

FIND

The SEND Newsletter for Lancashire Families

Welcome to the Winter issue of the FIND Newsletter, 2022. Many families contact us looking for activities for their children which are suitable and accessible. In this issue we have lots of information on what's available across the county, including targeted SEND groups from age 5 up to 25 years!

If your child is a Break Time member, remember many of the groups continue throughout the Christmas holidays, so contact your provider to book a place. Registrations will reopen in January for the 2023/24 year and both new and existing members will need to complete the online form - find out more on page 3.

We have a fabulous article on page 14 from a local family, with recommendations for great days out in Lancashire and the surrounding area. If you have any suggestions of places to visit, please get in touch and we can include these in a future issue.

Finally, Lancashire County Council have a new online hub where residents can find support to help with the rising cost of living. Find out more on page 25.

If you would like to write an article for a future issue, or to join our friendly editorial group, please email us at: **FIND@lancashire.gov.uk**

We wish you all a very Merry Christmas and a Happy New Year! Thank you for your continued support.

Sarah Deady

Policy, Commissioning and Children's Health

 www.facebook.com/LancashireLocalOffer



At Christmas play and make good cheer, for Christmas comes but once a year.

Thomas Tusser



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STARS CAMP

**MONDAY 19TH DEC TO
THURSDAY 22ND DEC***
(DURING HALF TERM)
11AM - 3PM

This half term 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.

You can use your Break Time hours here. Concessions available.

Education & Community Centre
Bloomfield Road, FY1 6JJ

For more information:

Email info@bfcct.co.uk

Call 01253 348691

Visit www.bfcct.co.uk



Blackpool Council



FUN & FIT THURSDAYS

FOR CHILDREN WITH BREAKTIME MEMBERSHIP

3PM - 6PM

EVERY THURSDAY DURING TERM TIME

JOIN US FOR FUN GAMES AND SPORTS ACTIVITIES!

WE CAN COLLECT FROM:
THE LOYNE SPECIALIST SCHOOL
MORECAMBE ROAD SCHOOL

OTHER LOCAL SCHOOLS ON ARRANGEMENT
OR YOUR CHILD CAN BE DROPPED OFF WITH US!

3 BREAKTIME PLACES AVAILABLE NOW!

CONTACT

01524 831132

KIDZCLUB@UNIQUEKIDZANDCO.ORG.UK



**Believe in
children**
Barnardo's



**Break
Time**



What?

- 78 hours of breaktime activities (April-April) costing £2 per hour
- **Fun activities:** bowling, park visits, baking, cinema, swimming (not included in session price)

Where?

Preston
South Ribble
Chorley
PENDLE
BURNLEY
SKELMERSDALE

When?

Short breaks

- After school sessions typically = 4-7pm
- Weekends/Holidays = 10am-4pm

HOW TO REGISTER

Carers must complete and send forms directly to Lancashire County Council. This can be done through the below link:

<https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time/?page=3>

Once registered parents will be given a 7 digit reference number. Carers can then book onto our sessions by ringing and providing their number.

ELIGIBILITY

- Children and young people with special educational needs and/or disabilities who meet the criteria to attend and who do not receive short breaks following a social care assessment of need
- 4-18 years old
- Children will live in Lancashire (excluding Blackburn with Darwen and Blackpool council areas)



Where to find us: BarnardoIM2service @IM2service 01772 629470 Include Me 2

INCLUSION AT INSPIRE Every Sunday 2:30pm - 5:30pm

Become an **IN-CLUB** member!

In-Club is Inspire's new club, exclusively for young people with Special Educational Needs and Disabilities, and offers a range of opportunities and sessions to ensure young people are able to get the most out of the time they spend with us at Inspire.

As an In-Club member, your child will,

- Receive their very own In-Club membership ID card that can be used to 'fast pass' queues and come into Inspire quickly.
- Be able to book onto dedicated sessions and projects throughout the week that will be tailored to their needs.
- Work with an Engagement Worker to develop bespoke activity plans based wherever possible, on their areas of interest.
- Be able to bring their Personal Assistant onto session with them in line with our PA policy, to help with any personal care or 1:1 needs.
- Have access to progression opportunities, additional activities, trips, clubs and projects.



You can use your Breaktime hours here too!

Inspire is a Lancashire Breaktime provider and receives funding from Lancashire County Council when parents/carers choose to use their breaktime allocation with us. This is very important for the sustainability of Inspire and we want to encourage parents/carers to utilise their breaktime funding wherever possible.



For more information, you can scan the QR code or email our Inclusion Coordinator at bethany.henry@inspireyouthzone.org



www.inspireyouthzone.org 01257 228888

@inspireYouthZone

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 closed at the end of October for the current year (April 2022 – March 2023) and we now have over 1,300 members. Thank you to everyone that registered!

This is a new service and will continue to develop in order to meet the needs of Lancashire families. If your child is a Break Time member, you can give your views on the service so far by taking part in our online survey which is available on the Local Offer. All replies will help to inform future development of the service.

What we know so far

The number and range of activities is very limited, particularly in some areas.

A number of new providers have recently been awarded a contract to deliver groups and the list of Break Time activities on the Local Offer will be updated shortly to include these. We are excited to tell you that the new Break Providers details will be shared with you very, very soon.

We remain committed to Break Time and continue to actively look for further providers, with online events for schools in November and December and for external organisations in January. If you know of an organisation that may be able to deliver Break Time activities, please ask them to contact the Short Breaks Team.

The Break Time Provider was unable to meet my child's needs

We are currently exploring, with Break Time providers, ways to support children that have additional medical, personal care or other needs - this will help to make Break Time activities even more inclusive.

78 hours is not enough

Every Break Time member receives the same number of hours to ensure equity. We will continue to monitor the number of hours that are used and how we can best meet families' needs.

The Break Time offer is in addition to other groups available for children and young people in Lancashire. The Break Time offer is aimed at complementing activities such as before and after school clubs, holiday play schemes, child minding and Early Years which are run by other services and organisations, such as the weekly Colourful Voices and SEND Youth Groups delivered across Lancashire (details can be found in this newsletter).

The Council also provides free holiday club provision as part of the Holiday Activity and Food (HAF) Programme. Whilst HAF is available for all children in receipt of benefits-related free school meals, places may also be available for children with special education needs and disabilities not receiving free school meals.

If you would like your child to attend additional Break Time sessions, you may be able to arrange this directly with the provider. Please be aware that additional sessions are not funded through Break Time, therefore the cost is likely to be higher.

If you feel your child needs more support, 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.

Registrations for 2023/24

Registrations for next year (April 2023 – March 2024) will be open from

Tuesday 3rd January until Tuesday 28th February 2023 and both current and new members will need to register during that time.

Registrations will be processed in the order they are received.

From January 2023, we have a new online registration form that you can complete on a phone or other device. The new form will allow you to add multiple children providing they live at the same address.

Please remember, unused Break Time hours awarded for the current year will expire on 31st March 2023 and cannot be carried over to 2023/24.

Full information on Break Time can be found on the Local Offer at: <https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time/>

Contact the Short Breaks Team at:
cyp-shortbreaks@lancashire.gov.uk

Or call us on **01772 538077**

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.

More information on Break Time Plus 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-plus

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 Face 2 Face meeting dates

January 6 th	February 9 th	March 9 th	April 13 th
NB Change of date			

Virtual Meetings via Zoom

4th Tuesday each month 8-9pm

2023 Zoom meeting dates

January 31 st	February 28 th	March 28 th	April 25 th
NB Change of date			

Email trinitysnap17@gmail.com for a Zoom invitation

Trinity Special Needs Advice Partnership
Trinitysnap17@gmail.com

All Welcome



Parents and Carers Tea and Coffee Morning

*Last Wednesday of the
Month* **From 10-12pm**

Guest speakers each month covering a
wide range of topics here at Twinkle
House.

Starting 26th January 2022

To book a place or for more information, please contact
Belinda Moreland via email: wellbeing@twinklehouse.co.uk
OR call 01695 455625

Twinkle House- Wellness and Sensory Centre
2 Corsey Place, East Cillibrabands, Skelmersdale, WMB SUP

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Are you a parent or carer of a child with
SEN or other Additional Needs?

Do you need a safe space to chat or
seek help/advice from others who are
going through the same?

Join us on **Fridays** from **9.30-11.30** at
Highfield Neighbourhood Center
(Wright Street, PR6 0SL. 01257 516466)

For more information, contact Kat at
kat.timeout@outlook.com or search
TimeOut (Chorley) Support Group on
Facebook.

contact

You are not alone



Get advice from Contact's helpline
for families with disabled children

0808 808 3555

Monday to Friday | 9.30am ~ 5pm



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.



**Children's Service
Parent & Carer Support Online
Drop-in**

EAST LANCASHIRE & BLACKBURN WITH DARWEN

When?

Every Monday at 1.30-2.30pm

And the 1st Wednesday of the month at 8-9pm

WHY?

Share experiences with other parents/carers of autistic children and young people

Access to information & support regarding autism, communication, behaviour and sensory needs

How?

The link to our zoom meeting will be available in our Action for ASD children's service members Facebook private group below

www.facebook.com/groups/actionforasd

or texting 07809903852 alternatively you

can email children@actionasd.org.uk

Please contact us for information about events at the Autism Support Centre at King Edward House, Burnley

www.actionasd.org.uk

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

Action for ASD | King Edward House | 9 Finsley Gate | Burnley | Lancashire | BB11 2HA
Tel: 01282 415 455 | web: www.actionasd.org.uk | Charity No: 1089341



**NEW PARENT CARER
SUPPORT GROUP**



WHEN: 4th Tuesday of every month between 4pm and 6pm

WHERE: Giddy Kippers, 1 Turner Rd, Nelson BB9 7DU

Starts 26th April

**TALK,
EAT
&
PLAY**

**£6 for one
parent
&
one child**

- A safe space to share stories with others
- Build new friendships
- Chat over a cuppa or stay for tea
- Max card and Grants
- Be a voice for carers
- A relaxed informal group
- Guest speakers



For more information contact Angela at 01254 387444



Everyone Matters is a new group for parents and carers of children and young adults with disabilities or SEN needs, You are welcome to join us every Tuesday afternoon at 1-3pm. Everyone Matters provides a friendly, safe and supportive environment for you to come and meets others.

Brave Church, Watson St,
Oswaldtwistle BB5 3HH

Phone: 01254 372771

Email: hello@bravechurch.co.uk
Website: www.bravechurch.co.uk

COLOURFUL FOOTSTEPS

Delivered by the Children & Family Wellbeing Service, these sessions provide a safe, welcoming environment for children aged 5-11 years with physical, learning, behavioural and emotional difficulties. We offer a range of fun activities, with opportunities for learning, development and support.

This is also where parent carers have the opportunity to meet, make new friends and share experiences with those going through similar joys and challenges.



North Lancashire

Tuesdays 3:30pm – 5pm
Sydney Street Neighbourhood Centre,
Lytham St Annes, FY8 1TR
Phone: 01253 741117

Wednesdays 1:30pm – 2:30pm
Lune Park Neighbourhood Centre,
Owen Road, Lancaster, LA1 2LN
Email: clairerogerson@lancashire.gov.uk
Phone: 01524 581280

Fridays 1pm – 2:30pm
Children & Family Wellbeing Service,
Chapel Walks, Kirkham, PR4 2TA
Phone: 01253 741117

East Lancashire

Mondays, 3:30pm – 5pm
The Zone,
The Old Fire Station,
Rawtenstall, BB4 8EW
Email: rossendalegroupwork@lancashire.gov.uk

Tuesdays, 4pm – 5pm
The New Era,
Paradise Street, Accrington, BB5 1PB
Phone: 01200 420460

Fridays, 3:30pm – 5pm
The Zone,
Whittam Street, Burnley, BB11 1LW
Phone: 01282 470707

Fridays, 4pm – 5:30pm
Colne Neighbourhood Centre,
Walton Street, Colne, BB8 0EL
Email: cfwpendlerfs@lancashire.gov.uk
Phone: 01282 470830

South Lancashire

Tuesdays, 3:30pm – 4:45pm
Park Neighbourhood Centre,
Barnes Road, Skelmersdale, WN8 8HN
and
Wednesdays, 3:30pm – 4:45pm
Burscough Neighbourhood Centre,
Station Approach, Burscough, L40 0RZ
Facebook: @CFW West Lancs



Or scan the QR code

Wednesdays, 3:30pm – 5pm
Duke Street Neighbourhood Centre,
Duke Street, Chorley, PR7 3DU
Phone: 01257 516316 or 516466

Thursdays, 3:30pm – 5pm
Preston Central Neighbourhood Centre,
Brieryfield Road, Preston, PR1 8SR
Phone: 01772 531948



EASY Group

Morecambe Library
A Targeted Youth Support Group
for young people with SEND aged 12-25

6.15 TO 8.30 PM
Every Monday

Games, Trips, Food,
Confidence, Friendship...

**EXCITEMENT
ACCEPTANCE
SELF-CONFIDENT
YOUTH**

Lancashire
County Council

to book: contact Claire Armer
07717815062

Learn more: Facebook @Lancasteryouthzone

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Teen Seen - (S.E.N.D Group)

Providing a safe and welcoming environment for young people aged 12 - 19 (up to 25 with special educational needs and disabilities S.E.N.D).

MAKE NEW FRIENDS?

ANXIOUS OR WORRIED?

IMPROVE YOUR CONFIDENCE?

The group aims to work on life skills, improving communication skills, self-confidence & self-esteem in a group work setting.

TUESDAY

6:30pm - 8:30pm

Fylde Children & Family
Wellbeing Centre
Chapel Walks
Kirkham
PR4 2TA

Call Jasmine on
Tel: (07929) 722375

**Places are limited, so
please contact us to
check availability.
Scan here to register.**



Lancashire
County Council



Like FYLDE YOUTH ZONE for
news, updates and latest info.



A - TEAM (S.E.N.D Group)

Providing a safe and welcoming environment for young people aged 12 - 19 (up to 25 with special educational needs and disabilities S.E.N.D).

MAKE NEW FRIENDS?

ANXIOUS OR WORRIED?

IMPROVE YOUR CONFIDENCE?

The group aims to work on life skills, improving communication skills, self-confidence & self-esteem in a group work setting.

MONDAY

6:30pm - 8:30pm

Fleetwood Children & Family
Wellbeing Centre
Milton Street
Fleetwood
FY7 6QW
Call Michelle on
Tel: (07929) 665227

**Places are limited, so
please contact us to
check availability.
Scan here to register.**



Lancashire
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Like WYRE YOUTH ZONE for
news, updates and latest info.



RIBBLE VALLEY SEND GROUP

BRIGHT STARS

MONDAY 6:45PM TILL 8:45PM

CONTACT SIMON ON:
SIMON.WHIP@LANCASHIRE.GOV.UK OR
07825144536

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SNAP

HYNDBURN'S SEN/D YOUTH GROUP

A CHANCE FOR YOUNG PEOPLE WITH ADDITIONAL NEEDS TO COME TOGETHER, LEARN, DEVELOP AND HAVE FUN.

EVERY MONDAY FROM 6:45PM TILL 8:45PM
AT NEW ERA, ACCRINGTON
FOR AGES 12 TO 25 WITH ADDITIONAL NEEDS

FOR MORE INFORMATION, CONTACT:
CFWHYNDBURNYOUTHWORK@LANCASHIRE.GOV.UK

www.sdp.postermywall.com

Lancashire
County Council

Colourful Voices

Pendle

**Special Education
Needs/Disability
Youth Group 12yrs -
19yrs+**

Monday 7pm - 9pm

For more information please contact
Ashy on 07876790731 or email
mohammed.arshad@lancashire.gov.uk
or Qadeer on 07770764310 or email
qadeer.ahmed@lancashire.gov.uk

Exploring Potential

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STARS
@Rawtenstall YouthZone,
Burnley Road BB48EW

The group is for children aged 11 - 25 who have a SEND or additional learning needs, that range from autism, ADD, ADHD and other learning difficulties.

Come and join in the interactive sessions which include arts & crafts, cooking and much more!

Parent/carers are welcome to join in the sessions with you!

Mondays
6:45-9:00pm

Contact Jo Riding
On
07939 372 418 Mobile
Joanne.riding@lancashire.gov.uk

Lancashire
County Council

Children and Family Wellbeing Service

@Rossendaleyouthzone

UNIQCORNS
MONDAY EVENINGS
7 PM TILL 9 PM **Burnley**

FOR MORE INFORMATION CONTACT:
AMANIA.HASSAN@LANCASHIRE.GOV.UK
07989750474

EXPLORING POTENTIAL

QADEER.AHMED@LANCASHIRE.GOV.UK
07770764310

**12-19+
(UP TO 25 YEARS OLD
FOR SEND YOUNG
PEOPLE)**

**OPEN TO ALL YOUNG PEOPLE WITH
PHYSICAL, LEARNING, EMOTIONAL,
WELLBEING NEEDS AND SEND.**

Lancashire
County Council

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This is us! Youth club

**Every Monday
6:45pm - 9pm**

Ribbleton neighbourhood centre
PR2 6EE

Prestontys@lancashire.gov.uk

A fun and safe youth club for young people aged 12-25 with special educational needs and disabilities.

Come join us for our **UNITE** youth groups

A social group for young people with special educational needs and disabilities. We have groups in Chorley and South Ribble on Mondays 6:30-8:30pm

A group where you can make new friends and learn valuable social skills and just come to have FUN!

Providing a safe and welcoming environment for young people aged 12-25 years with special educational needs and disabilities. The group aims to work on life skills, improve communication skills, self-confidence & self-esteem in a group work setting.

(Parents/Carers are welcome to attend initial sessions)

****Please contact before coming to the group****

Contact us for more details on:

chorleysouthribble.TYS@lancashire.gov.uk

Lancashire
County Council



BOOST

Lancashire
County Council



NURTURE YOUTH GROUP



**A SAFE SPACE TO HAVE FUN,
LEARN NEW SKILLS AND MEET
NEW PEOPLE**

SCHOOL YEARS 7+

MONDAY // 5:45PM UNTILL 8PM

FOR MORE INFO CONTACT

EMAIL:

WESTLANCS.TYSLANCASHIRE.GOV.UK

Children and Family
Wellbeing
Service

Get advice and support

Someone to talk to
Problems at home/school
Jobs and training
Apprenticeships
Staying safe online
Sex and health
Relationships

Mental Health
Self Harm
Bullying
Drugs and alcohol
Things to do
Housing, rights and money
What age can I?

[facebook.com/LancashireYZ](https://www.facebook.com/LancashireYZ)

twitter.com/LancashireYPS

You can contact us 365 days a year

2pm to 10pm

talk zone

Text 07786 511111

Talk online lancashire.gov.uk/youthzone

Call 0800 511111

Age 0-19

(up to 25 for young people with learning difficulties or disabilities)

Lancashire
County Council



www.lancashire.gov.uk

POWAR UPDATE AUTUMN 2022



POWAR has had an action-packed couple of months, working on various things and having fun simultaneously. Young people have worked on EHCP Annual Reviews, had their say on the updated Working Together Strategy, and hosted an open evening to try and attract young people to the POWAR Group.

As well as this, POWAR has been involved in events like the Participation Team residential and the Lancashire Youth Council Quiz Night - giving them the opportunities to meet and have fun with our other counterparts of the team: Lancashire Youth Council, LINX (Children in Care Council) and Care Leavers Forum.

Young people are currently working on their campaign for better access to transport, with Lorna going to a few districts to get the voices of young people on this issue.

For more regular insights and updates, follow us on Facebook; Lancashire Participation Zone | Preston | Facebook

SEND Young People's Network Database

Here at POWAR, we're constantly looking at ways to get more voices of young people with SEND and know that young people don't always want to be involved all the time, so this is why we're trialling and launching a SEND Young People's Network Database, whereby you can sign up to hear about issues you are passionate about or would like your say in.

To sign up, scan the QR Code or type the link below:
<https://forms.office.com/r/cr7zWcsRmG>






ABOUT THE A WORLD UK

The A World UK CIC is a non-profit organisation based in the North of England.

Our aim is to help and support the Autistic Community. We aim to be an advocate for Autism and raise awareness within the community, by promoting acceptance and inclusion.



WHAT WE OFFER

- Funded Holidays*
- Free Horse Riding Sessions*
- Blackpool Illumination
- Private Tram Ride
- Gulliver's World Private Event



*Free to families in Burnley, Preston and West Lancs borough council areas

www.theaworlduk.com



PRESTON PANTHERS DSC



A sports club for children and young people



With any disability or special need
Come and enjoy a sports club for you

With lots of different activities for you to try
Have fun and make new friends

Multi-sports including: basketball, badminton
Football, hockey, tennis, swimming and many more



Saturdays at
West View Leisure Centre
Swimming
4pm - 5pm
Dry sports
5.15pm - 6.45pm



First Session Free!

West View Leisure Centre
Ribbleton Preston PR1 5EP

prestonpanthersdsc.com

07599 333 816



BEE UNIQUE AUTISM

Choice of two slots:
10:30am until 11:30am
11:30 until 12:30am

SPECIAL PRICE THANKS TO BEE UNIQUE

HORSE RIDING SESSIONS

With Kim and her team at Morecambe Bay Equestrian, Outmoor Lane, Morecambe



An hour long session, half an hour grooming and stable management, half an hour supported riding.
If your child prefers not to ride they can lead a pony instead.
Kims' team are very SEN aware and no pressure will be put on your child to ride if they find they don't want to.
Bee Unique have discounted this session to £15 per child.

Three dates : Monday 19th December and Friday 23rd 2022
Plus Tuesday 3rd January 2023

Please use bookwhen.com/beeunique to book.



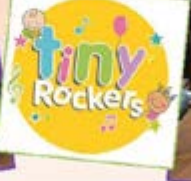
Meet & Play @ Tiny Rockers

Sunday 22nd of January 2.30-4pm

Party Food Included

£4 donation per child

Suitable for ages 0-11


Funded by

ASDA foundation

Transforming Communities, Improving Lives

All places must be booked in advance @
www.facebook.com/HighFiveLancashire



*NEW Autism Play & Support Group

Starting on Thursday 27th October 2022 4pm-6pm

For Blackpool & Lancashire families with autistic children 0-12 years

Every Thursday at Aiming Higher

Ground floor 231-233 Church Street, Blackpool FY1 3PB

£2 per child (with or awaiting an ASD diagnosis) £1 for siblings & FREE for accompanying adults (aged 18+) drinks available at £1 each (cash only)

Children must be supervised by their parent or carer at all times

- ❖ Access to a state of the art sensory room, soft play and fun activities
- ❖ Encouraging parent to parent support
- ❖ All abilities welcome to celebrate autism awesomeness 😊
- ❖ Working in partnership with Blackpool Better Start and Aiming Higher Blackpool charity supporting families with disabled children

For more information email autism.fylde@yahoo.com



DISABILITY SESSIONS

JUNIOR PAN ABILITY KICKS

Term-time football sessions for 8-16 year olds living with a disability. These sessions cater for all ability.

FREE

EVERY WEDNESDAY 4:30PM - 5:30PM

AGES 8 - 12

EVERY THURSDAY 4:30PM - 5:30PM

AGES 13 - 16

Stanley Park, West Park Drive
FY3 9HQ

FRIDAY NIGHT YOUTH CLUB

Term-time youth club for 8 to 18 year olds living with a disability. Offering a place to meet new friends through activities such as; sports, arts and crafts, games, and more.

FREE

EVERY FRIDAY 5PM - 7PM
(DURING TERM TIME)

Education and Community Centre
Bloomfield Road, FY1 6JJ

For more information: email info@bfcct.co.uk
call 01253 348691 or visit www.bfcct.co.uk
*Excluding bank holidays



SHOOTING STARS

AGES 2-9

OUR SHOOTING STARS 2-9 PROGRAMME OFFERS STRUCTURED SESSIONS FOR YOUNGER ATHLETES, WORKING ON SKILLS SUCH AS BALANCING, ROLLING, JUMPING AND RUNNING. WE OPERATE IN 4 WEEK BLOCKS, EACH BLOCK HAVING A DIFFERENT FOCUS.

- ★ Sundays 11.00am-11.45am
- ★ Next block beginning Sun 12th June
- ★ Earn your coloured bow/wristband at the end of each block!

AGE 9+

WE HAVE 3 TEAMS AVAILABLE FOR OUR OLDER SHOOTING STARS, ALL IN WHICH HEAD OUT TO MULTIPLE COMPETITIONS ALL OVER THE COUNTRY! PLEASE NOTE OUR AGE BRACKETS ARE ONLY A GUIDE - WE SUPPORT WHICHEVER TEAM IS RIGHT FOR YOUR CHILD

POM CHEER HIP-HOP

✉ POPPY@INFINITYCHEER.CO.UK 📍 FRENCHWOOD COMMUNITY PRIMARY SCHOOL, PR1 4LE

Do you have a child of school age?
Do they love to dance?
Then come and join us...

SEND DANCE CLASSES

WEDNESDAYS
5.30PM

WWW.KTZ-DANCE.CO.UK
KTZ-DANCE@HOTMAIL.COM
07527917629



Unit B7,
Riverside Industrial Estate
Rishton
Blackburn
BB1 4NF

CHILDREN'S ACTIVITIES WITHIN LANCASHIRE,



INCLUDING CHRISTMAS EVENTS

A Boys Day Out – Who We Are

A Boys Day Out is a Facebook page, which we created as a family of 2 parents and 2 boys, to give ideas and recommendations to local families within Lancashire, with children of all ages and abilities. As a mental health nurse working with children, the importance of inclusivity for SEND children is something we promote on our page.

We post everything you need to know before you visit a place, including the exact location and car parking, SEN sessions, wheelchair access, all the pros and cons of the trip. We post video reels and photos, so that you can see if it's suitable for your needs. We post local upcoming free and paid events, as well as creative posts and ideas of things that you can do from home with your children. Parents wanting to find a suitable place to visit, when you may have more than one child can be challenging. Having understanding and educated staff, who do not expect all children to follow the same rules is paramount. Some parents may look for safety aspects, with entrances locked, no access behind the food counter, allowing parents to accompany a child when needed.

Recommended Places to Visit with Children

Here are some local places which we have visited recently, who either offer SEND sessions for children who may have Autism, ADHD, emotional and social difficulties, visual or sensory impairment, speech or communication difficulties or a physical disability, or is a recommended place to visit.

Thornton Hall Farm, Skipton, BD23 3TS

– open midweek and weekends (apart from Tuesdays). Their events are fantastic! The new state-of-the-art soft play, a large toddler area, as well as a huge soft play for the bigger ones is super. There's role play areas, lots of different slides and the bonus is its so large I can walk through it as I am sprinting after our 2 year old. The safari to see the deer is a really good opportunity to see them, up close and personal. They have caterpillar rides, quad biking, amazing food, animal handling areas, pony rides, jumping pillows and a large park. We go to every event, so we can't recommend it enough.



Their Christmas Event - **The Adventure, Just Be You** has sessions running with smaller groups and lengthier time slots. We have always found the staff to be wonderful, making a fuss of the boys, some know them by name now. It has always been such a friendly environment, with so much variety and space.



Their Christmas event is magical! We have been every year! We look for Elf Sophie, who is their favourite and there's lots of photo opportunities. Its interactive, very sensory and you can participate as much or as little as you are comfortable too, as you make your way through the different areas.

<https://www.thorntonhallfarm.co.uk/>

<https://www.christmasadventures.co.uk/>

Animal Quackers, Bacup, OL13 8HS – Another favourite of ours! If you haven't been to Animal Quackers this is one for your list. Farmer Terry is so friendly, he gets the children involved as much or as little as they want. There's animal handling on throughout your visit, so you don't need to feel pressured to stick to particular times and can let the children guide the visit. They offer Barn Owl experiences at only £5 which our boys do every visit. Terry will help our 2 year old with a glove and hold his hand correctly, and our 6 year old can hold the barn owl all by himself now. We also pay the £5 for them to go in with and feed the meerkats! They have a flying bird display, a park, animal feed, lots of animals to see and a café. It's closed now for winter, however they have their Christmas event available to book now – We are already booked, ready to dive back into that snow globe again and see the grinch.

<http://animalquackersfarm.co.uk/>



Turbary Owl Sanctuary, Preston, PR4 4LB is a charity, who rescue and rehabilitate birds of prey. Our eldest recently had his 6th Birthday there and it was incredible. You can visit between 10:30-15:30, 7 days a week. There are eagles, every type of owl you can think of, falcons and hawks. Adults and children are welcome to put a glove on and hold the birds at the flying display at no extra cost.

We have held the barn owls, little owl, Eurasian eagle owl, tawny owl, speckled owl which was an experience. The Harris hawks also come out for a flying display. There's a large park and fairy doors to see on your visit as well.

<http://www.turbarywoods.co.uk/>



Ark Barn Education Centre, Clitheroe, BB7 4PQ

welcome SEND to all their sessions. Siblings are welcome, carers are free. If your children enjoy education on animal welfare and animal handling like my boys do, this is a fantastic place to visit.

Melissa, a veterinary nurse and Sean, a veterinary surgeon, and their two children have such a fantastic centre, with lots of outdoor open spaces, which they continue to develop. Their knowledge and love for the animals is

evident. The animals are so friendly, coming to you for cuddles and strokes. We even got a few kisses on the cheek from Ghost, the 1 year old Alpaca. The boys fed the large rabbits, sheep and goats and took the pony and alpaca for walks. They have a vet corner, where the boys weighed the animals, used the stethoscope and listened to the goats heartbeat.



It's booked by appointment only, with a capacity of 12 participants per session. They support all children, SEND, home educated children, mainstream school, those requiring mental and physical health support via animal assisted therapy at the barn. They have a hoist and electrical bed in the bathroom, and are building further outdoor provision, which will have wheelchair access. It's person centred and led by the individuals needs, so it's a very inclusive and supportive environment to be in.

<https://arkedbarn.com/>

The Little Lancashire Village offer regular SEN sessions at Burnley, Darwen and Rawtenstall. With reduced numbers, it creates a calm and relaxing environment. Their next SEN session is their Christmas events, with 10/11 children a session. We regularly visit the Burnley village and the boys love to visit the different rooms, being a postman, police officer, builder, shop keeper, hairdresser, teacher, farmer and a vet. It is very secure, with a double locked gate, staff supporting all sessions. There's a café and seating area, offering meals, snacks, hot and cold drinks and other confectionary.



20% discount for FIND readers on general admission or SEN tickets! Quote the code **Lancs1** when you book.

It's so open plan at Burnley, we can see the boys in every area.

<https://www.thelittlelancashirevillage.co.uk/>

The Jumpworks, Accrington, BB5 6EG offer weekly SEND sessions, every Monday 6-7pm. They lower the music, do not use the lasers or flashing lights and have a reduced capacity, with carers going free. It's a fantastic trampoline park, with several foam diving pits, climbing apparatus and space for the young people to explore at their own pace. It's a great place if you have children of different ages, as they can do as much or as little as they want.

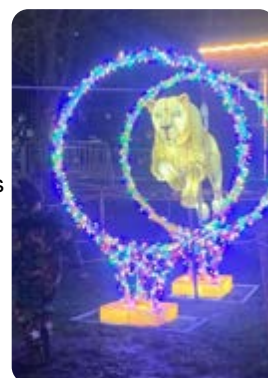
<https://thejumpworks.co.uk/>

Sensory Flo, Nelson, BB9 7DR have weekly SEND sessions for 0-15 years, every Friday 15:35-16:30. They also run a session on the second Saturday of the month 15:30-16:15. It has large and spacious rooms, with a state-of-the-art multi-sensory centre, with visual, tactile and auditory stimulation. They run various sessions throughout the week for children under 4 that you can book. Their Christmas event is on 17th and 18th December.

<https://sensoryflo.co.uk/sensory-classes/sendflo/>

A few more suggestions for sensory Christmas trips, all of which we have booked to visit this year and have been prior:

Lightopia at Heaton Park, Manchester – this is an illuminated trail walking event, pram friendly, lots of refreshments
<https://manchester.lightopiafestival.com/book>



Dunham Massey – National Trust Illuminated trail, pram friendly, also with refreshments
<https://www.nationaltrust.org.uk/visit/cheshire-greater-manchester/dunham-massey/christmas-lights-at-dunham-massey>

Knowsley Safari Light Trail - Day and Night also available to visit the zoo, complete the safari drive and then return to the illuminated trail <https://knowsleysafariexperience.digitickets.co.uk/category/29041>

A Boys Day Out Charity Fun Day for Positive Action in the Community

We are proud to be hosting a charity event fun, to raise money for Positive Action in the Community (PAC). We have so many local businesses supporting the event, including Unstoppable Wrestling, with plenty of photo opportunities and wrestling in the ring! Zoo to You, bringing variety of animals to hold including snakes, millipedes and geckos. Ark Education Barn are bringing some of the animals for a cuddle, Soft tots with soft play for the little ones, Little Bear Club for sensory play and Hartbeeps for a special session. We are so excited that More Than Just a Princess will also be visiting for all those prince and princesses who would like a meet and greet, with photo opportunities. We will have lots of stalls, including face painting, cakes, refreshments and an amazing raffle! The event will be released shortly on our page!

We hope you like our recommendations. Feel free to follow our page for regular updates:

 @A Boys Day Out





funded
through



Programme funded by people's health lottery using money raised through the health lottery in the north west

Activity Programme 1st January 2023 – 31st March 2023

Activities for deaf* children & young people.

*Deaf includes all levels of hearing loss (mild/moderate/severe/profound) including unilateral deafness (affecting only one ear) and temporary deafness such as glue ear.

Tuesday 10th January ~ Laser Quest

6.00pm – 8.00pm

66-74 Promenade, Blackpool, FY1 1HB

We have booked the party package which includes 2 sessions of play followed by food from McDonalds for the children. Parents/carers can order food, but will have to pay. Please book as soon as possible and ensure children have suitable footwear.

Tuesday 24th January ~ Bowling

6.00pm to 8.00pm

YMCA Thornton Sports Centre, Victoria Road East, Thornton, Cleveleys, FY5 3SX

Always a great event with plenty of competition and lots of fun for all. All ages

Sunday 5th February ~ Clip n Climb

2.00pm – 4.00pm

9 Apollo Court, Whitehills Business Park, Hallam Way, Blackpool, FY4 5FE

We have booked the party package which includes food for the children. Loose fitting clothing is recommended and suitable footwear must be worn. Please book as soon as possible as places are limited.

Tuesday 28th February ~ Planet Kaos

6.00pm-8.00pm

Unit 5, 251 Vicarage Road, Blackpool, FY4 4LR

Indoor activity play centre. There is also a play area for toddlers so the event is also suitable for younger children. We have arranged the party package so there will be food for all the children. As this is a private party all ages are welcome.

Tuesday 14th March ~ Ascent

6.00pm – 8.00pm

Ascent Trampoline Park, Cornford Road, Blackpool, FY4 4QQ

We have booked the party package so there will be food for the children. Trampoline socks are available to buy or you can bring your own if you already have them from a previous visit. There is a soft play area for use by younger children so all ages can join the session.

Sunday 26th March ~ Ribby Hall

2.00pm- 4.00pm

Ribby Hall, Ribby Road, Kirkham, PR4 2PR

We have booked the party packages so there will be Papa John pizzas for the children. The number of adults needed for the swim ratio are under 4's, 1 adult to 1 child, 5 to 7 years 1 adult to 2 children and 8 to 12 years 1 adult to 4 children. All ages.

Sign Hi Say Hi! – Fylde, Wyre & Blackpool Deaf Children's Society for any child who is deaf or has a hearing impairment, their siblings and families. Activities £1.00 per child (unless otherwise stated), Under 5's are free.

To book on to the activities please contact 07437 335 655 or email signhisayhi@ndcsgroup.org.uk

ABOUT US

Sign Hi Say Hi! is a group of local families with deaf/hearing impaired children & young people. It is a charity run by parents and grandparents/carers with deaf children. We run a Club for deaf/hearing impaired children/young people, their families, siblings, parents, carers and friends. Sign Hi Say Hi! is affiliated to the National Deaf Children's Society (NDCS). All deaf and young people are welcome from birth to young adults whether they choose to communicate by speech/ BSL/sign supported English etc.

Deaf children/young people meet, take part in activities such as sport, craft, workshops and simply be together. Parents /carers can have a coffee and socialise with other families or can book their child in beforehand and collect their child later. If you have a younger child or baby you are welcome just to drop in for a chat for 20 minutes or so. Many children or young people find they are the only deaf child or young person in their school and at Sign Hi Say Hi! they are with other young deaf people. We also occasionally run life-skills workshops for deaf young people. We also offer new parents whose children have just been identified as deaf informal parent to parent support.

The Club meets term time – most events are held Tuesday evenings 6.00pm to 8.00pm and occasionally events are held at the weekend – we try and vary where we meet up and have a range of activities to appeal to different ages. If you don't want to come to the Club but would like a committee member to call you please ring 07437 335655 or email signhisayhi@ndcsgroup.org.uk

Membership

We receive no local or government funding and rely on attracting grants and donations to run the Club.so we have to charge for membership (£5.00 per family a year).

Child Protection

Sign Hi Says Hi! takes Child Protection very seriously and has Child Protection Policies and Procedures in place. We also have a designated Child Protection Officer.

We are a registered charity number 1037445



**BEE UNIQUE
AUTISM**

CHRISTMAS CRAFTS
Craft and play your own way!
Christmas Crafts
UP WITH KIRSTEN

£2 per child, siblings and friends welcome.

Come and create a Christmas cracker, decorate a little wooden gift box, print your own wrapping paper and more!
(music and parachute play to follow if time)

2- 3.30 p.m.
Monday 19th December
MoreMusic, 13-17 Devonshire Road,
West End, Morecambe

Please use bookwhen.com/beeunique
to book



**BEE UNIQUE
AUTISM**

**Sensory and Messy
Play with Kirsten**

Come and play with kinetic sand, rainbow sand, junk percussion, water, fabric, tubes, pipes, balls, huge boxes, parachute games, and more, in any way you like!

Siblings, friends, all ages and abilities welcome

£2 per child. Please use
bookwhen.com/beeunique to book on

10am until 12
Tuesday 20th December
At MoreMusic
13-17 Devonshire Road, Morecambe.

Support for autistic people and their families



Free online resources to support autistic children, adolescents, and adults

- Strategies and guidance from leading clinicians
- Insights from autistic people with real experience
- Tips you can use every day
- Online discussions and live Q&As
- Videos, blogs, podcasts, and more
- Links to other helpful resources

autismunlocked.co.uk



SCAN ME



This May Help



We are pleased to announce the launch of This May Help, a new national initiative providing mental health advice to parents and carers launched by Bradford District and Craven Health and Care Partnership. This May Help is aimed at parents and carers who may have concerns about their child's mental health and is part funded by the Quality Improvement Taskforce for Children and Young People's Mental Health, Learning Disability and Autism Inpatient Services.

The website gives easy-to-follow advice to help families manage their child's mental health. This advice was developed by NHS professionals and parents who've been through their own child's mental health journey. Parents and carers have shared advice that helped them and that may also help other families.

Professionals who work with children are also being encouraged to use the website.

The advice covered on This May Help includes: self-harm, gaming and online activity, teenagers safety, eating disorders, school avoidance, understanding mental health, understanding teenagers, online threats, building rapport, building resilience, building a support network, self-care tips, managing an emergency, managing in a crisis, and preparing for a children and adolescent mental health services (CAMHS) appointment. These subjects were chosen by families and young people who have gone through their own mental health challenges. Gary Lineker, Myleene Klass, and Tanni Grey-Thompson are amongst 16 presenters featured in the films.

<https://thismayhelp.me/>

Launch of the Kentown Programme in Lancashire & South Cumbria

The Kentown Children's Palliative Care Programme is a community focused children's palliative care initiative in North West England covering Lancashire and South Cumbria. It is a new ground-breaking and transformative project to reach the growing numbers of children and young people with life-limiting conditions.

The Kentown Children's Palliative Care Programme is a collaborative programme between Together for Short Lives, The Kentown Wizard Foundation and Rainbow Trust Children's Charity.

It is a community focused model with three key complementary elements: Nursing Care, Social Care and Information and Awareness, so families can easily access all the help and support they need in their local communities.

The needs of children and their families are at the heart of The Kentown Children's Palliative Care Programme. Accessing the children's palliative care that families need at home, out of hours and at weekends, should never depend on where families live. The Kentown Children's Palliative Care Programme has a bold ambition to ensure every child and family get the right care and support, based around the unique needs of the family at home so families can make the most of every precious moment together.

Our vision is community focused, designed to build and strengthen relationships with every community, so we can reach out to all families, including communities with the greatest need, reaching more families from underrepresented groups.

The project will invest in building on established children's palliative care and support services, strengthening co-ordination and avoiding duplication to make life easier for families.

You can learn more about the Kentown programme by visiting www.kentownsupport.org.uk or by emailing enquiries@kentownsupport.org.uk



Together for seriously ill children and their families



Gain nationally recognised qualifications

Develop life skills and become more independent

Achieve your aspirations and plan for your future



Working in partnership with schools and colleges to support your transition into adulthood.

AGES 14+ with additional needs

The Junior Blossom Programme links with schools and colleges to provide day-release workshops for young people with additional needs aged 14+.

There are opportunities for students to gain Arts Awards, and take part in a range of creative and fun interactive activities.

There are two distinct parts to the programme:



Personal Skills:

- Dealing with challenges around the transition into adulthood
- Building confidence
- Developing social skills
- Meeting new people and making new friends
- Positive wellbeing
- Communication skills
- Working as part of a team
- IT skills and staying safe online
- Organisational skills



Qualifications:

- Arts Aware Discover and Explore

Students can start the Junior Blossom Programme at any time in the academic year.



For more information, email stacey.mtw@gmail.com or phone 01942 735426



www.morethanwordssavocacy.co.uk



SEND Review



Autistic young people set their targets for Government's new education team

Members of our Ambitious Youth Network have created their own version of an Education, Health and Care (EHC) plan, setting out the goals they wish the Government's new education team to meet to improve the system for autistic children and young people.

The Government has published its long-awaited review into the SEND and alternative provision system in England. It is a 'green paper' which means it is Government's initial thinking on changes to the SEND system. The proposals in it will be shaped during the consultation period into firmer policy, which over time - usually a year or two - becomes a change in the law and guidance, and then results in changes in practice on the ground.

During the consultation period we asked for the views and experiences of autistic young people and their families. We had nearly 2,000 responses to our SEND system survey – completed by autistic young people, parents and carers.

Find out more: www.ambitiousaboutautism.org.uk (search SEND review)

Read the green paper: www.gov.uk (search SEND review)

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

Ambitious about Autism

Ambitious about Autism is a registered charity in England and Wales: 1063184 and a registered company: 03375255.



The new Government's Education, Health and Care plan

This plan has been drafted by autistic people in response to the Government's SEND Review.

These are the outcomes sought for the Secretary of State for Education and the Minister for Schools and Childhood.

**Annual Review
due September 2023**

Within the next year, the Secretary of State and Minister will:



Attendance

Ensure schools are more inclusive environments for all pupils, including inclusive uniform, attendance, and behavioural policies.



Rights

Protect young people and families' existing SEND rights, and ensure they are enforced.



Training

Require all education staff to be trained in autism and involve autistic young people in the development of the training.



Accountability

Make sure schools cannot get a good or outstanding Ofsted judgement without high-quality SEND support.

Mondays At Motiv8-lancs

We are now open on Mondays

10-12 £20 per session

For people who can attend with their own support staff

Bookings only

Christmas Prize Bingo:

16th December 6.00-8.00pm

£5.00 entrance fee per person which includes your bingo tickets but additional tickets can be bought on the night.

Refreshments, cakes and a tuck shop will be available on the night

Motiv8-lancs Trips For Our Day Care Clients

28th October Barton Grange Christmas Lunch/shopping

1st December: Oswaldtwistle Mill Christmas Shopping

7th December Manchester Christmas Markets

17th December: Festive afternoon Tea and dancing

Day Care Sessions

Tuesday-Friday

9.45-2.45pm

We deliver a wide range of topics and provide a free taster session so please contact me for further details

DATES:

Motiv8 Christmas Party
Thursday 22nd December
1.00-3.00pm

Time to get your party clothes on and have a great time!!

Interested?

Contact: Tracy

Tel: 01254 801820

For more details or to book/reserve your place
Motiv8-lancscic@outlook.com

Games, sports, arts & crafts, films, music, Drama, Makaton, dancing, day trips, Boxing, Football, holidays and much more!

These sessions are only for adults living with Aspergers Syndrome, Autism, a learning disability/difficulty or a mental health need. Taster sessions are available for our full day sessions. We are also looking for volunteers who are passionate about working with our clients who are able to communicate, support and encourage our clients in our sessions so please contact me at: Motiv8-lancscic@outlook.com



Pinc College.

A Specialist College for Creative Education

**Are you a creative 16-25 year old?
Would you like to study inside a Gallery or Museum?**

We prioritise your wellbeing

**Art and Design,
Photography,
Textiles.**

Digital Art

Supporting your SEND needs

connect@pinccollege.co.uk 07984 780551

Manchester, Bolton, Rochdale, Salford, Macclesfield, Stoke, Halifax, Leeds, Bradford, Birmingham, York,



Peer Support Group "FATNANAEE" ++

Zen Doodling

Puppet Making

Wet Felting

Christmas Decorations

A CRAFTY MINDS GROUP TO SUPPORT SOCIAL INTERACTION, INCLUSIVITY AND WELLBEING

Card making

Family Tree

**TUESDAYS
12.30PM - 2PM**

Friendship Games

£3

PER SESSION

For more details and to book a space contact:
E: info@spring-projects.co.uk / T: 01254 457026
Or book your space at: www.spring-projects.co.uk

Oswaldtwistle Mills Conference Centre
Pickup Street,
Accrington,
BB5 0EY

FRIENDSHIP FRIDAY



Starts Friday 19th August

Come and join us for a cuppa, chat and a chance to make friends and meet new people

Every Friday 1 - 3pm

At Disability Equality

103 Church Street, Preston PR1 3BS

Email: hello@disability-equality.org.uk

Tel: 01772 558863

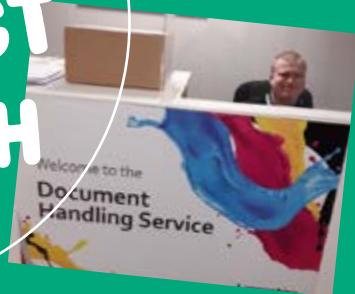
Disabilityequality(nw)Ltd

DisabilityNW

Disabilityequality



PROJECT SEARCH



The Supported Internship programme based at Lancashire County Council, that helps young people with Autism or learning disabilities transition from education to work, has recently announced that over 80% of their interns since 2021/22 have secured employment.

Project Search provides total workplace immersion to help 16–24-year-olds with an EHCP acquire competitive, transferable, and marketable job skills and helps them gain increased independence, confidence, and self-esteem.

Compared to the general population, young people with a learning disability are significantly less likely to be in full time paid employment. National statistics show that only 5.1% of people with special educational needs and disabilities gain permanent paid employment in the UK.

DFN Project Search is working to change this. On average just over 60% of individuals who have attended Project Search nationwide achieve employment of over 16 hours per week.

If you know someone aged between 16 and 24 who would be interested, they can get in touch directly with the team at:

ProjectSearch@lancashire.gov.uk
or on:
01772 531641



Motiv8-lancs new Phab Club!
For adults living with autism, Asperger's syndrome, or a learning disability
We need volunteers too please contact us!

We will meet fortnightly on a Saturday:
10.00am-12.00

DATES:
22nd October
5th, 19th November
3rd, 17th December
£6.00 per session
Membership
£20 a year payable at the first session

games, sports, arts & crafts, film, music, parties, dancing, day trips, holidays and much more!
Tuck shop available.

Contact: Tracy
Tel: **01254 801820**
For more details or to book/reserve your place
Our new centre is at:
The Arthur Wilson Centre
Pick up street
Clayton-le-woods
Accrington
BB5 5NR

Visit: www.phab.org.uk

more than words

Boogie Nights

Inclusive Clubnights 18+

21 Dec 2022

Third Wednesday of the month:
18 Jan, 15 Feb, 15 Mar, 19 Apr, 17 May, 21 Jun, 19 Jul,
16 Aug, 20 Sept, 18 Oct, 15 Nov, 20 Dec 2023

6.30pm to 9.30pm at
Unit 2 The Edge, Pottery Terrace, Wigan, WN3 5DN

Soft drinks and snacks available, bring your own alcohol.

£5.00 entry, PAs/support workers free.
Pay on the door.



DanceSyndrome celebrated with Arts Council funding boost

Lancashire-based charity DanceSyndrome has been announced as one of 990 National Portfolio Organisations receiving a share of £446 million investment from Arts Council England's 2023-26 Investment Programme to bring art, culture, and creativity to more people, in more places, across the UK.

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 disability led, with people with learning disabilities taking visible leadership roles to inspire people to see what can be achieved when we all become more inclusive.

DanceSyndrome has been granted £300,000 to use between 2023-2026 to deliver inclusive dance activities in areas of the UK which are a priority for Arts Council England. The charity, which is based in Accrington and delivers dance across the North West, is one of two organisations in Hyndburn and only 15 in Lancashire to receive a share of £9,420,774 of funding allocated across Lancashire.

This funding is part of Arts Council England's 10-year strategy, Let's Create, to build a country transformed by creativity and culture which brings people together to be happier and healthier. Arts Council England are prioritising spending in arts, museums and libraries in villages, towns and cities where investment is currently low. Blackburn with Darwen, Burnley, Hyndburn, Pendle and Rossendale are part of their Levelling Up for Culture pledge.

DanceSyndrome is working in these priority areas, delivering a wide range of inclusive dance activities which empower people with disabilities. They provide weekly Everybody Dance workshops for people with and without disabilities to dance together, as well as leadership training in line with their unique co-delivery model – people with and without disabilities work together to offer high quality, inclusive dance provision. They also have a group of performance artists who work collaboratively to create new performances with a focus on changing the way people think about disability and demonstrating what people with disabilities are able to achieve.

Arts Council England Chief Executive, Darren Henley, said: *"Together, each of the 990 organisations that have been offered funding today will contribute to a portfolio that is rich, varied and truly national. This is our widest ever spread of investment across the country, ensuring that many more people will have access to a wider choice of*

exceptional art, culture and creative opportunities on their doorsteps. We are in tough times but we must remember creativity brings with it extraordinary dividends, boosting our country's economic growth, creating jobs, bringing communities closer together, and making us happier as individuals. Everyone deserves to enjoy the benefits it brings, and with this investment, we believe we've taken a decisive step towards making that vision a reality."

DanceSyndrome Artistic Director, Sophie Tickle, said: *"Everyone at DanceSyndrome is very proud that we have been chosen as part of the Arts Council's next National Portfolio on the very first time we applied for it. This is incredible recognition for our work and it is wonderful to be featured alongside the most prestigious and high quality Arts organisations in the country. We want to pass out congratulations on to the other organisations that have been selected; there was so much competition this year and some incredible organisations missed out on funding, so we feel very privileged to have been successful."*



Inclusive Arts charity launches ground-breaking video project

DanceSyndrome has launched a ground-breaking project in partnership with NHS England, creating a series of six informational videos which demonstrate the many ways that people with learning disabilities can live fulfilled lives, contributing to society and becoming visible leaders, performers, and advocates. The project has been supported by the national nursing directorate at NHS England and the videos will be shared with healthcare professionals, including Midwives and Learning Disability Nurses, to give them new insight into their work with individuals with learning disabilities and their families.

Since 2009, DanceSyndrome's Dance Leader team has grown to become a group of individuals with a range of disabilities including Down's syndrome, quadriplegia cerebral palsy, non-verbal communication, speech impairments and mental health conditions. Every member of the team is an inspiring leader in their own right, and they have all completed DanceSyndrome's unique Dance By Example leadership training. This qualifies them to co-lead inclusive dance workshops; each Dancer Leader works in partnership with a professional Dance Artist to provide high quality inclusive dance sessions for people with and without disabilities to enjoy together. They are all visible members of their communities, who can regularly be seen leading workshops, dance performances and community activities.

The videos in this new project combine information about how individuals with learning disabilities contribute to the services that DanceSyndrome offers with evidence of the health and wellbeing benefits of dancing, as well as the benefits that come from people being included, empowered, respected, connected and enabled to be creative.



The pioneering project presents inspiring case studies of people with learning disabilities who are pursuing careers in dance, as well as demonstrations of dance which are co-led by people with learning disabilities in line with DanceSyndrome's unique co-delivery model which puts people with learning disabilities in visible leadership roles.

Managing Director Julie Nicholson said *"This has been such an important project for DanceSyndrome. One of the most important parts of our mission is to change the way that people think about disability and what people are able to achieve with the right support."*

"The videos talk about how there is beauty and significance in all movement and the importance of adaptations in making activities truly inclusive and accessible. They show why inclusive activities are important for people with and without disabilities to make connections, build friendships and learn transferrable skills which can be used in all aspects of life. The aim is to help people to discover the power of creativity and why it is important to see people with and without disabilities collaborating to choreograph and perform high quality dance pieces in an inclusive, supportive way."

"DanceSyndrome has always aspired to extend our inclusive practices and impact beyond the dance world and into society in general and we strongly feel that this project will pave the way to a more inclusive future for everyone."

The videos can be viewed at
<https://learningdisabilitynurse.co.uk/dancesyndrome>



Lancashire Charity Founders Celebrate Best Businesswoman Award

Jen and Sue Blackwell from DanceSyndrome were announced as winners of the Charity Champion Award at the Best Businesswomen Awards which took place on Friday 30th September at The Hilton, Wembley. The Charity Champion Award celebrates a female founder of a charity that has had a huge impact on its service users. As a result of being chosen as winners, the awards organisers are committed to fundraising for DanceSyndrome for the following year, providing much needed financial support for a small, local charity.

As well as winning at the Best Businesswoman Awards, Jen has also recently been a finalist in the Charity of the Year category at the Enterprise Vision Awards and has also been nominated for the HER-Abilities Award at the upcoming She Inspires Awards in November.

Speaking about the award nominations, Jen said *"I'm honoured to have been nominated for not one, or two but three awards this year! Being nominated for these awards shows that people with learning disabilities can do amazing things with their lives if given a chance. Dancing is my life, I am passionate about dance and about supporting people like me to have opportunities in the dance world."*



Jen's mum, Sue Blackwell, DanceSyndrome's Chairperson, said *"I am incredibly proud to be the co-founder of DanceSyndrome alongside my daughter Jen and husband Malcolm. Being recognised, respected and valued for the person you are is a human right but not always afforded to a person with a learning disability. Awards are one way to redress that, especially awards like this where a person with a learning disability is able to compete with people without a disability on a level playing field, decided purely on the vision, determination and focus of the individual. As Jen's mum, I am delighted that her vision is affording opportunities to others equally passionate about dance and challenging and changing perceptions of people with learning disabilities."*

The award nominations came through following a number of other recent successes for the charity. They have had high profile TV appearances on ITV's Vick Hope's Breakfast Show and Channel 4's Steph's Packed Lunch, alongside Strictly's 2021 winner, Giovanni Pernice. DanceSyndrome was also recently awarded funding from The National Lottery Community Fund, the largest funder of community activity in the UK. The charity will receive almost £180,000 to continue its inspirational work to use dance as a medium to empower and make positive changes for people living with learning disabilities.



DanceSyndrome deliver Dance sessions in Accrington, Clitheroe, Preston and Chorley, as well as virtual sessions on Zoom.

To find out more, please visit www.dancesyndrome.co.uk



My Right To Be Safe



A 2-hour safeguarding workshop co-facilitated with self-advocates exploring safeguarding from the perspective of people with learning disabilities and autistic people.

By the end of the workshop participants will have:

- Discussed what being safe means to disabled people
- An understanding of abuse and what to do about it?
- Explored staying safe in relationships
- Explored staying safe during the COVID-19 pandemic
- Discussed what we can do together to support disabled people's right to be safe

The training is open to people in the Lancashire and South Cumbria areas and is funded by the Transforming Care Small Grants fund.

All training is linked to the Skills for Care Learning Disability Core Skills Framework and the Care Certificate Standards.

Target Audience

The workshop is aimed at community support workers, however it is suitable for family members and self advocates.

Delivery

The workshop will be delivered online using Zoom.

A link will be sent to each person booked on the training which will give them access to the sessions.

If enough people are interested and it is safe to do so we will deliver face to face training

Course requirements: internet access, webcam and microphone enabled laptop or iPad/ tablet. To enable a more effective training environment we advise attendees not to share equipment.



To book your place, join the Joint Training Partnership (it is free) via your preferred date. Courses are £10 per place. There are a limited number of free places available for self-advocates and family members on each course.

Monday 1st February
Wednesday 8th February

Time: 10 am – 12 noon

Please visit www.lscjtp.org.uk/events to book



If you need help booking a place please contact:



Nadia Tebbs

Nadia.tebbs@pathwaysassociates.co.uk

For more information, please contact:



Kim Doolan

kim.doolan@pathwaysassociates.co.uk

07939 127811



SENDIASS Volunteering Opportunity

If you have an hour or two free during the week and would like to help support our service users please apply to become a Befriender or supporter with Lancashire S.E.N.D. Information Advice and Support Service (SENDIASS).

As a volunteer you may be introduced to someone from your local area that we are supporting to establishing a mutually beneficial mentoring relationship. The volunteer will use their knowledge and training to provide the support and guidance required.

Alternatively you could help us to support our Officers with promotional events / producing publicity to promote the SEND IAS service.

Special Educational Needs and Disabilities Information Advice and Support Service or SEND IAS provides free impartial, confidential and accurate information, advice and support about education, health and social care for children, young people and their parents on matters relating to special educational needs and disability. Our vision is to provide impartial, accessible information, advice and support for all Lancashire families who have a child or young person that may have additional needs and/or disability. Lancashire IAS team's vision is to be fully compliant with the national minimum standards (2018).

Tasks – below are some examples:

- To support the individual on a 1 : 1 basis
- To support the person to achieve agreed goals and positive outcomes
- To provide regular feedback on the progress of an individual.
- Support the service by identifying new opportunities for promotion.
- Help distribute leaflets & posters within the local community
- To log volunteering hours monthly online and submit expenses where applicable.
- To complete minimum level training e.g. Safeguarding and commit to further training relevant to the role.

Criteria – below are examples:

- Must be over 18 years of age
- Our Befrienders/ supporters do not work with people who are family or close friends.
- Minimum commitment of 6 months is required
- Understanding of vulnerability
- Understanding and awareness of key issues that can affect lives i.e. mental health issues, misuse of substances -alcohol, drug abuse, etc.

Personal Qualities:

- Patience and understanding
- Be able to deal with difficult situations in a professional manner using own initiative
- Good communication and interpersonal skills
- Respect for equality and diversity
- Ability to use basic ICT systems

Training

Training will be provided in the form of peer support, distance learning or trainer led. Volunteers must have completed the required training before any activity can be undertaken and may be asked to regularly refresh training where required.

Volunteers will be expected to complete IPSEA level 1 online and face to face legal training.

DBS – This role is subject to an enhanced DBS check

If you are interested please email information.lineteam@lancashire.gov.uk or apply online <https://lancsvp.org.uk/opportunities/send-ias-support-volunteering-opportunity/>





Cost of living in Lancashire



Cost of Living Support

Find out what help is available for households in Lancashire.

Lancashire County Council has a new information hub where residents can see what support is available to help with the rising cost of living.

- Benefits and financial help
- Help with energy bills and ways to save energy
- Links to a network of Warm Spaces in Lancashire
- Support with access to food
- Holiday activities and food programme (HAF) – Christmas holiday activities for children eligible for free school meals and children with SEND
- Help with childcare costs
- Health and wellbeing information

Find out more at: www.lancashire.gov.uk/health-and-social-care/cost-of-living

Other Resources

Cosy Homes in Lancashire have put together a bespoke energy advice booklet, aimed specifically at Lancashire residents. The Little Book of Warm is packed full of useful information on ways to save energy, save on your energy bills and help the environment as well as lots of other things including a recipe section. Download a copy at: www.chil.uk.com/news/little-book-of-warm

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

www.familyfund.org.uk

Turn2us is a national charity providing practical help to people who are struggling financially.

Find out what benefits, grants and other schemes may be available to you. www.turn2us.org.uk

Does your family include a child or young person with SEND?

You are invited to attend a drop-in **Information Event** in your local area

SEND Information Events for Parents and Carers

Fun activities for children will be available – everyone welcome!

January 2023 –
venues and dates to be confirmed.

Please check the Local Offer website/facebook page for updates

Book a place on [Eventbrite.co.uk](https://www.eventbrite.co.uk) – search for Lancashire SEND Partnership.

SEND Family Fun and Information Events

Further sessions to be announced soon.



- Find out what's on offer in your local area
- Understand what services are available

- Discover local support groups
- Refreshments will be provided

Representatives from the following services will be available at some or all of the events:

- Lancashire Parent Carer Forum
- Break Time
- Inclusion Service
- Specialist Teaching Service
- Lancashire Local Offer
- Designated Clinical Officer Service
- POWAR youth voice group
- SEND Information, Advice and Support Team
- FIND Newsletter
- Young people's groups
- Transitions

Plus local service providers, support groups and lots more!

Between August 2022 and July 2023, we are planning 24 events, to take place in all districts of Lancashire.

Further dates will be shared on the Local Offer website and facebook page.

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



Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.

NHS
GP surgery

You can have the flu jab at your GP surgery.



Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.

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**HELP US
HELP YOU**
PROTECT AGAINST FLU

Flu Immunisation
Helping to protect everyone,
at every age

The Mental Capacity Act and Supported Decision Making



A one day workshop looking at the principles of the mental capacity act and how to provide the support needed for self-advocates to make their own decisions.

The workshop will include:

- An overview of the Mental Capacity Act.
- A focus on the Principles of the Mental Capacity Act and applying them to real life situations.
- Putting the Mental Capacity Act into practice.
- Upholding Human Rights in Practice.
- When a best interest meeting is needed.
- Exploring safe-guarding in terms of positive risk management/least restrictive practice.
- Where to find sources of information and support around good practice.

All training is linked to the Skills for Care Learning Disability Core Skills Framework and the Care Certificate Standards

Target Audience

The workshop is aimed at community support workers, however it is also suitable for family members and self advocates.

A choice of dates are available as follows:

Monday 20th February 2023

Thursday 23rd February 2023

Time: 10am - 4pm

To book please visit www.lscjtp.org.uk/events

Cost per place

To book your place, join the Joint Training Partnership (it is free) via your preferred date. Courses are £10 per place. There are a limited number of free places available for self-advocates and family members on each course.

If you need help booking a place please contact Nadia:

nadia.tebbs@pathwaysassociates.co.uk

For more information, please contact Kim:

kim.doolan@pathwaysassociates.co.uk

07939 127811

Lancashire and South Cumbria Joint Training Partnership

SEE ABILITY

Live. Love. Thrive. Belong.

Easy Eye Care

You need to have your eyes checked once a year

- 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.

Please turn over for the contact details of your local practices.

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

Fill in SeeAbility's "About Me and My Eyes" form before your appointment to give to the optician www.seeability.org/myeyes



The following practices offer the Easy Eye Care service in your area.

Lancashire and South Cumbria

Vision Serve - Blackburn

Morrisons,
Railway Road,
Ewood, Blackburn
BB1 5AZ
01254 447 520

Lakeland Optical (Main Street)

Main Street,
Grange-over-Sands,
Cumbria
LA11 6DP
01539 532951

Clare & Howard Ltd

20-21 High St,
Garstang,
Preston PR3 1FA
01995 602014

Tyrrells & Embery

6 Darwen Street,
Blackburn BB2 2BL
01254 53554

Alan Bowen Optometrist

7 Dingle Road,
Upholland,
Skelmersdale
WN8 0EN
01695 625437

Bagot Opticians

Kendal
10 Library Road,
Kendal LA9 4QB
01539 721619

Bagot Opticians Grange-over-Sands

7 Lowther Gardens,
Grange-over-Sands
LA11 7EX
01539 533909

Bagot Opticians Windermere

15 Victoria Street,
Windermere LA23 1AB
01539 446381

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

For more information, please contact Steve Kill on **07738 040307** or s.kill@seeability.org

SEE ABILITY
Live. Love. Thrive. Belong.



Primary
Eyecare

NHS

Lancashire County Council – contact details

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

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



**WORRIED?
YOU CAN TALK TO US**

Call Childline on **0800 1111**
or visit childline.org.uk/kids

Whatever your worry,
you can talk to us. It's free,
you don't have to tell us
your name, and you can
chat about anything.

childline
ONLINE, ON THE PHONE, ANYTIME

Childline is a service provided by the NSPCC (National Society for the Prevention of Cruelty to Children) 0800 1111 111. Registered charity number 269846. NSPCC is a registered charity in England and Wales. NSPCC is a registered charity in Scotland. NSPCC is a registered charity in Northern Ireland.



**Found a
place that
UNDERSTANDS
ME**

**OUR DEAF SERVICES
ARE HERE FOR YOU**

If you're deaf, we have services to make it as easy as possible to chat to one of our counsellors.

childline.org.uk/deafzone has lots of information to help you, including videos in BSL.

Our SignVideo Service also lets you **contact us through an interpreter**, and we've launched a new video service so you can chat to a **BSL-trained counsellor directly**.

So, if you have any worry at all, get in touch with us.

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC (National Society for the Prevention of Cruelty to Children) 0800 1111 111. Registered charity number 269846. NSPCC is a registered charity in England and Wales. NSPCC is a registered charity in Scotland. NSPCC is a registered charity in Northern Ireland.

Your Help Is Essential

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

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

Contributions for future issues – please contact FIND.

Email: FIND@lancashire.gov.uk

Tel: **01772 538077**



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

Editorial Group

Lancashire County Council

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Parent Representatives*

Nannette Holliday – Chorley

Julia Johnson - South Ribble

Lucy Ellis - Lancaster

Trish Dobson - West Lancashire

Sarah Lewis - Hyndburn

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

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 6th January, published March 2023

Summer issue – deadline for articles 31st March, published June 2023

Autumn issue – deadline for articles 30th June, published September 2023

If undelivered, please return to:
CCP Level 2, County Hall, Preston,
Lancashire PR1 8RJ

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



We also have a facebook page.

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

Get this free newsletter sent to your door

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

Name

Address

Postcode

Tel. No.

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

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

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