying
Ed. Hope Vanderberg
Free Spirit

CONFIDENCE AND SELF-ESTEEM

- **Banish Your Self-Esteem Thief**
Kate Collins-Donnelly
Jessica Kingsley
- **Self-Esteem and Being You**
Anita Naik
Wayland
- **Face**
Benjamin Zephaniah
Bloomsbury

DEPRESSION

- **Am I Depressed and What Can I Do About It?**
Shirley Reynolds and Monika Parkinson
Robinson
- **Can I Tell You About Depression?**
Christopher Dowrick and Susan Martin
Jessica Kingsley
- **I Had a Black Dog**
Matthew Johnstone
Robinson

MOOD SWINGS

- **Don't Let Your Emotions Run Your Life for Teens**
Sheri Van Dijk
New Harbinger

SELF-HARM

- **The Truth About Self-Harm**
Celia Richardson
Mental Health Foundation

OCD Obsessive Compulsive Disorder

- **Breaking Free from OCD**
Jo Derisley and others
Jessica Kingsley
- ✶ **The Unlikely Hero of Room 13B**
Teresa Toten
Walker Books
- **Touch and Go Joe**
Joe Wells
Jessica Kingsley

STRESS

- **Fighting Invisible Tigers**
Earl Hipp
Free Spirit
- **The Teenage Guide to Stress**
Nicola Morgan
Walker Books

Reading Well is supported by the British Association for Behavioural and Cognitive Psychotherapies, The British Psychological Society, Mental Health Foundation, Mind, National Association of Primary Care, NHS England (Children and Young People's Mental Health), Public Health England, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists and YoungMinds.

**THE
READING
AGENCY**

**READING
WELL**

Find out more at: reading-well.org.uk/shelfhelp

People who care for or work with children and young people aged up to 25 who have been affected by COVID-19 (or other emergencies or individual crises) can access a free online Psychological First Aid (PFA) training course.

The COVID-19 pandemic has had a huge impact on children, with many reporting that it has made them feel more stressed, lonely and worried.

The online course, developed by Public Health England (PHE), offers training on how to provide practical and emotional support to children and young people affected by emergencies or crisis situations. Children and young people can be very resilient, but crises such as COVID-19 can severely impact their mental health. Getting the right support early on can help prevent problems occurring or worsening.

Those completing the training will be equipped to better identify those children that are in distress and provide support to help them feel safe, connected and able to take steps to help themselves during the pandemic or other crisis situations.

It's available for all frontline workers such as teachers, health and social workers, charity and community volunteers and anyone who cares for or is regularly in contact with children and young people aged up to 25, including parents and caregivers. It's free, takes about 3 hours to complete (split into 3 sessions that the learner can complete at their own pace) and no previous qualifications are required.



On completion, participants will have an understanding of what PFA is, be able to identify who would benefit from support and how best to give help across the different age groups and also for those who might need extra support because of different needs.

To access the course, go to:

<https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>

Please note: the PFA course is a training resource to equip people with information to help others. It is not intended as a therapeutic intervention for those who are experiencing distress or crisis.

Anyone needing help should visit:
<https://111.nhs.uk/> - call 111
or contact their GP.



Public Health
England

Supporting you and your child: A positive path through lockdown 3

We want to continue to support you and your family throughout lockdown and have put together a bank of advice and support recordings to help you during this period.

Witherslack
Group




Sign up to access a wide range of content to help you and your family by visiting
www.witherslackgroup.co.uk/webinars/lockdown-3

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

Moving up to High School in September?



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

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

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



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

Trinity Special Needs Advice Partnership

Trinitysnap17@gmail.com



SEND Information, Advice and Support Team

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

Email – information.lineteam@lancashire.gov.uk

Facebook - www.facebook.com/LancashireSENDInformationAdviceandSupportTeam

Registered Charity No.: 1119863

- 'Stay and play all day' family club every Saturday!
 - We provide training sessions for parents and carers (on zoom):
 - Sensory Diets & Sensory Circuits
 - Intensive Interaction
- All training is carried out by professionals.

• Mid Week Sessions

Mondays: Dance Therapy
Wednesdays: Activity Day

AM sessions - SEN homeschooled children

PM sessions - adults in the community who have autism, learning difficulties and associated disorders



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

For more information and bookings, please email
b.donoghue@ojscare.org



MoreMusic

SING IT OUT!

Find your voice at our relaxed singing session for 11-18yr olds

Support positive mental health through singing together

Sing out stress, sing out strong or simply start by singing something small

TUESDAYS
4PM - 5PM

No experience necessary

All welcome!

Contact anna.daly@moremusic.org.uk for more information

TERM DATES:

ONLINE VIA ZOOM FROM
12TH JAN 2021



WWW.MOREMUSIC.ORG.UK | 01524 831997 | INFO@MOREMUSIC.ORG.UK

YOUTH MUSIC



ARTS COUNCIL ENGLAND

LANCASTER CITY COUNCIL

a.c.e. Narrative Change & Engagement



Colourful Footsteps

Virtual SEND Group for 5-11s

Meet other parents

Have fun with activities to do at home

Find out how to get support

Fridays at 4pm on 

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

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

Made with PosterMyWall.com



AOK Stay and play

Support group for families with children with additional needs/disabilities

EVERY WEDNESDAY

FOR CHILDREN AGED 0 TO 8

BOOKABLE SESSIONS (LIMITED PLACES)

FOR CHILDREN WITH OR WITHOUT A DIAGNOSIS

CURRENTLY ONLINE, BUT MOVING BACK INTO LUNE PARK CENTRE SOON!

Contact Claire at Lune Park on 01524 581280 or e-mail claire.rogerson@lancashire.gov.uk

Made with PosterMyWall.com

Splatter Dance

from Home

Join us from the comfort of your own home in our fun & inclusive sessions

Move on Mondays

Inclusive Dance Session (primary ages):

4.15pm-5.00pm

Fun, physical & creative sessions where children with additional needs & their peers can express themselves & enjoy moving together. Sessions delivered by a dance specialist with 15 years experience.

Inclusive Dance Session (teens & young adults)

5.15pm-6.00pm

A creative class where teens & young adults with additional needs can have fun, express themselves & develop their dance & choreography skills with peers. Sessions delivered by a dance specialist with 15 years experience.

On Wednesday We Talk Makaton

'Splatter Natter' Session

4.00pm-4.30pm

These sessions focus on a different book each week so families can learn Makaton vocabulary that is connected to the book as well as everyday situations. Sessions are delivered by a qualified & licensed Makaton Tutor.

Contact and Booking



All online sessions are £3.50 per household

Book via splatter-dance.class4kids.co.uk

Contact Emma - emma@splatterdance.co.uk or 07973636019

N.B. Sessions take place in Ormskirk when face to face is possible



Understanding Autism Workshops 2021



Understanding Autism/ASC & Diagnosis

Action for ASD's Understanding Autism workshops will help you to gain more support for your family.

Our workshop's involve group discussion, support and signposting.

- Has your child recently been diagnosed with Autism/Autistic Spectrum Condition? If you're wondering 'what next' and would know what support is available?
- Has your child been referred to the paediatrician to have an assessment for Autism/ASC?
- Are you struggling to cope with the diagnosis process and would like to know about autism/ASC?
- This workshop can be accessed pre and post diagnosis, your child can be at any stage of diagnosis

This free 1.5 hour one off workshop will be an introductory session with the opportunity to share your experiences with other parents and take away ideas, strategies and resources.

To book a place on one of the below events please contact the children's service

Email: children@actionasd.org.uk

Text: 07809903852

Call: 01282-415455

If you are interested in autism awareness training for your organisation or school. Please contact us to register interest in our training for professionals courses.

All of our workshops are currently being held online over zoom.

www.facebook.com/groups/actionforasd

Dates & Times

Thursday 25th March 1-2.30pm

Thursday 29th April 6.30-8pm

Thursday 27th May 1-2.30pm

Thursday 24th June 6.30-8pm

Thursday 29th July 1-2.30pm

Thursday 30th September 6.30-8pm

Thursday 28th October 1-2.30pm

Thursday 25th November 6.30-8pm

Thursday 16th December 1-2.30pm

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

Action for ASD | King Edward House | 9 Finsley Gate | Burnley | Lancashire | BB11 2HA

Tel: 01282 415 455 | web: www.actionasd.org.uk | Charity No: 1089341



National
Autistic
Society



World
Autism
Awareness
Week
2021
29 March
- 4 April

World Autism Awareness Week is back!

Here you'll find everything you need to help raise awareness and funds with family and friends. All our ideas - from workouts to gameathons - are perfect for home-based fundraising. So join the fun and help create a society that works for autistic people.

Why your help is more important than ever

The coronavirus pandemic has been particularly tough for many autistic people and their families. Services have closed and many people have been left stranded. The ever-changing guidelines and restrictions can be confusing to understand and extremely difficult to implement for autistic people with high support needs.

Thanks to our supporters, we've been able to campaign to ensure autistic people's needs are taken into account by governments across the UK in these challenging times. Autistic people have been included in mask exemptions and have been given more opportunities to exercise.

We've developed online resources for autistic people and increased the number of online social groups we run. There is still so much to do and we desperately need your help to continue this vital work.

For more information, visit:

<https://www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week>



Online learning for parents, carers and professionals



Join us this year for trusted and affordable online learning

Brought to you by the organisers of The Autism Show, our team of autism specialists will take you through the strategies and approaches which can make a positive difference.

You can choose to live stream our webinars and seek personalised advice, or stream recordings for 30 days and watch when most convenient to you.

Webinar Programme 2021

| | |
|-------------------|--|
| 26th & 27th March | Supporting Girls on the Spectrum |
| 7th & 8th May | Understanding Sensory Processing Disorder |
| 14th to 19th June | The Autism Show: Webinar Week |
| 16th & 17th July | Understanding Pathological Demand Avoidance (PDA) |
| 1st & 2nd Oct | Teaching Strategies for School and Home |
| 5th & 6th Nov | Managing Anxiety & Mental Health |
| 3rd & 4th Dec | Supporting Speech, Language & Social Communication |

Book your tickets now at
www.autismlearns.co.uk



Autism Support Helpline

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

0800 031 5445

Autism | ADHD | Sensory Processing Differences

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

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



A haven for families affected by autism

Lines open:

Mon-Thurs 9am-8pm

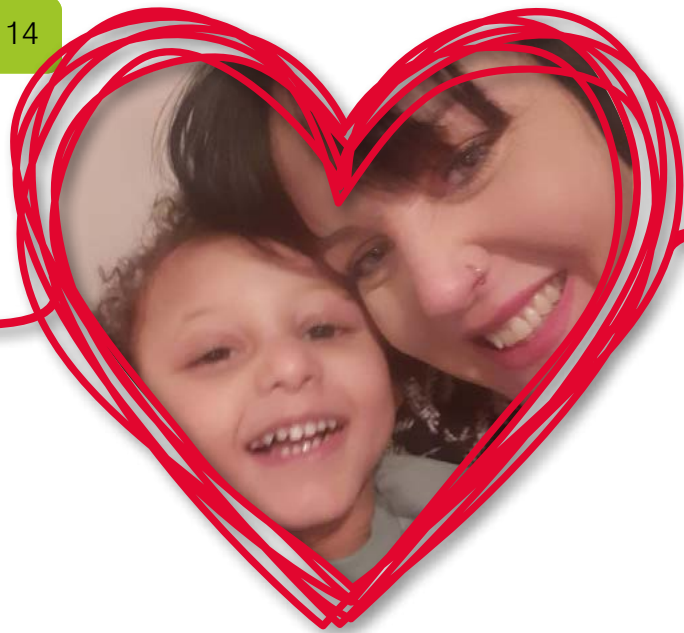
Friday 9am-5pm

Nationwide support



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

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



Reach Out

Support for parents of children with short lives

On 3rd December 2018 I was blessed with a beautiful baby boy, Elijah. It was love at first sight and I knew that my life would change forever. What I didn't know, at that time, was just how much my life would change.

At a routine Health Visitor check in early March 2019 when Elijah was just 3 months old, the Health Visitor noticed that Elijah's front soft spot had closed early. Following a 6 day stay in Hospital, when multiple tests were carried out, I received devastating news at the end of March 2019. Elijah was diagnosed with a rare genetic neurological condition called Pontocerebellar Hypoplasia (type 2A) – a life limiting condition where the brain has not fully developed.

It is impossible to try to explain to someone the impact of that news – to learn that your 4 month old son may never sit, walk, talk and has a life expectancy of around 10 years is crushingly devastating and heartbreaking. I experienced a myriad of emotions – disbelief, anger, grief to name a few. All the things I had planned to do with my little boy, and the life I had mapped out for us, were taken away from me with that diagnosis.

It is now nearly two years since Elijah's diagnosis and I am now more able to focus on what Elijah can do and achieve rather than dwelling on the things he can't do and the milestones he has missed. It is still difficult though to see a neuro typical child, particularly one younger than Elijah, achieving their milestones and I have found myself starting to distance myself from family and friends with young children as it is sometimes just too painful.

Elijah is a very happy little boy with a cheeky personality, a lovely smile and an infectious giggle and he very rarely cries. I take comfort from the fact that he doesn't know that his life should be different - so as long as he is happy and not in any pain or discomfort, then that is all I can wish for.

I can't say that I will ever fully come to terms with, or accept, what I know the future holds, but I have learnt to try and live in the moment and to enjoy the time I do have with Elijah and give him the best life possible. Elijah has an excellent team of Doctors and Therapists to support him and with their help, I am determined to maximise his potential.

Whilst the medical support we have received has been first class, I have found little to no support out there for Parents who are trying to cope with all the emotional stresses and strains that go hand in hand with having a child with a terminal diagnosis.

After speaking with another Mum, Rachel Lund, who is going through a very similar journey with her son Alfie, we decided to create a support group for parents of children with life limiting conditions. Whilst not discounting the support of family and friends, which can be invaluable, it is hard for them to fully understand unless they too are living with this on a daily basis.

The group is called **REACH OUT** (support for short lives) and is accessible on Facebook. Eventually, once it is safe to do so, we also hope to be able to arrange face to face meetings for anyone who may be interested – these will be very informal with no pressure to either attend or participate.

continued over...

The aim of the group is to give Parents a chance to share their experiences and emotions with other Parents going through the same thing.

Whilst the medics can offer clinical support it is only other people who are living through the same challenges on a day to day basis that can truly understand the emotions and challenges faced.

The group will provide a safe and supportive place to discuss, share and rant without ever being judged.

Who else will understand the emotional highs and lows and the 'triggers' that drive these emotional fluctuations?

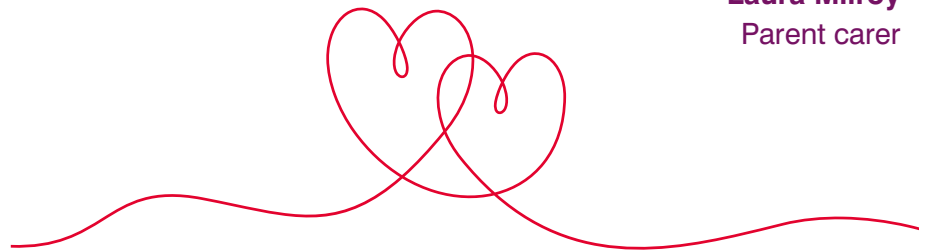
Who else will be able to empathise with the huge sense of achievement if you actually manage to get showered and dressed before lunchtime?

No topic is taboo and no question too silly – the chances are that if you are thinking or querying something, it is likely that someone else has either been thinking the same thing or has been through it – use the group as a sounding board. A different view or perspective may be a big help.

If you are the parent, or carer, of a child with limited life expectancy then please do join the group. We are very much in the early stages of setting this up at the moment and there is no obligation, if you do join, to actually contribute. Everyone moves at their own pace on this journey and some may not wish, or be ready, to share. Please do still join though – you can be a silent observer and still benefit from the experiences of others.

I Thank you for taking the time to read this.

Laura Milroy
Parent carer



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

Sometimes it can be difficult to talk to someone

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



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



**RAINBOW
HUB**

*the Lancashire charity
changing lives*

For those who don't know us and even though we say so ourselves, Rainbow Hub is an amazing charity – a sentiment echoed by the parents whose children we support. Our aim is to ensure that each child achieves his or her individual potential – in most cases, these are things most of us take for granted like walking, speaking, playing and feeding themselves. And we provide a lifeline for the parents as well.

Based in Mawdesley, we offer a range of physical therapies and early years sessions to children with disabilities, focussing on what a child can do rather than what they can't. We have a unique range of outstanding facilities where the "Hub" has light, bright rooms housing the large equipment for our conductive education therapy and a trampoline for the rebound therapy sessions. We have gym equipment for our young people and a private room with a specialist physiotherapy bed.

In another building there are interactive sensory and active movement rooms together with rooms dedicated to early years and communication. During the new communication group, a team member will read stories, teach sign language and encourage participation using a variety of different methods. Rainbow Hub believe that this is the first group of its kind to be used to assist the children with their communication skills.

There is a vast outdoor space with an accessible nature playground, a replica of a community including traffic lights and kerbs, and a sensory garden.

Our team of highly trained specialists offer a holistic approach to the health and well-being of each child with a combination of therapies resulting in a higher level of independence.



And learning does not always take place in a classroom, there is a wheelchair accessible kitchen with height adjustable table and hob for some practical life lessons.

And it's open to all, so parents can get to know each other and relax and chat over a cuppa with our Parent Support worker. We even host family days so that families can enjoy time together.

Our diverse range of services is aimed at improving the lives of children with additional needs and support and help to improve the quality of life for all the family. Children attend weekly therapy sessions which are provided free of charge to families.

During the pandemic we have had to close our buildings due to the extreme vulnerability of the children we support but we have set up online videos, one to one virtual sessions and advice for parents so that the children can maintain some of the therapies at home that make such a difference to their lives by keeping movement going. The virtual support includes conductive education therapy, together with virtual fitness and fun sessions and an online communications group. It has worked well but we can't wait to see all of our beautiful children back at Rainbow Hub.

If you know a child who could benefit from attending Rainbow Hub please contact:
Sonia Harris on: **01704 823276** or
s.harris@rainbowhub.org
for an informal chat about how we can help.

For more information please visit our website:
www.rainbowhub.org or you can find us on
Facebook, Twitter and Instagram **@rainbowhubnw**



Carers UK welcomes news that unpaid carers will be in next phase of COVID-19 vaccinations

As of Monday 15th February, unpaid carers will be included in the next phase of the roll-out of the COVID-19 vaccine and will begin to be called forward for their first jab.

Unpaid carers are in cohort six of the Joint Committee on Vaccination and Immunisation's priority list for the vaccination. Unpaid carers are defined by the JCVI as "those in receipt of a carer's allowance, or those who are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill".

Carers UK welcomes the news that unpaid carers will be called forward in this next phase after the national charity led calls for them to be included in the JCVI priority list when they were left out of previous announcements. These calls saw the JCVI include unpaid carers clearly in cohort six on 30th December 2020.

The JCVI recognised that where the main carer for an older or disabled person falls ill with COVID-19, the welfare of the person they care for would be at serious risk.

Helen Walker, Chief Executive of Carers UK, said: *"The Government, NHS and those administering the COVID-19 vaccines have made excellent progress in the last 10 weeks."*

Being called for the vaccine in this next phase will bring many unpaid carers a huge sense of relief, having carefully managed the risk of the virus to themselves and their older or disabled relatives for almost a year.

Carers should wait to be called to book an appointment, and once vaccinated some of the hardest-pressed carers will be able to access support with their caring role for the first time in many months.

This will be the biggest identification programme of unpaid carers ever carried out and should see more carers connected to local support systems.

It will involve new and fast collaborative working between carers' organisations, carers, local health systems, the DWP and local authorities which we hope will leave a strong legacy for carers in the future."

NHS England has written to GP practices and Primary Care Networks asking them to start focus on the vaccination of unpaid carers, as well as the other eligible groups announced today.

The letter also includes the welcome suggestion that where unpaid carers are registered at a practice within the same Primary Care Network as a person at risk, to look at vaccinating them at the same time, if clinically appropriate. This includes housebound visits. This is something that carers have been calling for and Carers UK welcomes.

Eligible carers will be contacted via the National Booking System to receive an invitation to book their vaccination. The GP guidance also states that local areas can flex these arrangements to administer the vaccine to carers directly.

Carers UK looks forward to seeing the publication of NHS England's Standing Operating Procedure which will detail exactly how eligible carers will be identified and contacted for their jabs.



Free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic.

Having a Vaccine for Coronavirus

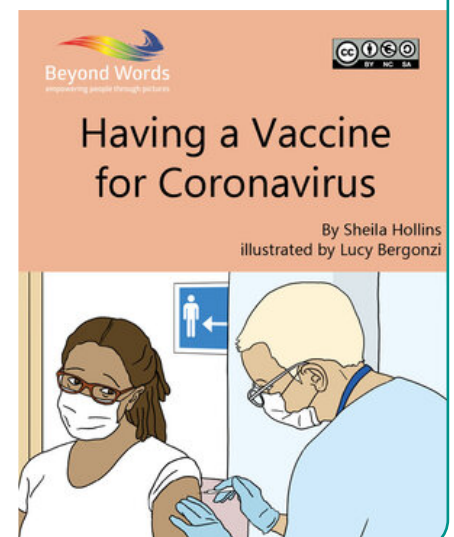
illustrated by Lucy Bergonzi

This wordless story is designed to help people think about the coronavirus vaccine and what having the vaccine will mean.

The pictures can help people to ask questions and talk through their feelings and concerns with a supporter so that they feel prepared when they receive their invitation.

Download this and other stories for free at:

<https://booksbeyondwords.co.uk/coping-with-coronavirus>



Lancashire

SEND IASInformation, advice and support
for Special Educational Needs and Disability**The SEND Information, Advice and Support Team**

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

SEN support in school**Tuesday 16th March 6pm – 7pm**<https://zoom.us/join/register/tU0lcCuqzwrGNw1yaEG9ieW2-0ogUC3pFvD>**SEN support in school****Thursday 18th March 1:30pm – 2:30pm**https://zoom.us/join/register/tU0lc-yhqjwiG9ecrGN0aia1_uNoQzvhd**The annual review process****Thursday 25th March 1:30pm – 2:30pm**<https://zoom.us/join/register/tU0lcQqprT4sG9dcQxNhkJZlqjysNO4EcvX>

The number of places available will be limited

Booking essential – click the link to book

Or find us on facebook:

www.facebook.com/Lancashire-SEND-Information-Advice-and-Support-Team-101447257945808

SEND Information, Advice and Support Team

Helpline - 0300 123 6706

Monday – Friday 9am – 5pm, out of hours please leave a voicemail

Email – information.lineteam@lancashire.gov.uk

Lancashire

Wellbeing Coaching**Children & Young People**

Sharon Sutcliffe & Hannah Thomas

sharonsutcliffe@lancashiremind.org.ukhannahthomas@lancashiremind.org.ukIf you are aged 10-18 our **Wellbeing Coaches** can work with you, teaching you to make different choices to improve your mental wellbeing.

Life should be more than just getting by, every child and young person should have the opportunity to live a healthy, happy lifestyle. Our Wellbeing Coach can help you feel happier and healthier by identifying lifestyle goals and the barriers that are preventing them from being

If you or someone you know is struggling, get in contact with us to see how we can help.

connect

be active

take
noticekeep
learning

give

ADHD North West

Parents/Carers

**Parent Empowerment
& Skills Training Course****LEARN ABOUT ADHD FROM HOME****Starting Week Commencing Monday 19th April 21**

The course consists of 9 sessions lasting 30 45mins

We are running 2 courses side by side

We are inviting you to attend, meet members of our qualified team, learn and understand about how we can help you manage your child's ADHD.

We will give you step-by-step approach which we build on each week.

DAYTIME – Both Monday's & Wednesday's 1pm**EVENING – Both Monday's & Wednesday's 7.30pm**If you are interested, please call the office on 01254 886886 or email reception@adhdnorthwest.org.uk

Lancashire

SEND IASInformation, advice and support
for Special Educational Needs and Disability**SEND IAS drop in
sessions**Now booking for the following
dates**Tuesday 23rd March****Tuesday 6th April****Tuesday 20th April****Book onto one of our SENDIAS
drop ins and talk through your
queries with one of our officers**To register send an email to information.lineteam@lancashire.gov.uk.

We will confirm your place and send you the zoom link.

Trinity Parent Carer Group

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

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



Virtual Meetings



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

Email trinitysnap17@gmail.com for a Zoom invitation

| 2021 meeting dates | | |
|--|---|--|
| February 11 th & 23 rd | March 11 th & 23 rd | April 8 th & 27 th |
| May 13 th & 25 th | June 10 th & 22 nd | July 8 th & 27 th |

All Welcome

Trinity Special Needs Advice Partnership
07484 131652 Trinitysnap17@gmail.com



Lancashire & South Cumbria
NHS Foundation Trust



COVID-19 Update Spring 2021

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

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

YOU ARE NOT ON YOUR OWN

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

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

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

Email Claire chats_123@yahoo.com for a zoom invite.



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND



Around The Table With Twinkle

Every Thursday 11-12pm

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



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

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

www.twinklehouse.co.uk

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

Lancashire and South Cumbria ICS SEND Parent Carer Reference Group

WHEN: Every 3rd Tuesday of the month 7:30pm - 8:30pm.

WHERE: Held on-line using Microsoft Teams

What is the purpose of the group?

Contribute in a meaningful way to conversations related to SEND improvements and reforms

Receive information about the work that is being done on the SEND improvements and feedback with experience, ideas, contributions and involvement in the improvement activity

Support 3 initial priorities for health in the Lancashire and South Cumbria Integrated Care System (ICS) area – Keyworker Function, ASD (Autism Spectrum Disorder), Transitions in Healthcare

Support additional ICS-wide health improvement activity for SEND

Get involved with co-production with ICS groups such as the Keyworker Function Oversight Group, so that you can contribute to the conversations and developments.

To get a 'Teams' invitation please contact Zoe Richards at:
Zoe.Richards@morecambebayccg.nhs.uk

Do you have a child or young person with SEND, or do you use SEND services? Come and join the conversation.

SEND is Everyone's Business

What will the ICS Parent Carer Reference Group mean for me?

The Group gives you, as a parent or carer of a child or young person with SEND, the opportunities to be involved in decisions about SEND improvements.

It helps practitioners get better at putting you and your child or young person at the centre of all that we do, focusing on their aspirations.

It also helps practitioners improve outcomes for children and young people with SEND.

Are you available on the 3rd Tuesday evening of the month from 7:30pm?

Have you experience of SEND Services or have an interest in this area?

Would you like the opportunity to get involved in conversations that shape SEND services in the future?

Are you interested in being part of co-produced and co-designed SEND improvements?

Then join us for the next reference group meeting



Lighthouse Parent Carer Group

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

Upcoming meetings (10.00-11.30am):

March 26th

April 23rd

May 28th

June 25th

July 23rd

To access the Zoom link email

CFWWestLancsNeighbourhoodTeam@lancashire.gov.uk

or Facebook message West Lancashire Children and Family Wellbeing Service

Children and Family
Wellbeing
Service

Lancashire
County Council



SUPPORTING DISABLED PEOPLE TO TAKE PART IN EXERCISE AND SPORTS

Registered Charity No. 1192282

We have been set up to help anyone aged 16 and over who is disabled to take part in sports and exercise

We will be holding sessions each Thursday at Blackpool Sports Centre when COVID-19 restriction permit


We plan to have sessions in Fylde and Wyre later in the year




If you want to take part or volunteer with us then contact a member of our team on:

 www.togetherwecando.org

 www.facebook.com/Together-We-Can-Do

 info@togetherwecando.org

 07859916181

**motiv8
Lancs**

The Beeches Centre, Rimington Avenue,
Accrington, BB5 0NP

Contact Tracy on: 07980292330

Facebook: [motiv8-lancs](https://www.facebook.com/motiv8-lancs) daytime activities
Motiv8-lancscic@outlook.com

Educational sessions for adults 16 and over living with learning disabilities, Autism, a mental health need and for adults socially isolated in the local community.

We are open in lockdown

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

Woodwork Crafts, History, Arts/
Crafts, mindfulness activities,
Arm chair exercises, Play your
cards right Games, Fabric/silk
painting, Bingo,

Table top Gardening,
Meditation, Card Making,
Scrapbooking,
and much more!



LOTTERY FUNDED

A two course lunch is included in the
price and one to one support is
available on request at an
extra cost

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

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

We also deliver a
special session funded by The Lottery
that includes a wide range of fun
activities using musical instruments
including singing songs using Makaton
signs, plus using lots of LED

Fun resources!

Whilst socially distancing

DO YOU HAVE SPECIAL EDUCATIONAL NEEDS OR A DISABILITY? THINKING OF GOING TO UNIVERSITY? HERE'S WHAT YOU NEED TO KNOW

My First Year at University

My name is Oliver Moores and I started a degree in Business Management with Marketing at Edge Hill University in September 2019.

I live on campus in halls and have a ground floor room with a hoist and roll in shower room and adjoining assistant's room.

Moving away for the first time was a bit daunting, especially being on my own on the first night, but it is a very exciting new adventure which has enabled me to meet new people and showed me that I can live independently.

I enjoy going to the student bar, taking part in the weekly quiz, planning and making meals, watching sport with friends and being a representative on the Student Council for my Department.

My first year at university has provided me with the right surroundings and given me the confidence that I can achieve my aims and live independently in the future.

I would encourage anyone with additional needs who is thinking of going to university to try it and I hope that it is such a positive experience for you too.

Before You Apply

The support that Universities offer people with disabilities varies so you'll need to do your research about different ones before you apply.

Look into how accessible the facilities are and the local area, including the public transport network. Universities have open days and transition days so you can visit and spend some time there to see what it's like before you apply.

Speak to the support teams and ask them what kind of support and facilities are on offer, and if there are any clubs or groups which meet your needs. When you apply to university it is important to tell the university about your conditions.

Support At University

Ensure that support is set up as early as possible so it's in place ready for your start date. There are different types of support you may be eligible for including: note takers, mentors, study skills sessions, student services and an assigned buddy to help you settle in.

If you need help with personal care or have medical needs, you will need a carer, as university staff will not be able to support you with non-educational needs.

Local Authority Social Care Support Services in the area where you live before you go to university is responsible for arranging any social care needs and is obliged to fund this, including 24 hour support from a carer, if you require it. Contact them as early as possible to discuss and arrange this.

A carer may be provided by a care agency. You can ask the university for recommendations for an agency, and then meet with the agency to check that they can meet your needs while you're at university.

Adaptations

There are different adaptations which can be made to enable you to be successful on your course, for example: extra time for exams and assessments, adapted rooms for individual needs and free parking. Some courses don't involve exams and you might be able to do alternative assessments. Some courses can be completed part time over 5 years. You will need to check with each individual university to see what they can offer, as they will not all be the same. Once you have decided on a university, make sure you confirm your disability on the UCAS form.

Your university will be alerted to this and you can start discussing all your requirements, including any accommodation adaptations you may need. Some halls of residence may have adapted rooms with hoists and an adjacent carer's room, if you require 24 hour care.

Financing Your Course

Your Local Authority Social Care Support Services should provide funding for carers or support workers if needed whilst you are living at university. You may be entitled to a grant called the Disabled Students Allowance (DSA), this can be used to pay for items such as assistive technology, a laptop, a height adjustable desk and note takers, dependent upon your disability. You don't have to repay DSA.

At the same time as you apply for your student tuition fee loan, apply for Disabled Student Allowance, also through Student Finance England or Student Finance Wales, dependent upon where you live. Make sure that you apply for your student tuition fee loan and DSA as early as possible as this can be quite a lengthy process and you will need to provide evidence of your disability including a letter from a healthcare professional. You will be required to attend an assessment where your needs will be reviewed and a report will be provided with recommendations on what assistance you require.

More Information

www.snowdontrust.org

Snowdon Trust provides grants for disabled students in the UK

www.ucas.com

Universities and Colleges Admissions Service

www.gov.uk/disabled-students-allowances-dsas

Information about Disabled Students Allowance (DSA)

www.thecompleteuniversityguide.co.uk

Independent UK university rankings, course information and expert advice for students

www.nus.org.uk

National Union of Students



To contact me directly please email:
olivermoores95@gmail.com


Barnardos



Lancashire
County Council 

WHEELCHAIR BASKETBALL ACADEMY



Photograph by David Dunbar
Purple Swan Photography

Queen Alexandra College (QAC) are working in collaboration with University of Worcester and The Albion Foundation to deliver a unique and ground breaking elite Wheelchair Basketball sport performance programme.

The programme is specifically designed for ambitious young sports people aged 16-24 years who use a manual wheelchair and are eligible under the International Wheelchair Basketball Association (IWBF) classification criteria.



Queen Alexandra College



Why study with QAC, University of Worcester and The Albion Foundation?

- Be a member of a unique elite sport performance programme
- Be coached by experienced and qualified Basketball Association and Wheelchair Basketball coaches
- Train at the University of Worcester Arena, the home of Worcester Wolves Basketball team and training base for GB Men's and Women's Wheelchair Basketball teams (2013-2017)
- Be part of a coaching pathway from Regional to National to International
- Achieve nationally accredited qualifications at Level 1 to 3
- Join a coaching pathway from volunteer through to potential paid work as a sports coach
- Have access to specialist support services such as sports therapy, mentoring, performance
- Participate in generic disability sports workshops
- Become a volunteer at local Basketball clubs, schools, councils and other disability sports organisations within the work placement elements of the Academy



To find out more information about the academic elements and funding process (an Education, Health and Care plan may be needed through your Local Authority), please contact:
Kanchan Rajput-Goode
at Queen Alexandra College
on **0121 428 5050**

For more details about the elite sport element of the programme, please contact:
Glyn Harding
at University of Worcester
on **01905 855 509**
or **g.harding@worc.ac.uk**
or **Paul Hunt**
at The Albion Foundation
on **07984 610 283**
or **paul.hunt@albionfoundation.co.uk**

www.qac.ac.uk www.worcester.ac.uk www.wba.co.uk/foundation



QAC: Registered Charity No. 1065794 Registered in England No. 3387540



DEVELOPMENT AWARDS

Make your next steps into work, education or training even easier with grants from The Prince's Trust.

If you're aged 16-30 and need some help to cover course fees, equipment, transport or interview clothing, our Development Awards could help you. Grants average £150!

Eligibility criteria applies.

GET IN TOUCH TO FIND OUT MORE AND APPLY:

Email DevelopmentAwards-North@princes-trust.org.uk



START SOMETHING



What are you doing today?

Are you under 25, out of work and not in training?

Do you have all sorts of things stopping you? No family support, no qualifications, low confidence, lone parent, money worries..?

Our team will support you to tackle what's holding you back and find work and training to help you **earn and learn!**

We can help! Talk to us:

If you want to learn more about the project or would like to be part of the programme

Please contact me

Mobile: 07435 981827

Email: emma.shaw@placesforpeople.co.uk



Invest in Youth
Building Better Opportunities

www.selnnet-uk.com/bbo
01772 200 690



COMMUNITY FUND



European Union
European Social Fund



How Do I.....Date?

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



You will learn about:

How relationships work
Staying safe
Communication
The rules of dating



The course is taking place on the following dates.

You only need to attend one of these dates.
Please choose which date you want to attend



Wednesday 17th March 2021

OR



Wednesday 12th May 2021



The course will run from 1pm - 4pm



The course will be delivered via ZOOM. You will need access to a laptop, smartphone or tablet to take part in this course. You will need some basic knowledge of using zoom to take part in this course



If you need help with zoom, we may be able to help. Please get in touch if you want to take part but are unsure about using zoom.



You might need access to a printer to print course materials.

If this is a problem, we may be able to post materials out to you before the course



FREE for Meet N Match Members

£10 for non-members

Booking Essential - only 16 spaces available.
Contact Lauri for a booking form
lauri@meet-n-match.co.uk

FINISHING EDUCATION? READY FOR WORK?

We believe that every young person has a right to aspire to work

Project SEARCH is a supported internship programme for 16 to 24 year olds who have an EHCP.

We help young people to prepare for employment through a mix of education and work experience placements at Lancashire County Council.

Working together with Lancashire County Council, Preston's College and Hft., we aim to help all interns to gain competitive full-time employment.

For more information and to apply search 'Project Search' at preston.ac.uk
facebook.com/PrestonProjectSearch



myplace

WWW.LANCSWT.ORG.UK/MYPLACE



Myplace for gamers (Online sessions using Minecraft)

Do you enjoy nature? Have you wanted to learn a little bit more? Are you a gamer? Our Myplace for gamers sessions use the video game, Minecraft, to enjoy many of the activities you might expect from any other Myplace session. Exploring the virtual world of Minecraft we will collaborate on projects, create new green spaces, go for walks and learn about nature.

These sessions are for people aged 16-25.

To find out more about the different sessions we offer, scroll to the 'About our sessions' section on the Myplace webpage:

www.lancswt.org.uk/our-work/projects/myplace

T: 07738 102274

E: myplace@lancswt.org.uk



James Bond/Henry Welch Trust

Can we help you?

The James Bond/Henry Welch Trust provides assistance for people living in the Lancaster district who suffer from diseases of the chest and lungs as well as children with disabilities and other special needs.

What we do?

The James Bond/Henry Welch Trust provides assistance by way of grants for people living in the Lancaster district who suffer from diseases of the chest and lungs. This also includes support which will make a difference to lives of children with disabilities and other special needs.

How does it work?

A Board of Trustees oversees the running of the trust. This is made up of councillors and other people who have been appointed from various walks of life.

The trustees meet every three months to consider new applications for grant funding from people who have applied for help under the terms of the trust. Applications might be for the purchasing of special equipment or other types of support which will make a difference to people's lives.

Can we help you?

If you think the trust can help you or someone you know, or if you would like more information, please contact:

Clerk to the Trustees,
James Bond/Henry Welch Trust,
Democratic Services,
Town Hall,
Lancaster. LA1 1PJ
Tel: **01524 582068**
Email: **democracy@lancaster.gov.uk**

About Henry Welch and James Bond

James Bond

James Bond's name appears on the list of people who have given donations to the Royal Lancaster Infirmary. The list is in the entrance to the old part of the hospital. On the list, it says James Bond made a donation of £2,000 in 1933, which in those days was an extremely generous amount of money.

He also left a legacy to set up a charity for the benefit of consumptives who were in need of financial assistance. Preference was to be given to those residents in the Lancaster area. It was to the benefit of those people who were suffering from chest diseases who were in need of financial assistance.

Henry Welch

Unlike James Bond, Henry Welch's name does not appear on the list in the entrance to the old part of the Royal Lancaster Infirmary, but people with the same surname do appear on the list.

Henry Welch's trust was set up from the estate of one Elizabeth Welch but in the name of Henry, and whether he was her father or brother, we have been unable to find out, but Henry Welch must have been important to her for the charity to be set up in his name and not hers.

This legacy was left to assist poor persons who lived in the Borough of Lancaster or within a ten-mile radius of Lancaster. It was to help people who were suffering from early forms of Phthisis or threatened by the disease, or people who were suffering other diseases of the chest or lungs.

Amalgamation

The two charities have amalgamated to form one trust, but have kept both names out of respect to the people who originally set them up.



Welfare Rights Service

The way the Welfare Rights Service works has changed. Since 1 April 2020 the Welfare Rights Service will:

- provide specialist advice and representation with benefit appeals across the range of key welfare benefits
- provide a comprehensive benefit advice service for residents of pension age
- work together with other agencies to tackle the current welfare benefit advice pressures by providing professional training and consultancy to partner agencies

The Welfare Rights Service advice line is no longer available and access to the service is mainly via a referral from our approved partners. Approved partners will include other LCC services, your local Citizens Advice, your MP and other local organisations.

The Welfare Rights Service webpage has been updated to reflect the new service offer and provides further information on benefits, information for carers, residents of pension age and where you can get further help with benefit queries.



www.lancashire.gov.uk/health-and-social-care/benefits-and-financial-help/welfare-rights-service



Lancaster District Community Hub
Supporting our communities

Emergency Assistance Grant Scheme

Do you need help to purchase school uniform, food and other every day essentials or to pay utility bills due to financial hardship caused by Covid-19?

Our Emergency Assistance Grant Scheme could help.



or scan me

For more information and to apply

Online: www.lancaster.gov.uk/coronavirus

Call: 01524 582000 between the hours of 9am to 5pm, Monday to Friday.



Family Fund

Helping disabled children

Family Fund will receive funding worth £27.3 million from the Department for Education to continue to provide grants for families on low incomes raising disabled or seriously ill children in England.

Minister for Children and Families Vicky Ford MP has made the funding announcement as part of a wider £42 million package of SEND funding for 2021/22.

During the last year, we've seen a significant increase in applications due to the impact of the pandemic on families across the country. Thanks to emergency funding of £13.5 million, on top of the existing funding already provided by the Department for Education, we have helped over 80,000 families in England in the last 10 months

Cheryl Ward, our Chief Executive, says, "We are immensely grateful to the Department for Education, for their continued support for families raising disabled or seriously ill children and young people."

"The pandemic has hit families hard both financially and emotionally. This news provides reassurance to tens of thousands of parents and carers that financial grant support will be available to help them on what for many, will be a long road to recovery."

Family Fund receives funding to continue supporting families in England

Vicky Ford MP explains the impact of the funding.

"We know that the impact of being out of education can be greatest on those children and young people with special education needs and disabilities. which That is why, during the current lockdown, we have made sure that schools and colleges should continue to welcome those with Education Health and Care plans to attend where possible.

Attendance among these pupils is higher this lockdown than the last, and I deeply appreciate how schools and colleges are caring for pupils and their families. This investment of over £42 million will provide practical support, advice or useful equipment – especially when it is needed now more than ever.

It adds to the huge increase in high needs funding we are providing and the catch-up funding we're making available to help tackle the impact of the pandemic. This, plus our ongoing SEND review, will help make sure children and young people with additional needs are supported not just today but throughout their education."

Do you think you might be eligible for a grant?

If you're raising a disabled or seriously ill child, and need support with essential items, we can help.

Find out more about how to apply and what you can apply for:

www.familyfund.org.uk

Or call us on 01904 550055





Royal Cross Primary School

Lancashire's school for deaf children



Royal Cross Primary School (for deaf/HI children) OUTSTANDING Provider

Specialist Nursery at Royal Cross Primary School for deaf/HI. We have vacancies for children from September 2021

We are delighted to share with families the news that our specialist nursery at Royal Cross School has vacancies for deaf/HI children for September 2021.

We are able to place nursery aged children with or without an Education, Health and Care Plan. If your deaf/HI child is undergoing an assessment for an EHCP – why not take advantage of the specialist support available at Royal Cross Nursery for deaf/HI children!

Our aim is to provide families and children with specialist early intervention by Qualified Teachers of the Deaf alongside specialist support staff, including ELKLAN and WELLCOMM trained TA3's and a BSL trained assessor and role model.

This will guarantee that deaf/HI children get the very best start to their communication and language development, vital when accessing the curriculum and achieving the very best outcomes.

We will consider assessment places for those children who may need additional support to enter a mainstream provision and our staff will support transition into these settings and any follow up outreach if required.

We are able to offer virtual tours of our provision during these difficult times. When Public Health Safety restrictions are lifted we will be happy to offer onsite tours.

If you would like to find out more or register interest in a place for a child from September 2021 please get in touch with school on 01772 729705, or email using the link on our web site. We are currently open 5 days a week and happy to respond to any enquiries.

Bev Hennefer

Bev Hennefer
Headteacher

Headteacher Bev Hennefer Elswick Road Ashton
Preston Lancashire PR21NT

T 01772 729705

E head@royalcross.lancs.sch.uk

W www.royalcross.lancs.sch.uk



Things parents of children & young people with additional needs want you to know

Masking is a very real possibility for lots of children. Boys are also good maskers despite the idea that girls mask more.



Better awareness of and access to support will mean families can gain the help they need and deserve sooner. Don't wait until it's too late.

Listen to the parent and don't dismiss their opinions. They are the experts in their child. Active listening works as a way to understand the child and family's situation. This can build bridges if done right but build walls if not done well.



Don't assume the main diagnosis is the root of all issues. All children are unique. Don't read Autism and go to stereotypical methods of support. Ensure all support is child specific.

Allow processing time using instructions delivered at a person specific level of understanding.



All behaviour is communication. Take a step back and really look at the situation to try to understand what is going on for that person. Not all behaviour is a choice, it is a reaction to something which is driving the person's behaviour.

Lack of eye contact doesn't mean they can't hear you. Our children hear EVERYTHING. Include them, don't assume they can't or don't want to contribute.



Lancashire County Council – contact details

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

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



You don't need to deal with your mental wellbeing alone.

Visit kooth.com for free, safe and anonymous mental wellbeing support.

don't do it alone

kooth

The advertisement features a teal background with a white circle containing the text 'don't do it alone'. To the right, a woman with red hair is sitting and talking on a phone. At the bottom, the Kooth logo is displayed next to the text 'Visit kooth.com for free, safe and anonymous mental wellbeing support.' A stylized orange and green leaf graphic is in the bottom right corner.

Your Help Is Essential

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

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

Contributions for future issues – please contact FIND.

Email: **FIND@lancashire.gov.uk**

Tel: **01772 538077** or **01772 532509**



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

Editorial Group

Information, Advice and Support Team

Sarah.deady@lancashire.gov.uk

Pauline.francis@lancashire.gov.uk

Parent Representatives*

Nannette Holliday - Chorley

Lucy Ellis - Lancaster

Hayley Monk - South Ribble

Trish Dobson - West Lancashire

Sarah Lewis - Hyndburn

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

Voluntary Organisations

Tom Harrison – Community East Lancashire

Julia Johnson – Carers Link Lancashire

Health

Catherine Howson – Lancashire Care NHS Foundation Trust



We also have a facebook page.

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

Summer issue – deadline for articles 16th April, published June 2021

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

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

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

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

Get this free newsletter sent to your door

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

Name

Address

Postcode

Tel. No.

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

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

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