



## LONGSANDS LINK – 8th December 2023

### Mrs McKeown's Message

Just two weeks left before the children break up for Christmas. Still lots of exciting things to do, including Reception class and KS1 performances, KS2 Carol singing for parents, Christmas dinner and parties. This week Reception and KS1 had their festive DVD night and a story telling session from the library service with Year 5 also enjoying the stories from the fantastic book awards. Year 3 had their Stone Age day which was extremely messy but that's the sign of a good time!! Keep looking at Seesaw for up to date messages so you don't miss anything. Have a lovely weekend and keep in touch.  
*Mrs McKeown*

#### RECEPTION, YEAR 1 AND YEAR 2 DATES

**Tuesday 12th:** Christmas Play at 2.15pm  
**Wednesday 13th:** Christmas Play 2.15pm and Christmas Dinner Day.  
**Thursday 14th:** Christmas Play at 6.30pm  
**Thursday 21st:** Christmas Party.

#### PTFA RAFFLE TICKETS

The PTFA will be holding a raffle at each of the KS1 performances next week. £1.00 for a strip of 5 tickets, £5.00 for 6 strips - 30 tickets! Bring your pennies and see if you can win a prize.

### Pupils of the Week

**RECEPTION:** BESSIE  
**YEAR 1:** ROMEEK  
**YEAR 2:** HARPER  
**YEAR 3:** MANHA  
**YEAR 4:** JACK  
**YEAR 5:** ARIA  
**YEAR 6:** EMMA

### Dinner Time Stars

**RECEPTION:** BEATRICE  
**YEAR 1:** GENIE  
**YEAR 2:** REECE  
**YEAR 3:** RADHA  
**YEAR 4:** AMELIA  
**YEAR 5:** IMAN  
**YEAR 6:** LILY

#### MONDAY 11<sup>th</sup> DECEMBER

On Monday, Year 5 and Year 6 will be singing carols on the KS2 playground from 2.50pm. Everyone is welcome to come along and listen (and join in!). Year 5 should wear their full warm PE kit and Year 6 their school uniform. Children may wear a Santa hat or other festive head wear.

#### CHANGES TO STAFFING

There will be a few changes to staffing from January. Mrs Eaves will be working alongside Mrs Worden in Year 6 on Monday and Tuesday, and then Mrs Taylor will be working in Year 6 on Thursdays. This slight change is to help the children prepare for SATS. Mr Griffiths will continue to be in Year 5 for the full week.

#### YEAR 3 AND YEAR 4 DATES

**Wednesday 13th:** Christmas Dinner  
**Thursday 14th:** Carol Singing at front of school at 2.50pm.  
**Friday 15th:** Christmas Party, the children may come to school in their own clothes on this day.  
**Tuesday 19th:** Toy Day – no electronic games, iPad's, phones etc.  
**Thursday 21st:** DVD Morning, the film will be provided by school but children may bring in a snack and a drink but no items containing nuts or fizzy drinks please. On this day, the children may also come to school in their own clothes for a £2 donation (please send in a clearly labelled and sealed envelope).

#### YEAR 5 AND YEAR 6 DATES

**Monday 11th:** Carol singing on KS2 playground at 2.50pm.  
**Wednesday 13th:** Christmas Dinner  
**Monday 18th:** Year 6 DVD morning, Year 5 DVD afternoon, the children may bring in a snack and a drink but no items containing nuts or fizzy drinks please.  
**Tuesday 19th:** Y6 Toy Day – no electronic games, iPad's, phones etc.  
**Wednesday 20th:** Y5 and Y6 Party afternoon, children may come to school in their own clothes.  
**Thursday 21st:** Year 5 Toy Day. Children may come into school in their own clothes for a £2 donation (please send this in a clearly marked and sealed envelope). School will finish for the Christmas holidays at 2.00pm on this day.

#### Monday 11<sup>th</sup> December

- KS1 Dress Rehearsal
- Year 5 & Year 6 Carol Concert at 2.50pm

#### Tuesday 12<sup>th</sup> December

- Coach Gunn Club
- Hey Ewe! at 2.15pm

#### Wednesday 13<sup>th</sup> December

- Christmas Jumper Day
- Christmas Dinner Day
- Hey Ewe! at 2.15pm

#### Thursday 14<sup>th</sup> December

- Year 3 & Year 4 Carol Concert at 2.45pm
- Hey Ewe! at 6.30pm

#### Friday 15<sup>th</sup> December

- Rewards Assembly
- Year 3 Samba
- Year 3 & Year 4 Party Day.

#### CHANGES TO PICK UPS

If there are going to be any changes to your child's usual pick up person at home time, please contact us to let us know.

#### SCHOOL LUNCH MENU WC 11/12/23 – WEEK 1

#### ATTENDANCE

Our target attendance is **96%**.

**RECEPTION:** 95.55%

**YEAR 1:** 95.06%

**YEAR 2:** 95.84%

**YEAR 3:** 96.44%

**YEAR 4:** 95.09%

**YEAR 5:** 92.99%

**YEAR 6:** 93.74%

**Current Overall = 94.96%**

### Happy Birthday

ETHAN, JUDE, LILY and ADEOLUWA.

### Longsands Values

**RECEPTION:** AISHA

**YEAR 1:** MAAHI

**YEAR 2:** ASEEL

**YEAR 3:** REUBEN

**YEAR 4:** ISAAC

**YEAR 5:** EMMA

**YEAR 6:** SAM





# Winter

## BOOKING OPEN

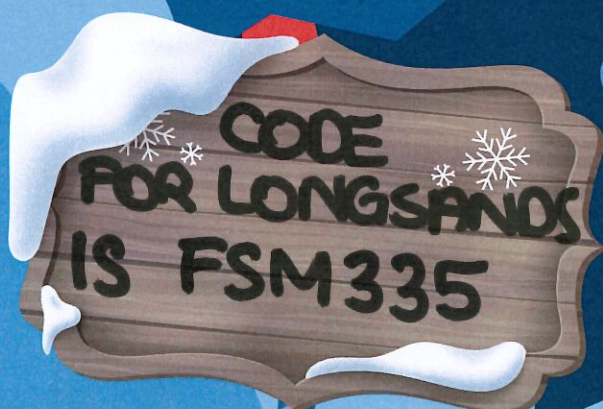
### 07879 774978

The booking line is now open to enrol your child in a free holiday clubs programme over the Winter school holidays!

The Holiday Activities and Food (HAF) programme is a scheme funded by the Government and delivered by local councils, providing healthy food and fun activities to children and young people, with free places available for those on free school meals.

Sessions will include a variety of fun activities, including sports, music, arts and other exciting opportunities to learn and develop skills like meeting new friends, alongside a nutritious meal each day.

For information on how you and your family can get involved this Winter, please visit [www.getstuckin.org.uk](http://www.getstuckin.org.uk) or call the booking team on 07879 774978 and quote your FSM code.



Your FSM  
Code



# TERM DATES AND HOLIDAYS

## 2023 – 2024

### Autumn Term 2023

#### **INSET DAY 1**

**Friday 1<sup>st</sup> September 2023**

**School Returns**

Monday 4<sup>th</sup> September 2023

**Half Term Holidays**

Monday 23<sup>rd</sup> October to Friday 27<sup>th</sup> October 2023

**Closure after school**

Thursday 21<sup>st</sup> December 2023 at **2.00pm**

#### **INSET DAY 2**

**Friday 22<sup>nd</sup> December 2023**

### Spring Term 2024

**School Returns**

Monday 8<sup>th</sup> January 2024

**Half Term Holidays**

Monday 12<sup>th</sup> February to Friday 16<sup>th</sup> February 2024

**Closure after school**

Thursday 28<sup>th</sup> March 2024 at **2.00pm**

### Summer Term 2024

**School Returns**

Monday 15<sup>th</sup> April 2024

**May Day Bank Holiday**

Monday 6<sup>th</sup> May 2024

**Half Term Holidays**

Monday 27<sup>th</sup> May to Friday 31<sup>st</sup> May 2024

#### **INSET DAY 3**

**Monday 3<sup>rd</sup> June 2024**

#### **INSET DAY 4**

**Tuesday 4<sup>th</sup> June 2024**

**School Returns**

Wednesday 5<sup>th</sup> June 2024

**Closure after school**

Friday 19<sup>th</sup> July 2024 at **2.00pm**

#### **INSET DAY 5**

**Monday 22<sup>nd</sup> July 2024**



# SEND

## Welcome to the Winter issue of the SEND Newsletter, 2023

Brrrr! The cold weather has certainly arrived! With energy costs still high, many families will once again be finding it difficult to make ends meet. There is information on the Council's website about support available to help with the cost of living, including the provision of Warm Spaces and help with energy bills. Find out more at:

**[www.lancashire.gov.uk/health-and-social-care/cost-of-living](http://www.lancashire.gov.uk/health-and-social-care/cost-of-living)**

In this issue, we have information on the "SENDSafe" toolkit delivered by Lancashire Fire and Rescue Service, which teaches fire safety in a way tailored to the learner's needs. You can also arrange for a free Home Fire Safety Check – find out more on page 11.

In "You said... We did!" on page 19, suggestions from parents and carers have helped to create a new online resource for school staff and other practitioners. If you have something you'd like to raise awareness of, please get in touch.

If you have any suggestions on future articles you would like to see in SEND, let us know. We also welcome contributions from parents, carers, children, young people and other family members. Please email us at :

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

Finally, we would like to wish you all a very Happy Christmas and a peaceful New Year.

Thank you for your continued support

**Sarah Deady**

Policy, Commissioning and Children's Health

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



In seed time learn,  
in harvest teach, in  
winter enjoy.

**William Blake**



## INSIDE

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# STARS CAMP

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

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

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

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

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

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

For more information:

Email: [info@bfcct.co.uk](mailto:info@bfcct.co.uk)

Call 01253 348691

Visit: [www.bfcct.co.uk](http://www.bfcct.co.uk)

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



Blackpool Council



IT'S SLIME FOR FUN  
**SEN SESSIONS**



**Children &  
Young  
People  
with SEN  
Age 4-18**

**- Feel good fun**  
**- Crafts, cooking, outdoor  
play, games**  
**- Acquiring life skills**  
**- Boosting self esteem**  
**- Sense of belonging**  
**Building relationships**

**Experienced  
Team  
-  
Fellow SEN  
parents**

WHO

US

**SING, PLAY, DANCE, SHINE**

**Saturdays  
9am-2pm**

**School holidays  
9am-3pm**

**Whitewell  
Bottom  
Community Centre  
Burnley Road East  
Whitewell Bottom  
Rossendale  
BB4 9LB**

**Call Klair on  
07841744020  
or email  
[slimeforfuninfo@gmail.com](mailto:slimeforfuninfo@gmail.com)**

TIME

VENUE

BOOK

**Break Time and  
Break Time Plus  
Provider**



## **sportworks** SHORT BREAKS

Commissioned by



**FREE**

Packed full of sport, games and fun activities to provide your child with the ultimate fun and safe experience.

**play games**

**make friends**

**inclusive**

### **BURNLEY**

ST STEPHEN'S C.E. (AIDED)  
PRIMARY SCHOOL  
WOODGROVE ROAD  
BB11 3EJ

Every Monday, 5pm -7pm

### **CHORLEY**

SOUTHLANDS HIGH  
SCHOOL  
1 HARESTONE AVENUE,  
CHORLEY PR7 2NJ

Every Friday, 5pm -7pm

### **ORMSKIRK**

ORMSKIRK WEST END  
PRIMARY GRIMSHAW LANE  
L39 1PA

Every Thursday, 5pm -7pm

### **PRESTON**

MOORBROOK SCHOOL  
AINSLIE ROAD  
PR2 3DB

Every Wednesday, 5pm -7pm

Inclusive Short Breaks programme, designed for children and young people with SEND.  
For more information and to book contact: [craig.holcroft@sportworksLtd.co.uk](mailto:craig.holcroft@sportworksLtd.co.uk)



# Lancashire Short Breaks Service

## Break Time

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

### Registrations

The registration window will close on Thursday 21st December. If you would like your child to access the service in 2024/25, they must be registered by that date. This is the same for everyone, whether or not they are already a Break Time member.

If your child is 3 or 4 and due to start school next year, you should also register now, to secure their Break Time hours from September 2024.

When you submit the completed registration form, a confirmation email will be sent to your email address. Sometimes this will go to a spam/junk folder, so remember to check those.

Registrations will be processed in the order they are received and you will receive a letter in the post to confirm the outcome. All families that register can expect to receive this by the end of February,

### Eligibility criteria

Lots of parents are unsure whether their child will meet the criteria to access Break Time. There is no need for either a diagnosis or an EHCP to apply; if your child or young person finds it difficult to access mainstream clubs and groups due to their additional needs, then it is likely they will be eligible for Break Time.

If your child or young person receives Day Time or Night Time short breaks through a package of social care, or if they are a looked-after child, they will not be eligible for Break Time and do not need to register. They may be able to access Break Time Plus (see below for more information).

Full information on the criteria to access Break Time can be found on the Local Offer pages.

### Feedback

In September, we asked parents and carers for feedback on the Break Time summer holiday clubs. We had 74 responses - thank you to everyone that completed the survey! You can see the results and read some of the comments shared on the Local Offer.

There are now evaluation forms available on the Local Offer for children, young people, parents and carers to give feedback on all short breaks, including Break Time. Your views are really important and will help us to further develop the offer for all Lancashire children and young people with SEND.

### Support for families to access Break Time

Some families have been awarded Break Time hours in the current year but haven't yet accessed the activities. If you are unsure about how to book sessions, or need support with finding a suitable provider to meet your child's needs, please get in touch and we will be happy to help.

### Meet the Provider

Some Break Time providers will be holding a "meet the provider" event over the coming months. This will be a free event where your family can look around the venue, meet the team and try out some of the activities offered at the Break Time sessions. It's a great opportunity to discuss your child's individual needs with the provider and to find out what's on offer.

Details of these events will be shared on the Lancashire Local Offer facebook page.

If you agreed to receiving promotional materials on your child's registration form, we may also email you with details of events in your local area.

### Contact Details

For any queries on the Break Time service, please contact us at **breaktime@lancashire.gov.uk**

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

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

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

### Break Time Plus

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

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





## The Big Ambition – Have your say!

The Children's Commissioner for England, Dame Rachel de Souza, has launched The Big Ambition, a national survey of children and young people across England.

The Big Ambition aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England.

The Big Ambition survey will be open until Friday 15th December.

To find out more visit:

[www.childrenscommissioner.gov.uk/the-big-ambition](http://www.childrenscommissioner.gov.uk/the-big-ambition)

To take part in the survey visit:

[www.childrenscommissioner.gov.uk/thebigambition](http://www.childrenscommissioner.gov.uk/thebigambition)

Lancashire  
County  
Council



Join  
Us

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

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

### Where



✓ Monday's  
131 Brindle Road, Bamber Bridge, Preston, PR5 6YJ



✓ Tuesday's  
The Zone in Burnley, Whittam Street, Burnley, BB11 1LW



✓ Wednesday's  
Morecambe Library, Central Drive, Morecambe, LA4 5DL

### When

✓ 4:30pm to 6:00pm  
ages 8-15

✓ 6:30pm to 8:00pm  
ages 16-25

### Who

✓ Any young person diagnosed or undiagnosed with SEND

### Contact

Suliman Hussain at [suliman.hussain@lancashire.gov.uk](mailto:suliman.hussain@lancashire.gov.uk)

## Empowering young people to tackle loneliness head on



Building Connections is an NSPCC service. Over 11 sessions, young people up to the age of 19 discover tools that help them find a way through loneliness.

Build SUPPORT. Build CONFIDENCE. Build CONNECTIONS.

Find out more by visiting **NSPCC Learning**

## Building Connections

An NSPCC service

## Hyndburn & Ribble Valley Targeted Youth Support

## SAFE SPACE

A safe space for young people to come build friendships as well as learning and discovering together.

Ages 12-18 or up to 25 with SEND



Every Friday

6pm-8pm

@Clitheroe The Zone

Lancashire  
County  
Council





## FAMILY HUBS LAUNCH ACROSS LANCASHIRE

**Hello – I’m Andy from the Family Hubs team and I’d like to share some exciting news that I hope will be of interest to families of children and young people (CYP) with special educational needs and disabilities (SEND).**

September saw the launch of twelve Family Hub Networks across Lancashire. Family Hub Networks bring together lots of services into a one-stop shop, making it easier for families to access a broad range of support. They also promote joined-up working between families and these different services to achieve better outcomes for families. And the Family Hub Network approach places strong, nurturing relationships at the heart of family support.

As many of you will know, getting the right support for CYP with SEND is not always easy. How do you know if your child has SEND? How do you then know what support is available? How do you go about getting that support? What about support for parent carers? And how do you cope while you’re waiting for support to start?



Well, your Family Hub Network can help you to begin to answer these questions. We want to make it easier for families in Lancashire to get the support they need. You can expect each of the twelve newly-launched Family Hubs to:

- Provide information and advice about the support available, and help with how to get it
- Deliver inclusive sessions for children and young people
- Run or direct parent carers to peer support groups
- Support with an Early Help Assessment, if desired
- Offer information and guidance around the EHC assessment process
- Link families to partner agencies, such as healthcare and family support groups
- Support families to access the Local Offer for SEND in Lancashire

And it’s not just about these main Family Hub buildings – support is available elsewhere in the network, such as in family centres, libraries, schools and other local community places. Look out for the Lancashire Family Hub Network signs, as well as online at [www.lancashire.gov.uk/children-education-families/family-hubs/](http://www.lancashire.gov.uk/children-education-families/family-hubs/)

More Family Hubs are due to be launched over the coming months, so keep a look out in your area. Meanwhile, the network continues to grow, with more partners coming on board by the week.

I’ll write again soon to tell you more about what’s happening in the Family Hubs world. In the meantime, why don’t you pop into your local Family Hub to see how they could support your family?



## Busy Bees

Tuesdays 09:30am– 11:00am

**HOME  
START**  
in East Lancashire

A support group for parent/carers, of all children who have additional and/or behavioural needs, who would like to share/gain advice and ideas with others.

Busy bees can offer concerned parent(s) a relaxed non-judgmental atmosphere, one to one support and a stimulating, fun and positive play experience for the child.

For more information contact  
Joanne on 07715 635 749 or  
Rachael on 07702 555 078

Location

Colne Neighbourhood Centre, Walton Street, BB8 0EL



**SEND**  
Specialist Teaching Service

Step Forward for SEND



EVERYONE IS



**D/deaf Baby and Toddler  
Group**



**Thursdays 9.30am -11.30am**



(Term time)



**Tay Street Family Hub,**

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

Run by Teachers of Deaf Children from  
Lancashire County Council

07977058661



**HYNBURN AND RIBBLE VALLEY**



**FAMILY**

**SEND GROUP  
EVERY  
MONDAY**

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

**THE PARK CHILD AND FAMILY  
CENTRE**

**NORFOLK GROVE ACCRINGTON**

**BB5 4RY**

**NO BOOKING REQUIRED!!**



## Special Guardianship Order Groups

### Special Guardianship Support Group

We are providing a support group for families who have a Special Guardianship Order.

This will be a great opportunity to make friends and develop support networks within a safe environment.

Haslingden Neighbourhood Centre, Bury Road, Haslingden. BB4 5PG  
EVERY THURSDAY  
3.30pm-5.00pm  
NO BOOKING REQUIRED



### Stay and Play

A play group for families with Special Guardianship Orders, providing positive activities for children, supporting their early development and experiences. It's also a great opportunity to make new friends.

Haslingden Neighbourhood Centre, Bury Road, Haslingden. BB4 5PG  
EVERY THURSDAY  
3.30pm-5.00pm  
NO BOOKING REQUIRED





**Together Everyone Achieves More**

# WANTED – A PARENT GOVERNOR

**We are seeking a person who fits the following description**

- Currently has a child or children in our school
- Has an open and enquiring mind
- Shows a willingness to listen and make informed judgements
- Is able to work well with others
- Is interested in education generally and our school in particular
- Has a desire to play a part in improving our school and supporting the Headteacher
- Is willing to give about 20 hours per term to attend meetings and training

If you match the above description, you could be the very person to become a parent governor. Everyone has something to offer and we want people from as many backgrounds and interests as possible.



# REWARD

## **In return we can offer:**

- An insight into the wider perspective of the school through long-term planning
- A chance to develop skills in strategic management
- The opportunity to work with our team of governors and staff in improving our school
- Training to develop an understanding of specific school management issues
- The support and assistance of local and county staff
- A sense of achievement in making a difference to our school
- The pleasure of seeing children learning

## **The governing body of our school is responsible for:**

- Ensuring that pupils receive high quality education and that the conduct of the school reflects this aim
- Working with the headteacher on the strategic planning and management of the school
- Considering and agreeing the aims and policies of the school
- Discussing and approving the targets for improvement
- Appointing the staff
- Setting and monitoring the budget
- Monitoring the performance of the school
- Reporting to the parents and community on how we have accomplished our tasks

## GOVERNORS LINK COMMUNITIES AND SCHOOLS

Governors are the link between the school and the community and representatives of all those with an interest in the well-being and reputation of the school are needed.

We are all volunteers working in our own time, and we are all busy people. However we feel that we gain much in personal development as well as a feeling of satisfaction that we have played an important part in improving education in the local community. There are opportunities to work with others on all aspects of strategic planning and management including financial oversight and personnel issues. Although we deal with the total school finances, we employ staff to do the actual work on our behalf, just as we take an interest in the teaching but employ teachers to actually teach the pupils.

## TEAM WORKING

We work together as a team. Sometimes the whole governing body is involved and sometimes we work in smaller committees or working groups. This gives us the chance to develop specific interests of our own as well as for the benefit of the whole governing body. Those of us who are not currently employed outside our homes, find that being a governor provides an opportunity to get together with other adults who we may never have met in other circumstances, work as team members in a worthwhile cause and develop skills and expertise that we weren't certain we had before joining the governing body!

## DIFFERENT PEOPLE

The governing body at Longsands seeks individuals from as many different backgrounds as possible in order to fully reflect the community the school serves. Everyone has something to offer. Specific training (free) is available to develop an understanding of school finance and budgeting, strategic planning, and personnel issues and there are staff in both local education offices and headquarters who are there to support and advise individuals and the governing body in their responsibilities.

## REPRESENTING PARENTS

As a parent governor you would be a representative of the parents, but you would not be mandated to vote on their behalf. It may be useful to get the general feelings from parents on various issues from time to time, but in seeking to fill the post of parent governor, the governing body are looking for someone who will help them see the school from the widest possible viewpoint. Parents are vital to the work of the governing body. As a parent governor you will be a governor in your own right with the same responsibilities as everyone else to work together as part of the governing body for the good of the school.

## MAKING A DIFFERENCE



Governors can make a real difference to the performance of the school and have a real part to play in making the school successful. If you are interested in joining us please email Mrs McKeown at **head@longsands.lancsngfl.ac.uk** to receive a nomination form if you wish to apply .

Governors have an important and influential role to play in the life of our school, and I do hope you will be able to take part in this election by becoming a candidate and by casting your vote when the time comes.

If you require any further information about being elected to the governing body, please do not hesitate to contact me.

# It's Phab in Lancashire!

**In a world where differences often separate us, Phab is on a mission to build an inclusive world where individuals can come together to share social opportunities, explore adventures, create lifelong friendships and memories.**

Our Phab Clubs, situated throughout England and Wales, are at the heart of what we do and provide a welcoming space where everyone can engage in a variety of activities from arts and crafts to sports and games. Our club leaders and volunteers ensure that everyone feels included and supported. For those who are seeking even more adventure, Phab organise and host a range of Phab Adventures. These can either be residential, staying at inclusive outdoor centres such as Bendrigg Lodge in Cumbria, or Adventure Days where we can try our hand at flying aeroplanes alongside flying instructors. Phab is determined to show that once barriers are removed, anything is possible.

## Get Involved

If you are looking for something sociable and inclusive come along to one of our Phab Clubs and join in the fun – new members are always welcome. There are five Phab Clubs in Lancashire, two are open to adults and three are for children and families. There has been a family Phab Club at Whalley village hall for over 12 years and we are thrilled to announce the opening of two new Phab Clubs in Ormskirk at Emmanuel Community Hub and most recently at the Vanguard Centre in Burnley – both are open to children, young people and families.



## No Phab Club near you?

If you have a passion for a particular activity and inclusion, consider starting your own Phab Club. We can provide guidance every step of the way.



## Join our Phab Community Network

Do you have an existing club or parent support group or are you an organisation that shares our passion for inclusion? If so, you can affiliate to Phab and become part of our community network – we strongly believe that working together is the most positive way to create an inclusive world. With organisations such as Dance Syndrome, Disability Snow Sports, Spring into Action and Motiv8 our network in growing and creating lots of exciting connections and opportunities.

## Volunteer

Phab relies on the dedication and generosity of volunteers. Whether you can commit a few hours a month or more time, you are welcome to get involved. Volunteering is a fantastic way to learn new skills and make new friends.

If you would like more information about our Phab Clubs or Adventures, please contact Rebecca Hargreaves, National Project and Development Manager on **07875 140898** or **rebecca.hargreaves@phab.org.uk** or go to our website **www.phab.org.uk**





# Don't Miss Out!



**On BEE UNIQUE  
ACTIVITIES for  
SEN Families  
(Siblings welcome)**

**Please visit;**

**<https://bookwhen.com/beeunique>**

**You do not need an official diagnosis to attend  
BEE UNIQUE SESSIONS**



## DISABILITY SESSIONS

### JUNIOR PAN-ABILITY

Free football sessions for young people living with a disability.

STANLEY PARK  
WEST PARK DRIVE, FY3 9HQ

EVERY WEDNESDAY\* 4:30PM - 5:30PM  
AGE 8 - 12

**FREE**

EVERY THURSDAY\* 4:30PM - 5:30PM  
AGE 13 - 16

### FRIDAY NIGHT CLUB

Free indoor sessions for young people age 8 - 16 living with a disability. Activities include football, dodgeball, basketball, arts and crafts and access to our games room (Playstations, Nintendos & table football), plus more!

EDUCATION AND COMMUNITY CENTRE  
BLOOMFIELD ROAD, FY1 6JJ

EVERY FRIDAY\* 5PM - 7PM

**FREE**

\*Term Time only

For more information email [plkicks@bfcct.co.uk](mailto:plkicks@bfcct.co.uk) or visit [www.bfcct.co.uk](http://www.bfcct.co.uk)



## LOWTHER CREATIVES

Develop **skills**. Be **creative**. Make **friends**.

**Children's Theatre Workshop (4-6 years)**  
Mondays 4.00pm-5.30pm

Children use imagination, discuss ideas, dress up, create scenes, characters and stories to perform and share with each other as well as families and friends! Sessions often include activities such as drawing, making, and movement as a stimulus. We introduce awareness of audience and performance skills mixed with fun and creative play.

**Junior Youth Theatre (6-10 years)**  
Saturdays 9.30am-11.00am.  
Saturdays 1.30pm-3.00pm

Juniors develop drama skills, confidence and creativity. Take part in exciting performance opportunities, play games, make friends, create shows and become part of a lively, welcoming group. This session is popular, so we run two groups each Saturday.

**Senior Youth Theatre (11-18 year olds)**  
Saturdays 11.00am-1.00pm

Seniors improvise and write, creating devised and scripted work to perform on stage or other spaces. We build drama skills, confidence, creativity, making friends. We aim to combine safety, respect and welcome, with fun and humour. Seniors take part in National Theatre Connections each year, with performances on stage at local and regional venues. All groups cost £5 each week. No auditions or experience necessary.

For more info on Lowther Creatives, contact

[kerry@lowtherpavilion.co.uk](mailto:kerry@lowtherpavilion.co.uk) Lowther Pavilion, West Beach, Lytham, FY8 5QQ



## LOWTHER CREATIVES

(Lowther Pavilion Theatre, Education and Community programme)

Lowther Creatives involves arts activities with people from early years to adults; all backgrounds and abilities. We believe it's important for people to be part of something, not just attend a class. Our artists and volunteers are always happy to adapt for those needing additional support. We work in schools, run youth theatres, parent/carer and early years sessions; collaborate with new migrant and other community groups. We work with young people who are home educating, as well as being one of Fylde's HAF providers during school holidays (for pupils eligible for free school meals).

Our Youth theatres, for 6-10 and 11-18 years meet on Saturdays during term time. Each week, children and young people learn drama skills, build confidence and make new friends. Whether young people are interested in further study, or just try something creative, all are welcome. No auditions are necessary. When we perform shows, everyone has a role. We are used to working with people of all abilities and are considering whether there would be interest in regular sessions solely for people with additional needs, as well as inclusive groups.

Anyone wanting more information can contact our Education Officer/ Youth Theatre Director on **01253 794221** (option 5) or email: [youththeatre@lowtherpavilion.co.uk](mailto:youththeatre@lowtherpavilion.co.uk)



# About Keyworking for individuals with a learning disability, and/or autism aged 0-25 years.

The Keyworking Service offers a short term designated keyworker to support a child, young person and their parents and carers plus a comprehensive key working training offer. The team have diverse backgrounds and experience and are dedicated and determined in ensuring individuals have the right support in the right place at the right time. They make sure that all the local services work together to meet the needs of the children and young people in a holistic and joined-up way.

## Who we work with?

- Individuals diagnosed with a learning disability and/or autism
- Aged 0 to 25 years
- An individual who is at risk of hospitalisation or is currently hospitalised or at significant risk of accommodation or care package breakdown which would lead to 52 week residential placement or hospitalisation
- The individual must be included on the Dynamic Support Database and be at the 'red' risk level. You will know if your child is on this database, but if you are unsure, please check with their Lead Practitioner.
- Live in the geographical area of Lancashire.

## Our Keyworkers will:

- Help the family understand the individual's/ person's needs and support them to navigate their journey through the system
- Support practitioners (the people who provide your child's care) in supporting the child or person to develop skills and strategies that help them live life in a meaningful way
- Identify, guide and refer to other services where needed
- Facilitate effective communication between the individual/person, the family and the practitioners
- Advocate and champion for the individual and their family in discussions around the person centred package of care as required
- Deliver training to parent and carers and practitioners in relation to Keyworking to increase confidence and resilience.

## How to find out more:

Enquiries are welcomed from young people and their families, alongside queries from professionals.

## Contact Details

Email: [keyworkingteam@lscft.nhs.uk](mailto:keyworkingteam@lscft.nhs.uk)

## CYP's Keyworking Service

### Who do you support?

We support children and young people aged 25 or under who:

- are autistic and/ or have a learning disability and
- are at high risk of admission to specialist hospital
- are on the Dynamic Support Register and
- are inpatients in specialist hospitals or



David Gill

### What are your aims?

- to reduce the numbers of young people admitted to specialist hospital because of their mental health / distressed behaviour
- to keep young people safe and well in their local community
- to make sure young people and families get the right support, in the right place, at the right time



Before the Keyworker came on board, I was having to try and overcome big barriers between different professionals and settings in order to get the right support for the young person. The Keyworker has made the connecting bridge between all professionals accessible and possible. She has been available and supportive towards myself as a professional giving me guidance and ideas to use with the young person, but also giving this and her time to the family in order to help them make progress and prevent the child from being admitted to hospital.

Feedback from local Intensive Family Support Worker

### What do you do?

- work directly with young people and families to understand the challenges they face and to develop helpful strategies to address those challenges
- bring people together to review what support and services are already in place and what is needed, and support everyone to have their say in the creation of a person-centred support plan
- support young people and families to navigate the system and understand and advocate for their rights
- provide advice and guidance to services to help them support the young person and family
- as a short-medium term intervention, we step away once the support plan is in place and being successfully delivered



To find out more please do contact the team: [keyworkingteam@lscft.nhs.uk](mailto:keyworkingteam@lscft.nhs.uk)



## Autism Friendly Football



- Fun, friendly, inclusive football for young people with autism
- Increase confidence and independence
- Make new friends
- Primary Aged Children
- Wednesdays 6-7 pm

**First Month Free!**

**Volunteers needed!**

We are also on the lookout for coaches to assist with the sessions

For more information contact:

Kerry - lhjctinytacklers@gmail.com

Hana - hanayardley94@gmail.com

Or ring/text 07450643090



JOIN US FOR OUR WEEKLY DISCO'S

AGES 8 - 18 WELCOME

# SEN DISCO

**EVERY TUESDAY 5.30PM - 7PM**

STARTING TUESDAY 7TH NOVEMBER 2023

VENUE: BOWLING GREEN, PRESTON ROAD, CHARNOCK RICHARD, CHORLEY, PR7 5LA

**EVERY THURSDAY 4.30PM - 6PM**

STARTING 9TH NOVEMBER 2023

VENUE: NORTHBROOK BARN, NORTHBROOK ROAD, LEYLAND, PR25 2XS

£5.00 PER CHILD  
INCLUDES 1 CARER FREE

ANY ADDITIONAL  
CARERS £1.00 EACH

FOR FURTHER INFORMATION PLEASE CONTACT  
CHRISTINE ON 0751 673 6013



# DEAF AND HEARING IMPAIRED FOOTBALL SESSIONS



**Football sessions in a fun, safe and inclusive environment for Children and Young People (male/female) aged from 4 to 16 years**

Older members also have opportunities to enrol on FA Referee and Coaching Courses and become future role models

Coaches are FA Enhanced DBS Cleared and have qualifications in First Aid and Safeguarding, with additional qualifications in Deaf Awareness and BSL

**Training is 6-7pm on Fridays at Lostock Hall Community Primary School, PR5 5AS (Withy Grove 3G Sports Hub October - April)**

In association with:



To Enrol or for further information, please contact:  
Imelda: imeldasankson@gmail.com



# 'SENDSafe' from Lancashire Fire and Rescue Service



As well as responding to emergencies another key aim of Lancashire Fire and Rescue Service is to educate the community in fire safety in order to try and prevent fires happening in the first place or enable people to know what to do in the event of a fire starting. To do this we offer fire safety sessions to all primary schools and many other educational establishments annually. These sessions deliver a serious and direct message but are done so in a friendly and sensitive manner.

We recognise that all people with Special Educational Needs and Disabilities (SEND), irrespective of their age, are a particularly important group to us as they can be considered as more at risk and vulnerable to the dangers fire can pose. However, each individual or group that we visit will have different circumstances and needs and we appreciate that in these cases traditional teaching approaches, such as using a single generic session, may not necessarily create the most suitable and effective learning opportunities.

Because of this we have devised SENDSafe and rather than using a single generic session plan, SENDSafe is a toolkit of short burst mostly practical activities, that can be mixed and matched to allow the people with SEND learn about both fire safety and other safety themes as much as possible through their senses. We appreciate that teachers/carers know their learners best and so we encourage close liaison between them and fire and rescue service staff to enable activities to be selected that they feel are most suitable for their learners. As there will be opportunities to touch, smell, see and hear through the activities it should help make the sessions as fun, interactive and educational as possible.

SENDSafe includes the following themes:

- Concept of fire/What fire is
- Fire hazards
- Smoke alarms
- Escaping from fire
- Calling the fire and rescue service
- What to do if clothes catch on fire
- Practical enrichment activities (finding out about firefighter's uniform/fire engine etc.)
- Involving parents/carers
- Thematic safety input (water safety, fireworks and bonfires, road safety etc.)

Whilst SENDSafe is primarily intended to be delivered in an educational (or similar) setting, and not to individuals in private homes, if a person has a fire safety concern or wants advice regarding someone in their household who has SEND they can contact **[preventionsupport@lancsfireandrescue.org.uk](mailto:preventionsupport@lancsfireandrescue.org.uk)** for advice or to arrange a Home Fire Safety Check. This is a free service where we would be able to give out bespoke guidance relevant to the householder's specific situation and can include fitting smoke alarms if needed.

For further information about SENDSafe visit the dedicated page on our website: **LFRS - SENDSafe** and/or contact: **[preventionsupport@lancsfireandrescue.org.uk](mailto:preventionsupport@lancsfireandrescue.org.uk)**





## Are you looking for an early years provision for your child with SEN?

- ★ At Rainbow Hub Nursery we have highly experienced, empathetic staff to support children with additional needs (SEND) 2-5 years and their families
- ★ We offer an enhanced curriculum to embed the Early Years Foundation Stage effectively
- ★ We provide access to a variety of therapeutic services
- ★ We have a high ratio of staff to children, which means a flexible approach tailored to a child's specific needs
- ★ Located in the heart of Lancashire close to Chorley, Leyland and Preston

Contact us for more information

☎ 01704 823276 🌐 rainbowhub.org 📧 k.jones@rainbowhub.org



Rainbow Hub, Salt Pit Lane,  
Mawdesley, Ormskirk, L40 2QX



## COLOURFUL FOOTSTEPS

Children and Family  
Wellbeing  
Service

These sessions are for children with physical, learning, behavioural and emotional difficulties along with their parents, and offers an inclusive environment, with opportunities for learning development and support.

**Sensory room available during sessions**

**Monday 13:00 - 14:30**

*Ribbleton Neighbourhood Centre, Ribbleton Hall Drive,  
Ribbleton, Preston PR2 6EE Telephone: 01772 539444*

**Tuesday 13:00 – 14:30 (Age 0-5 years)**

*Preston Central Neighbourhood Centre, Brieryfield Road,  
Preston, PR1 8SR Telephone: 01772 531948*



**Lancashire**  
County Council

## Young Parents Group

Children and Family  
Wellbeing  
Service

Are you a parent aged 21 years old & under  
(up to 25 for SEND)?

Come & meet other parents.  
Chat & support each other.  
Relax in a safe & friendly space.  
Give your baby / toddler new play experiences.

Staff are available for any help / advice if needed.

Tuesday's (from 3rd October)  
10am - 11:30am  
Duke Street Family Hub  
PR7 3DU

For more information please call:  
01257 516316 / 516466



**Lancashire**  
County Council



## MULTI-SENSORY PLAY SPACE IN LEYLAND!

Find us next to Sumner Street car park



**FREELY EXPLORE OUR 4 ROOMS**

- \* 0-5 SESSIONS
- \* GROUP AND ORGANISATION SESSIONS
- \* EXCLUSIVE SEN SESSIONS UNDER 12'S

£10pp. Siblings Half price. Parents/Carers FREE.  
Complimentary drinks for all!



**BOOK NOW AT ALLTHRIVE.CO.UK**

**PARTY AND PRIVATE HIRE ENQUIRIES TO  
ALLTHRIVELEYLAND@GMAIL.COM**

**FOLLOW US!**





# A Guide for Parents and Carers in Helping a Child or Young Person Voice their Views.

According to SEN and disability law local authorities must consider young people's view, wishes and feelings. It stresses the importance of young people taking part as fully as possible in decisions made about them. A child becomes a young person, under SEN Law, when they are over compulsory school age (**the last Friday in June after they turn 16**).

When your young person's views might be used?

- School, college, or other meetings - making and reviewing support plans, EHC Plan annual review.
- As part of a specialist assessment
- In planning for transitions - move through a phased transfer of educational settings
- In Section A of an EHC Plan. (This gives key information about the young person's goals and ambitions; strength and needs; support they need and the difference this will make to them.)
- During dispute resolution, mediation, or appeal to SEND Tribunal

It is important for young people to attend the meetings in which decisions are made about them. They may not feel comfortable to stay for the whole meeting which is fine. You could write down their views and ambitions before the meeting to make sure their voice is heard even if they are not present at the time it is being discussed.

From Year 9, especially if your young person has an Education Health and Care Plan, the local authority, school, college, and others will begin to make plans for their adult life. It is important for your young person to be included in decisions about their:

Education and training  
Health  
Where they might live.  
Relationships in their lives  
Money  
Their role in society

As a parent/carers you have a key role to play in this. You should encourage your young person to be ambitious for their futures, whatever their needs, and support them in the choices they make, allowing them to communicate this in a way that suits them best.

Starting by sharing decision making with you and then with your support, developing the confidence to make those decisions themselves. Learning from mistakes should be a positive part of this process for young people.

You know your young person best. The home or any place where they feel comfortable and safe is usually the best place to start to talk to your young person about their views.

- It is important that young people understand that there are no right and wrong views and opinions about what is best for them, and they will not get into trouble for what they say.
- They understand why these questions are being asked.

It can be easier to talk during a shared activity such as drawing or in the car. Keep things brief. You can return to it at another time, especially if they seem uncomfortable. Help them to understand they may not always get the things they want but it important to have a 'voice' in decisions.

If your young person is comfortable talking about their views, explore:

- What do people like and admire about them?
- What makes them happy?
- How do they want to be supported?
- What they want to do as an adult?
- What do they need to feel happy, safe and to learn well?
- What motivates them and is enjoyable?
- What are they good at and proud of?
- What things are hard, and they would like to change?
- How to they feel about their condition e.g., Autism?

This table gives some suggestions what they might include:

**Things you might include that are important to the young person including things that are working well (home, school, or college) and that they enjoy**

- Family life, friends, and social life
- Hobbies, leisure time and interests
- Anything or anyone that helps them at school and that they couldn't do without
- Health, sports, and exercise
- Getting around, being independent, and getting where they want to go
- What motivates them
- Skills and the subjects they find interesting (home and school)
- What achievements are they proud of?

**Things the young person would like to change (home, school, or college)**

- Remembering, planning, or organising things
- Understanding work, taking exams, or getting help with learning
- Getting around school, or getting out and about
- Relationships and friendships
- Understanding rules, instructions, or other people
- Health, taking care of themselves or staying safe
- Family and social life
- Hobbies and interests

**Hopes, dreams, and aspirations for the future**

- Do they want to go to college, what type of college would they like to go to?
- What subjects would they like to study?
- Would they like to go to work or volunteer? What sort of jobs or volunteering are they interested in?
- What do they need to learn before they can go to college or get a job?
- Where would they like to live? Who would they like to live with?

Helpline Number **0300 123 6706** – open 9 to 5, Monday to Friday.  
You can leave a message outside of these times and we will call you back.  
Email – [information.lineteam@lancashire.gov.uk](mailto:information.lineteam@lancashire.gov.uk)  
Web site – [www.lancssendas.org.uk](http://www.lancssendas.org.uk)  
[www.facebook.com/](http://www.facebook.com/)  
**LancashireSENDInformationAdviceandSupportTeam**





## You and Your Young Person Workshop



### Includes a Digital Wellbeing Kit:



Resources, activities and worksheets designed to build resilience by managing our thoughts and emotions through reflective practice, communication quick tips, self care and goal setting, for both you and your child or young person.

We understand how challenging it can feel for a parent or carer of a child or young person who is struggling with their mental health. Managing those emotions, understanding warning signs, communicating your concerns and attending to your child or young person's mental health and wellbeing, alongside your own; can feel overwhelming.

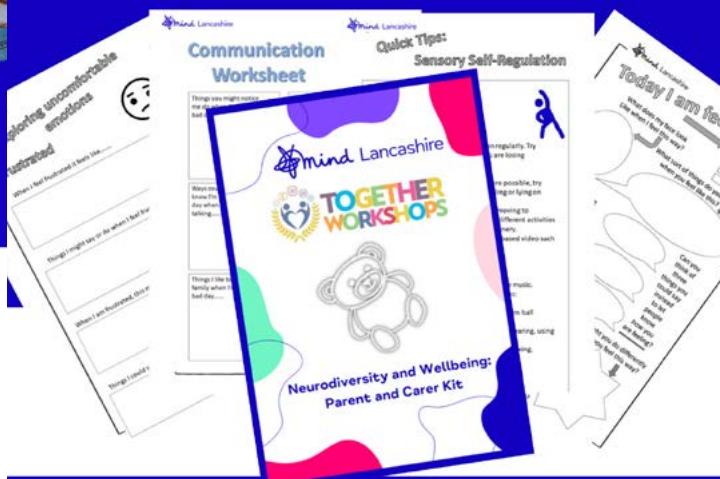
Our parent workshop aims to support YOU.

It includes:

- Discussing signs and symptoms of poor mental health.
- Reflective practice and self care.
- Where to go for help and support.
- A wellbeing tool kit for you and your child or young person or a neurodiversity and wellbeing parent and carer kit to work through with your child or young person together following the workshop.

### Also Available on Request Following The Workshop, a Neurodiversity and Wellbeing Kit:

The kit includes quick tips, worksheets and activities specific to barriers to mental health and wellbeing that some neurodivergent children and young people experience. The pack also includes resources and information for parents and carers.



Lancashire Mind  
80-82 Devonshire Road  
Chorley  
PR7 2DR

Phone: 01257 231660  
Calls are answered between 10am and 4pm, Monday to Friday.  
You can leave a message outside of these hours.

Email: [admin@lancashiremind.org.uk](mailto:admin@lancashiremind.org.uk)

**Lancashire Mind**  
Registered charity number: 1081427

To book on to a workshop, or to host a closed workshop, contact [training@lancashiremind.org.uk](mailto:training@lancashiremind.org.uk)



## Self Harm Parent Workshop



### Parent feedback:



I feel much more comfortable in having a conversation without saying the wrong thing. I feel validated in how I'm dealing with the current situation.



We understand how challenging it can feel for a parent or carer of a child or young person who is self harming. Managing those emotions, understanding why, communicating your concerns and keeping your child or young person safe; can feel overwhelming.

Our parent workshop aims to support YOU.

It includes:

- destigmatising self harming behaviour
- understanding why a child or young person might self injure
- how to talk about and manage self harming behaviour
- where to go for help and support

### Also Available on Request Following The Workshop, a Self-Harm Safe Kit:

The self-harm safe kit contains information about distraction techniques, the cycle of self-harm, information and resources discussed in the workshop, a Wellbeing Passport and a treatment reporting card and sign posting information.



Lancashire Mind  
80-82 Devonshire Road  
Chorley  
PR7 2DR

Phone: 01257 231660  
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**Lancashire Mind**  
Registered charity number: 1081427

To book on to a workshop, or to host a closed workshop, contact [training@lancashiremind.org.uk](mailto:training@lancashiremind.org.uk)







## Making Sense of Special Needs

A FREE 6-week course for parents or carers of children and young people with special educational needs or disabilities [SEND]

Does your child struggle at school?

Do you know what help may be available for them?

Are you confused by the words and abbreviations that are used in meetings?

Do you know how to find information, advice and support for your yourself?

**Would you like to know more?**

Lancashire SENDIAS have a 6-week course for parents and carers to help them understand more about the special needs process in Lancashire.

This course will be run by Trinity Special Needs Advice Partnership and you can join either face to face or on a 'virtual' course via ZOOM.

There will be a limit on numbers on each course, so you will need to book a place. For more details please email [trinitysnap17@gmail.com](mailto:trinitysnap17@gmail.com)

Trinity Special Needs Advice Partnership  
[Trinitysnap17@gmail.com](mailto:Trinitysnap17@gmail.com)



## autism unlocked

Autism Unlocked is a FREE online resource for autistic people. It is designed to support autistic children and young people and their parent carers, and autistic adults.

Autism Unlocked has been created to make it easier for autistic people and their families and carers to access the best support available. Often, this starts with helpful advice and guidance from a reliable and trusted source.

Created by Clinical Partners with NHS Lancashire and Cumbria, Autism Unlocked is a dedicated space for autistic people and their families to receive expert advice and guidance on a range of issues.

You can hear personal stories, unique insights, and life hacks from autistic individuals. Learn practical strategies from leading clinicians to help manage daily challenges.

There is information available about lots of different topics, such as autism & adhd, eating and food, and autistic females.

You can sign up for free by visiting [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/health-and-wellbeing/learning-disabilities-and-autism/lancashire-and-cumbria-autism-support-hub](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/health-and-wellbeing/learning-disabilities-and-autism/lancashire-and-cumbria-autism-support-hub)

## THE IMPACTS OF MEMORY DEFICITS

### MISSED APPOINTMENTS

This is often misinterpreted as intentional but without frequent reminders individuals may forget about appointments and meetings

### EXTRA PROCESSING TIME

Individuals may need more time to retrieve information and memories, allow them more time to process information during conversations

### DIFFICULTY FOLLOWING THROUGH

Gaps in memory can make it difficult to organize, prioritize and follow through on tasks which is another impact that is often misinterpreted as intentional behaviour

### INCONSISTENT ABILITIES

Individuals may be able to do tasks one day but not remember how the next day

### CONFABULATION

Confabulation refers to filling in the gaps of memory with story-telling

### REPEATED MISTAKES

Individuals may not remember the outcomes of mistakes resulting in them being repeated



Find out more about FASD  
Web: [www.fasdnetwork.org](http://www.fasdnetwork.org)  
Email: [fasdnetwork@mail.com](mailto:fasdnetwork@mail.com)  
Tel: 07743 380163



## Do you want a more independent future for your child?

Does your child have difficulties with movement?

Do they need help with learning self care and life skills, such as head control, sitting, crawling, walking, playing, dressing, socialising and building relationships etc ?

Do you want them to have greater confidence, have raised aspirations and achieve their potential?

Contact us at Rainbow Hub for more information about Conductive Education and our other services:

☎ 01704 823276 🌐 [rainbowhub.org](http://rainbowhub.org) ✉ [info@rainbowhub.org](mailto:info@rainbowhub.org)



**RAINBOW  
HUB**

Every day is a life changing day

Rainbow Hub,  
Salt Pit Lane, Mawdesley,  
Ormskirk, L40 2QX



Rainbow Hub is the trading name of Rainbow Hub Ltd. Rainbow Hub is a company limited by guarantee registered in England and Wales, registered office address: Salt Pit Lane, Mawdesley, Ormskirk, Lancashire, L40 2QX, registered company number 07604995 and a charity registered in England and Wales, registered charity number: 1222961.



# What NOT to say to someone with a brain injury

## 1. "I know what you mean...I've got a terrible memory too!"

Sure, we all forget things, but an injury to the brain can stop memories being stored and/or retrieved. Being forgetful and having memory problems as a result of brain injury are worlds apart!

## 2. "But you don't look disabled..."

The cognitive, emotional and behavioural effects of brain injury can still be present long after any physical injuries have healed. Sadly, too many people judge disability purely on what they can see.

## 3. "Move on and stop dwelling on what happened."

One to avoid at all costs! The effects of a brain injury can last a lifetime and a person can't simply decide to 'get better' and move on.

## 4. "You should be back to normal by now."

Where to start with this one! No two brain injuries are alike, and no two journeys to recovery should ever be compared. And what's normal, anyway?

## 5. "You're tired? At your age?!"

Fatigue is a very real and debilitating effect of a brain injury. Tasks that most of us take for granted can require much more effort after brain injury. Getting told you're lazy must be infuriating!

## 6. "It's all in your mind!"

Brain injury isn't something that can be controlled by simple conscious thought, so there's little more frustrating for a person with a brain injury than being told to 'snap out of it'!

## 7. "Chin up – there's always someone worse off."

When trying to adapt to an entirely new life after brain injury, it doesn't always help to know that others may be dealing with worse – as defined by someone who doesn't understand what you're going through.

## 8. "Are you sure you should be doing that?"

An essential part of the rehabilitation process is relearning lost skills by pushing yourself to

do challenging tasks. Although often said by people wanting to help, having your ability judged by someone else can be extremely frustrating.

## 9. "I know someone who had a brain injury and they're fine now."

No two brain injuries are the same! While it can be a motivation to hear of other people making good progress, it certainly isn't helpful to be judged for not recovering as quickly as them.

## 10. "But you were able to do that yesterday..."

People who say this don't realise the fluctuating nature of a brain injury, which is often down to fatigue. In some cases it can be because they did a task yesterday that they can't do it today.



the brain injury association

Free, confidential helpline:  
**0808 800 2244 | [helpline@headway.org.uk](mailto:helpline@headway.org.uk)**  
**[www.headway.org.uk](http://www.headway.org.uk)**





## The dream of a school for special educational needs children starts to become a reality at Rainbow Hub

There was excitement and smiles all round at Rainbow Hub in Mawdesley in August as work commenced on a school for special educational needs children following approval of the planning application.

Funding has been secured through the Wain Foundation for the school which has been designed by Seven Architects and will be built by TMT Construction.

It is being developed for children with physical disabilities whose families struggle to find an environment that can meet their physical, social and learning needs. With the growing number of children needing places in a specialist setting, local authority schools are under increasing pressure to meet specific needs of children with physical disabilities who deserve the same access to an education as any other child. A combined education and therapeutic approach at Rainbow Hub School will ensure children are challenged to lead as full and independent life as possible.

The school currently offers six places to children aged 5-11 years who have physical needs but can follow an academic curriculum. When fully open, the school will offer places to approximately 21 children aged 5 – 16 years.

There will be several therapy rooms, a ground level Rebound Therapy trampoline, an accessible life skills room and a hydrotherapy pool. The building has been designed with shared spaces which will be used by all the services across Rainbow Hub. They also plan to make the pool available to children and adults with disabilities outside of school hours.

Lyndsay Fahey, CEO, Rainbow Hub, said, “we started with a dream and, after many months of planning and hard work, we are starting the programme to make the dream a reality. There is much still to do but our supporters have been wonderful and we are so excited that work has started.



This development will allow us to extend the good work we already do in conductive education and our specialist nursery. It will allow us to provide support to children who may sometimes be over-looked but deserve every opportunity to become as independent as possible.”

She continued, “We are delighted to have received our OFSTED registration and can open a small class for six children in the existing building this September 2023. This will then increase to the school for 21 children in September 2024 when the whole building is completed.

Families of children with SEN who are interested in knowing more about the facilities and curriculum offered by the school, are invited to contact Headteacher Martyn Berry [m.berry@rainbowhub.org](mailto:m.berry@rainbowhub.org)

Rainbow Hub, Salt Pit Lane,  
Mawdesley, Lancashire L40 2QX  
Tel: **01704 823276**  
Email: [info@rainbowhub.org](mailto:info@rainbowhub.org)  
Web: [www.rainbowhub.org](http://www.rainbowhub.org)



# ENDEAVOUR

Helping a child cope with ARFID?  
You're not alone. Join Endeavour

## WE'RE BEAT, THE UK'S EATING DISORDER CHARITY.

We know when someone has an eating disorder, the impact goes beyond just that person. And we know that person can get better, especially when they – and the people around them – have the right tools.

That's why we've developed services for carers: to help those who help. Our programmes are free, confidential, and remote. So you can fit them around your needs, and the needs of your loved one.

### ABOUT YOU

You might have noticed things in a young person (that's anyone aged 5 – 15) that worry you – like very few foods they'll eat, issues with certain food textures, or just having little interest in eating. Or they might be formally diagnosed with ARFID (avoidant/restrictive food intake disorder).

Either way, it can be tough. There isn't a lot of information or support out there for ARFID, and you might not know how to handle things. Whether the person you're supporting has been diagnosed or not, Endeavour can help.

### ABOUT ENDEAVOUR

Endeavour connects you with other people in the same boat. You can talk openly about your situation, with people who really understand.

- You'll join one group Zoom call a week for two months
- Ahead of each session, we'll send you some reading to help you get the most out of the discussion
- An advisor will guide conversation as you talk about your situation, what's worked well, and how to handle challenges

### SO, WHAT DO WE NEED FROM YOU?

- 90 minutes of your time a week for group sessions, for eight weeks
- Some time in between to do some pre-reading for each session

That's it. We just need your willingness to be open, so everyone can get the most from each other's knowledge, and learn about ARFID together.

### WHAT NEXT?

Head to [beateatingdisorders.org.uk/endeavour](https://beateatingdisorders.org.uk/endeavour) to find more information and refer yourself to the programme. Once you've done that, we'll be in touch.

Need something a bit different? We've got tons of support programmes – all remote, all free.

Visit [beateatingdisorders.org.uk/support](https://beateatingdisorders.org.uk/support) or call our Helpline to find out what else we offer.

England:  
**0808 801 0677**  
**[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)**



**Beat**  
Eating disorders

# You said... We did!

Thank you to all who answered our Local Offer Facebook post back in February this year; "What do parents want SEND practitioners to know?" We've been busy in the background and can now share what we have been getting up to!

The post was created after a local parent carer told us that they wished more practitioners knew about Foetal Alcohol Syndrome Disorder (FASD) and its effects. We printed an FASD awareness article in the SEND newsletter, shared an animated video created by FASD Scotland and added FASD Support signposting to the SEND Directory.

It got us thinking...what other information do parents wish the practitioners involved in their child or young person's care knew more about? And we had a fantastic number of responses.

Some of the suggestions made by parent carers included "More understanding around APD and the adjustments that need to be made in school", "Toxic stress and developmental trauma", "Feeling safe, valued and important", "rare disorders and conditions" and "avoidant restrictive food intake disorder (ARFID)".

The main theme that came out of the responses was that parents wanted staff in school settings to have a better understanding of their child's needs, particularly by having more knowledge about their child or young person's health condition or diagnosis.

We took this information to the SEND Partnership, which is made up of NHS colleagues, parent carers, children and young people plus Lancashire County Council colleagues. We used our SEND Directory, Facebook page and calendar of awareness days to address some of these gaps. However, it was agreed that a new information guide on the Local Offer for practitioners would be a significant improvement to address gaps in knowledge and understanding.

Designed with practitioners in mind, the new page is called "SEN support guide for practitioners" and can be found in the "Information for professionals" area of the Local Offer website. Following the feedback gathered from parent carers in the original Facebook post, it has been designed to help all practitioners and providers to identify how conditions can affect children and young people and how to access support with or without a diagnosis.

The information within the guide includes the SEND code of practice, identifying SEN needs and the impact they can have on the child, and how to find out more about different health conditions. The guide also details what support needs to be implemented as a first "port of call" before increasing support to meet the child's needs. This support includes emotional, educational and early help support.

The SEND Partnership will make every effort to ensure that as many practitioners in school settings know about the new SEN support guide by sharing the information via various methods of communication. However, if you think someone who cares for your child would benefit from accessing the new guide, please direct them to <https://www.lancashire.gov.uk/practitioners/supporting-children-and-families/send/sen-support-guide>.

If you have ideas about something we can increase awareness of by publishing an article in an upcoming SEND newsletter, please email: **FIND@lancashire.gov.uk**.





## National Recognition for DanceSyndrome Dance Artist

Donna Wheeldon, Dance Artist at Lancashire based charity DanceSyndrome, was taken by surprise on Friday when she was awarded with a prestigious national award.

Donna, aged 49 from Tarleton, thought she was attending a family event on Friday 27th October, but the celebrations were interrupted to make the surprise announcement that Donna was the recipient of a Silver Chief Nurse Award. Deborah Sturdy, Chief Nurse for Adult Social Care in England at the Department for Health and Social Care, connected with the group via video link from London to congratulate Donna.

The Chief Nurse Awards were developed by the Department for Health and Social Care to acknowledge and reward the significant and outstanding contribution made by social care workers and nurses in England. They celebrate nurses and care workers who go above and beyond their everyday roles to provide excellent care, leadership, and inspiration to their colleagues and patients and those who use services.

DanceSyndrome is a multi-award-winning dance charity that was founded by Jen Blackwell, who has Down's syndrome. The charity was formed because Jen found it difficult to find opportunities in community dance that were accessible to people with learning disabilities. DanceSyndrome's ethos is that disability should never be a barrier to following your dreams. All DanceSyndrome sessions are co-produced, with people with learning disabilities taking visible Dance Leader roles to inspire people to see what can be achieved when we all become more inclusive.

Donna Wheeldon is the Dance Artist who co-delivers alongside Jen at DanceSyndrome. In addition to this role, she has also been employed in the role of Lead Carer for Jen and this is what led to her being nominated for the Chief Nurses Award.

Donna said "Jen came to me in 2011 for private Ballet lessons. Every lesson I took with Jen turned out to be a lesson for myself. Jen just blew my mind with her stunning grace and passion for dance. DanceSyndrome asked me to take a couple of workshops with Jen and the first session was magical. Never before had I seen such joy, love, and passion from a group. Every session from then on continued the same: fun and loving. This was so new to me, but every day I learnt from Jen.

"As both Jen's lead carer and her dance instructor I recognise the irony that every lesson I take with her turns out to be a lesson for myself. Not only through dance but also from my greater appreciation of disability inclusion issues. Being part of Jen's life and DanceSyndrome has shown me how to achieve the very best, not just through technique but from the passion within.

"As a carer I know that every day can be different. Everyone has their ups and downs but it is a pure pleasure to work with Jen. I am so grateful to have been given this opportunity to champion the rights of those with learning disabilities and show the way forward."

DanceSyndrome Managing Director Julie Nicholson said "Through her role at DanceSyndrome and as a carer in Jen's personal life, Donna has done so much to enhance the lives of people with learning disabilities and is a very worthy recipient of this award. She takes a genuine person-centred approach to her roles, understanding each individual and the barriers they may face, before doing all she can to support them to overcome those barriers. Everyone at DanceSyndrome has a huge amount of respect for Donna and her dedication to being a supportive and compassionate dancer, carer, and friend, not just to Jen but to everyone in our team."

Sue Blackwell, Jen's mum and DanceSyndrome co-founder said "Donna goes above and beyond demonstrating the power of focused, person-centred care. Donna and Jen are a dynamic duo living and embracing life through a shared love of dance.

"Inclusive dance and DanceSyndrome give Jen 'a voice to be heard' but without Donna's unflinching, seemingly effortless caring underpinning her life, Jen would be lost. Jen says that together they demonstrate 'anything is possible if you have the right support'. With Donna's expert support, Jen is a contributor to society as evidenced by her numerous awards including her British Empire Medal."

To find out more about the work that Donna and DanceSyndrome do, please visit [www.dancesyndrome.co.uk](http://www.dancesyndrome.co.uk)





**Charter House**  
Resource Centre & Sensory Room

# CHRISTMAS FAIR

**FREE ENTRY**

JOIN US FOR GAMES, TOMBOLA, MUSIC AND DELICIOUS TREATS!

DECEMBER 15 • 3PM - 5PM  
DECEMBER 16 • 10AM - 2PM

CHARTER HOUSE RESOURCE CENTRE, MORSE STREET, BB10 4PB  
01282 429094

COME AND MEET OLAF!



Motiv8-lancs CIC  
Activities for Adults with Learning Disabilities

## Motiv8-Lancs

We are a Daycare Provider for adults who have Autism, Asperger's Syndrome and Learning Disabilities.

### HOLIDAY CLUB

We are open October Half Term, Christmas, Easter and Summer when you're school is closed. If you're looking for a place to go, please contact us for more details.

At Motiv8-Lancs, we offer a wide range of daytime activities. Our sessions include dancing and singing, drama/role play, musical theatre, makaton, baking, cooking, arts and crafts, painting, woodwork projects, gardening, local walks/trips, film/documentaries, educational talks, wide range of games, bingo and outdoor sport activities.

We are open every Monday-Friday at 9am till 3pm. The time can be adjusted for clients if needs be.  
We also offer 1:1 for clients.

To enquire, please call 07980292330

Based in Clayton-le-Moors, Accrington



# Everybody Dance Clitheroe

Inclusive dance sessions at:  
St Mary's Centre  
Church Street  
Clitheroe  
BB7 2DG

**Saturday**  
10:30am - 11:30am  
£5

**DanceSyndrome**  
Dancer Led, Disability Inspired  
Registered Charity No:1152664

Inclusive dance can help to boost your mood, improve your health & wellbeing and have fun!

www.dancesyndrome.co.uk Tel: 07597 942494



Places are limited, and booking is essential with a small refundable deposit to secure your place.

Are you aged 16 - 24?  
Do you struggle to make friends & socialise?  
Join us at

# Simply Social

**FUN!**

you will find out about friendships, how to make friends & hopefully get some new pals at our

**warm & welcoming group**

Trinity Hub  
Parson Lane  
Clitheroe

**6:30 - 8:30PM**  
**EVERY THURSDAY**

From November 16th

To book: [connect@frvf.co.uk](mailto:connect@frvf.co.uk)

Meet people, socialise over a brew and learn key friendship skills!





## Ambitious youth network

**Are you 16-25?  
Are you autistic?**

**Join our Ambitious Youth Network online platform!**

Meet new people in our peer support sessions and access paid opportunities to make things better for autistic people.

[ambitious-youth-network.ambitiousaboutautism.org.uk](http://ambitious-youth-network.ambitiousaboutautism.org.uk)

**Ambitious about Autism**

Ambitious about Autism is a registered charity in England and Wales: 1063184 and a registered company: 03376255.



## KEEP BUSY & ENJOY LIFE WITH PURPLE UMBRELLA

Group Activities and Friendship for People with 1:1 Support

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



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

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



**EMBRACE  
ENGAGE  
INSPIRE**

**All Age Person Centred Provision  
Tackling Health Inequalities in  
West Lancashire**

**Email: [info@divinedays.co.uk](mailto:info@divinedays.co.uk)  
Tel: 07896 137236**

## The Legacy Project

**Supported Internship Programme for young adults with additional needs, living and learning in Skelmersdale and surrounding areas.**

We work collaboratively with the community to provide a unique supported internship model, which is tailored to the needs of the individual. A young person's needs are assessed and they are matched with a job coach who provides 1-1 support throughout the term of the internship. A suitable work placement is identified based on the interests of the young person. The young person then attends college for 2 days per week, to prepare for and develop their skills and knowledge which support their work based learning, and attend their work placement for up to 3 days per week. The national statistics for SEN adults in employment is 6%. However The Legacy Project are able to provide the level of support which enables our interns to be the best version of themselves, and are proud to have achieved a rate of 75%. We make a difference! Much more than even securing employment, our interns develop work, social and life skills, developing friendships, confidence and opportunities, which can have a lasting impact.

**For enquiries, please contact:  
Katie@divinedays.co.uk / Tel: 07896 137236**



## Home-Start Coffee and Chat



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

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

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

Resources are also available

**Contact Rachael 07702 555078**

No need to book—just turn up



Contact Rachael for more information :  
07702 555078



everyone  
matters.

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

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

Brave Church, Watson St,  
Oswaldtwistle BB5 3HH

Phone: 01254 372771

Email: [hello@bravechurch.co.uk](mailto:hello@bravechurch.co.uk)  
Website: [www.bravechurch.co.uk](http://www.bravechurch.co.uk)



## SPECIAL PEOPLE

People who look after special needs children are very special people.

Every month, a group of us get together to laugh, chat, swap experiences and support each other.

You are welcome to join us!

Our next monthly coffee morning is:

**Tuesday 5 December**

**Autisan @ Whalley Abbey**

**10.00 – 12.00 p.m.**

It might be just what you've been looking for!

For more information, please email Steph at  
[specialpeoplelancs@gmail.com](mailto:specialpeoplelancs@gmail.com)



Find us on  
Facebook

*'you are not alone'*

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

**MONDAY EVENINGS  
7.00PM - 9.00PM**

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

For more information contact **Julie** on

**07968 057954**

[info@spectrumoflightrossendale.co.uk](mailto:info@spectrumoflightrossendale.co.uk)





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

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

**YOU ARE NOT ON YOUR OWN**

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

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

You are welcome to join our virtual drop-in last Wednesday of the month 7pm-8.30pm. Email Claire chats\_123@yahoo.com for a zoom invite.

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



Family  
**AUTISM**  
Service

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

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

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

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

**Come along to our:**

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



**MAKE A REFERRAL**

For more information:

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



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

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

Supporting a child, whatever age, with Neurodiverse and Mental Health difficulties and needs can be really challenging, isolating, emotionally, physically and mentally exhausting.

You are not alone!

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

Leyland Group meet - First Monday of the month from 6.30 – 8.30pm  
Preston Group Meet - Second Thursday of the month from 6.30-8.30pm

Contact Susie for further details.

Email: [Lancashirepositiveminds@gmail.com](mailto:Lancashirepositiveminds@gmail.com)

Parent Founder: Susie – 07713 337182

Instagram: Lancashire\_Positive\_Minds

Twitter: Lancashirepositiveminds@lancashireminds

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

Facebook Closed Group: Lancashire Positive Minds

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



**Key-Connect**

Peer Support Group  
For Parents and Carers of  
Autistic Young People

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

Our Peer support group may be of interest to you.

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

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

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



**Who:** Parents/Carers within Lancashire/South Ribble

**Where:** Wade Hall Family Centre, 73 Royal Ave, Leyland PR25 1BL

**When:** Starting Tuesday 24th October 2023 @12:30pm-2pm

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

Free to attend - Booking is Essential



## SEND Peer Support Group

Children and Family Wellbeing Service

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

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

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

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



## TimeOut

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

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

### You need a TimeOut!

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

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



## Trinity Parent Carer Group

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

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

### Face to face Meetings

**2nd Thursday each month 9:30-11:30 am**

**St Annes Pastoral Centre,**

Prescot Rd, Ormskirk L39 4TG

#### 2023/24 Face 2 Face meeting dates

December 14<sup>th</sup>

January 11<sup>th</sup> 2024

### Virtual Meetings *via Zoom*

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

**NB December and January are 3<sup>rd</sup> Tuesdays**

#### 2023 Zoom meeting dates

December 19 <sup>th</sup>	January 16 <sup>th</sup> NB	February 27 <sup>th</sup>	March 26 <sup>th</sup>
NB change of date	change of date		

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

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

Trinity Special Needs Advice Partnership



**Wednesdays 1-2:30pm**

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

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

**Park Neighbourhood Centre  
Barnes Road, Skelmersdale, WN8 8HN**



**The Lancashire Carers Service is delivered by n-compass and Carers Link Lancashire.** The Service is commissioned by Lancashire County Council and provides Carers with information, advice and a wide range of specialist support services designed to help Carers continue in their caring role for as long as they choose and reduce the impact the caring role can have on their own health and wellbeing. We work directly with individual Carers to discuss their concerns and needs and design a tailored personalised support package.

**Support available includes:**

- Carers' Assessments and reviews
- Coffee and Chat support groups in North, Central and East Lancashire
- Regular magazines and bulletins providing information on local groups, activities, and courses
- Understanding dementia courses
- Support for contingency and emergency planning
- A huge range of Digital resources

- Access to a CHAT line manned by empathetic and helpful Volunteers; 24 hours a day, 365 days a year
- Access to our Volunteer Befriending and Sitting in Services to help Carers take a break from caring and provide additional company and support
- Access to other community, health, and wellbeing services
- **Opportunities to volunteer**, make friends and provide support for others
- Carers' Awareness Briefings

In addition, all registered carers will be invited to join the Carers' Community Network to share their experiences and make new friends.

To register your interest with Lancashire Carers Service please call **0345 688 7113** or contact us by email: **enquiries@lancscarers.co.uk**



The Foundation for Ribble Valley Families (FRVF) supports Ribble Valley families with mental health and wellbeing issues.

Our aim is to provide speedy, low level mental health support to prevent problems escalating within families.

We provide guided self-help activities through one-to-one therapeutic coaching packages, psychoeducation, anxiety management strategies and free monthly Wellbeing Workshops at Trinity.

We can work with parents, grandparents and primary child carers living in Ribble Valley and young people from primary school year 6 upwards.

Our website contains an easy to use online self-assessment tool to check that our service is right for you/your patients/clients/families. It asks a series of questions which will enable people to find appropriate support for their particular issues and levels of need.

Individuals can self-refer online or professionals can complete the online referral on behalf of someone else.

It's easy to access the assessment via our website [www.frvf.co.uk](http://www.frvf.co.uk)

FRVF can work with the following issues:

- Stress
- Mild anxiety – including social and generalised anxiety
- Mild depression/low mood

FRVF is unable to provide help for the following issues:

- Immediate risk to self & others
- Severe and sustained PTSD and trauma/significant self-harm
- Personality disorders – schizophrenia, bipolar, psychosis & enduring mental illness
- Alcohol or drug problems
- Eating disorders



**Divine Days Community CLC**  
EMBRACE • ENGAGE • INSPIRE

What an incredible trip we had when Divine Days and Inspiration School of Dance, performed at Disney Land Paris! Everybody worked exceptionally hard to rehearse and put together an incredible performance. As well as performing, we got to have so much fun, riding the rides and meeting lots of famous characters! Thank you to Simple Sew Workwear and RM Education for helping to make this a truly magical experience.



You can find our dance sessions times at: [www.divinedays.co.uk/creative-kids-info](http://www.divinedays.co.uk/creative-kids-info)

## Divine Dance & Creative Kids

**Inclusive dance classes and activities for people of all ages with additional needs.**

Our teachers and practitioners have years of experience as well as being qualified and trained in working with both children and adults with additional needs, learning disabilities and complex needs. So much more than an enjoyable activity, our Dance classes help to increase confidence and social skills and to make new friends. Our dancers also have the opportunity to perform in shows throughout the year, and at events around the country. In October 2023, our Divine Dance dancers were even invited to perform at Disneyland Paris!



**For enquiries, please contact:**  
**Denise@divinedays.co.uk**  
**Tel: 07782 548395**

# Lancashire County Council – contact details

[www.lancashire.gov.uk/council/get-involved/contact](http://www.lancashire.gov.uk/council/get-involved/contact) Email: [enquiries@lancashire.gov.uk](mailto:enquiries@lancashire.gov.uk)

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

"The Volunteer Prep course was very informative, excellent and much needed to have the necessary awareness about family issues for when we start volunteering. Personally I am looking forward to starting".  
Sedi, Volunteer

**Volunteering...  
What's in it for me?**

**HOME START**  
Blackpool, Fylde & Wyre

- More Confidence
- A greater sense of purpose
- Friendship
- Knowing that my life experiences can help others
- A feeling of belonging
- Giving back to my community
- Fun
- Laughter
- Coffee & Cake
- Improved Mental Health & Wellbeing
- Being fully supported and valued in your volunteering role
- Helping families and meeting new people

90% of volunteers feel they make a difference through their volunteering

For more information please contact:  
Tel: 01253 728615  
Email: [enquiries@homestartbfw.org.uk](mailto:enquiries@homestartbfw.org.uk)

Volunteers tell us they want to feel they belong to a team, it helps them feel less isolated.

**TEAM**

**DADDY MATTERS**  
Blackpool, Fylde and Wyre



## Your Help Is Essential

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

- Are you involved with a project or group you would like to promote
- Details of forthcoming diary dates
- Opportunities for Children and Young People with SEND
- Any ideas, views, letters, poems, etc, you would like to share
- Useful websites that you would recommend to other families

Contributions for future issues – please contact us.

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

Tel: **01772 538077**



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

## Editorial Group

### Lancashire County Council

Sarah.deady@lancashire.gov.uk

Anna.burkinshaw@lancashire.gov.uk

### Parent Representatives\*

Nannette Holliday – Chorley

Lucy Ellis – Lancaster

Amy Blackburn – Pendle

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

### Voluntary Organisation

Tom Harrison – Community East Lancashire

Sam Jones – Chair, Lancashire Parent Carer Forum

### Health

Clair Martin – Designated Clinical Officer, North Locality

**Spring issue** – deadline for articles 12th January, published March 2024

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

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

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We also have a facebook page.

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

### Get this free newsletter sent to your door

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

To Professionals – please email **FIND@lancashire.gov.uk**

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