

FIND

Welcome to the Winter issue of the FIND Newsletter, 2018

It's that time of year again, and we have hints and tips for a happy and stress-free family Christmas. If you are looking for gift ideas, we have parents' recommendations of some favourite children's books; take a look on pages 20-21.

The deadline for primary school admissions for next September is only six weeks away! If your child has additional needs, there is advice on choosing a school, along with a parent's experience of both mainstream and special schools (pages 5-7). And for older children and young people, independent travel training (page 9) could help many to travel to school or college alone for the first time.

We are looking to increase the number of parents and carers that contribute to FIND. There are lots of ways to get involved – you may have a good idea that has helped your family, a recommendation of a product or service, or you may know of a local group that needs promoting. If you have time, you could write an article or story about your family's experiences, or share some good news.

We would also welcome more parents to the Editorial Group. We are a small, friendly group that meet four times per year; anyone that can't attend a meeting in person is still able to contribute by email.

If you are able to help with any of the above, or have any suggestions on articles you would like to see in FIND, please contact us on **01772 538077** or email **FIND@lancashire.gov.uk**

We hope you all enjoy the festive season and look forward to a peaceful 2019. Thank you for your continued support.

Sarah Deady

Information, Advice and Support Team
Special Educational Needs and Disability (SEND) Service

 www.facebook.com/LancashireLocalOffer



"He who marvels at the beauty of the world in summer will find equal cause for wonder and admiration in winter."

John Burroughs



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Designated Clinical Officer (DCO) Service

Working together across Lancashire, Blackpool and Blackburn with Darwen

Hello my name is Kathleen. I am a Specialist Community Public Health Nurse, I have worked in the NHS for over 30 years. I worked as a team leader for Health Visitors and School Nurses before becoming a DCO.



**DCO North
Kathleen Freear**

T: 01253 956168
E: Kathleen.Freear@nhs.net

Hello my name is Carole. I am a Specialist Community Public Health Nurse, I have worked with children and their families in the community for many years.



**DCO Pennine
Carole Kay**

T: 01254 612722
E: lcn-tr.dcopennine@nhs.net

Hello my name is Anne and I am a qualified Speech and Language Therapist. I have worked within the NHS for over 30 years, working closely with children with SEND and their families,



**DCO South
Anne Hardman**

T: 01254 612723
E: lcn-tr.dcosouth@nhs.net

Fylde and
Wyre,
Blackpool
and North
Lancashire

East Lancashire
and Blackburn
with Darwen

Greater Preston,
Chorley, South
Ribble and West
Lancashire

What we do

Listen to children, young people and their families

Work with Health Services to make sure they are meeting the needs of children and young people with SEND

Working with children, young people and their families to make sure health advice is accurate and appropriate

Work alongside Commissioners



Blackpool Council



Information, Advice and Support Team

for Special Educational Needs and Disabilities

This year the IAS team ran “FIND out about SEND” courses, to provide information on the SEN Support process for parents and carers of children and young people who have, or may have, SEND, and are at the beginning of the SEN support process.

The course aims to raise awareness and understanding of SEN support and to signpost to the support services that are available for children and families.

We held 16 courses across Lancashire covering Accrington, Burnley, Burscough, Chorley, Clitheroe, Colne, Lancaster, Leyland, Morecambe, Preston and Skelmersdale. Over a 120 parents and carers attended.

The feedback received during these will be used to plan and develop further courses for the future.

We found out that parents and carers would like more information on:

- choosing a school
- funding
- pathway for EHCP, CAF and TAF
- SEND Support Plans
- specialist equipment, laptops etc
- provision maps
- questions to ask at school meetings
- teachers' point of view
- how to talk productively with an unsupportive school
- funding for home schooling

Parents and carers would like to talk to:

- Educational Psychologist
- Head Teachers
- Autism Specialist
- SENCO
- Special Schools
- Occupational Therapist
- Speech and Language Therapist
- Commissioner
- CaMHS
- someone that sits on the EHCP panel
- Specialist Teacher

The Information, Advice and Support (IAS) Team are part of Lancashire's Special Educational Needs and Disability (SEND) Service.

The IAS team's role includes all IAS impartial and confidential one to one work with parent carers, as required by the Code of Practice, along with the delivery of FIND out about SEND courses. We also deliver the SEND Local Offer website, the FIND Newsletter and social media.

We are exploring ways of providing a range of drop in sessions to include guest speakers, Special Educational Needs (SEN) courses and Information Events.

We asked if parents and carers would recommend this course to others:

“Yes, definitely, very informative, listening to other parents stories, experiences and triumphs.”

“Yes, definitely, loads of good, helpful, information.”

“Yes, especially for families with very young children.”

“Yes, it has empowered me to make changes in school.”

Other comments and feedback:

“A great level of topics/areas covered, very informative and delivered superbly would definitely recommend.”

“Well presented, good venue, good crowd of parents sharing experiences, ideas and support in the framework provided by the professional presenters.”

“Informative and knowledgeable staff, I feel like I know my next steps to support my child on his SEN journey – thank you!”

“I have used the service previously and found it very helpful and useful – many thanks.”

“Very useful presentation and Q&A session.”

“It would have been better if parents who wanted more individual advice were directed to do so at the end or a different time.”

“Thank you for being kind, approachable and giving us a lot of useful information. I feel much more prepared for the assessment.”

“The presenters were very knowledgeable and able to explain information clearly and make it relatable.”

We are hoping to provide more FIND out about SEND courses in the New Year, to include more information on Education Health and Care Plans and to answer some of the questions from the feedback received.

If you have any ideas for future courses or suggestions of possible venues, please email us at FIND@Lancashire.gov.uk

These will be held at different times to allow more parents and carers to access our service. Check the Local Offer www.lancashire.gov.uk/SEND and the facebook page: www.facebook.com/LancashireLocalOffer for updates.

Contact us

To speak to an IAS Officer or IAS Liaison Officer, please call: **0300 123 6706** or email: information.lineteam@lancashire.gov.uk

For enquiries regarding the FIND Service or the Local Offer, please call: **01772 532509** or **01772 538077** or email: FIND@lancashire.gov.uk

Action for ASD Children's Service Under 5's Stay & Play Group

Action for ASD's Children Service Stay & Play Group offers a good opportunity to meet other parents/carers whilst your children play in a safe and understanding environment. This group is open to parents/carers of children under 5 who have received a diagnosis of ASC or are currently seeking diagnosis. Come along for a brew & chat.

For more information please contact the Children's Service on 01282 415455 or children@actionasd.org.uk

Please note the stay & play groups will not be taking place during the school holidays.

Action for ASD | Autism Resource Centre | Suites 7 & 8 Kings Mill | Queen Street | Burnley | BB10 2HX
Tel: 01282 415 455 | web: www.actionasd.org.uk | Charity No: 1089341

Venue:

Action for ASD
Autism Resource Centre
Burnley

Time:

Thursday 9.30-11.30am

Dates 2018 & 19:

Thursday 4th Oct 18
Thursday 1st Nov 18
Thursday 6th Dec 18
Thursday 10th Jan 19
Thursday 7th Feb 19
Thursday 7th March 19

£2.50 per child



Precious Gems

'Precious Gems is a support group specially for pre-school babies and young children with complex special needs.

It gives parents time to relax in supportive, friendly surroundings, while allowing the child to engage in fun and positive play experiences, in a safe environment.

There is also an opportunity to benefit from the sensory room, to make the most of the sessions for your child.

Groups will be taking place at Colne Children's Centre, Walton Street, BB8 0EL
info@homestartpendle.plus.com
or call 01282 690536
Every Friday 9.30am – 11.30am



Support group for pre-school children with social and communication difficulties, challenging behaviour or on the pathway to a diagnosis with Autism or ADHD or displaying characteristics of the condition.

The group can offer

- Structured Routine
- Sensory Play/room
- Building positive friendships
- One to one support for parents from our volunteers
- Fun positive play experience

Groups will be taking place at Colne Children's Centre, Walton Street, BB8 0EL
info@homestartpendle.plus.com
or call 01282 690536
Monday 9.30am – 11.30am



Support group for children 0~5 with Special/Additional Needs and their families.

Join us at our informal Family Support Group in a safe environment with specialised equipment and sensory room. Help and support is available from our qualified and experienced staff and volunteers.

Groups will be taking place at Broadoaks Child Development Centre Balcarres Road, Leyland PR25 2ED
Contact Home-Start Central Lancashire for more information on 01257 241636
Mondays term time
10.00am – 12 noon



*Working In Partnership with
Broadoaks Child Development Centre*

Choosing a School



Finding the right school for your child can be challenging for any parent. If you have a child with special educational needs or a disability and are looking for a school for them, there is even more to consider. The information below may help...

To find details of schools in Lancashire, visit the Lancashire County Council website:
www.lancashire.gov.uk/children-education-families/schools/find-a-school

Think about your child.

What are their needs?

What are you hoping the school will provide?

Put together a list of the schools you are interested in. Contact each school and make an appointment to meet the Headteacher or Special Needs Co-ordinator (SENCo). Arrange for a friend or family member to accompany you if you think it would help. Make sure that the children will be in school when you visit and that you will be able to visit a classroom during a lesson.

Try to find time to read:

- the school prospectus
- the school SEND Local Offer/SEND policy/SEND report
- latest Ofsted report for the school
- the school behaviour/discipline policy

These will all be available on the school's website, or if you contact the school they may send you paper copies.

Write down the name of the school, Headteacher and SENCo, along with any questions you would like to ask during your visit. Leave space to write the answers down. This will make it easier to compare schools once you have completed all your visits.

Possible questions to ask when you visit a school:

- How many children attend the school, how big are the classes?
- What additional support is available?
- How are classes organised? Open plan, individual classrooms, mixed age?
- How are children grouped? By ability, or mixed ability?
- Is teaching by whole class, small group, individual teaching or a mixture?
- How are children introduced to the school? Can they visit before they start? Is there an option for a gradual start, and is this flexible?
- Will staff from the school visit your child in their present school/placement?
- Will staff liaise with people already involved with your child?
- How does the school propose to meet the needs of your child?
- Are there children in the school with similar needs to your child?
- Does the school have staff who have expertise in your child's difficulties?
- How would your child's progress be reviewed/monitored, and how would you be involved in this?
- Does the school seem interested in your child, and confident in being able to meet their needs?

If you have any questions on the above or require information and support regarding your child's educational needs, contact the SEND Information, Advice and Support (IAS) Team on: **0300 123 6706** or email: **information.lineteam@lancashire.gov.uk**

More information is also available through the Local Offer: **www.lancashire.gov.uk/SEND**

For primary school admissions in September 2019, the deadline for applications is 15th January 2019 (the deadline for secondary schools was 31st October 2018).

For information on applying for sixth form colleges, apprenticeships and university, visit: www.ucas.com/further-education

Mainstream or Special Needs

~ Our Experience

Our son Ethan was almost 5 years of age when he was diagnosed with learning difficulties that had actually been present from birth.

He has a chromosomal abnormality, which was the cause of the delays in his development that had come to light as he approached school age. We were aware that he wasn't as bright in some areas as our other child but as parents you do your best not to compare your children and to not jump to conclusions; every child develops at their own rate, etc., etc. My husband and I would take it in turns to have concerns but we would always reassure each other that we were worrying over nothing. Ethan also had some eyesight issues which we thought were not helping his development but when we learned it was a chromosomal condition behind all of these things, we were also told that he would never really be able to keep up with his peers and that as he got older the gap in abilities would become more obvious. We got this news mid-August in 2015 when we had already secured his place to start at a mainstream infant school (the same one that his sister was attending) and felt that there was very little we could do anyway in the middle of the school summer break. We also already had an EHC plan application in progress and decided to let him start mainstream school in September as planned and see how he coped.

During his time in nursery we had been made aware by the staff that he had some social issues; a real difficulty sharing and a tendency to obsess with certain resources e.g. he had to have the blue balance bike and got extremely distressed if another child took a turn on it. He would also collect all the green spoons and walk around holding them in his hands or line them up. He was a very happy little boy but really struggled to follow the rules and fit the same mould as other children. His behaviour could be challenging and disruptive but this was never his intention, although it took quite a long time before the nursery manager appreciated this and I felt that I constantly had to apologise for his behaviour, whilst trying to show him in a good light too because he could be so loving and thoughtful at home.

In fact it took another child joining the nursery for her to realise Ethan's level of understanding. She sat the new child down and gave them a long list of 'Don't' that he had learned "We don't go outside without our shoes on, we don't put things in our mouth, we don't empty all the toys out of the baskets, we don't make noises during carpet time...." She changed her approach with him from this moment, realising that for the past year or so Ethan had spent his days at the nursery hearing "Don't" and "No" almost constantly and that it wasn't that he didn't know the rules; he just wasn't always able to follow them. By the time we were preparing him for school, she was actually very keen to make sure that his teachers didn't see him as a Naughty Boy as by now she had developed a fondness for him and had seen beyond the whirlwind of a boy to the kind and loving child within.

Ethan entered Reception class and coped quite well. He enjoyed the 'continuous provision' but had a tendency to get fixated on certain resources and not do the same circuits of the room that other children did. He enjoyed water play and usually came home wet up to his elbows having spent the day playing with the various plastic sea creatures in the water play area! However, he wasn't able to follow the rules 100% of the time and found being quiet and sitting a still a real challenge.

He was already standing out as being different and some of the boys in his class were exploiting this by encouraging him to say or do naughty or rude things so that he would get into trouble. Of course, they wouldn't get caught when they were pushing him or goading him but when Ethan retaliated he would almost certainly get into trouble and had to move his 'behaviour frog'. I think most infant schools use this strategy: you start the day on the green spot, move your frog to the amber zone if you are in trouble once or for something minor but if you are repeatedly told off so do something more serious then you have to move your frog to the red spot.

Ethan's frog was very active moving down to red each day and he hated it. To him it symbolised that he was stupid and useless and just didn't fit in. He really wanted to be a good boy and tried so hard but it would always go wrong as he just couldn't keep it up and often didn't realise what he had done that was wrong. I voiced my concerns to school that it wasn't a punishment that worked effectively for Ethan (as he wasn't deliberately being a naughty boy) and they stopped using it for a while, but reintroduced it as much for the benefit of the other children I think, who thought that Ethan was getting away with things unfairly. I gave the school lots of information about Ethan's condition, as it is quite rare and even highlighted sections that I felt were particularly relevant; his need to make noises, for example, as a way of self-regulating and his struggles sitting still and concentrating.

At the end of the day though, he was just one child in a class of 25 or more children and he was hard work. He was a drain on the teacher's time and I appreciated that; he could be hard work at home too and if I had been the parent of one of the other children in the class whose learning experience as being affected I would probably have been frustrated.



Ethan sitting on top of Hadrian's Wall on his summer holiday

**Ethan and his sister
Emilia making the most
of Leyland Festival this
year**



He had support from a Teaching Assistant but not enough to allow him to access the same education experience as his peers and as such, mainstream school was a tough environment for him.

After attending his first parents evening I started to think I needed to make some changes. I sat down with the teacher keen to hear how he was doing but she simply picked up his folder and put it down in front of her with a weary sigh and told me that she felt sorry for my son. She then proceeded to show me examples of what he couldn't achieve and there was nothing positive at all to balance things up. Ethan is kind and caring. He uses good manners at all times.

He even apologises if he's been sick and someone has had to clean it up! But he couldn't write his name or count out 5 buttons. He could name every species of whale, which oceans they can be found in and what food they eat but there was no box on the form for this. I had gone to the meeting on my own because my husband was working away and when I came home I just felt so deflated. It was the first time I even considered the idea of feeling sorry for myself for having a child with learning difficulties. It didn't last! I made an appointment with the Head the next day and it was in that meeting that I suggested he would be better at a school that could better meet his needs.

This was still not an easy decision to make. It is quite a hurdle in your mind to get over, partly because of the stigma of having a 'special needs kid' and partly because I kept wondering if he could have coped in mainstream. For us, the decision was made simpler when Ethan himself visited the school we were strongly considering for him. It was like taking an alien back to its home planet! He visibly relaxed and seemed so at home that he could have just slipped straight in. He told us afterwards that he wanted to move to his "Williams Syndrome school" to be with "children like me". It really was like a breath of fresh air to take him somewhere where he fitted in and wasn't judged or punished just for being him. Amusingly his mainstream teacher decided to retire at the end of that year and as much as I know I shouldn't, I do find it a little pleasing that my son probably pushed her over the edge!

Even after making the decision to move him it wasn't quick or easy. There were no places left in 2016 so we had to wait a year. Ethan entered Year 1 in his mainstream school and we were all just counting the days really.

I always tried to see the best in his teachers and the school and to work with them but it was hard when I knew there was somewhere better that could get so much more out of him. We had to have an EHC review meeting and put forward a strong argument why we wanted to move him to specialist provision.

We also had to be quite determined which special needs school we wanted to send him to. We had our favourite and fortunately he was safely within the catchment area. Because 'special needs' spans a huge range of learning difficulties, we needed to find a place where he would settle best and for Ethan, who is very verbal and physically quite able, we wanted to ensure that he found a school that had enough kids of a similar ability that he would be able to make friends and fit in; and most importantly for Ethan play football!

Now over a year down the line I see it as the best decision we ever made for him and it feels like a weight has been lifted from our shoulders and his. We know where he will be now until he is almost 17. I remember at the time thinking "Well that's the next 10 years taken care of". He very quickly made a friend for the very first time; a boy of a similar age with similar abilities and they just click. They make each other giggle constantly and think the world of each other.

I have avoided writing an article like this before as I didn't want to be disrespectful to the mainstream school that he attended but with the best will in the world, it wasn't working out for Ethan. He needed a considerably smaller class with expert help from teachers who are used to kids that don't fit the mould, who can find talents and skills that are not recognised in the Early Years Foundation Framework or the Key Stages that mainstream schools work with. I also appreciate that not everyone in my position would make the same decision that we made as a family. I hear about other children with the same syndrome as my son, who attend mainstream schools perfectly happily. But our own experience of a mainstream school environment for a child with additional needs wasn't particularly good and our son was unhappy, more so than we realised until much later on when he found his old 'behaviour frog' in with a bunch of work from his old school and he destroyed it in a fit of suppressed emotion which I think was very therapeutic for him!

I just wanted to share our story and offer support to any other parents having doubts about what to do. If you are already considering it, then it's probably the right thing for your child. Labels don't matter as much as the happiness of your child and fitting in at school is really important when you have to spend around 50% of your waking time there every Monday to Friday. We now have a happy, confident boy who almost enjoys learning (well he is still a kid!). He doesn't look around at his peers and feel stupid or get confused by the rules. He has clear instructions that make sense to him and if he needs to take time out to regulate his 'motor' then there are sensory resources in place that allow him to do so. These days after a day at school he comes home calm and happy....until he argues with his sister because they both want the same Lego bricks (I never claimed family life was perfect!).

Hayley Monk
Parent carer to Ethan age 8

Do you have an experience to
share? Send your stories to
FIND@lancashire.gov.uk

Education, Health and Care Plan

Education, health and care (EHC) plans bring together a child or young person's education, health and social care needs into a single, legal document. The document sets out what extra support they will get to meet those needs.

The majority of children and young people with SEND will have their support needs met at pre-school, school or college without the need for an EHC plan. However, if your child or young person needs more support than is available there, a request for an education, health and care (EHC) assessment can be made.

A request can be made by the school, pre-school or college, a doctor or health visitor, a parent carer or a young person. Referral forms and guidance on completing these are available on the Local Offer: www.lancashire.gov.uk/SEND

There are several steps, including a formal assessment, before the council will decide if your child or young person needs an EHC plan. If it agrees, the plan will be issued within 20 weeks of the request being made.

Education, Health and Care Plan timetable

The local authority (LA) receives a request for an EHC needs assessment. The authority must tell parents about this request.	<i>The date the authority received the request is the start date.</i>
The local authority decides if an EHC needs assessment is necessary. The authority must tell parents about its decision.	<i>Within six weeks of the start date.</i>
If agreed the EHC needs assessment takes place. The local authority tells the parents of its decision. Either; the local authority sends a draft EHC Plan to parents. Or; the local authority tells the parents of its decision not to issue an EHC Plan. Your letter from the authority will explain what you can do next.	<i>This assessment starts as soon as the decision is made.</i> <i>Within 16 weeks of the start date.</i>
Parents should respond to the draft EHC Plan. They can: Agree that the draft is adequate or ask for a meeting to discuss any changes. Parents have the right at this point to state a preference for a school or early years setting.	<i>Within 15 days of receiving the draft EHC Plan.</i>
The local authority consults with the school or early years setting.	<i>Within 15 days of parents' response to the draft EHC Plan.</i>
The local authority issues the final EHC Plan.	<i>Within 20 weeks of the start date.</i>

To find out more about the EHC Plan process, visit the Local Offer: www.lancashire.gov.uk/SEND

You can also contact the Information, Advice and Support (IAS) Team on **0300 123 6706** or email information.lineteam@lancashire.gov.uk

Information from other organisations

The Special Needs Jungle have worked with the Department for Education to make a series of flow charts detailing the process for SEN Support, EHC Plans and what to do if your child is refused an assessment or plan. There is also a new flow chart on the EHC Plan Annual Review process:

www.specialneedsjungle.com/flow-chart

Education, Health & Care Plan Workshop - Lancashire

All you need to know about getting the right plan for your child

A free event aimed at developing your understanding of the EHCP process, which will help you make informed and positive decisions regarding your child's education.

This event is brought to you by Pontville School, a specialist residential and day school in Lancashire for pupils aged 5 to 19. The school is committed to providing pupils with a caring, positive and welcoming learning environment where they can achieve their full potential in their education and develop their social communication.

Saturday 19th January 2019
9:30am ~ 3:30pm

Pontville School
Blackmoss Lane
Ormskirk
L39 4TW

Book online by visiting:
www.witherslackgroup.co.uk/events/ehcp-lancashire

For more information contact **Clare** or **Rukiya** on:
0844 880 6520 or email: events@witherslackgroup.co.uk



Where could travel training take you?

What is ITT?

- The travel training service provides help, support and practical training to children and young people with SEND.
- Trainers work with young people 1-1 to show them how to use a local bus service to get them to school or college.
- A trainer will come to your house to meet you and your family to talk about training and find out more about you.
- Training involves learning about road safety, using money, how to behave on the bus and other skills.
- There will be usually be a walk to the bus stop, a bus journey and then a walk to school or college. Sometimes it's possible to walk straight from home to school or college if you live close enough and the trainers can support you to do this too.
- The trainer will gradually let you do more and more of your journey on your own until you feel confident that you can do it all by yourself.
- You will then be given a bus pass and be ready to take the next step with your independence.

This service provides training on a 1-1 basis for young people with a fully qualified travel trainer until they are confident and able to travel on their own.

Once fully travel trained the skills learnt can be used to plan and undertake other journeys. Training covers skills in using money, telling the time, using timetables and personal responsibility/safety. It is very important for the trainers to understand the needs of the young people they work with so all training will start with a home visit to meet the young person who would like to be trained and their family. Training will then proceed in a fully guided manner where the trainer explains and teaches each step of the journey. This will then progress to the trainer prompting the young person so that they remember the skills they need until the trainee is confident enough to undertake their whole journey alone.

The service has been operating for a year now with 40 young people now travelling independently across the county to a variety of schools and colleges.

Parent feedback

Parent of CB (Trained June and August 2018)

Rated service 5/5

"A great service, the thorough assessment process gave me a lot of confidence. LCC should have done this years ago!"

Parent of EK (Trained December 2017)

Rated service 5/5

"The trainer's 'Friendly, firm but fair' approach to my son was just what he needed. ITT is the best thing we've ever done for him, we tried before as a family and it didn't work. It wouldn't have happened without the trainer."

Get in touch

If you would like your child to be considered for training or for more information please get in touch with the Independent Travel Training team:

independenttraveltraining@lancashire.gov.uk

or speak to your local area SEND officer:

Lancaster, Fylde and Wyre
SEND.North@lancashire.gov.uk

Hyndburn, Ribble Valley, Rossendale, Burnley and Pendle
SEND.East@lancashire.gov.uk

Preston, Chorley, South Ribble and West Lancashire
SEND.South@lancashire.gov.uk



Parents

A key goal within SEND education is preparation for adulthood by equipping young people with the skills they will need to take them forward in life. Independent travel training is one way of increasing confidence and opportunities for young people as well as broadening their choices in social and leisure time. ITT involves working with a trainer 1-1 to learn how to travel from home to school or college and is open to any SEND student who currently accesses a taxi or minibus provided by the local authority.



Preston Panthers



A sports club for children and young people aged 5 - 25 years with any disability or special needs

Come and enjoy a sports club for you with lots of different activities for you to try, have fun with and also make new friends. Siblings are welcome.

Multi-sports ~ including basketball, badminton, football, wheelchair basketball, games, hockey and many more.

Saturdays at West View Leisure Centre
Dry Sports ~ 5pm to 6.30pm
Swim Session ~ 6.30pm to 7.30pm

FREE
Taster Session

Preston Panthers is run by a parents' committee and is self-funded from member subscriptions and fund raising. We can also provide volunteering pathways for young people.

Contact Marilyn Gregson for further information on 01772 719025 or 07719 599537 or pop down and see us at West View Leisure Centre, Preston on a Saturday from 5pm.

Our inclusive sports club is for ALL ABILITIES aged 11 and over!



SPRING INTO SPORT

An Inclusive Community Sports Club



Learn New Skills ★
Try Out New Sports ★
Meet New Friends ★
Have FUN! ★

Where: New Era, 1 Paradise St, Accrington BB5 1PB
When: Fortnightly on Fridays
Time: 6:30pm ~ 8:30pm
Cost: £3.50 per person or £10 for families of 3 or more.
(Parents/Carers FREE)

01254 457026/info@spring-projects.co.uk

2018 Dates: 14 December

2019 Dates (subject to funding, please contact us to check): 11, 25 January/
8, 22 February/8, 22 March/5 April/3, 17 & 31 May/14, 28 June/12, 26 July



Venue wheelchair accessible with ramp access

Lancashire Break Time

Lancashire Break Time activities run throughout all school holidays and during term time (weekdays and weekends) and have been confirmed to 31st March 2019.

Lancashire Break Time provides an opportunity for children and young people with special educational needs and/or disabilities to attend a fun activity, whilst also providing a break for their parent carer.

Sessions are for at least 2 hours, and on weekends and during school holidays can be up to 6 hours.

Who can attend Lancashire Break Time?

The criteria to qualify for Lancashire Break Time short breaks is to be the primary unpaid carer of a child or young person with special educational needs and/or disabilities, aged 4 to 18 years and living in Lancashire (excluding Blackburn with Darwen and Blackpool). The child or young person will find it difficult to access universal services due to sensory issues, learning difficulties, physical mobility problems, etc. They will not be in receipt of an assessed social care outreach package; those with a higher level of need will receive services through their package of care.

To find out what is available in your area, check out the information on Lancashire's Local Offer:

www.lancashire.gov.uk/send

Click on the Lancashire Break Time link as shown:

There is a wide range of activities on offer, including arts and crafts, sports, outdoor adventures, trips out and more. Children and young people have opportunities to try something new, make friends and have lots of fun!

You can find a list of providers in your area on the Local Offer (see below). Call the provider direct to see what activities they offer, and to book a place. There is a minimum cost of £1 per hour to attend; this can vary depending on the activities.



SEN Slime-Making & Sensory sessions
AGED 4-18

Lancashire County Council

Term Time Saturdays 9:30am-12:30pm & 1pm-3pm
Half Term sessions also available

**WHITEWELL BOTTOM COMMUNITY CENTRE,
BURNLEY RD EAST, ROSSENDALE BB4 9LB**

Drink and snack provided
PECS, Makaton, and simple language used

SESSIONS ARE SUITABLE FOR ALL ABILITIES
Sensory play, and Slime-Making!

BOOK BY EMAIL - slimeforfuninfo@gmail.com
Or call - 01706 593372

Funded by Lancashire Break Time

LANCASHIRE BREAK TIME

Activities in Wyre
For children and young people aged 6-18 with additional needs and disabilities living in Lancashire

PLAY INCLUSION PROJECT
SPECIAL NEEDS, PWS & MHS

Mondays ~ **Ten pin Bowling**,
5:30~7:30pm
Thornton YMCA. £5.00 per session

Saturdays ~ **Swimming**,
9:30~11:30am
Fleetwood YMCA. £5.00 per session

School holidays ~ **Activity Club**, (ages 8~18)
10:00am~3:00pm
£15.00 per session

For more information contact the office on:
01253 899883 or email:
pip.bfw@ic24.net

Lancashire
County Council

Lancashire SEND Partnership News

The new partnership brings together all the agencies in Lancashire which provide the SEND services for children, young people, their parents and carers. It ensures everybody can work together to deliver the best outcomes for children, young people and their families.

Parent carer engagement

A new round of engagement events are being planned for parents and carers across Lancashire. Each drop-in event will provide an opportunity to meet local professionals working with children and young people with SEND.

Parent/carers can also:

- Ask for information and advice
- Meet new parent carers and share experiences
- Learn about some of the improvements taking place

Dates and venues were not available at the time of printing, so please visit the Lancashire Local Offer website or the FIND Facebook page for more information.

New parent carer representatives

44 parent/carers have been appointed who represent children, young people and families living with SEND. The parent carers will be actively involved in work to improve SEND services and help deliver the action plan developed by the Lancashire SEND Partnership following a Local Area Ofsted and CQC inspection in 2017.

Over the summer, we invited parent/carers to volunteer for a variety of positions which best matched their skills and experiences. Applications were considered by a panel of representatives from across the partnership including health, the local authority and parent/carers.

Everyone who volunteered was welcomed into a new role, ranging from positions on the partnership board, to supporting the wide range of working groups. Details of each group can be found in the Lancashire SEND Partnership written statement of action hosted on the Local Offer.

John Readman, Interim Executive Director of Education and Children's Services, who is Chair of the Lancashire SEND Partnership Board, said "I've really enjoyed welcoming the parent/carers into the partnership. Their involvement represents a significant step forward in ensuring the voice of families is central to driving improvement.

"We are determined to demonstrate that we can all work together to deliver the best possible outcomes for children and young people with SEND across Lancashire."

Contact your designated clinical officer (DCO)

Three newly appointed DCOs will co-ordinate the education, health and care plan process and develop a consistent approach across Lancashire. They will be supported by an administrator in each region.

They are the single point of contact for families who have a query or concern about the health provision for their child's SEND support.

Parents/carers can contact the DCO for each area as follows:

North - Lancaster, Wyre and Fylde
Kathleen Freear, Tel: **01253 956 168**
 Email: **Kathleen.Freear@nhs.net**

East - Hyndburn, Ribble Valley, Burnley, Pendle and Rossendale
Carole Kay, Tel: **01254 612 722**
 Email: **lcn-tr.dcopennine@nhs.net**

South - Preston, South Ribble, Chorley and West Lancashire
Anne Hardman, Tel: **01254 612 723**
 Email: **lcn-tr.dcosouth@nhs.net**

EHC plan survey

So far, more than 1,000 people have contributed to the Personal Outcomes Evaluation Tool (POET) survey from In-Control. Children, young people, families and practitioners across Lancashire can take part. The survey is part of the ongoing national pilot to help local areas understand the impact of the SEND reforms. The survey takes less than 15 minutes to complete online and you can access it by going to the Local Offer website and searching for "EHC plan feedback survey".

Get in touch

If you would like to make a suggestion or have a comment about the Lancashire SEND Partnership, please email **SENDpartnership@lancashire.gov.uk** or call **01772 532 280**.

We will keep this page up to date with the latest information and please look out for news on the Lancashire Local Offer website and facebook page.



"Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved." **Mattie Stepanek**

IMAGINE ID

IMAGINE ID stands for: Intellectual Disability and Mental Health: Assessing the Genomic Impact on Neurodevelopment

The IMAGINE ID study wants to answer a question parents often ask when their child has a genetic condition:
“So what does this mean for my child?”

To answer this important question we are:

- Collecting information about a large group of children with intellectual disability
- Doing research to find out how genetic changes affect children and young people’s behaviour
- Hoping this will help with the care of families and children now, and in the future

So far, over 2,500 families have taken part in the study, but more are still needed to meet our target of 5,000. If you are interested in taking part, contact us and the team can send you information leaflets, consent forms and answer any questions you have about the study and your involvement. This does not commit you to taking part.

If your family joins the study, you will receive a personalised summary report of your child’s strengths and difficulties. You may find it a useful report if your child has assessments for services, school or specialist treatments.

Joining IMAGINE ID offers a chance to help learn more about children living with rare genetic conditions and to understand these conditions better. Taking part in the study may not change things for your own child straight away, but it will help other families and doctors get better information about children’s development and behaviour in the future.

Parents are often experts in their own child’s behaviour and well-being, so collecting information and knowledge from families is very important. Sharing your knowledge and know-how will be very useful to other families.



**Does your child
have learning
difficulties?**

**Do they have a
genetic diagnosis?**

**Are they aged 4
or over?**



All families that take part in the study receive a copy of our children’s book, **Avery**, who is like other birds most of the time, but sometimes feels a bit different. **Avery** is a beautifully illustrated children’s book which has received heart-warming feedback from families taking part in our research project.

Contact us:
T: 01223 254631
E: imagine.id@nhs.net
W: www.imagine-id.org



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

POWAR meeting dates December 2018 – February 2019

Media group:

A meeting where young people help to write the newsletters for POWAR and update the participation website, internet pages and Facebook page.

*Tuesday 4th December, Tuesday 5th February.
6pm ~ 8pm*

Young Inspectors:

Young Inspectors visit different services for children and young people to inspect them and then come up with ways that they can improve. The meetings are an opportunity to find out about upcoming inspections and write up reports for recent inspections.

*Tuesday 11th December, Tuesday 8th January,
Tuesday 12th February, 6pm ~ 8pm*

POWAR Combined:

All members of POWAR from all parts of Lancashire are invited to attend this meeting. Visitors from different services and organisations often attend to speak to young people to gain their views about different topics.

*Tuesday 15th January, Tuesday 19th February.
5:30pm ~ 7:30pm*

POWAR Christmas Party:

Monday 17th December, details to be confirmed.

Building a Better Europe with Children: all abroad! Conference 2018

Long standing POWAR member Matthew is also a member of the Youth Advisory Group (YAG) for Eurochild. In October, Eurochild held a conference in Croatia called Building a Better Europe with Children: all abroad! Matthew has been involved in the organisation and planning of the conference, and in July he visited Croatia with all the YAG members to prepare for the conference and make decisions about the programme, and ensure it would be inclusive and child friendly.

“Visiting Opatija was amazing, it’s a wonderful place and the people are so friendly and easy going. I love being part of the YAG, I’ve had the pleasure of meeting some amazing people including the Mayor, and our group was in the local newspaper. The conference in October was outstanding and gave all children of Europe a voice!”

Matthew

Member of POWAR and Young Advisory Group for Eurochild



The meetings are held at various locations in Lancashire. Please also note that these meetings are held term time only. Please get in touch to find out what meetings and activities we have during half terms and holidays. Please contact the Participation Service on **01772 629470** for more information or if you would like to attend.



**Children's
Mental Health
Week 2019**
4-10 Feb #ChildrensMentalHealthWeek
ChildrensMentalHealthWeek.org.uk



Dear Parents and Carers,

This week (4-10 February 2019) is Children's Mental Health Week.

The Week was set up by the children's mental health charity Place2Be to shine a spotlight on the importance of children and young people's mental health.

This year's theme is Healthy: Inside and Out – we're encouraging everyone to think about how they look after their bodies and minds.

What's it all about?

When we think about healthy living, we tend to focus on looking after our bodies – our physical wellbeing – through food, being active and getting enough sleep.

However, in order to be healthy overall, it's important that we look after our minds – our mental wellbeing – too. We know from our work in schools that children in every class have diagnosable mental health conditions and many more struggle with challenges from bullying to bereavement.

Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be **Healthy: Inside and Out**, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times.

As parents and carers, you play a very important role in your child's health. Here are a few simple ways you can encourage them to look after their body and mind:

- **Chat with your child about what you do to look after your body and mind**, from walking the dog to turning your phone off before bed. Sharing the steps you've taken to stay healthy can set a good example for them – but don't be afraid to admit it if you've struggled! It's important for children to keep trying, even when things are difficult.
- **Praise your child and other family members for what they do to look after their body and mind** – even if it's small. If your child sees healthy living in a positive light, they're more likely to carry on doing these things throughout life.
- **Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy!** Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different – and that's something to celebrate.
- **Do something regularly with your child to be Healthy: Inside and Out.** Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.

Don't forget, if you're worried about your child, you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice for parents on our website

www.place2be.org.uk/usefulcontacts

Visit www.ChildrensMentalHealthWeek.org.uk to find out how you can get involved and support Place2Be's vital work.



Carers Link Lancashire

PROVING LIFE FOR CARERS

If you think you're alone in your caring role... you are not!

Come and join other carers, make friends and take a load off over a friendly cuppa.

If you have never been before because you don't know anyone... don't worry!

Everyone has been a first-timer and our friendly staff will be there to greet and introduce you to everyone. No need to book, just drop in and say hello.

Full information is below but contact us on **01254 387444** for any other queries.

During December we will be encouraging carers to come and talk to us at these sessions about what they think of the services Carers Link Lancashire provides the good, the bad and the ugly. Refreshments will be paid for too!

Café Times

1st Tuesday of the month ~ 4th December 10:30am to 12:30pm
Chapter One, 70/72 Blackburn Road, Accrington

1st Thursday of the month ~ 6th December 10:00am to 12:00pm
Burnley Central Library, Grimshaw Street, Burnley

2nd Tuesday of the month ~ 11th December 10:30am to 12:30pm
Colbourne Café, 15 Wellgate, Clitheroe



Care to
Chat?

Company Limited by Guarantee No: 08584591
Registered Charity No: 1156275



£12.50
A ticket

Book
Now

Carers Merry Christmas Party

Friday 14th December
7:00pm - Midnight

Traditional 3 Course dinner
Live singer with favourites old and new
DJ playing lots of Christmas Classics
Raffle & Games

Partners, friends & family are welcome Tickets priced at £15.00

Clayton-le-Moors Freemasons' Hall, Corn Mill Yard,
Off Whalley Road, Clayton-le-Moors, Accrington, BB5 5HX

Carers Drumming Circle

Music to make you
feel good

From the beating of the heart to the changing of the seasons, we all experience rhythms in our everyday lives. Join our friendly, welcoming drumming circle and find out how drumming can make you feel good, increase your confidence and help improve co-ordination.

You don't need any musical experience, everyone in the group has been a beginner. All you need is the desire to have a go.

You can drop in on as many sessions as you like as each session brings something new.

We meet every 2 weeks
from 1.30pm to 3.30pm
**Clayton-le-Moors
Freemasons' Hall
Corn Mill Yard
Off Whalley Road
Clayton-le-Moors
Accrington, BB5 5HX**

For information on dates
please call Emma
01254 387444

Each
session
costs £4

Contact us:

Carers Link Lancashire, 54-56 Blackburn Road,
Accrington, BB5 1LE

info@carerslinklancashire.co.uk

Call 0345 688 7113 or 01254 387444

Monday to Friday, 9:00am to 5:30pm

Council Tax Discounts

Many residents find the Council Tax bill is one of their biggest monthly household bills. Whilst there is awareness of the Council Tax Support available to those on a low income, there appears to be much less awareness of the various discounts that may be available.

Are you aware of the 'Disabled Band Reduction' that may apply if your home has an extra bathroom or kitchen used mainly by a disabled adult or child, or another room such as a room set aside for their treatment or physiotherapy or equipment, or if you have had to make space in your home for a wheelchair to be used?

Also, when your child reaches adulthood and is treated as another adult in your property, as the Council Tax charge is based on the number of adults in your home some of you who previously had a 25% discount if you were the only adult may find you now have to pay the full Council Tax liability. Equally households who already have 2 or more adults in the property will already have a full Council Tax liability.

Some people can be treated as carers and therefore disregarded as an adult in the property for Council Tax purposes, and this can apply whether you are working or not. If you are caring for someone in your household for at least 35 hours a week, and that person is on a relevant disability benefit, and they are not your partner and not a child under 18, you can be recognised as a carer and disregarded for Council Tax purposes. For example:

Mr & Mrs B currently pay full Council Tax. Mr B does not work as he is the main carer for their son who has multiple disabilities. Mrs B works full-time. Their son turns 18 years of age. Both Mr and Mrs B provide at least 35 hours a week care to their son, as Mrs B helps with the care before and after work and at weekends. They both apply to be recognised as carers for Council Tax purposes, both are then disregarded and they get 25% off their Council Tax bill as the only adult recognised in the property for Council Tax purposes is their son.

If their son can be treated as meeting the 'severe mental impairment' criteria for Council Tax purposes then he may also be disregarded leaving the property without any recognised adults for Council Tax purposes which can mean a 50% discount is applied to the Council Tax bill.

Council Tax Support and Council Tax Discounts are administered by your local District Council, so if you want to apply for a discount or to learn more do contact them. However if you are not finding the information you need or want further advice then please get in touch.

For **free** and confidential advice on benefits, please contact:
Welfare Rights Service

Tel:
0300 123 6739

Email:
infowrs@lancashire.gov.uk

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

Parents Supporting Parents

For Parents and Carers of Children with Additional Needs

including ASD, ADHD, Sensory Processing Disorder, Learning Disabilities and Physical Disabilities.

A new, friendly, relaxed group held monthly to provide guidance, practical solutions and to support friendship.

Join us:

1st Friday every month 10am ~ 12 midday
3rd Wednesday every month 6pm ~ 8pm
at:

The Vanguard Community Centre
Bevigton Close. Burnley BB11 4SD
Behind McDonalds & KFC (off Junction 10, M65)

YOUNG DISABILITY FOOTBALL COACHING

Available to those aged 4~16

Saturdays 10~11 am, **FREE**

Indoor Training Hall, uclan Sports Arena

You will need: Shin Pads & enough to drink to last one hour

JUST TURN UP & PLAY

Play at an FA Charter Standard Club
and be trained by FA qualified coaches

Available to girls & boys aged 4~15

Saturdays 11:30am~12:30pm, **£4:00**

You will need: Trainers or Astroturfs, Shin Pads & Water

Players only train with their own age group.

Please arrive at least 15mins before training time to register.

*Enjoy football training and the opportunity to play in tournaments
with the Lancashire FA and the North West Ability Counts league.***uclan Sports Arena, Tom Benson Way, Cottam. Preston PR2 1SG****ADULT PAN DISABILITY SESSIONS**Fridays 6~7pm, **£3:00**

PlayFootball (indoor pitches), Tag Lane, Ingol.

Preston PR2 3TX

You will need: Shin Pads & enough to drink to last one hour

Can You Help?Would you be looking to volunteer
or become a coach? We also accept
recyclables: all football kit, waterproofs,
fleeces etc, child & adult sizes**for more details:**www.sirtomfinneysc.co.ukkath@masonhouse.co.uk

07730 570688

SPLATTER DANCE

**Fun & creative dance classes for children
with additional needs aged plus 4 & their siblings**

No official diagnosis necessary

- Have fun
- Boost confidence and self-esteem
- Freedom to be creative & expressive
- Develop social & communication skills
- Extend physical skills
- Leave feeling relaxed
- Performance opportunities

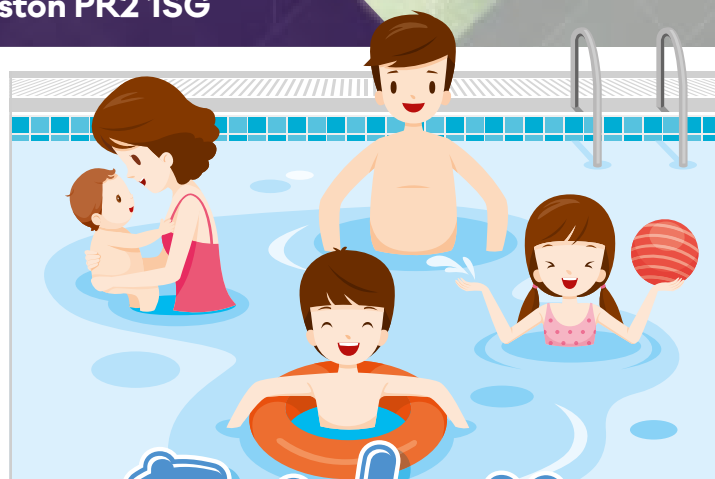
People
Dancing
The UK Body
for DanceOne
Dance
UK
The UK Body
for Dance**FREE** **taster sessions on Monday 3rd &
Monday 10th December**

4:15pm~5:00pm or 5:15pm ~ 6:00pm

Regular weekly classes start from Monday 7th January

Delivered by a specialist dance artist together with support
artists allowing parents to enjoy a cuppa & a chat!Contact **Emma** with any questions & to book you place:**emma@splatterdance.co.uk** **07973636019****www.splatterdance.co.uk***"It is the highlight of his week!
The benefit to his confidence and
social skills has been profound"*

Parent feedback

**Aughton Village Hall, Winifred Lane,
Aughton, Ormskirk. L39 5DH free parking**

Fridays Park Pool Ormskirk 8pm ~ 10pm

**West Lancashire
Sports & Social Club
for the Disabled**
Families very welcomeAnnual membership
Adults~£16 Children~£8for more information contact:
Marion 01695 573000 or Pat 01695 727622



Delivered by qualified Community Trust coaching staff who specialise in impairment specific football delivery

Adult PAN Ability Football for age 16+ with a disability or an impairment

Every Thursday 7pm - 8pm
(Term time only)

Further opportunities to play in competitive fixtures



PAN Ability Football for 8 to 18 year olds with a disability or an impairment

Every Thursday 4:30 - 5:30pm
(Term time only)



Charity Registration Number: 1128235

Indoors at
Playfootball.net,
Garstang Road,
FY3 7JH

Contact Us

-  BFCCT
-  @BFC_Trust
-  bfccommunitytrust
-  01253 348691
-  office@bfcct.co.uk

WHAT WE OFFER:

- Rebound therapy
- Disability sessions
- SEN and ASD friendly sessions

All with friendly, trained marshals in an environment that is safe with your needs in mind!

SEN AND ASD FRIENDLY SESSIONS

- Safe bouncing, supervised by trained marshals
- Lights at a comfortable level
- Music on low and with calm music
- Freedom of movement around the park with use of both arenas
- Private session for ASD and SEN groups
- Carers jump for free
- Calm room, no lights, no music to relax in

The disability sessions will allow for carers /families to bring their clients/students/family to the park to use the facilities, however at the moment we can only accommodate for people who are assisted to the trampolines, as unfortunately we do not provide a hoisting system.

For further information and to book, please contact us:

The Jump Works Trampoline Park,

Sydney Street, Accrington, BB5 6EG

Tel: 01254 781117

Email: Info@thejumpworks.co.uk

Website: www.thejumpworks.co.uk



**Jump
WORKS**

**DIFFERENTLY
ABLED
BOUNCE**

**DAB Session
Monday evenings at 6pm.**

Children's book ideas for Christmas

With the nights drawing in and festive family time approaching, what could be better than snuggling up with your child and reading them a bedtime story?

Fine in theory, but if your little one is going to insist on the same book night after night, at least make it one that you won't mind reading over and over again!

I have put together a selection of our family favourites that are quite adult friendly too.

The Little White Owl

by Tracey Corderoy and Jane Chapman

This story focuses on a sweet little white owl who is all alone in the world because he doesn't have a mummy or a daddy. What he does have though is a wonderful imagination and a head was full of happy stories. When he sets off to explore the world one day,

He meets some very colourful birds who don't accept him at first because he looks so different... but soon his imagination makes them see him very differently.

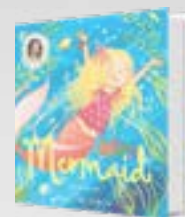


Mermaid

by Cerrie Burnell

Written by a former CBeebies presenter, this book is a lovely story about a boy called Luka who lives by the seaside and longs to swim beneath the silver-bright waves but he has never learned to swim. One day he meets an amazing girl called Sylvia who can swim like a fish, dipping and soaring through the water. Luka is in awe of Sylvia's abilities, and dreams that she is a mermaid.

When Luka starts school the next day, Sylvia is there and the other children crowd around to ask why she is in a wheelchair. To Luka it's obvious; mermaids can't walk on land! A lovely story that shows how naturally accepting children can be and how their imaginations allow them to see the wonder that adults can so often miss.



Naughty Bus

by Jan and Jerry Oke

This book is a very different way of putting together a book, it uses real photographs shot at a child's eye level to bring the story to life from the perspective of Naughty Bus. It is visually very exciting and carries a real energy. When Naughty Bus drives through a plate of egg, chips and beans it is lots of fun! The text is simple but the authors have played with it, making it twist and turn

across the pages and other clever effects, which may make it tough for a child wanting to read the story themselves but great fun for a confident reader. It also encourages children to perhaps question who really is the naughty one; the boy or the bus?



Magic Chair Books

<https://www.magicchair.co.uk/personalised-books/>

Personalised books are nothing new, I had one when I was a child, but this series is very different and has a genuine personal touch. The website allows you not just to have your child's name appear in the stories (there are several to choose from) but you can also make the character look remarkably like your child. You can specify skin and hair colour, eye colour, and change the colour of their clothes. You can have the child wearing glasses if applicable and you can also add a special message on the back of the book if you are giving it as a gift –

great for Christmas or birthdays!

My son loves his Magic Chair books and we enjoy looking how his appearance has changed through the years from long curly hair to a trendy cropped style and the addition of glasses to his look. I strongly recommend these books both as fun bedtime stories but as lovely family keepsakes too!



Do Not Open This Book

A ridiculously funny story for kids, big and small... do you dare open this book?!

by Andy Lee

This is a great book for children who are starting to feel a bit grown up for picture books but not ready to move on to longer stories. It also allows them to feel quite rebellious by ignoring the Monster doing everything they are asked not to by turning the pages to discover Monster's hilarious secret at the end of this funny picture book.

Oh! You opened the book. I assume that was an accident? No problem, accidents happen. I'm not even angry.

Just **please** don't turn the page!



FIND readers can claim **10% OFF** Magic Chair Books, valid until 2020. Quote the code **MC2019** at the checkout

Christmas Survival Guide

Most of us look forward to Christmas as a fun and exciting time, but for some, the changes to their routine can be overwhelming. The following hints and tips from parents and carers can help to make it a happy time for everyone.



When wrapping toys and presents for children with additional needs, first remove them from the packaging, take off any fiddly ties or extra packaging and make sure any batteries are fitted and working, then wrap the toy up.



Tin foil makes excellent wrapping paper - it is very sensory and makes for an easy to open present. Or use a piece of fabric, tied with a ribbon. A child with limited motor skills will find this easier to open - just pull the ribbon!



Limit the number of gifts for your child to open, and spread them out through the day or over a few days. It can be very overwhelming to have so much new stuff in front of them. Does it really matter if they open everything on Christmas Day?



Some people with Autism don't like surprises, so help your child to write a list. Ask friends and relatives to buy something from the list if possible too.



If your child is not keen on opening presents because they're new and unfamiliar, try wrapping up some favourite toys. Sometimes unwrapping something familiar is very reassuring.



Make a visual planner for the holiday period. Mark on when you plan to buy a tree, when to decorate the tree and also to put decorations up. You may wish to spread these activities over a few days so your child can get used to the changes gradually. Also mark when visitors are coming round, party/event dates and when you are planning to visit someone.



Avoid the concept of Santa's "good and naughty" list. For some children, the stress of worrying about being on the naughty list can become overwhelming.



Our daughter loves looking at pictures and we have found it a great way of explaining different events to her. We have a holiday season book we've made with pictures of her and the family doing things in the holidays. We've included pictures of her in the school play, relatives coming to visit, etc. It helps her not to get overwhelmed with what's going on.



If your child has a sensory impairment, add decorations with different textures/smells and things that make sounds to your Christmas tree. For younger children, add cinnamon to play-dough to gradually introduce new smells.



If you or your child enjoy the Christmas lights and window displays, sit on the top deck of the bus and you'll get a bird's eye view without getting stuck in the crowds. We do it every year and involve all my children so everybody's happy.



Help and encourage your child to make and give gifts. This provides an excellent opportunity to work on social skills, like thinking of other people's needs and interests, and being kind and helpful.



I run a group for children with ASD. Instead of having a party at this time of year, we arrange an experience for them. For them and us, as their parents, it's much more enjoyable as there is no pressure to conform to the demands that a social occasion puts on them.



When you are visiting friends or relatives, fill a backpack with things your child finds comforting or enjoys playing with - toy cars, a stuffed animal, a CD and CD player, or a few books. If your child gets over stimulated, find a quiet corner or a back room and pull out the backpack.



Create a quiet space where your child can take a break, with no Christmas decorations, etc. Give them permission to retreat here whenever they need.



Friends and family may not know how they can help unless you tell them. Give them a list of things they can do to support you.



Do you have any tips to share with other parents?
Are there any local businesses that you would recommend to families of a child with additional needs? Email your suggestions to FIND@lancashire.gov.uk

DanceSyndrome's Jen Blackwell is included in the Disability Power 100 list 2018

Jen Blackwell, Founder and Director at local inclusive arts charity DanceSyndrome was announced as one of the most influential people with a disability in the UK at a reception at the South Bank Centre on Wednesday 17th October.

The Shaw Trust Disability Power 100 List is an annual publication of the 100 most influential disabled people in the UK. More than 700 nominations were received for the 100 places. The Disability Power 100 List is compiled by an independent judging panel, chaired by Kate Nash OBE. Kate is the world's leading authority in 'Networkology' - the science behind the growth of workplace networks and resource groups. In 2007 she was awarded an OBE for services to disabled people. In 2013 she was appointed Ambassador to Disability Rights UK.

DanceSyndrome is a multi-award winning dance charity based in Lancashire that delivers inclusive dance workshops and dance leadership training as well as inspiring performances that demonstrate a focus on ability rather than disability. The charity was founded by dancer Jen Blackwell, who happens to have Down's syndrome, because she found it difficult to find opportunities in community dance due to her disability. DanceSyndrome's ethos is that disability should never be a barrier to following your dreams. Dancers with and without disabilities work together to inspire people to see what can be achieved when we all become more inclusive.

Jen Blackwell said: *"Dancing is my life, I am passionate about dance and about supporting people like me to have opportunities in the dance world. Getting this recognition shows that people with learning disabilities can do amazing things with their lives if given a chance"*

Nick Bell, Interim Chief Executive of Shaw Trust - a charity helping to transform the lives of young people and adults across the UK and internationally, said: *"Congratulations to Jen Blackwell. The judges were beyond impressed by the standard of nominations but selected the most influential people who are proving that disability or impairment is not a barrier to success. One of our aims for the Disability Power 100 list is to demonstrate to young people that they can achieve their ambitions. At Shaw Trust we work with government, local authorities and employers to support people overcome barriers which hold them back from achieving their potential."*

For more information about DanceSyndrome, please call **07597 942494** or



sarah@dancesyndrome.co.uk



www.dancesyndrome.co.uk



www.facebook.com/dancerleddisabilityinspired



[@Dancesyndrome](https://twitter.com/Dancesyndrome)



Shaw Trust is a charity helping to transform the lives of young people and adults across the UK and internationally.

Our specialist services help people gain an education, enter work, develop their career, improve their wellbeing or rebuild their lives. As a charity we add value to every service we deliver by investing back into the people and communities we support.

For more information please visit:



www.shaw-trust.org.uk

The Shaw Trust Disability Power 100 List is an annual publication of the 100 most influential disabled people in the UK. Since its inception four years ago, the publication has gone from strength to strength. Over the years it has allowed Shaw Trust to encourage businesses, employers and other organisations to reflect on opportunities available for disabled people. The list plays a vital role in providing much needed encouragement to the young and talented leaders of tomorrow, allowing them to see that aspiration and ambition can be fulfilled regardless of disability or impairment.

For more information and to see the full Shaw Trust Disability Power 100 List please visit:



www.disabilitypower100.com

Useful websites

Newlife Foundation for Disabled Children

Newlife provides funding for essential community equipment, such as beds, buggies, wheelchairs, seating systems, and much more. Our equipment grants can improve child health, reduce risk of significant injury, reduce pain and generally support delivery of care – while enabling childhood experiences and encouraging independence.

We also offer the free loan of equipment which can help children at significant risk of injury, and those in urgent need because of unstable life threatening/limiting conditions or terminal illness. Our unique equipment services are designed and run by responsive professionals. We act on information received the same day, and aim to deliver equipment within 72 hours.

W: www.newlifecharity.co.uk

T: 01543 462 777 (Mon ~ Fri, 9:30am ~ 5:00pm; answer phone at other times)

E: info@newlifecharity.co.uk

Disability Grants

Are you a parent or carer of a disabled child or adult? If so you may find this website useful to save time finding Disability Grants. Charities and Trusts provide funding towards the high cost of disability equipment, holidays, housing, days out... in fact anything above and beyond the normal costs of everyday living.

W: www.disability-grants.org

Daytrippers Foundation

We provide grants for recreational and educational day trips for groups of children and young people aged 5~25 living in the UK who have disabilities and life-limiting conditions.

Applications can be made for grants towards a trip occurring on a single day. For example, this could be a day out to a wildlife park, the beach or an outdoor activity centre. Each application will be considered on its own merit, and decisions are made on a first come first served basis until funds for that financial year are expended. On occasions where we are not be able to award you the full amount requested, we will consider making a contribution.

W: www.daytrippers.org.uk

T: 020 7758 0030

E: enquiries@daytrippers.org.uk

Birkdale Trust for Hearing Impaired Ltd

The Charity makes grants to young people up to an age in their mid-twenties resident in the UK. This funding provides support in a variety of ways and to organisations linked to deaf young people. The Trust welcomes applications which will always receive careful consideration. Trustees are required to respect the guidelines set down by the Charity Commission so they cannot guarantee all applications will be approved.

W: www.grantsforthe deaf.co.uk

RESPECT REFLEX
Inclusive Clubnights

4 December 2018
8 January 2019

7pm to 10pm at
Reflex Nightclub,
1-3 King St, Wigan, WN1 1DY
Tickets £2 each, must
be bought in advance.

FOR TICKETS, CONTACT:
My Life: 01257 472900
Wigan & Leigh People First: 01942 728748
SKLS: 01942 522333

www.facebook.com/RespectReflex

18+

MyLife WIGAN & LEIGH PEOPLE FIRST REFLEX WIGAN

Seniors
Ages 18 - 18 years
Subsidy for Young People with Severe Learning Disability

Paint your own Christmas Decorations

Friday 14th December 5.30pm

Alabaster Jar, Pall Mall, Chorley.

Snack & Drink

£5 Per Person

All activities must be booked and are on a first come first served basis. On all our activities a parent must stay and supervise their own child/children, High Five do not have paid staff or volunteers to help.

www.facebook.com/HighFiveLancashire

Spring into Shape



Personal Training Sessions

- Affordable Personalised Training*
- Personalised Plan
- 2 hours of training per week
- One – to – One Fitness Instruction
- Group Exercise
- Lose Weight
- Improve Health
- Feel Better
- Support to access other community exercise to maintain plan



Sessions £12.50 per week, includes one to one personalised session and free group training session.

*Subsidised personal training sessions available to people with a learning disability, autism, or mental health issue, with a BMI outside of normal healthy range (below 18 or over 25) living in Ribbles Valley.

Contact Us

01254 457026
lucy@spring-projects.co.uk



A SAFE PLACE
KARAOKE
THE FIRST WEDNESDAY OF EVERY MONTH FROM 6PM

A night of Singing & Dancing for people with **SPECIAL NEEDS**, anything from Learning Disabilities, Autism,, ETC

Open to ALL
No age limit
FREE

Alhambra/Carleton Suite
Morecambe
Tell: 07903036311

I'N NON BLONDE
YOUR HOST



What is Meet N Match?

Meet N Match is a friendship & dating agency for people with a learning disability and/or autism. We offer:

- Personal introductions to new friends and a chance to go on 'dates'
- Supported first dates
- Advice on safe dating and relationships
- Priority invitations to organised Lancashire events
- Invitations to local events
- A directory of social activities in Lancashire with regular updates
- Access to training about relationships
- Membership costs just £25 for six months or £40 for a year



Join now at www.meet-n-match.co.uk or contact Contact Lizzie, our Membership Coordinator for more details on lizzie@meet-n-match.co.uk



Safer Internet Day 2019

Safer Internet Day 2019 will be celebrated globally on Tuesday 5th February with the slogan: 'Together for a better Internet'.

Coordinated in the UK by the UK Safer Internet Centre the celebration sees hundreds of organisations get involved and join a national conversation about using technology responsibly, respectfully, critically and creatively.

The day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together and help to create a better internet.

Each year for Safer Internet Day the UK Safer Internet Centre creates a range of resources to help educational settings and wider to celebrate the day. This includes:

- Lessons plans, assemblies and films tailor made for all ages
- Resources to support social media involvement on Safer Internet Day
- Registration as a Safer Internet Day Supporter
- National research looking at young people's use of technology.

The UK Safer Internet Centre invites everyone to join Safer Internet Day supporters across the globe to help create a better internet on Tuesday 5th February 2019, and throughout the whole year!

UK Safer Internet Centre

The UK Safer Internet Centre is a partnership of three leading charities – Childnet International, the Internet Watch Foundation and South West Grid for Learning, (SWGfL) - with a shared mission to make the internet a better place for children and young people.

The partnership was appointed by the European Commission as the Safer Internet Centre for the UK in January 2011 and is one of the 31 Safer Internet Centres of the Insafe network.

The UK Safer Internet Centre delivers a wide range of activity to promote the safe and responsible use of technology by children and young people:

- coordinates Safer Internet Day in the UK, reaching millions every year. In 2018 Safer Internet Day reached 45 of young people and 30% of parents in the UK.
- founded and operates an online safety helpline for professionals working with children in the UK, including teachers, police officers, GPs and more
- operates the UK's hotline for reporting online child sexual abuse imagery
- develops new advice and educational resources for children, parents and carers and teachers to meet emerging trends in the fast-changing online environment
- delivers education sessions for children, parents, carers, teachers and the wider children's workforce, including free events across the UK
- trains children and young people to be peer educators and champions for the safe and positive use of technology
- shapes policy at school, industry and government level, both in the UK and internationally, and facilitates youth panels to give young people a voice on these issues.

For more information visit www.saferinternet.org.uk and the websites of the partners:

Childnet: www.childnet.com

Internet Watch Foundation: www.iwf.org.uk

SWGfL: www.swgfl.org.uk

"Safety is something that happens between your ears, not something you hold in your hands."

Jeff Cooper

Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people.

Last year, we provided 88,407 grants and services worth over £33 million to families across the UK.



Family Fund
Helping disabled children

Our grants help break down some of the many barriers faced by families raising a disabled or seriously ill child, and cover a variety of things that may be of benefit, such as household items, family breaks and specialist equipment.

To learn more about how our grants help families, read Amy's Story below -

Case Study

Amy is 17 years old, and lives in North West England. She has Autistic Spectrum Disorder, and has been awarded multiple grants from Family Fund since her mum's initial application in 2004.

"We heard about Family Fund a long time ago now, when Amy was only small," says her mum, Claire. "We used to take her to a place at the infirmary called the Mary Sheridan Centre, and one of the members of staff there mentioned it to us."

"Amy has autism. She is non-verbal, and is still in nappies, which impacts various parts of our lives. Even though she is non-verbal, she understands everything that you tell her, and she is very intelligent. So we just have to make sure we are constantly telling her what we are doing."

"She is going to college at the moment, which has been great for her, but she is still very routine-based. If anything unexpected happens, she doesn't take it very well."

"Over the years we have received several things from Family Fund. We have had a washer, a fridge-freezer... then more recently the iPad. I think the first thing I applied for was the washer dryer, which we needed because Amy needs a lot of changes of clothes during the day."

"Another year I applied for bedding for Amy. That meant she could stay at my mum's house and I could have a little break. I remember that being really helpful at the time."

"We definitely wouldn't have been able to afford any of the items ourselves. We have got limited family who we could have asked for help, and so we probably would have had to do it through loans or credit cards, which I obviously did not want to do because we would struggle to pay them back."

"Family Fund has been an absolutely tremendous help with everything that we have had and been through. I am just so thankful that they exist."

Find out more at www.familyfund.org.uk, call us on **01904 550055**, email us at info@familyfund.org.uk or join the conversation on:

Facebook: www.facebook.com/familyfund

Twitter: www.twitter.com/FamilyFund

Instagram: www.instagram.com/family_fund



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
	Welfare Rights	0300 123 6739
Environment	Anti-social behaviour on buses	0300 123 6782
Local SEND 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
	Information, Advice and Support Team, SEND Service	0300 123 6706
	Children & Family Wellbeing Service	0800 511 111



Wyre & Fylde Parent/Carers

is a group for parents of children with disabilities and/or additional needs. We run weekly stay and play sessions where all of the family are welcome. The children can have a play and the adults if they need an ear can have one, or even discuss services or share advice. Please feel free to come along to any of our sessions.

Contact us through facebook for details:

www.facebook.com/groups/388602158177352

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

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Parent Representatives

Nannette Holliday – Chorley
Lucy Ellis – Lancaster
Hayley Monk – South Ribble
Trish Dobson – West Lancashire
Parent carers from other areas interested in joining the group, please contact FIND.

Voluntary Organisation

Julia Johnson – Face 2 Face/Scope
Tom Harrison – Community East Lancashire Health

Health

Carole Kay – Lancashire Care NHS Foundation Trust



We also have a facebook page.

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

Spring issue – deadline for articles 11th January, published March 2019

Summer issue – deadline for articles 29th March, published June 2019

Autumn issue – deadline for articles 28th June, published September 2019

Winter issue – deadline for articles 27th September, published December 2019

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/help-for-parents-and-carers/family-information-network-directory

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

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