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# NEWSLETTER

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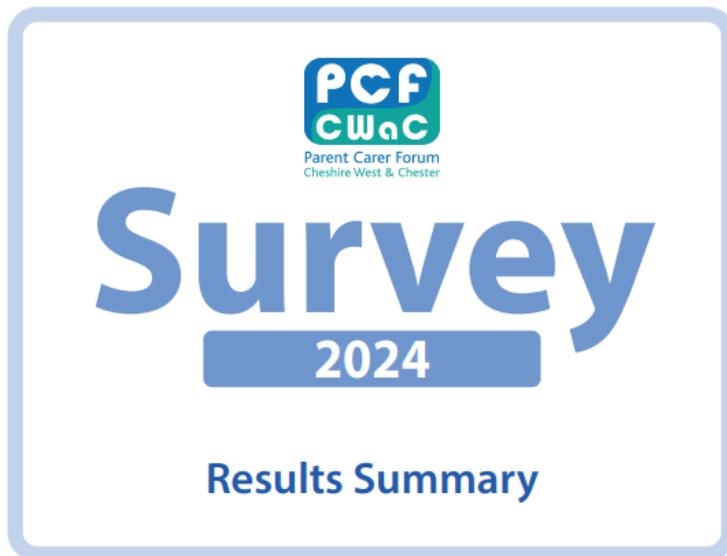
## May 2024



## PCF Survey Results

### May 2024

**We extend our heartfelt gratitude to parent carers who have taken the time to fill out our 2024 survey. We understand the frustration of sharing lived experiences without seeing an impact. We have read hundreds of comments from survey participants, and each one has touched our hearts. We want to assure parent carers that their voices have been heard and fed back to leaders in the Council and the SEND Strategy Board. As a result, there is a commitment from those at the very top to address concerns working in equal partnership with parents and carers. We will keep members and the wider community updated as we take recommendations from the survey into actionable steps with professionals and key stakeholders.**



PCF Survey 2024 Summary Report:  
is available on the button below...

Survey 2024 Results & Further Analysis  
a full report of survey results is available to view here  
click the button below to view...

Survey Results From 2024



## PCF May 2024 In-Person Forum

**PCF CWaC**  
Parent Carer Forum  
Cheshire West & Chester

**Wed 22nd May**  
**10am – 2pm**

**Preparation for Adulthood**

**Supported Internships**  
- What happens when my EHCP ceases?

**Social care** - Supported Living / Direct Payments

**Transitioning to Adulthood services**

**Marketplace** - Stands & Information on activities, groups and services in your area will also be available.

**Free Lunch & Refreshments.**  
Free Parking. Wheelchair Accessible.

**At: Holiday Inn, Cheshire Oaks, CH65 2AL**

**Free Event - All Welcome**

Book online on our website  
[www.pcfcheshirewest.org/whats-on](http://www.pcfcheshirewest.org/whats-on)

★DON'T FORGET TO BOOK YOUR TICKETS★

This event has a packed agenda including presentations from the .....

- The Adult Social Care and Transitions Team.
- Hall Smith Whittingham Solicitors (Wills and Trusts, Deputyships and Mental Capacity).
- Transition to Adulthood from a Medical Perspective.

And so much more!

Follow our Facebook page to view the full agenda soon.

For all Parents and Carers of children/young people who have any Special Educational Needs &/or Disabilities (SEND) (no diagnosis needed)

If you cannot make it we can ask your questions on your behalf and get back to you with a response, please contact us Phone: 07900 840867

Presentations from the day will be shared on our website after the event.

<https://www.pcfcheshirewest.org/>

Book the event here -



## PCF March 2024 Virtual Forum

Watch Again - MARCH 2024 - Short  
Breaks & Wrap-around Care. EOTAS –  
Education Other Than At School –  
What is it?

Did you miss the PCF March Virtual Forum?

Please use the link below to access the Recordings and presentations from our online forum:

You can hear about the following topics:

Short Breaks and Wrap-Around Care - Update.

EOTAS – Education Other Than At School - What is it?

March Virtual Forum Recording



**The aim of the PCF...**  
 Be the voice of as many parents/carers as possible  
 Influence decisions about gaps in services  
 Provide info & signposting to Professionals and Voluntary Organisations  
 Co-produce improvements to SEND services.

**2023-2024**

**In-Person Events**

**2023**  
**Wed 22 Nov, 10:00am - 02:00pm**  
**Vicars Cross Golf Club, Chester**  
 SEN Team  
 Attendance & Exclusion  
 Alternative Provision - What is it

**2024**  
**Wed 7 Feb, 10:00am - 02:00pm**  
**Hartford Golf Club, Hartford**  
 Live Well - Meet the professionals who support your child  
 Mental Health Services Update

**Wed 22 May, 10:00am - 02:00pm**  
**Holiday Inn, Ellesmere Port**  
 Preparation to Adulthood  
 Supported Internships - What happens when my EHCP ceases?  
 Social care - Supported Living/Direct Payments  
 Transitioning to Adulthood services

**Virtual Events**

**2023**  
**Wed 11 Oct, 10:30am - 11:30am**  
 Where do I go for support?  
 IASS  
 Carers Trust

**2024**  
**Wed 20 March, 10:30am - 11:30am**  
 Short Breaks and Wrap around care update.  
 ETOS - Education other than at School - What is it?

**July - Date TBC**  
 AGM  
 2023 Parent Carer Survey results

**Coffee Events** ☕  
**2023-24**  
**Schools, Charities, etc.**  
 List of dates will be on our website, new dates added throughout the year.

Check our website for more information, previous events, or watch again on our YouTube channel.

To book any of our events or for more information, scan the QR code, or visit our website.  
[www.pfcheshirewest.org](http://www.pfcheshirewest.org)



With much more to come in 2024 don't forget that you can keep up to date with the latest PCF news and signposting information by checking our website and following us on Facebook.



PCF Website

Live Well Cheshire West



NEW FEATURE.... Discover Live Well Cheshire West.

### Special Educational Needs (SEN) Managers

In the link below you will find the roles and responsibilities (as of November 2023) of the SEN Managers. At the bottom of the page, you will find the contact details for the team.

SEN Managers

### Information Advice and Support Service (IASS)



We have updated the Information, Advice and Support Service page on Live Well, so you can find out more about what the service provides as well as finding a wide range of information covering subjects including Special Educational Needs (SEN) Support, Education Health and

### What do we mean by Transition to Adulthood?

From Year 9 onwards your child's school will encourage them to start thinking a lot more about their future, particularly about what job they may like to do and about how they might like to live. This might seem scary but there are lots of people who can offer information, advices and guidance to help you make your decisions.

Cheshire West and Chester Council's has the same aspiration for all children and young people (including young people with special needs) - that they achieve well in their early years at school and in college; lead happy and fulfilled live; and have choice and control.



Our newly updated Local Offer has now been updated to include information in one place which includes information on supported internships, college information, supported employment, education information and services, health services and information and social care information and services and case studies from young people. For more information please see the links below:

- **View our [Pathway to Adulthood - Post 16 Options, Training and Employment](#)**
- **View our [Accessible - Pathway to Adulthood - Post 16 Options, Training and Employment](#)**



# contact

*For families with disabled children*



Collection

## Early years workshops

Contact - for families with disabled children

We are delighted to announce that the Contact Business Development team have some dates for online workshops for parents/carers of children aged 0 to 5 with SEND in ENGLAND. We would love it if you would share this information with any families who might find this useful. All of our workshops are interactive, so parents will be able to ask our very experienced and knowledgeable trainers all their most challenging questions! Or they can just sit and observe if they don't like to speak up.

Subjects that we cover include Toilet Training, Sleep, Speech and Language, Social Communication, Money Matters, Education, Anxiety,

To find out more click on [Early Years Workshops for parents and carers](#) This link will be updated regularly as we add more workshops throughout the year, so do check again later if you can't find what you want.

to **BOOK YOUR PLACE**, click [HERE](#)



Are running a public consultation on their draft Adult Social Care Strategy, 'Enabling Great Lives'. Their 'Enabling Great Lives' draft strategy summarises how they plan to continue to improve Adult Social Care services over time and work with people in West Cheshire and all their partners to turn their ambitions into reality.

This intends to be an overarching strategy document which provides a framework for how services will be delivered.

Survey Closing Date 19th May 2024

**COME AND JOIN US FOR**

Understand young people's mental health.

Help your children to manage life when it gets tough.



**A fun, friendly and free 3-week course**

**EVERY FRIDAY MORNING**  
**10<sup>TH</sup> MAY – 24<sup>TH</sup> MAY, 8:45AM – 10:45AM**  
 (REFRESHMENTS SERVED FROM 8:30AM)  
**THE LEARNING AND SKILLS HUB**  
**at The Oak View Academy**

Improve parent/child relationships.

Build your own, and your children's, resilience.

For more information, please visit [www.youthconnect5.org.uk](http://www.youthconnect5.org.uk)

To book a place, please text [07766 205389](tel:07766205389)




For More Information - Click Here



Cheshire West and Chester Council Website

Q Search

Sign In Register



# Learning disability day services review



Home / Share your views on the future of day services

## Share your views on the future of day services



Cheshire West and Chester Council is looking at Day Services for people with a learning disability.

Day Services are places where people with a learning disability can go to take part in activities.

We want to make Day Services better in the future.

We have worked with a small group of people with a learning disability, as well as their families and carers, and some of the people who provide Day Services, to come up with ideas to do this. You can find out more [here](#).

### More information

- More information is in easy read [here](#) and standard text [here](#)

### Where we're up to

- Consultation open**  
You can tell us what you think.
- Consultation closed**  
We are looking at what people have told us.
- Consultation findings**  
We have listened and this is how we will make day services better in future.

## Learning Disability Day Services Review



### The Russett School

#### The Russett School

##### Family & Toddler Sessions

Great fun today exploring different textures and giving new challenges a go !

Come along and join the fun – no need to book

Play based learning sessions for children with additional needs aged 6 months to 5 years and their families.  
Every Friday morning at 9.30 – 11.00 term time, at Victoria Rd Children's Centre, Neumann St, Northwich CW9 5UT

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#### MAY HALF-TERM DATES ARE LIVE 🇬🇧

**Energise**  
by Endorphins

**ENERGISE IS BACK THIS MAY HALF-TERM IN CWAC**

Join us at our fun and inclusive SEND groups!

- Fun with activities and games for all abilities.
- Play, move and learn important life skills.
- Build new friendships and socialise.

**Chester**  
Tuesday 28<sup>th</sup> May 2024  
4 – 11 years @ 10:00 – 13:00  
Wednesday 29<sup>th</sup> May 2024  
12 – 18 years @ 10:00 – 13:00  
Dorin Park School, Wealstone Lane,  
CH2 1HD

**Winsford**  
Wednesday 29<sup>th</sup> May 2024  
4 – 11 years @ 10:00 – 13:00  
12 – 18 years @ 10:00 – 13:00  
The Winsford Academy, Grange Lane,  
CW7 2UT

Registration is required. Booking is essential.  
For more information or to book contact our team at:  
E [bookings@endorphins.uk](mailto:bookings@endorphins.uk) T: 0330 1332642  
Find us online at: [endorphins.uk](http://endorphins.uk)

**Energise**  
by Endorphins

**Cheshire West and Chester**

Has your child experienced barriers to accessing education?

**Come along for a free get together to meet other isolated neurodivergent families.**



Pop up science activities

Pop up Playdough

Quiet area for those who need it

Opportunities to engage in a number of activities

Parent Wellbeing sessions



We would love to see you on  
**Friday May 10th**  
1.30-3pm



Vicars Cross community centre  
Thackeray Drive, Vicars Cross  
Chester, CH3 5LP

Parents welcome to come along with or without their children.

**For further details or to register interest contact**  
**[bamboo.discover@gmail.com](mailto:bamboo.discover@gmail.com)**

Email for further information

## What's On May-June-July



Daily	<b>EXHIBITION: If children ruled the world</b> <i>Ages All / £ Free</i> Created by children and young people in Ellesmere Port through sessions delivered by artist Jake Ryan
Tue – Saturday From 9.30am	<b>Café at Theatre Porto</b> Open daily for coffee & yummy things
Every Saturday 10am – 12noon	<b>Saturday Family Hangout</b> <i>Ages All / £ Free</i> Kick-start the weekend with games, crafts, and story-exploring - all whilst enjoying a hot cup of tea
4 <sup>th</sup> May 18 <sup>th</sup> May 25 <sup>th</sup> May 10.30am-12.30pm	<b>Young Writers</b> <i>Ages 13 – 17 years old / £ Free</i> Work with other writers, get involved in exciting projects, build confidence, develop your skills, learn new techniques, and make new friends in a safe and supportive space.
1 <sup>st</sup> -15 <sup>th</sup> , 29 <sup>th</sup> May 12 <sup>th</sup> & 26 <sup>th</sup> June 10 <sup>th</sup> & 24 <sup>th</sup> July 11am-12.30pm	<b>The Port Sketch Club</b> <i>Ages All / £ Free</i> Come and join us at The Port Sketch Club (every other Wednesday)... No experience required, All welcome and materials are provided.
Every Tuesday, Wednesday & Thursday Eve Term Time	<b>Drama Droplets</b> <i>Ages 7 – 11 years old / £ Free</i> Play games and exploring different elements of drama as well as creating short pieces of theatre. From beginners to Drama Experts all our activities are designed to be accessible and fun for all abilities.
Every Wednesday & Thursday Eve Term Time	<b>Drama Drop-in</b> <i>Ages 12 – 18 years old / £ Free</i> Have a go, learn new skills and build confidence in our free drama group, working with theatre professionals. Drama Drop-in is all about exploring techniques and having fun in a relaxed and supportive environment.
23 <sup>rd</sup> May 27 <sup>th</sup> June 25 <sup>th</sup> July 6-9pm	<b>Indie Film Club</b> <i>Ages 16 – 25 years old / £ Free</i> Join us each month for a relaxed and enjoyable film club experience. We bring you cult classics, unique favourites, and arthouse films. Selected for and by our attendees.

### THINGS TO WATCH

Saturday 4 <sup>th</sup> May 1pm	<b>Pirate Princess by Gemma Bond</b> <i>Age 5+ / £ Pay What You Like</i> Pirate Princess is a story of hope against adversity inspired by strong and inventive women of history <i>NB This performance represents a fresh production in the developmental stages, currently undergoing audience testing.</i>
Saturday 18 <sup>th</sup> May 12.30pm	<b>Theatre Porto Family Films – Missing Link</b> <i>Cert PG / £ Pay What You Like</i> Mr. Link recruits explorer Sir Lionel Frost to help find his long-lost relatives in the fabled valley of Shangri-La
Friday 24 <sup>th</sup> May 7pm	<b>National Theatre Live – Nye</b> <i>Cert PG / From £7</i> Michael Sheen plays Nye Bevan in a surreal and spectacular journey through the life and legacy of the man who transformed Britain's welfare state and created the NHS

### COMING SOON & OTHER THINGS HAPPENING...

National Theatre Live / Young Writers Events / Refugee Week / Live Music Events / Topsy Turvy 2024 and much more!

For more information and bookings visit our website  
[www.TheatrePorto.org](http://www.TheatrePorto.org)  
 Please contact 0151 357 2120  
 or email [info@TheatrePorto.org](mailto:info@TheatrePorto.org)  
 Follow us online @TheatrePorto



Join our mailing list

For more information

# CHESHIRE WEST CARER SUPPORT

Are you caring for someone living with a mental health condition, or who has a learning disability?

If yes, we are here to help.



If you provide practical help and/or emotional support to a friend, relative or partner with a mental health condition or a learning disability then you are a carer.



At Making Space we understand that while caring for a family member or a loved one is a very generous and selfless thing to do, taking on such a physically and emotionally demanding role can also take its toll on your own health and wellbeing.

We are here to support you in your caring role and help give you balance in your life. Our professional and caring support workers provide a free service to carers in Cheshire.

### HOW WE CAN HELP YOU

- Give you emotional support
- Offer advice and guidance to assist you as a carer
- Support you to enjoy your life outside of your caring role
- Signpost you to services and organisations that can help you
- Provide information about mental health conditions, learning disabilities, treatments and local services
- Support you to communicate with services who can help you
- Peer support groups where you can meet other carers in an informal environment to share experiences with others in a similar situation to yourself

### CONTACT US

To access our service please contact us today. You can self-refer or be referred by your GP or a local agency.

☎ 01606 606 694

✉ [CheshireWestCarerSupport@makingspace.co.uk](mailto:CheshireWestCarerSupport@makingspace.co.uk)

If you would like this leaflet in a different language or format, please contact [marketing@makingspace.co.uk](mailto:marketing@makingspace.co.uk).

[cheshirewestcarerssupport@makingspace.co.uk](mailto:cheshirewestcarerssupport@makingspace.co.uk)

# Upcoming SEN sessions for 2024

February and March 9am-11:30am

April and May 3:30pm-6:30pm

Booking online advised

Sunday 19th May

All dates are available to book here <https://checkout.roller.app/theicecreamfarm/products/booknow>

<https://checkout.roller.app/theicecreamfarm/products/booknow>

### Reasonable Adjustments Check List

Page 1

**C H E C K**

Name: \_\_\_\_\_ Pronouns: \_\_\_\_\_ Put an X in this column next to adjustments you would like to have

Date of Birth: \_\_\_\_\_

I am autistic and the following reasonable adjustments marked by an "X" are helpful to me to access and engage in health appointments and feel comfortable  
Please note: it is a statutory responsibility to try and make reasonable adjustments

Clear, precise communication, information broken down, instructions explicit.

Closed questions or to be provided with options.

A longer appointment time to allow me to process information and respond.

A supporter\* with me to help me communicate and feel comfortable.

Alternative ways of making appointments other than using the phone.

Check I have understood you and allow me to ask questions.

Help to record important information to take away at the end of the session.

Don't make assumptions based on my non-verbal communication, such as lack of eye contact or stimming. I will engage better if relaxed and am being myself.

Patience - I can find it hard to explain information or how I'm feeling.

Things I use to help me communicate:

Consideration that I experience pain differently and my pain threshold is low/high (please circle out as appropriate).

Warning, explanation and preparation time before being touched.

Ask me explicit questions to identify symptoms of pain and sensations (especially in physical examinations) due to difficulties explaining these.

Support to address any other health issues raised as I struggle to ask for help.

Familiar, supportive staff with me if I need invasive procedures.

Staff to read any requests for reasonable adjustments and preferences provided prior to an appointment.

To be able to check-in and wait outside or in a quiet area.

Having reduced lighting if possible.

Being seen in a quiet room away from busy areas.

Adjusting the temperature in the environment.

Consideration about textures, e.g. of garments, dressings and medical equipment.

To be provided with a quiet, dark space if I am distressed or overloaded.

To receive interventions on a one to one rather than group basis.

Being able to clearly see and get to the exit in a room.

Information in advance about what to expect in the situation and a clear plan for next steps.

Appointments being on time and being told if there is a wait or delay.

Whenever possible to see the same staff each time.

Discuss my next appointment time that will fit with my routine / quiet time.

Avoid disruption, unexpected changes or things sprung on me.

If you say you will get back to me, it is very important to do what we agreed.

Please don't make assumptions due to my appearance, but if you are concerned check if I need any support.

Support with reading or completing forms.

I have a special diet or take specific food products.

Explicitly state at the start how to ask for a break, to use the toilet etc.

Appointment reminders as I may forget dates and times.

Talking about my interests makes me feel calm.

Page 2

**C H E C K**

**CANDDID**

Have you got a hospital or health passport / care plan / one page profile? Yes / No (please circle)

Additional reasonable adjustments not covered overleaf:

Important information to know about me: (eg health conditions, preferences, treatments)

I am interested in:

It is not always obvious to others if I am stressed or anxious, this is what people may notice:

Things that can make me feel stressed/distressed:

What helps me when I feel anxious, stressed or distressed:

\*A supporter is someone who knows you well. It could be a friend, family member or carer.

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To access the printable version click here



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

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

SEN Team - Tel 0151 337 6505  
[senteam@cheshirewestandchester.gov.uk](mailto:senteam@cheshirewestandchester.gov.uk)

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

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

IPSEA- Call-in Helpline Tel- 0300 22 5899  
<https://www.ipsea.org.uk/Pages/Category/service-overview>

CONTACT Advice Line -Tel-0808 808 3555  
<https://contact.org.uk/>

## Get Involved with the PCF....

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

To contact us.....visit our website [www.pcfcheshirewest.org](http://www.pcfcheshirewest.org)

email [contact.pfcwac@gmail.com](mailto:contact.pfcwac@gmail.com)

or join us for one of our meetings.

We hope to see you soon!



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**Our mailing address is:**

[contact.pfcwac@gmail.com](mailto:contact.pfcwac@gmail.com)

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