

SEND

Welcome to the Spring issue of the SEND Newsletter, 2025.

It's finally time to start enjoying longer days and hopefully a bit of sunshine.

We're really keen to gather feedback from our families in Lancashire and in this issue there are THREE opportunities to offer your suggestions and ideas.

Firstly, the NEW SEND survey is now live on the Local Offer website. There is a version for parent carers and a version for children and young people. If you are unable to complete the survey online, you can ask your school or local Family Hub to print out a copy for you.

We are also reviewing the SEND newsletter and we would love to hear your views about what works well and what can be improved. You can also complete this survey online (see inside) or ask staff at your Family Hub or local library to complete it on your behalf.

Finally, we are working towards our SEND strategy 2025-2028 and encourage you have your say to shape the strategy, plan how we deliver quality service and work together to achieve positive impact for our families. Scan the QR code inside to find out more.

We're excited to introduce our new Head of SEND and Inclusion in Lancashire, Cerys Townend. You can read an introduction to her and her role inside.

March sees two very important events – **World Down Syndrome Day** (21st March 2025) and **Neurodiversity Celebration week** (17th – 23rd March 2025). In this issue you can find out more about what's happening and where to find support in Lancashire.

We are always keen to include more stories from parents and carers in the newsletter. If you or a member of your family would like to write an article for a future issue of SEND, please contact us at: FIND@lancashire.gov.uk

Anna Burkinshaw
Policy, Commissioning and Children's Health

 www.facebook.com/LancashireLocalOffer



Keep your face
always toward the
sunshine - and
shadows will fall
behind you.
– **Walt Whitman**



INSIDE

- 2 - 4. Break Time
5. Cerys Townend – new Head of Inclusion
7. SEND Newsletter survey
Preparing for Adulthood
9. Neurodiversity Celebration Week
11. World Down's Syndrome Day
13. SEND Survey
SEND Strategy and competition
14. Easy Eye Care
Top Tips: going on holiday
15. Supervised Brushing & Special Care Dentistry
17. A day in the life of a Family Hub
19. Lancashire Parent Carer Forum
SENDIAS
21. Sibs – for brothers and sisters of disabled children and adults
- 22 - 25. Young Adults
26. Parent Carer support groups
27. LCC contact details





Department for Education

Lancashire County Council

LANCASHIRE Break Time

Break Time on HOLIDAY CAMPS

Children are our future, and every child matters. At FUNDA Break Time, we create opportunities for all children to thrive, learn, and play—because no child should be left behind. Our experienced staff lead safe, engaging activities designed specifically for SEND children, fostering growth, friendship, and confidence in an affordable, supportive environment.

Our Aims


- To support SEND children to participate fully in FUNDA Holiday Camps
- To provide quality SEND Breakout opportunities when and where needed




LEARN MORE



FUNDAactive.com/Breaktime




If you're a **Break Time member**, you can now get a free **Max Card**, giving you reduced or free entry to many UK attractions.

The **Max Card** is a discount card for families of children with additional needs. Families can save money on great days out at castles, zoos, bowling alleys, trampoline parks and many more.

Visit www.mymaxcard.co.uk to find out where you can use the **Max Card**.

Request a card at www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do

You will need your child's **Break Time membership number** to request a **Max Card**.



SPECTRUM GAMING

in partnership with: Lancashire County Council

A community created by autistic adults, for autistic young people ages 10-17 who live in Lancashire and have a Break Time membership

Spectrum Gaming is an autistic-led UK based charity that supports autistic young people. We aim to create a world where every autistic child knows that who they are is ok and they can be themselves, whilst still developing meaningful relationships and achieving their personal goals.

We do this by providing spaces where they feel safe and accepted, amongst others with similar shared lived experiences, and opportunities to explore who they are. As well as our community provision, we are also involved in a wide range of advocacy work, which you can read more about on our website.

A summary of what we offer young people:

- Access to the Spectrum Gaming Minecraft server, which is open 10am-10pm every day.
- Regular online events around young people's interests, both gaming and non-gaming events.
- Open access to our online community on Discord, open 10am-10pm every day. This is an accessible space to connect with other young people through text, voice chats, video calls and gaming. The servers also have local area chat spaces too.
- Access to events and information around autistic understanding and wellbeing.
- Lots of joy, laughter and connection.



"I have had proper friends and a community for the first time in my life."

How to join:

- 1) Submit an application form on our website, including your Break Time membership number.
- 2) Arrange verification of your young person's identity, either via a video call with us, or an email from a professional.
- 3) Once verified, further instructions on how to join our servers will be emailed out to you.



Further information on who we are, what we do, and how the community works is available on our website!

www.spectrumgaming.net info@spectrumgaming.net

IT'S SLIME FOR FUN SEN SESSIONS

Break Time Sessions

Child / Young Person with SEN only

WHO

Children & Young People with SEN Age 4-18

US

Experienced Team - Fellow SEN parents

Building relationships

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

SCHOOL HOLIDAY SESSIONS

Saturdays in Term Time

VENUE

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

BOOK

Call Klair on 07841744020 or email slimeforfuninfo@gmail.com

TIME

Break Time and Break Time Plus Provider



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

Thank you to everyone that completed the registration form for 2025/26 – there were almost 2,500 submitted! By now you should have received a letter to confirm the outcome. If your child has used the service before, please note that they will have a new membership number from 1st April 2025.

Enclosed with your confirmation letter is a handy hours tracker, to keep a record of the sessions you have booked and the hours you have used so far. This is also available to download and save to your own device, from: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time/?page=5

My child has been awarded Break Time hours – what next?

The full list of clubs and groups where you can use your hours can be found at www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time-activities

Each entry shows the types of activities offered, what age group it is for, where and when sessions are delivered and the contact details. There may also be details of specific support the provider can offer, for example delivering medication or providing personal care.

Providers are listed by district to help you find something local, however you can use your hours with a Break Time provider in any district. Please note that transport is not provided, parents are responsible for transporting their child to and from the activity.

Contact your chosen provider(s) directly to discuss your child's needs, find out more about the activities and book sessions. You will need the Break Time membership number from your confirmation letter when booking.

There will be a parent contribution to pay for the activities, this is usually around £2 per hour, but can vary depending on the type of activities offered. The provider should tell you what the cost is when you book.

How do I register for Break Time?

Registrations take place each year, for both new and existing Break Time members. This year, the registration window was open for 12 weeks, from 21st October to 12th January.

If you missed the deadline to apply, please be aware that unfortunately, late requests cannot be accepted and there are no plans to hold a second registration period this year. Please check the Local Offer for details of other groups and social opportunities that are available.
www.lancashire.gov.uk/SEND

New Break Time Providers

We are always looking to increase the range of activities available to Break Time members and their families. If you know of a suitable organisation that could deliver fun group activities, please ask them to contact us at: cyp-shortbreaks@lancashire.gov.uk

Contact Us

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

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.

If you have any feedback on Break Time, or any short breaks service in Lancashire, please complete the online form at: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/short-breaks-feedback





BARNARDOS

**Changing childhoods.
Changing lives.**

TERM TIME SESSIONS
1 AFTER SCHOOL CLUB & 1 WEEKEND SESSION PER TERM IN EACH OF OUR AREAS

- SOUTH RIBBLE
- BURNLEY
- CHORLEY
- PRESTON
- SKELMERSDALE
- PENDLE

Contact Us
lancashirebreaktime@barnardos.org.uk

HOLIDAY SESSIONS
10AM-4PM

MONDAY = PENDLE
TUESDAY = SOUTH RIBBLE
WEDNESDAY = PRESTON
THURSDAY = SKELMERSDALE
FRIDAY = CHORLEY
SUNDAY = BURNLEY

Activities
SENSORY SESSIONS
BAKING
SWIMMING
CINEMA
TRIPS



Lancashire County Council





BREAK TIME Multi-Activity CAMPS

Designed to offer SEND children **engaging & enjoyable** experiences.

EVERY TUESDAY 4-6PM
 @ LORDSGATE PRIMARY, BURSCOUGH
 EVERY WEDNESDAY 5-7PM
 @ HOPE HIGH SCHOOL, SKELMERSDALE
 EVERY THURSDAY 5-7PM
 @ BUCKSHAW PRIMARY, CHORLEY
 EVERY SATURDAY 10AM-2PM
 @ COPPULL PRIMARY, CHORLEY



Scan to book!

Indoor games, outdoor sports, challenges, arts & crafts, interactive activities, prizes to be won, etc




Email us: learn.active@outlook.com | Call Us: 07593 312734

Lancashire County Council



APPLY TO BECOME A BREAK TIME PROVIDER

DO YOU...

SUPPORT CHILDREN AND YOUNG PEOPLE WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)?

DELIVER CLUBS OR GROUP ACTIVITIES TO SCHOOL AGE CHILDREN ?



VISIT OUR WEBSITE TO FIND OUT MORE

www.lancashire.gov.uk/business/tenders-and-procurement/tenders/lps-care-re-opening-of-the-provider-list-for-break-time-home-care-and-short-breaks-services-for-children-and-young-people-with-disabilities-lcc10029

Break Time Plus




Did you know?

Break Time Plus provides group based opportunities for children with disabilities

Children and young people can have a range of needs including those who may need 1:1 or 2:1 support

Activities include social, leisure and sports activities (evenings, weekend activities and school holiday clubs are available).

BT+ can be funded with a Direct Payment or via commissioned support.

For more information visit:
<https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time-plus/>

My name is Cerys Townend. I'm pleased to be the new Head of Inclusion at Lancashire County Council.

I wanted to tell you a little bit about myself.

I live near Harrogate with my 14-year-old son, my husband, and our dog, Teddy. I started my career as a teacher and then became an Assistant Head in special schools in Wales. I also helped set up a service to support children with autism in mainstream schools and SEND units.

I have a degree in Education and Psychology and a Master's degree in Autism. In my free time, I love to read and swim, especially outdoors.

Before coming to work in Lancashire, I worked in North Yorkshire for 14 years. I started as the Lead for Autism, then became the Lead Adviser for Social Emotional and Mental Health, and finally, I was the Head of Inclusion. During my time there, I worked hard to help schools support children with social and emotional needs, reduce exclusions, and improve outcomes for children with special educational needs and disabilities (SEND). I also helped develop enhanced mainstream schools, new SEND hubs, and made sure that special schools and pupil referral units supported children to achieve their best.

I truly believe in inclusion and want all children and young people to have the same chance to be successful, no matter where they come from or what strengths and differences they have. Your voices are important to me. They will help me make sure that children and young people with SEND in Lancashire have the support they need to succeed, thrive, and be happy.

I'm looking forward to working with all of you to ensure your voices are heard and acted upon.

Best wishes, Cerys



Inclusive performing arts for
Blackpool, Wyre and Fylde.

MINI CHILDREN'S THEATRE

INCLUSIVE THEATRE
WORKSHOPS

AGE 4-7 YEARS

ONLY £50 PER TERM



CHILDREN'S THEATRE

INCLUSIVE
THEATRE
WORKSHOPS



AGE 8-12 YEARS

ONLY £50 PER TERM

YOUTH THEATRE

INCLUSIVE
THEATRE
WORKSHOPS

AGE 13-16 YEARS
ONLY
£50 PER TERM

YOUNG ADULT COMPANY

INCLUSIVE THEATRE WORKSHOPS

AGE 17-24 YEARS

ONLY £50 PER TERM



TRAM SHED

THEATRE COMPANY

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

SEND

Newsletter Review 2025

We are seeking feedback to improve our Special Educational Needs and Disabilities (SEND) newsletter. The survey aims to gather insights on the usefulness of various types of articles, the frequency and length of the newsletter, and its overall impact on readers.

We have designed a survey which will ask you questions about the following:

- Types of Articles
- Communication Preferences
- Impact
- Usefulness
- Feedback

The feedback collected will be used to make improvements to the newsletter, with changes expected to be implemented by the end of 2025.



You can find the survey by following this link:

https://forms.office.com/e/DVFS_eVUcDx

The survey will take around 2-4 minutes to complete.

If you are unable to access the online survey and would like a printed copy posting out, please email: find@lancashire.gov.uk.

Alternatively you can go into your local Family Hub or library and a member of staff there will be able to log on to the Local Offer website and help you to fill out the survey.

The survey will close on 30th April 2025 at 10am.

A brand new Preparing for Adulthood guide is now available on the Local Offer!

This comprehensive guide is packed with valuable information and practical advice to help families and practitioners navigate the journey from childhood to adulthood.

What's in the guide?

Understanding SEND:

Learn what Special Educational Needs and Disabilities (SEND) are and how they can affect learning, friendships, and health.

Age-Specific Support:

Discover the different types of support available at various stages of development, from early childhood to young adulthood.

Health and Wellbeing:

Find out how to stay healthy and get the right support to achieve your health goals.

Planning for the Future:

Get tips on planning for the future, including education, employment, and independent living.

Why This Guide is Important

Empowerment:

It empowers young people with SEND to understand their needs and take charge of their future.

Support:

It provides families and educators with the tools they need to offer the best support.

Inclusion:

It promotes inclusion and ensures that every young person has the opportunity to succeed.

We hope you find the new Preparing for Adulthood guide useful!

You can find it by visiting:

<https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/young-people-and-adulthood/preparing-for-adulthood/>.

Do you care for someone with Neurodiversity?



Our services include:

- Free Autism Training for carers
- Targeted peer support groups, activities, workshops
- Information and guidance to help you in your caring role

Peer Support Group for ASD carers:
First Thursday of every month
10am - 12noon

Our allocated ASD Support Officer is here to help!



01254 387444



info@carerslinklancashire.co.uk



www.carerslinklancashire.co.uk



SCAN ME



Neurokin Family

A LIVED EXPERIENCE PEER SUPPORT GROUP FOR PARENTS & CARERS OF NEURODIVERSE CHILDREN & YOUNG PEOPLE.

FORTNIGHTLY IN PERSON MEETINGS
TUESDAYS 11-12.30
FYLDE CRICKET CLUB
POULTON-LE-FYLDE

FORTNIGHTLY ONLINE MEETINGS
TUESDAYS
8-9PM

FOR MORE INFORMATION CONTACT
NEUROKINFAMILY@GMAIL.COM



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
- Cygnets 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



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 6.30-8pm
Contact the below number for further details.

Email: Lancashirepositiveminds@gmail.com

Telephone– 07824 042908

Instagram:Lancashire_Positive_Minds

Twitter:Lancashirepositiveminds@lancashireminds

www.Lancashirepositiveminds.co.uk

Facebook Closed Group: Lancashire Positive Minds

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

Neurodiversity Celebration week

17th-23rd March 2025

What is Neurodiversity Celebration Week?

Neurodiversity Celebration Week 2025 is a wonderful event designed to recognise and celebrate the strengths of people who are neurodiverse, as well as challenge preconceptions of what they can or cannot achieve.

Every year, people and organisations across the globe will join together to create a more accepting, inclusive, and equal society for neurodiverse people.

What is neurodiversity?

To be neurodivergent means to think differently, or to have different neurocognitive abilities. This might sound a little confusing as we all have minds that think differently, but the term typically refers to people with profound differences.

These differences create challenges for people in doing certain things, but then allow them to shine through other talents. For example, someone may struggle with their reading and writing, but excel in creative tasks.

There are many conditions that fit under the ever-growing definition of the term 'neurodivergent', for example:

ADHD
Autism
Dyslexia
Dyscalculia
Dysgraphia
Dyspraxia
Developmental Language Disorder
Tourette's Syndrome



There is plenty of help and support available to you and your family.

Lancashire Mind offer support to children and young people and their families. They host workshops for parent carers, provide coaching for young people and there is even a podcast available, "Building knowledge and exploring Diversity". You can find out more about what they offer by visiting their website <https://www.lancashiremind.org.uk>.

There are lots of support groups available too. Contact your local Family hub for details of support groups or follow the Lancashire Local Offer on Facebook. Here, we share details of groups such as "Neuro Ninja's" (Fylde area), "Bee Unique" events (Lancaster and Morecambe) and details of free webinars including "Understanding global development delay" and "What is ADHD?".

The Donaldson Trust (<https://www.donaldsons.org.uk>) provide a range of services and support to neurodivergent individuals and if you need support for an autistic child or adult, the Lancashire & South Cumbria autism support hub, "Autism Unlocked" is free to join.

Lancashire Positive Minds is a peer support group based in Leyland, Lancashire, but with a virtual network of support. They are parent led but supported by CAHMS (Children and Adolescent Mental Health Service). They support families with difficulties such as Suicidal thoughts/attempts, Self-Harm, Low Mood, Anxiety, Depression, Attention-deficit/hyperactivity disorder, Autism Spectrum Condition, Borderline Personality Disorder, Eating Disorders, Obsessive Compulsive Disorders and much more.

SEN ACTIVITIES

Inclusive sessions for all ages



DANCE



Our adapted SEN dance classes are the perfect way for your child to express themselves, make friends and have fun. We use a range of sensory props to enhance the class.

£2

WEDNESDAY 4.30PM - 5.15PM

FITNESS



A fun and friendly class perfect for adults with disabilities or additional needs who want to exercise at their own pace. Sessions will be adapted to suit individual needs and support provided. We do a variety of different exercises each week.

£2

FRIDAY 11.00AM - 12.00PM

ARTS & CRAFTS



An adult wellbeing arts and crafts workshop run by My Colourful Memories CIC. Each week, we provide a different craft or art activity, allowing everyone to have fun and share conversations.

£3

FRIDAY 12.30PM - 2.00PM

STAY & PLAY



This is our SEN specific session. This session is open to anyone but adapted to suit those with additional needs. Enjoy exploring different activities as a family. Refreshments included. Parents/carers are welcome to stay and play. We do also offer a drop off and collect with this session.

£2

SATURDAY 9.30AM - 12.00PM

COFFEE MORNING



Looking for a friendly and fun way to connect with other SEN families? Join our parent support network monthly Coffee Morning. Enjoy a FREE cuppa, share stories, and swap tips in a relaxed, supportive atmosphere. Parenting is better with a bit of laughter and great company!

FREE

WEDNESDAY 15TH JANUARY 9.00AM - 10.30AM

NUTRITION



This informative workshop is predominantly aimed at adults with additional needs/disabilities and their carers or parents of children with additional needs/disabilities who would like to enhance their knowledge about nutrition. Workshop delivered by qualified nutritionist Julie Barrow

FREE

WEDNESDAY 22ND JANUARY 10.30AM - 11.30AM

SOUND BATH



FOR ADULTS

This unique and holistic wellness practice uses soothing vibrations from Tibetan bowls, crystal singing bowls and chimes to address physical, emotional and spiritual imbalances by relaxing the mind and body. This immersive sensory experiences can help to reduce stress, anxiety and promote better sleep. This session is aimed at adults with SEN/disabilities. Workshop delivered by qualified sound healer Mandy Burney-Cumming

FREE

WEDNESDAY 12TH FEBRUARY 10.30AM - 12.00PM

SOUND BATH



FOR CHILDREN

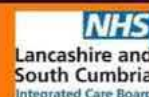
This unique and holistic wellness practice uses soothing vibrations from Tibetan bowls, crystal singing bowls and chimes to address physical, emotional and spiritual imbalances by relaxing the mind and body. This immersive sensory experiences can help to reduce stress, anxiety and promote better sleep. This session is aimed at children with SEN/disabilities and their grown ups. Workshop delivered by qualified sound healer Mandy Burney-Cumming

FREE

WEDNESDAY 29TH JANUARY 5.30PM - 6.30PM



Basicallly Cheer CIC, Cog Lane, Burnley, Lancashire BB11 5AH
07766743934



hello@basicalllycheercic.com





World Down Syndrome Day 2025: Improve Our Support Systems

What is World Down Syndrome Day?

World Down Syndrome Day is celebrated every year on March 21st. This special day is all about raising awareness and understanding of Down's syndrome, a condition where a person is born with an extra chromosome. Chromosomes are tiny structures in our cells that carry our genes, which determine how we grow and develop. People with Down's syndrome have an extra copy of chromosome 21, which is why the date 21st March was chosen.

Why is it Important?

World Down Syndrome Day is important because it helps people learn more about Down's syndrome and how it affects those who have it. It's a day to celebrate the abilities and achievements of people with Down's syndrome and to promote their rights and inclusion in society. By understanding and supporting each other, we can create a world where everyone is valued and respected. This year's theme calls on the government to improve support systems for people with Down's Syndrome.

How is it Celebrated?

There are many ways to celebrate World Down Syndrome Day. Here are a few ideas:

Lots of Socks:

One tradition is to wear brightly coloured, mismatched socks. This symbolises that even though we are all different, we are all unique and special in our own way.

Spread the Word:

Share information about Down's syndrome with your friends and family. You can use social media, make posters, or even give a presentation at school. This year's hashtag is **#ImproveOurSupportSystems**.

Support Organisations:

There are many organisations that support people with Down's syndrome and their families. You can help by donating, volunteering, or simply spreading the word about their work.

How You Can Make a Difference

You can make a big difference by being kind and inclusive. Here are some simple ways to help:

Be a Friend:

Include everyone in your activities and be a good friend to people with Down's syndrome.

Speak Up:

If you see someone being treated unfairly, speak up and support them.

Learn More:

Take the time to learn about Down's syndrome and share what you learn with others.

In Lancashire there is support available:

East Lancashire Down's Syndrome Support Group (ELDSSG).

They meet monthly on the 1st of the month and offer support to families, activities and days out, speech and language support plus training for schools and health practitioners. Visit their website at:

www.eastlancs.ds.com.

North Lancashire Down's Syndrome Group.

This offers a community for families and people to offer support and advice about Down's Syndrome. You can find them on Facebook by searching "North Lancashire Down's Syndrome Group".

SEND Drama & Musical Theatre

Specifically designed for children with special education needs and disabilities

A fun and friendly class of drama, music and dance.

THURSDAYS 4.00-4.45pm
at Whalley Village Hall

www.ReActAcademy.co.uk

Parents / guardians are asked to remain with their child during these classes to support their involvement.



CYGNET Autism Training



The Cygnet programme was developed by Barnardo's with the support of parents and/or care givers, FOR parents and care givers!

The course aims to create a supportive environment of carers who may be experiencing similar challenges, and to present information on autism that provides opportunities for you to consider and adapt and/or reinforce the way you support your child's needs.

Content:

- Session 1 - Introduction
- Session 2 - Overview
- Session 3 - Thinking & Sensory
- Session 4 - Social Interaction & Communication
- Session 5 - Understanding and supporting behaviour
- Session 6 - Analysing behaviour

Clitheroe Block:

Wednesdays 10am - 1pm
Clitheroe Family Hub & The Zone,
Wesleyan Row, BB7 2JY

30th April

7th May

14th May

21st May

2 week school holidays

4th June

11th June

Booking ESSENTIAL
Call us to book!

More locations to be announced.



info@carerslinklancashire.co.uk



01254 387444



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



The Zone in Burnley,
Whittam Street,
Burnley, BB11 1LW

When

- ✓ Every Tuesday
- ✓ 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 Suli at suliman.hussain@lancashire.gov.uk or call 07775 221214.

LIMITLESS CLARETS

Don't dis my ability



**FOOTBALL, CLIMBING
& MUCH MORE!**

BURNLEY
FC IN THE COMMUNITY

FREE SESSIONS

SCAN ME FOR
MORE INFO



Launch of the brand new SEND survey

A new version of the existing SEND survey has been designed with parent carers in Lancashire to ensure the questions and information collected reflects what is important to our families in Lancashire.

Even if you have completed the SEND survey before, we would still love to hear from you – we know that circumstances change and you may have new things you want to tell us. You can complete the SEND survey at any time.

There are two surveys – one for parent carers and one for children and young people. Children and young people are welcome to complete the survey at any time too – this survey has not changed from the original.

The surveys are available all year round on the Local Offer website and we will collate the feedback at various points. We will also publish the feedback from the survey and what actions we will take.

You can find both versions of the survey here: <https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/lancashire-send-partnership/send-survey>.

Alternatively, you can scan the QR code with your phone.



Are you a parent carer?

Have your say about the services your child receives by filling in this survey.

The survey is for families in Lancashire where there is 1 or more children with SEND (aged 0-24 years). It can be completed at any time that suits them.

It helps the SEND Partnership to:

- Listen to parent carers in Lancashire who have a child or children with SEND needs
- Collect feedback from families about their experience of the 'SEND journey' and the effectiveness of support they receive
- Identify gaps, areas for development and strengths within the SEND system

www.lancashire.gov.uk/SEND www.facebook.com/LancashireLocalOffer



Parent Carers Survey

Scan the QR code or the survey can be accessed as a paper copy in schools and Family Hubs.

The survey doesn't take long to fill in. If you need support to complete it you can ask your school or Family Hub to help with this. They can even print it off for you and you can hand it back to them to scan and send back to us.

Thank you for taking the time to fill in the survey, your contribution can really help us to understand what is important to you and how we can make things better.

WE NEED YOUR HELP!

The SEND Partnership in Lancashire would like to include your artwork, words or similar in their new SEND Strategy which will be published later this year

YOUR ENTRY NEEDS TO ANSWER THE QUESTION:

WHAT MAKES ME FEEL INCLUDED?

You can create a picture, a quote, a voice recording, a short poem – however you wish to express yourself!

EMAIL YOUR ENTRIES WITH YOUR FIRST NAME AND AGE TO:

SENDPartnership@lancashire.gov.uk

THERE WILL BE A £20 HIGH STREET VOUCHER FOR WINNING ENTRIES IN THE FOLLOWING AGE RANGES: EARLY YEARS, PRIMARY, SECONDARY AND 16+ THOUGH ALL ENTRIES MAY BE USED

DEADLINE: 31ST MARCH 2025

The SEND Plan 2021-2025 ends in 2025.

However, this does not indicate the end of the work that continues to be delivered across the SEND agenda. Education, Health, and Care are working together with children, young people and their parent carers to improve outcomes for children and young people. The SEND Partnership Strategic Plan 2025-2028 is the next stage of the journey of continuous improvement and will reflect all the work including, improvement development, delivery, and monitoring.

The SEND Partnership have engaged with all partners across education, health and care together with parent carers, children and young people to co-produce the new SEND Strategy. We have held several events with 400 partners to identify

our ambition, vision, themes and priorities to strive to achieve best practice for all our children and young people across Lancashire.

We would now value your feedback in having your say to shape the strategy and how we deliver quality service and achieve positive impact for our families in partnership.

Please scan the QR code to read through the presentation summarising our co-production journey and complete our survey.

SEND Strategy Consultation 2025



Easy Eye Care

Every year, you should have an Annual Health Check with your GP (14 plus) and an eye test with your optician.

- You don't have to be able to read or speak to have an eye test.
- Adults with a learning disability are 10x more likely to have a problem with their eyes and children are 28x more likely.
- The eye test is not just about glasses – it detects eye conditions and general health conditions as well.

This is a specialist eye care service for people with learning disabilities and autistic people of all ages, who are registered with their GP. You'll get:

- Longer eye tests or multiple appointments, where needed.
- An easy to understand report about your eyes.
- Local opticians who have had extra training.

The assessment is NHS-funded and there is help towards the cost of glasses if you're eligible.

This service is available in:

- Greater Manchester.
- Cheshire and Merseyside.
- Lancashire and South Cumbria.

Please tell the optician's practice that you want to book an Easy Eye Care appointment.



SEE ABILITY

June 2024

5 easy steps to having an eye test



- 1 Choose your optician from the website www.primaryeyecare.co.uk/find-a-practice



- 2 When booking the appointment, explain it is for the Easy Eye Care service.



- 3 Ask if you are entitled to a free NHS sight test.



- 4 Fill in SeeAbility's "About Me and My Eyes" form to give to the optometrist. You can request this from your opticians practice or download it from our website: www.seeability.org/myeyes



- 5 Go along for your eye test.

For easy read information about having an eye test, visit www.seeability.org/EReyetest

For more information, please call **0808 175 3077** or email easyec@primaryeyecare.co.uk

SEE ABILITY
Live. Love. Thrive. Belong.

Primary
eyecare

NHS

SeeAbility is the operating name of The Royal School for the Blind. Registered Charity Number 255913

SA190-v5-0624

DOWN'S SYNDROME ASSOCIATION

Top Tips from parents Going on holiday

PREPARATION:

- Create a story about going on holiday using real photos.
- Have a visual countdown to help understanding of when that could include a tick list of tasks to do.
- Consider appropriate travel insurance.
- Create a plan for the day of travel.
- Use BA Disability service to prebook seats on plane and pre book special assistance for the airport.
- Apply for a sunflower lanyard.
- Think ahead such as knowing where toilets are at airport or what to do if a delay.

PACKING:

- Involve the person who has Down's syndrome in packing.
- Think about what to put in hand luggage for the journey and suitcase for the stay.
- Consider what is needed with regards to occupation, soothers, continence, medication, snacks, sensory aids.
- Think about taking food that could be hard to find.

THE JOURNEY:

- Use the social story/visuals to remind them what is happening.
- If needed, free wheelchairs are provided near trolleys at the airport
- Ensure snacks, food and drink are to hand.
- Have electronic devices charged and available plus any aids/activities that may be useful.

ON HOLIDAY:

- Identify key person at accommodation and let them know child's needs.
- Identify a quiet space for when needed.
- Have a daily visual schedule.
- Avoid too many activities in one day and have an opt out option.
- Consider dividing care giving amongst adults.

A Down's Syndrome Association publication



I Support
The Sunflower

I know what the Hidden Disabilities Sunflower is. Do you?

The Supporter Sunflower lanyard, badge or wristband is a simple way to show that you understand what the Hidden Disabilities Sunflower is and support those who have chosen to wear it by offering a helping hand, understanding or simply a little more time.



Find out more: hdsunflower.com

HIDDEN disabilities

Supervised Brushing Supports Your Child's Oral Health

The Supervised Brushing program supplements home brushing, helping children establish a good oral health routine.

Free training for practitioners and all resources are provided, including storage racks, individual toothbrushes, and toothpaste supplies. It involves children brushing their teeth once a day, for 2 minutes, under supervision at their early years setting. This is often in small groups or during circle time.

This initiative aims to support EYFS professionals and their families in promoting better oral health habits among young children. Early Years practitioners are supported to share key oral health messages with children and families.

The programme is currently being rolled out to early years nursery and pre-school settings, and to childminders, in Pendle, Hyndburn, Preston, and Burnley where oral health deprivation is highest in Lancashire. If you are in one of these areas, please speak to your early years setting to see if they are involved in the Supervised Brushing programme.

Top Tips from the Oral Health Team:

- **Brushing twice a day** is essential for maintaining healthy teeth.
- **Bedtime brushing** is particularly important.
- **Spit, don't rinse** after brushing to keep fluoride on teeth longer.
- **Supervise your child's brushing** until they are at least 7 years old, dependent upon individual ability.
- **Ask your dentist** about fluoride varnish for added protection.
- **Use fluoride toothpaste** with at least 1000ppm fluoride to 1450ppm max. Non-foaming (sulphate free) and flavour-free versions are available in some supermarkets, chemists and online.
- **Use the right amount of toothpaste:** a smear for ages 0-3, a pea-sized amount for ages 3-6.
- **Be sugar smart:** limit sugary treats to mealtimes.



Remember, always speak to your dentist if you have any concerns about your child's oral health. For urgent dental treatment or advice please contact your usual dental practice in the first instance. Alternatively, if you don't have access to a dentist, please call the Lancashire and South Cumbria dental helpline who can also provide advice, support and an appointment where required. It is charged at your local rate. Call 0300 1234010 between 8am and 9pm Monday to Friday, 10am to 5pm weekends and bank holidays. Outside of these hours, for urgent dental support call 111.

What is Special Care and Paediatric Dentistry?

This is provided by Lancashire and South Cumbria NHS Foundation Trust on a referral basis for:

- Children under 16 years old with additional social, medical or dental needs that prevent them receiving dental care in a general dental practice and children who are 'looked after' or under child protection orders.
- Adults over 16 years old with additional needs, impairment, or disability that prevent them receiving dental care in a general dental practice.

Information and details on how to be referred to these services can be found here: www.lscft.nhs.uk/services/service-finder-z/dental-services

About the Supervised Brushing programme:

This Lancashire County Council initiative is recognised by the Office for Health Improvement and Disparities and is funded by Public Health England.

For more information on mouth and tooth care please scan the QR code or visit: www.lancashire.gov.uk/health

For more information on the Supervised Brushing programme please contact letsgetbrushing@lancashire.gov.uk

Why not let Dr Ranj and Supertooth help you and your little one to look after their teeth in these brilliant age-related videos: bspd.co.uk/kidsvids

Other fantastic resources that you may find helpful: www.bspd.co.uk/Patients/PatientInfo and www.dentalhealth.org/childrens-teeth



SEN Friendly Easter Arts & Crafts

All ages welcome

Card making * Mindful Colouring * Scrapbooking * Biscuit Decorating * Collages * Painting... and much more

Saturday 22nd March
11am till 12 noon
Carnforth Cricket Club

£2 per person
Refreshments Included





Book via
<https://bookwhen.com/beeunique>




THE RAINBOW HUB
LANCASTER

A SPECTRUM OF SUPPORT TO HELP
EMPOWER FAMILIES

PLAY THERAPY
FOR CHILDREN AGED 3-13
FILIAL THERAPY
FOR FAMILIES

A space where children and families are allowed to express themselves freely to process and heal from past traumas, upset or hardships.

For more information on how play or filial/family therapy could help you, please don't hesitate to contact Emily.

www.rainbowpaththerapy.com
email -
rainbowpaththerapy@gmail.com
instagram - @rainbowpaththerapy
facebook - @rainbowpaththerapy



AIMING HIGHER

Supporting families with disabled children

RISING STARS

ACTIVITY PROGRAMME

for preschool children with additional needs in Blackpool, Fylde and Wyre

Monday - Stay and Play
Join us for play sessions, Makaton and lunch
11am-1pm, Aiming Higher, 231-233 Church Street, Blackpool FY1 3PB

Wednesday - Jo Jingles
Join us for musical activities
10.30am-12.15pm, Brian House, Low Moor Road, Bispham FY2 0BG

Thursday - Stay and Play
Join us for themed play sessions and access to our ball pit, soft play and sensory room
10am-12pm, Aiming Higher, 231-233 Church Street, Blackpool FY1 3PB

For more information please contact Ella on 01253 206447 or 07555 596186 or email ellabickett@aiminghighercharity.org.uk




Registered Charity Number: 1209150

NEURO NINJAS

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

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

Book your place
Neuroninjasfylde@gmail.com

Follow us on FaceBook
www.facebook.co.uk/NeuroNinjasFylde

£3 per family.





A day in the life of a Family Hub



The morning begins with walk rounds to make sure the hub is ready to welcome everyone in. Rooms are made ready for the day's activities: Midwifery bookings, Healthy Child clinics, Stop Smoking appointments.

One by one the different team members arrive: Family support workers who will be in and out all day, visiting families and attending Team Around the Family meetings. Neighbourhood group workers get ready for Baby and You, where the under ones come to play and learn and can see the Health Visitor while they are there. Bit by bit as the day moves on the rooms get busy. Appointments with the counsellor, a meeting with the financial advisor, a little one arrives for their 2-year check. The phone is busy too with enquiries about booking the sensory room for their family, a phone call to ask where to find local food banks and the therapist calling about booking a room to meet a child for their assessment.

Throughout the day people walk in to find out more: Someone new to the area calls in to ask for help applying for a school place and a worker will sit down with them and help with the application. They will also let them know where they can get help with school uniforms and share information about other local groups and services that are there to help them settle into the community.

A parent has been told by their GP that the Family Hub can help with support for their son who is struggling emotionally. She has called in to see how they can help. She shares he is getting worried about going to school and it is getting hard to get him there. We are able to talk about our Inside Out courses, that help children understand and manage worries and anxiety. Mum feels there is more going on, they are waiting for an assessment. We talk about our SEND group Colourful Footsteps, how they can support children and families and how it's a great place to talk to other parents and carers as well as getting advice and support. We share how Family Hubs can help with information about SEND holiday activities including Short Breaks and HAF provision.

Community Senior Family Support workers come in and out of the Hubs. They are out visiting schools to see if there is any support needed for students and to talk about Early Help Assessments. Then to local community groups to talk about the Family Hub Network and the support families can get from there. They meet people in the Hub who want to find out what support is available locally for their family.

When people walk in for advice and support, we invite them to the One Stop Shop and explain that there will be lots of different services there to get help from: Health and Education advice, specialist therapeutic and mental health support services, financial and housing advice and we explain that they are all there at the same time and they can speak to them directly.

The Family Hub stays busy throughout the day with a parenting course running in the afternoon, children coming in for the after school groups, plus other appointments. In the evening some of our Hubs are open Zones for young people to join in groups and activities, get advice and meet friends. A day in the life of a Family Hub can be busy and when the Family Hub does close its doors then you can find out more online or through social media. [Lancashire Family Hubs Network - Lancashire County Council](#)



COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

These sessions are aimed at families with 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

No need to book

Ring 01772 539444 for further information

Every Thursday 1:00 pm-2:30pm

STONEYGATE NURSERY

8A Lennox street Preston

PR1 3XU



Lancashire County Council

HOME START Central Lancashire

Dads & Male Carers Brunch Club

Children and Family Wellbeing Service

FREE

Duke Street Family Hub (Duke St, Chorley, PR7 3DU)

Saturday 1st Feb
Saturday 1st March
Saturday 5th April
9.30am till 11.30am

Quality time & FUN With your Children 0-11yrs

NO BOOKING NEEDED!

FREE BREAKFAST!



LANCASHIRE FAMILY HUB NETWORK

Lancashire County Council

TWINKLE HOUSE Wellness and Sensory Centre

OUR ROOMS



DID YOU KNOW OUR AMAZING CENTRE AND FULLY ACCESSIBLE FACILITIES ARE AVAILABLE TO THE GENERAL PUBLIC?

PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION AND PRICES

WWW.TWINKLEHOUSE.CO.UK

Tel: 01695 455 625 Email: admin@twinklehouse.co.uk
2 Gorsey Place, Skelmersdale, WN8 9UP




PRESTON WACKY WORLD
THE INFLATABLE PARK

ASD/DISABLED

SESSION
CARE & SUPPORT WORKERS COME FOR FREE

6PM EVERY MONDAY

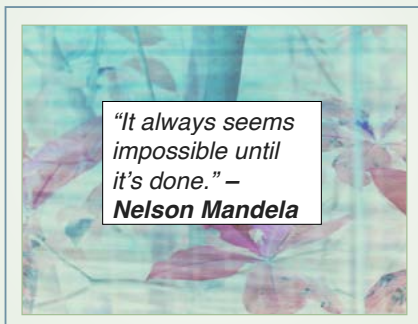



Are you a parent carer with a child or young person with SEND?

You are invited to attend our Annual Event 2025 to hear about our work to improve services for children and young people with SEND and their families.

LANCASHIRE PARENT CARER FORUM

28TH MARCH 2025 10AM– 12.30PM AT THE JACK MCLAUGHLIN
CONFERENCE CENTRE, FULWOOD, PRESTON, PR2 8QY



Public Parking is available at the Conference Centre.

Places are limited and LPCF members will be given priority, so if you would like to attend, please book a place through Eventbrite so we can provide refreshments.



Lancashire SEND IAS

Information, advice and support
for Special Educational Needs and Disability



What can we do to help?

Do you have concerns that your child has difficulty learning?
Do you have a child or young person in your family
with special educational needs or disability?
Do you need some information advice or support?

We can...

- Discuss your concerns about special educational needs or disabilities.
- Explain local SEND policies and procedures in Lancashire.
- Assist you with SEND paperwork.
- Liaise between you, your nursery, school or college and other professionals.
- Support you with relevant meetings.
- Explain the legal processes around SEND.
- Signpost you to other sources of support about SEND.

Who are we?

Every local authority in England has to provide an information, advice and support service for families who have a child or young person under the age of 25 with Special Educational Needs or Disabilities.

Who can we help?

Parents and carers of children and young people with SEND. Young people with SEND (can be supported independently of their parents). Parents and carers who are concerned that their child may have SEND, but have no diagnosis.

Our contact details.

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
Web site – www.lancssendias.org.uk
www.facebook.com/LancashireSENDInformationAdviceandSupportTeam

Splatter Dance

www.splatterdance.co.uk

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

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

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

DANCE

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

MAKATON

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



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

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

Contact Emma to book: emma@splatterdance.co.uk 07973 636019

UNITE
SEND YOUTH GROUP (12-25)
WEST PADDOCK FAMILY HUB
& THE ZONE
MONDAY 6:30-8:30

A SOCIAL GROUP FOR YOUNG PEOPLE WITH ADDITIONAL NEEDS.

- ★ **YOU CAN MEET WITH FRIENDS, TAKE PART IN GAMES AND ACTIVITIES AS WELL**
- ★ **AS GET SUPPORT FROM YOUTH WORKERS**

CONTACT CHORLEYSOUTHTRIBBLE.TYS@LANCASHIRE.GOV.UK FOR MORE INFORMATION

This is Us!

FREE ENTRY

★ Dive into Awesome! 🌟

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

Book now:
prestantys@lancashire.gov.uk

Every Monday
 6:00 - 8:00
 Moor Nook Family Hub /
 The Zone

Lancashire
 County Council

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

When

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

Who

- ✓ Any young person diagnosed or undiagnosed with SEND

Contact Suli at suliman.hussain@lancashire.gov.uk or call 07775 221214.

Sir Tom Finney Preston Soccer Centre
FA Charter Standard Club
SEND Provision

Ages 5-11 Comets / Multi-Sport
Ages 12-15 Football
Ages 5-15 Frame Football

Aged 16+ Football Training

Saturday Mornings
 9:15-10:15am
UCLAN Sports Arena
 PR2 1SG

Friday Evenings
 6pm-7pm
Playfootball, Preston
 PR2 3TX

SURRIDGE **University of Central Lancashire UCLan** **PORSCHE Porsche Centre Preston** **CP SPORT cerebral palsy sport**

Want to
support our work?
Donate at
www.sibs.org.uk/donate

Sibs

For brothers and sisters
of disabled children and adults



Watch here!

We're the charity for siblings of disabled children and adults

Young Siblings

Children and young people growing up with a disabled brother or sister, often find that life is harder for them than their peers.

Many young siblings experience daily challenges at home and at school and can feel like no-one understands what life is like for them.

Young siblings also bring many positives to their families, often providing friendship and care for their brothers and sisters.

How we can help

YoungSibs is our online support service for siblings aged 7-17.

- Get information about disabilities and conditions
- Read about how to manage feelings
- Get help with issues at home or at school

Parents and Professionals

Sibs can provide help for others to support young siblings.

- Training for professionals to run sibling support groups for children
- Sibs Talk Lite resources for primary and secondary schools
- Sibs Talk intervention training for primary schools
- Information and training for parents and professionals on supporting young siblings

Adult Siblings

Adult siblings of someone with a lifelong disability provide support for their brothers and sisters at the same time as juggling their own life and commitments.

They rarely receive recognition for their role or support for their needs, and can experience negative effects on their work, mental health, relationships and finances.

Many siblings just want to enjoy social time with their brother or sister, rather than time being spent on care tasks.

How we can help

For adult siblings aged 18 and over (including bereaved siblings).

- Information and advice
- Peer support groups
- eBook *Self-care for siblings*
- Guides on care topics
- Workshops and events

“My sister Frances is an exceptional person, the kind of individual you never forget once you've met them. She is loving and loud and a real live wire. She also has learning disabilities which means that life sometimes, gets complicated. This means that I have an understanding of what it means to be a sibling – the fun and the not so fun bits!”

Jo Whiley, Patron

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

Have you thought about running group support for young siblings? Our sibling group leader training session will give you all the information you need to plan, run and evaluate your own local siblings group.

It is taking place online via Zoom on
Wednesday, 26th March 2025,
9.15am - 1.15pm.

For more information and on how to book, please see the attached link:

<https://www.sibs.org.uk/sibs-workshops-and-training/training-for-sibling-group-leaders/>

www.sibs.org.uk

Sibs is the UK charity for brothers and sisters of disabled children and adults.

✉ info@sibs.org.uk
✂ Sibs_uk

☎ 01535 645453
📘 SibsCharity

www.sibs.org.uk
Registered charity no. 1145200 Limited company no. 7834303



OVER 16S DISABILITY PROVISION

DISABILITY SPORT

WEEKLY SESSIONS

- 
STANLEY SPORTS HUB
MULTI-SPORTS £4
 TUESDAYS 10:30-11:30
- 
STANLEY SPORTS HUB
FOOTBALL (ADVANCED) £5
 WEDNESDAY 14:00-15:00
- 
STANLEY SPORTS HUB
MULTI-SPORTS FREE!
 WEDNESDAY 18:00-19:00
- 
HYNDBURN SPORTS CENTRE
FOOTBALL £5
 THURSDAYS 11:00 BEGINNERS / 13:00 INTERMEDIATE

SPORT ENGLAND

WWW.STANLEYTRUST.CO.UK



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.

We are currently offering a 6 week taster for Mondays ONLY for just £30 a session. Carers can attend with their client. For adults aged 16 years +

At Motiv8-Lancs, we offer a wide range of daytime activities. Our sessions include dancing and singing, cake decorating, arts and crafts, painting, table top gardening, film/documentaries, wide range of games, bingo and outdoor sport activities.

We are open on Mondays from 10:30am till 2pm

To enquire, please call 07980292330 or email us at motiv8-lancscic@outlook.com

Live Your Best Life!



Flourish and Achieve is a new service in Parbold and Hilldale for young people and adults with disabilities and autism. We offer a range of healthy lifestyle and creative activities, including:

- Nature walks
- Dog walks
- Alloiments
- Cooking/baking
- Painting
- Arts and crafts
- Floristry
- And much more!

There's lots of opportunities to get involved in the local community and develop new friendships.




For more information, or to arrange a FREE taster day, contact Louise on 07976 955968 or email flourishandachieve@hotmail.com

Personal development through Dramatherapy

more than words

More Than Words is a not-for-profit community interest company based in Wigan. We support young people and adults with disabilities or autism, and specialise in drama, music, dance, inclusive sports and healthy living activities. We use dramatherapy techniques to support personal development and discover new, more helpful ways of dealing with challenging situations and experiences.

As an accredited Arts Award and Open Awards Centre, we also provide opportunities for individuals to gain nationally recognised qualifications in a wide range of subjects.



What is Dramatherapy?

It's a creative healing process that benefits social skills, motor skills, listening skills, spatial awareness and discipline. It helps individuals to develop confidence, self-esteem, build resilience, manage anger and relieve stress. It is especially beneficial to those who:

- lack confidence or find it difficult to verbalise their emotions;
- lack social communication skills,
- have speech difficulties;
- have difficulty recognising or regulating their behaviour;
- have difficulty forming and maintaining social relationships.

Our creative workshops are structured to enable individuals to tell their stories, express their feelings, feel heard and valued. This way of working can have a really positive affect on overall wellbeing and mental health.

Activities include: theatre performances, dance and movement, music, arts and crafts, mime, special effects, working with puppets, animation, sculpture, mindfulness, sensory activities, gentle exercise, sports, healthy meal planning and preparation, and much more. We also offer volunteering and work placement opportunities.

 The British Association of Dramatherapists

Find out more at: www.morethanwordsadvocacy.co.uk
Phone: 01942 735426
Email: info.mtwadvoc@gmail.com

Visit us at our new premises:
Unit B Sovereign Business Park,
Kingscroft Court, Wigan, WN1 3AP

Supporting Adults with a Disability into paid employment

Our Employment officers will support an Individual to look at a range of opportunities for employment and provide bespoke support to move forward to apply for a job. This support includes:

Support to Employers

Job Matching

Up to date personal profile (C.V.)

Support with Interview process

In work support

Local Supported Employment Programme



good model fidelity

Funded by UK Government



Support to Employers

Our employment officers will support employers and provide advice and guidance about supporting a person with a disability in the workplace, this will include finding you a suitable candidate who could be an asset to your company.

Job Matching

We strongly believe that unless correct matching takes place, further recruitment will be necessary. That's why Lancashire County Council Employment Support Service will help to match a person to a job that's right for them. The Employment officer will identify with the individual their skills and experiences that can be used and transferred into the workplace.

Up to date personal profile (C.V.)

Our Employment officers will support individuals to have an up-to-date personal profile (Curriculum Vitae. (C.V.)) as part of getting ready for employment.

Support with Interview process

Our employment Officers will support individuals with preparation including a mock interview to support them to be ready for work interviews.

In work support


To ensure individuals are given opportunities to succeed our employment officers will initially offer support in the workplace. This is time limited, and a plan will be agreed with the employer that will phase this support out, whilst ensuring the Individual can continue in their job.

Eligibility and referral criteria

We support people with physical disabilities, sensory impairments, learning disabilities and with autism/ASD. We can also support people with mental health issues.

To be eligible for the service, individuals must have agreed to be referred for support and be:

- of working age
- committed to gaining paid employment willing to meet regularly in local venues such as libraries or job centres
- flexible in terms of availability for employment.



STAY OUT PARTY

FIRST MONDAY OF EVERY MONTH

Free to anyone with additional needs
(Learning disability or autism)

Spread kindness like confetti

TIME AND PLACE PERFORMANCES

KINGS ARMS MORECAMBE: 7:00 - 10PM
DJ GAZ, GAMES AND KARAOKE



OPEN MIC & DISCO NIGHT for Autistic Adults

Wednesdays
March 12th
June 11th
September 10th
December 10th
6.30pm-9.30pm

Come along to sing, play an instrument, share a poem, or just take part in our disco.

Free Ticket Only Event

Alta, 16 Accrington Road, Whalley, BB7 9TD

www.spring-projects.co.uk
www.meet-n-match.co.uk

In Partnership with





Scan QR code to book



For more details contact Samantha, Events & Marketing Manager
01254 457026
events@spring-projects.co.uk



For adults 18+ with learning disabilities and autistic adults

£5 ENTRY
Carers free
Ticket only event

SPRING IN DA CLUB

Club Night

PRESTON
14th Feb, 16th May, 22nd Aug, 5th Dec.
Popworld 13 Church St, Preston PR1 3BQ

BLACKPOOL
14th March, 20th June, 12th Sept, 14th Nov.
Popworld 120-122 Promenade, Blackpool, FY1 1RA
FRIDAYS, 6PM-9PM



www.spring-projects.co.uk
www.meet-n-match.co.uk




Preston Blackpool

IN PARTNERSHIP WITH






THE WELLBEING + CENTRE

Nurturing minds, enriching lives

Explore our new **Sensory Rooms at The Brothers of Charity Services!**
Designed to support diverse sensory needs, these rooms offer interactive play for learning and energy management, as well as tranquil spaces for relaxation and emotional regulation. The rooms are fully accessible, with hoists available throughout the centre.

Relaxation Room

A peaceful, calming space designed to support emotional regulation, offering a serene environment with aromatic scents, a heated water bed, and adjustable lighting to promote relaxation and reduce stress.





Interactive Room

An interactive and engaging space offering fun, sensory-based activities that teach cause and effect, provide tactile stimulation, and help channel excess energy in a productive way.

£15 per room, per hour

FOR PUBLIC USE

To book a session, please call us or book online by scanning the QR code. Group bookings also available.




01257 248880 | wellbeingcentre@brothersofcharity.org.uk | www.brothersofcharity.org.uk
Lisleux Hall, Dawson Lane, Whittle-le-Woods, Chorley PR6 7DX | @wellbeingcentrelancs

You can now book a time to speak to our SEND Employment Officer! This service is for young people and their parent/carers to discuss supported employment options.



DID YOU KNOW?

The SEND Employment Officer is now taking drop-in appointments for the upcoming weeks. If you would like to discuss Supported Internships, or other potential supported employment routes, please book in here: <https://outlook.office.com/bookwithme/user/030c8459dab14178b1434c645f332b88@lancashire.gov.uk?anonymous&ep=plink>

Spring
into action

FREE
Please
book

JOIN US AT OUR OPEN EVENING

Wednesday 19th March
6.30pm - 8.30pm

- Meet the Spring into Action team
- Find out about our work
- Watch a viewing of our show, "Love Maybe"
- Refreshments will be served

Oswaldtwistle Mills
Business Centre
Clifton Mill, Pickup Street,
Accrington, BBS 0EY



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



Funded by
UK Government

LEVELLING
UP

HYNOBURN
17th September 2020



**EVERY OTHER
WEDNESDAY
10-12PM**



SHINE SUPPORT GROUP

Open to parents, carers, and adults in the community seeking a warm and supportive environment.



To book a place contact
01695 455625
or email:
sensory@twinklehouse.co.uk



Connect and Share
Connect with other parents and carers.
Share experiences, tips, and laughter.
Build a community that understands and supports each other.

Inclusive Atmosphere
All abilities and needs welcome.
Accessible facilities for everyone to enjoy.

Warm Drinks and Conversations for Adults

For adults attending without their children, or those who simply want a break, our cozy corner offers a space to enjoy a warm drink and engage in friendly, supportive conversations.

Safe Play Space for Little Ones
Let your children explore and have fun in our expertly crafted soft play area, tailored for their safety and enjoyment.

Upcoming Events

New Year to Easter holidays

No Social Café in January

Thursday 9th Jan - Connections meeting - 10am-12pm
Thursday 16th Jan - Behaviours That Challenge Workshop - 10am-1pm
Thursday 30th Jan - Zoom online meeting - 7pm-8.30pm

Friday 7th Feb - Social Café - 10am-12pm
Lizzi Collinge MP and SENDIASS attending

Thursday 13th Feb - Connections meeting - 10am-12pm
No Workshop in February

Thursday 27th Feb - Zoom online meeting - 7pm-8.30pm

Friday 7th March - Social Café - 10am-12pm
Thursday 13th March - Connections meeting - 10am-12pm
Thursday 20th March - Anxiety Workshop - 10am-1pm
Thursday 27th March - Zoom online meeting - 7pm-8.30pm

Friday 4th April - Social Café - 10am-12pm

Social Café, Connections (new name for the Face-to-Face) meetings & Workshops are hosted at **More Music**
13-17 Devonshire Road, Morecambe LA3 1QT

chatsnorthwest@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

Talk

about Autism

Ambitious about Autism

Need to talk?

Join Talk about Autism

– the online community for parents and carers of autistic young people.



TalkTalk
For Everyone

www.ambitiousaboutautism.org.uk/understanding-autism/early-years/parent-carer-online-community

Are you a member of a parent carer support group? We would love to share your group's details here, to inform other local families of the support available. Contact us at **FIND@lancashire.gov.uk**

Lancashire County Council – contact details

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

	Service	Number
Corporate Services	Signposting / General enquiries	0300 123 6701
	Libraries	0300 123 6703
	Library Service Automated Renewal Line	0300 123 6704
	Registration and Certification Service	0300 123 6705
	School Admissions	0300 123 6707
	School Appeals	0300 123 6708
	Lancashire Adult College	0300 123 6709
Care Connect	Social Care	0300 123 6720
	Safeguarding Adults	0300 123 6721
	Emergency Duty Team	0300 123 6722
Travel and Transport	Blue Badges	0300 123 6736
	NoW Card	0300 123 6737
	Schools Transport	0300 123 6738
Local Inclusion Offices	South (Preston, Chorley, South Ribble, West Lancashire)	01772 531 597
	East (Hyndburn, Ribble Valley, Pendle, Burnley, Rossendale)	01254 220 553
	North (Lancaster, Fylde, Wyre)	01524 581 200
Other Useful Numbers	Family Information Service	0300 123 6712
	Carers Lancashire	0345 688 7113
	SEND Helpline	01772 533 900
	SEND Information, Advice and Support Team	0300 123 6706
	Children & Family Wellbeing Service	0800 511 111

SEN resources at your fingertips





- Education
- Therapy
- Futures

Did you know we've supported over 35,000 parents, carers and professionals with expert-led advice and support? We cover:

- ★ ADHD
- ★ Mental health
- ★ Autism
- ★ Speech, language & communication
- ★ EHCPs



Join the club by scanning the QR code with your camera app or visit witherslackgroup.co.uk/resources

We are Witherslack Group

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

Anna.burkinshaw@lancashire.gov.uk

Sarah.deady@lancashire.gov.uk

Parent Representatives*

Lucy Ellis – Lancaster

Amy Blackburn – Pendle

Miranda Hyman – Fylde

*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



We also have a facebook page.

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

Summer issue – deadline for articles 4th April, published June 2025

Autumn issue – deadline for articles 4th July, published September 2025

Winter issue – deadline for articles 3rd October, published December 2025

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

If you would prefer to receive the newsletter in a different format, or if you no longer require a copy, please call **01772 538077** or email FIND@lancashire.gov.uk

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

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

You are welcome to photocopy, display and distribute this newsletter

The SEND Newsletter is produced by Lancashire County Council. The views expressed in signed articles do not necessarily represent those of Lancashire County Council. The newsletter cannot accept any responsibility for products and services advertised within it.

