

FIND

Welcome to the Summer issue of the FIND Newsletter, 2019

Inside this issue you will find two moving and very personal stories from parent carers. On page 4, Katie describes the feelings of isolation that caring for a child with additional needs can bring. And on page 20, Anna talks about her son Tim, who was diagnosed with a rare brain tumour at the age of thirteen. Thank you both for sharing your stories.

Carers' Week 2019 takes place from 10th – 16th June, to raise awareness of the contribution many people make to their families and communities. Carers' Hub Lancashire are hosting coffee and chat events across the county – see page 5 for details. Fathers' Day also falls within Carers' Week on Sunday 16th June, so an extra special Happy Fathers' Day to all the dads that are also carers.

As we approach the summer holidays, you may be looking for ways to keep your child active. There are details of sports groups inside, and an interview with Ethan about his love of Street Dancing. You will also find information on Lancashire Break Time activities, which will run throughout the summer term and holidays.

Thank you to everyone that took part in the consultation on Lancashire Break Time and shared their views on the proposals. You can read an update on the consultation on page 15.

We always welcome stories, articles, ideas, letters and more from parents, children, young people and other family members. If you have something to share in a future issue of FIND, please contact us on **01772 538077** or email **FIND@lancashire.gov.uk**

Thank you for your continued support.

Sarah Deady

SEND Information, Advice and Support Team
Inclusion Service

 www.facebook.com/LancashireLocalOffer



"Have patience.
All things are difficult
before they become
easy".

Saadi

INSIDE

2. Live Life Festival
Learning More About Autism event
3. FIND out about SEND courses
Information, Advice & Support Team
4. Loneliness – a parent's story
5. Carers' Week
- 7-8. Support groups
8. Tired Out Support Hub
9. Sports Development Contacts
11. Street Dance Success
- 14-15. Lancashire Break Time
17. POWAR
18. Parents' Hints and Tips:
Preparing for School
19. Higher Education
20. Tim's Story
22. Volunteers Week
24. Our Health Day at Chorley
District Hospital
27. Lancashire County
Council contact details
Piccadilly Summer Fair



We're excited to officially announce that the Live Life Festival will be back on

**Saturday 6th July,
11am – 8pm.**

We're working in partnership with My Life My Way to bring you the inclusive festival for the North-West and this year it's going to be even bigger and better than before!

Pull on your blue suede shoes, sequined hotpants, kinky boots or even your raspberry beret for this year's theme – the retro carnival!

With live music on two stages, comedy tent, cabaret, theatre, festival crafts, fashion show, physical theatre, games, festival hair and make-up, circus, vintage vehicles, children's shows, exhibitions, stalls and more, plus great names from the world of entertainment to rising stars, there's something for everyone!

You can join the party early by sharing YOUR retro look on our Facebook page – you might even win best retro festival outfit on the day...

Tickets are just £5. You can buy yours online at: www.my-life.org.uk/product/lifelifestival or call **01257 472 900** today.

If you're an organisation that would like to showcase yourself to our vast festival audience, why not book a stall for just £20? You'll also receive free entry for ten people. Contact us on **01257 472 900** or email info@my-life.org.uk, but hurry, places do sell out fast.

The festival will take place at My Life, Thompson House Equestrian Centre, Pepper Lane, Standish, Wigan, WN6 0PP and is brought to you by My Life, My Life My Way, Aviva and Fest For All.

Come join the party!

Supporting Parents & Carers: Learning More About Autism

A **FREE** event for parents and carers supporting children and young people with autism, PDA and co-occurring ADHD.

The day will cover topics such as:

What does it mean to have ASD, PDA or ADHD?

Understanding & valuing developmental differences

Anxiety & sensory processing

Emotional resilience, wellbeing & positive communication

Support with dressing, eating, washing & sleeping

Event Date:

Saturday 29th June 2019, 9.30am - 4.00pm

Venue:

Cumberland School, Bridge Campus, Church Road, Bamber Bridge, PR5 6EP

Book online by visiting:

www.witherslackgroup.co.uk/events/autism-preston



Discover ideas and strategies that can enrich the lives of children with neuro-developmental differences and their families.

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



INFORMATION, ADVICE AND SUPPORT TEAM

for Special Educational Needs and Disabilities

FIND out about SEND

Does your child have special educational needs (SEND)?

Are you confused about the help that is available?

The Information, Advice and Support (IAS) Team run **free** courses across Lancashire for parent carers of children and young people who have or may have special educational needs or disability (SEND) and are at the **beginning** of the SEN support process.

Day time courses – 10:30am ~ 2:30pm

Tuesday 4th June – Wyre Youth Zone, Milton Street, **Fleetwood**, FY7 6QW

Wednesday 12th June – The Park Child & Family Centre, Norfolk Grove, Church, **Accrington**, BB5 4RY

Wednesday 19th June – County Hall, **Preston**, PR1 8RJ

Thursday 20th June – Skelmersdale Library, Southway, **Skelmersdale**, WN8 6NL

Evening courses – 6:00pm ~ 9:00pm

Tuesday 11th June – Clayton Green Library, Library Rd, Clayton-le-Woods, **Chorley** PR6 7EN

Tuesday 11th June – Morecambe Library, Central Drive, **Morecambe**, LA4 5DL

Thursday 20th June – Colne Library, Market Street, **Colne**, BB8 0AP

If you would like to find out more and to book a place call **01772 538077** or email **FIND@lancashire.gov.uk**

Places are limited and will be allocated on a first come basis.

Please note: This course is for parent carers whose child has not been through an assessment process for an Education Health and Care Plan.

Information, Advice and Support Team

We are currently working on a new SEND Information, Advice and Support website, where families will be able to access lots of information on a wide range of SEND topics. This will be a stand-alone website and separate from the Lancashire Local Offer. New features will include an Online Chat facility where you can message the IAS Team direct.

A group of parents took part in a Discovery, Definition and Design Workshop on 21st May at County Hall. Their input will contribute to the look, feel and content of the website, and will help to ensure it is user-friendly and accessible. Thank you to everyone that attended.

More information will be shared as work on the website progresses; in the meantime, if you have any ideas on what should be included, please get in touch.

Call us on **0300 123 6706**

Or email **information.lineteam@lancashire.gov.uk**



Loneliness



What does loneliness mean to you? According to the dictionary it is a feeling of sadness brought about by a lack of friends or company. From that description, you might ask how someone who has a husband, fantastic parents and many friends could possibly feel lonely? This is the question that I have kept coming back to on many occasions over the past couple of years, and one that I still struggle to admit to anyone, other than my long suffering Mum!

Then there is the constant explanations of why my daughter is behaving in a certain way and the almost script like speech I always seem to have prepared. Watching as her peers and even my friends' children realise that they are not getting back what they want from her, the gap begins to widen further. Seeing constant social media posts of certificates earned and sassy personalities developing, further supports the sense of our lives being poles apart from those around us, and at times can feel overwhelming.

We live in an age where we are encouraged to discuss our feelings, and the subject of mental health is one that we hear about on an almost daily basis. However a topic that I don't think is ever touched upon is that of the feelings and wellbeing of the parents of children with additional needs. Disability takes many forms and is often not visible to many, and this is where I feel it is those parents that may have the most difficult road to travel.

We have an incredible daughter who brings such joy to our lives. She is non-verbal and has complex needs, with the possibility of these being genetic in origin... so where does this leave us at present? In a limbo of figuring out where we all fit in and wondering how we can ever find somewhere with people that just 'get' where we are coming from.

Because it feels like once you have a diagnosis you suddenly know who your people are and that there is help available and waiting for you. Only recently I was told not to write down what my daughter's disability is because "she hasn't got a diagnosis of anything yet". As if this somehow lessens her needs and makes the need to know them unnecessary! We cannot find many groups that we feel we can attend, as once again there is a label attached to those who can come along and participate.

I think we all crave a feeling of belonging and being around people that we can relate to and in my case this has become increasingly more important. When I became a mum I instantly felt that I lost my identity and that I didn't know anything about who I was anymore, so making new friends began to feel like such a daunting task. This is made harder now as my daughter often doesn't want to engage in the same things as typically developing children and so we might only engage in a particular activity once, leaving little chance of us building any lasting relationships.

So sometimes all we might need is a stranger to smile at us or a fellow parent to take the time to ask about our children and engage in maybe the only conversation you have that day. To quote the words of Harper Lee "you never really understand a person until you consider things from his point of view - until you climb into his skin and walk around it." Maybe we just need those opportunities to open up more with those around us, and allow others to share in our experiences. Because we might be pleasantly surprised by where it all could lead!

Katie
Parent Carer

Acceptance, Support and Understanding

You can find details of local parent carer support groups on the **Local Offer**
W: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/help-for-parents-and-carers/parent-carer-support-groups

Contact (formerly Contact a Family) are the charity for families with disabled children. They can help you find local support groups and services in your area.
T: 0808 808 3555
W: www.contact.org.uk

Mental Health Helpline (Lancashire) is a free out of hours, person centred listening environment for people requiring emotional support in relation to their own mental health or that of someone they know.
T: 0800 915 4640 (Mon – Fri 7pm – 11pm, Sat – Sun 12noon to 12midnight)
W: www.lancs-mentalhealthhelpline.nhs.uk

The Lancashire Wellbeing Service is a free and targeted service which helps adults 18+ who have low level emotional health, lifestyle or social issues or long term health conditions. T: 03450 138 208
W: www.lancashirewellbeing.co.uk

MindsMatter, the Lancashire Care NHS service, offers access to talking therapies in Lancashire for adults aged 16+.
W: www.lancashirecare.nhs.uk/Mindsmatter

Lancashire Mind are an independent mental health charity based in Lancashire.
W: www.lancashiremind.org.uk

Carers' Week is an annual national campaign to raise awareness of the challenges Carers face and recognise the contribution they make to their families and their communities. Carers' Hub Lancashire have planned some opportunities for you to meet with other Carers and members of our team during this week. There is no need to book, please just come along.



10th June~16th June 2019

The Carers' Hub Lancashire works across the county as part of Carers Lancashire providing information and support services to Adult Carers (18+) and specialist support to Carers of adults (16+) with a mental health condition. These support services are designed to not only help a Carer continue in their caring role for as long as they choose but also to reduce the impact the caring role can have on their own health and wellbeing.

Monday 10th June

Bramley's Coffee House
6 Church Walks,
Ormskirk L39 3QS
3pm to 4.30pm

Tuesday 11th June

The Pavilion Café
Lowther Terrace, Lytham
St Annes FY8 5QQ
10am to 12 noon

Café Dolce
Preston Guild Hall,
Lancaster Road,
Preston PR1 1HT
10am to 12 noon

Wednesday 12th June

Esquires Coffee Shop
7 Cheapside,
Lancaster LA1 1LY
10.30am to 12 noon

Birkacre Garden Centre
Birkacre Road,
Chorley PR7 3QL
10.30am to 12 noon

Thursday 13th June

Brew me Sunshine
12 Victoria Street,
Morecambe LA4 4AE
10.30am to 12 noon

Valley Coffee Lounge
Fourfields,
Bamber Bridge PR5 6GS
3pm to 4.30pm

Friday 14th June

Knott End Cafe
3 Ramsay Court,
Knott End on Sea FY6 0EA
10.30am to 12 noon

n|compass northwest
looking towards a brighter future

NHS
Greater Preston
Clinical Commissioning Group

NHS
Chorley and South Ribble
Clinical Commissioning Group

NHS
Fylde and Wyre
Clinical Commissioning Group

Carers
Lancashire
Supporting carers locally

Lancashire
County Council

ARE YOU ARE A CARER? JOIN US FOR OUR CARERS DAY



MONDAY 10TH JUNE 2019 12.00 AM
GREENBANK LECTURE THEATRE
University of Central Lancashire, PR1 2HE



THE DAY WILL HAVE A FREE FILM SCREENING OF ROBOT & FRANK AND INFORMATION ABOUT HOW CARERS CAN GET INVOLVED IN EDUCATING STUDENTS AT UCLAN

WE ARE SUPPORTING THE 'CARE FOR A CUPPA' CAMPAIGN - SO JOIN US FOR A BREW

FOR MORE INFORMATION
CONTACT COMENSUS
01772 89 3818
comensusoffice@uclan.ac.uk



Monday 10th June
7:30pm



£5 per person or 3 Time Credits

Carers Week
10th June~16th June 2019



Papa Luigi.
Euxton, Chorley.
Booking essential via
High Five.

To book please send a message via Facebook.
www.facebook.com/HighFiveLancashire



Make your own hand tied flower bouquet

Wednesday 12th June
10am



Little Knowley Farm, Heapey Road,
Chorley. PR69BQ

£10 per person
Refreshments included



10th June~16th June 2019

To book please send a message via Facebook.
www.facebook.com/HighFiveLancashire



The Alabaster Jar

Pottery Painting and Ceramics cafe



£5 per person

Pottery Painting



10th June~16th June 2019

Friday 14th June 6pm

180 Pall Mall,
Chorley. PR7 2LH

To book please send a message via Facebook.
www.facebook.com/HighFiveLancashire

FATHER'S DAY CELEBRATION BURGER NIGHT

SATURDAY
15TH JUNE 7.30PM



We are giving our **High Five Dads** a well deserved night out and sending them to the Yarrow Bridge Flaming grill in Chorley to celebrate Father's Day and carers' week. Many dads are carers and are not often recognised so we want to make them feel special.

There is a great menu on offer from a meat feast challenge to Vegan burgers.

We have a maximum of eight places so it will be an opportunity for dads who have not met before to get to know each other and socialise.

Booking is essential due to limited places. Food is provided but you must pay for your own alcoholic drinks.

YARROWBRIDGE



BOLTON ROAD,
CHORLEY, PR7 4AB






10th June~16th June 2019


To book please send a message via Facebook.
www.facebook.com/HighFiveLancashire





Quality Time Jar

This is a lovely idea that I found online as an activity to do as a family or to make as a sentimental but inexpensive gift for Father's Day:

-  Find a clean glass jar big enough to take a good amount of modelling bricks (Duplo are a good size for this job!).
-  Write different fun activities that your child can enjoy getting involved in – feeding ducks, baking, making a robot, etc. A different activity onto each brick.
-  Put all the bricks into the jar and fill it up to the top.

 Add a pretty label to explain the gift.

 When there is time for some family time or as a treat, your child can draw a brick from the jar to enjoy.

 'Build' some lovely memories to look back on.



Hayley Monk

Lighthouse

Lancashire
County Council



Building your support network

Meet with other parents and carers in a relaxed atmosphere to chat and share experiences.



Lighthouse offers support, advice and guidance for parents and carers of children and young people who are diagnosed or are being diagnosed with special educational needs and disabilities.

We offer links with other agencies and guest speakers who may be able to offer further support and information.

Access services and peer support for parents and carers.

Activities available for pre-school children who are welcome to attend.
10.00–11.30 am

Group meets every 4th Friday of each month.

For more information please call:
01772 539680

Children and Family Wellbeing Service at Burscough Neighbourhood Centre, Station Approach, Burscough, L40 0RZ



All In is for parents/carers of primary aged children (4-11years) with additional needs to meet, chat and support each other, while your child has space to play.



Enjoy tea, coffee and cake



A space for your child(ren) to play



Meet other parents/carers



Share tips and experiences between others

There will be a café area in which parents/carers are able to relax and chat whilst your child(ren) is able to access a range of play activities, including a sensory area. Please note that parents/carers will remain responsible for your child(ren), however, there will be some team members who are happy to help.

By 'additional needs' we mean any extra condition that your child is living with which they need extra care for. This could be medical, developmental, physical, emotional or learning needs. There is no need to have a diagnosis.

When: Saturday 10am-12noon - We are a drop in session so come for how long works for you and your child(ren). There is no need to book, please just turn up.

Dates: 26th January / 30th March / 6th June / 3rd August / 28th September / 30th November

Where: Fulwood Free Methodist Church, Lightfoot Lane, Preston, PR2 3LT

Cost: £1 per child

Email: inclusion@fulwoodfmc.net

Facebook: facebook.com/allindropin

Website: www.fulwoodfmc.net

Telephone: 01772 861597

Please contact us if you have any questions.



everyone matters.

Everyone Matters is a new group for parents and carers of children and young adults with disability or S.E.N needs. You are welcome to join us every Friday afternoon between 1:00~3:00pm. Everyone Matters provides a friendly, safe and supportive environment for you to come and meet others and enjoy a free tea or coffee.

Brave Church, Watson Street, Oswaldtwistle. BB5 3HH

Tel: 01254 372771

Email: hello@bravechurch.co.uk

Website: www.bravechurch.co.uk

Action for ASD Children's Service Coffee Morning



Action for ASD's Children Service

Coffee Morning is run by parents and carers who have previously attended our cygnet training courses. They felt they'd like to stay in touch with the friends they had made on the courses. It is also a good opportunity to talk other parents who can share their experiences.

This group is open to parents & carers of children aged 0-19 years who have received a diagnosis of ASC or are currently seeking diagnosis. Come along for a brew & chat.

For more information please contact the Children's Service on 01282

415455 or

children@actionasd.org.uk

Venue:

Action for ASD Autism Resource Centre

Time:

11am-1pm

2019 Dates:

11th & 25th Jan

8th Feb

8th & 22nd Mar

5th April

3rd, 17th May

14th & 28th June

12th July

6th & 20th Sept

4th & 18th Oct

1st, 15th & 29th Nov

13th Dec

Please note the coffee mornings won't be taking place during the school holidays.

Practical Support & Friendship

Action for ASD | Autism Resource Centre | Suites 7 & 8 Kings Mill | Queen Street | Burnley | BB10 2HX.
Tel: 01282 415455

Registered in England. Company No: 4243981, Charity No: 1089341

Support Sundays

ONLY
£1 per
Child
3:30~5:30pm

For Families and Carers of Children with Additional Needs

All family welcome, special needs centered play and youth club activities for siblings too!

Come along for a coffee and a chat with carers and parents in a similar situation.

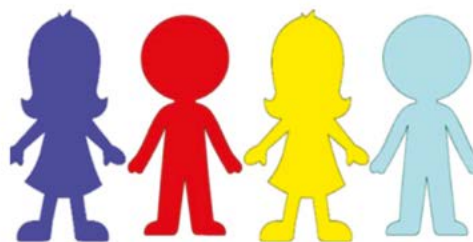
Forthcoming dates: Sundays 9th June & 14th July



Dallas Road,
Lancaster. LA1 1TP
parking available

LANCASTER BOYS+GIRLS CLUB
The positive place for young people

AUSOME PARENTS



OF PRESTON

This group has been set up to help parents of children with ASD/ADHD in the Preston, South Ribble & surrounding areas. Although it is a parent support group, adults that are on the spectrum are welcome too. Our aim is to arrange regular meet ups, so we can make friends, have a brew and a chat, support one another with ideas and advice and generally just have some ME TIME and a break from the norm. So if you do feel on your own, friends and family don't understand, or just need a break, please join us. Support is also available on the Facebook page if you can't make the meetings.

We meet twice a week 10am - 2pm every Thursday
& alternating Mondays & Fridays

Cafe Emmanuel

Plungington Community Centre, Brook Street,
Preston, PR1 7NB

To find out when the next meet up is
check the facebook group, the Community Centre or call me

For more information please get in touch:

Email: emmaleah2@btinternet.com

Mobile: 07527916037

Facebook group: AUSOME PARENTS OF PRESTON!!

STAY AND PLAY

Open to all families in the local community!

You do not need to be attending

Unique Kidz and Co to join us.

Every Wednesday Term Time 10:30 -
12:30pm Coffee and Cake!

Every Thursday Term Time 12:30 - 2:30pm
Sensory Room Session.

Our experienced playworkers,
Kathryn Everill and Christine
Brown will be planning and
supporting each session.



Unique Kidz and Co

For more information please
contact the office on
01524 831132

Woodhill Lane
Morecambe
LA4 4NW

Supported by
 Children in Need



Family Fund
Helping disabled children

Tired Out

Getting to the heart of tiredness

Are you a parent or carer of a disabled child? Are you tired all the time? Are you fed-up of struggling to find help and support to improve your sleep situation?

Tired Out is a support hub where families raising disabled and seriously ill children and young people can access and share advice, information and support on sleep issues in one place. Family Fund created this hub working in partnership with experts on child disability sleep issues. Tired Out draws on real life experiences of families with disabled and seriously ill children and highlights research, tips and tools that can help.



Visit the hub

www.tiredout.org.uk

Useful tips and guidance include:

- Bedtime routines
- Diet
- Night waking
- Bedroom environment
- Products and technology
- Medication

www.tiredout.org.uk

LEISURE AND SPORTS DEVELOPMENT CONTACTS

Lancashire Sport Partnership is the key strategic lead for the development of sport in the County:

www.activelancashire.org.uk/projects/disability-sport

The contacts listed below are the Development Officers in each of the local authorities who have the main responsibility for disability sport.

CHORLEY BOROUGH COUNCIL

Health and Wellbeing Team
Civic Offices, Union Street, Chorley Council PR7 1AL
Tel: **01257 515151**
Email: community.development@chorley.gov.uk

FYLDE BOROUGH COUNCIL

Ian Brookes, Sports Development Officer
Tel: **01253 658461**, mobile: **07584 088451**
Email: ian.brookes@fylde.gov.uk

HYNDBURN LEISURE

Tel: **01254 385945**
Email: contactus@hyndburnleisure.co.uk

LANCASTER CITY COUNCIL

James Burbidge, Sport & Physical Activity Officer
Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster, LA1 5JS
Email: jburbidge@lancaster.gov.uk

PENDLE LEISURE TRUST

Up & Active Team
Pendle Leisure Centre, Crown Way, Colne, BB8 9NP
Tel: **01282 661226**
Email: info@upandactive.co.uk

RIBBLE VALLEY BOROUGH COUNCIL

Peter Fletcher, Sports Development Officer
Council Offices, Church Walk, Clitheroe, BB7 2RA
Tel: **01200 414435**
Email: peter.fletcher@ribblevalley.gov.uk

ROSSENDALE LEISURE TRUST

Paul Gallagher
Email: Paul.gallagher@rltrust.co.uk

SOUTH RIBBLE BOROUGH COUNCIL

Suzanne Cubbon, Sports Development Officer
Civic Centre, West Paddock, Leyland PR25 1DH
Tel: **01772 625383**
Email: scubbon@southribble.gov.uk

If you live in an area not included above, and you know who the contact is in your area, please email us at:

FIND@lancashire.gov.uk and we will update in a future issue.

For further information on sports clubs, go to:
www.skybadger.co.uk/2017/01/21/sports-for-disabled-autisticchildren or:
www.parasport.org.uk



TURNING DISABILITIES INTO POSSIBILITIES

ALL SESSIONS ARE FREE OF CHARGE!

DANNY INGS
Disability Sport Project



AGES 16 AND UNDER



IMPAIRMENT SPECIFIC MULTISPORT SESSIONS

| Day | Impairment Type | Time |
|-----|-----------------------------------|---------------|
| Mon | Physical Disabilities (Ambulant) | |
| Tue | Wheel/Power Chair Users | 18:00 - 19:00 |
| Wed | Learning Difficulties (Under 8s) | |
| | Learning Difficulties (Under 16s) | 19:00 - 20:00 |

DISABILITY DANCE CENTRE FUN DANCE SESSIONS

| Day | Impairment Type | Time |
|------|-----------------|---------------|
| Tues | Pan-disability | 18:00 - 19:00 |



BURNLEY DISABILITY FC FOOTBALL SESSIONS

| Day | Impairment Type | Time |
|-----|-------------------------------|---------------|
| Fri | Pan-disability (Ages 4 - 11) | 17:00 - 18:00 |
| | Pan-disability (Ages 12 - 16) | 18:00 - 19:00 |



All of our sessions are delivered by highly qualified, experienced coaches that accommodate all abilities and disabilities at any of the sessions above.

For more information, please contact **Lewis Rimmer** on:
l.rimmer@burnleyfc.com or call **01282 704716**



All sessions are held at
The Leisure Box, Northlight, Glen Way, Brierfield, BB9 5NH



Preston Panthers



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

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

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

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

FREE
Taster Session

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

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

Ages 10+

SPRING into Sport



First session
FREE



£3.50 each
or **£10 for families of 3+**
6.30 - 8.30pm
Fortnightly on a Friday

A fun, inclusive sports and social group for children and young people with SEND and their families, run by people with learning & physical disabilities and qualified sports coaches.

Multi sports, dodgeball, cricket, athletics, sport based games and more!



Spring Projects

Please contact us for further information by emailing lewis@spring-projects.co.uk or call 01254 457026.

Venue: New Era, 1 Paradise Street,
Accrington, BB5 1PB

Street Dance Success

My son Ethan (8) has mild to moderate learning difficulties and struggles with spatial awareness, following instructions, social interactions and motor skills. He has been enjoying taking part in Street Dance lessons for fun and exercise for the past couple of years at DanceTalent Studio in Leyland. Since he started having dance lessons, we have noticed a big improvement in his gross motor skills, but the biggest benefit has been in his social interactions and confidence around other children. He has enjoyed making lots of new friends who are very supportive of him and understand his difficulties. He's even had a marriage proposal but says he doesn't ever want to leave home and live with a girl! He absolutely loves being part of a team and has just started entering Hip Hop UK competitions around Lancashire, competing in the Additional Needs categories. After his recent success at an event at the famous Tower Ballroom in Blackpool, I 'interviewed' him about his dancing. These are his thoughts:

Please tell me about your dancing.

My dance teacher is called Miss Sue and she loves me to death! She has lovely, beautiful, up-and-down hair and she is very funny. I have been making lots of good choices and I've been great at winning trophies.

How does dancing make you feel?

I feel excited because I get a medal for going to the competition and a trophy if I win and I can take my prizes to show in assembly. I have won 2 trophies and got 3 medals already.

What would you say to anyone else with Special Needs who would maybe like to try dancing?

To all my dance friends I would say "Well done for doing your best and trying new dances". To anyone who doesn't do dancing yet I would say "Learning to dance is super duper looper, triple it!"

What is it like taking part in a Street Dance competition?

When I'm dancing, the audience chant and clap for me. I feel like my heart is beating fast and I feel like I'm invincible and I might win. I want to know why they all chant for me. Am I the best??

Everyone feels proud of you when sometimes you're the only person dancing in that category and the whole room is watching just you.

Yeah, I like that! I like it when they chant "Ethan! Ethan! Ethan!"

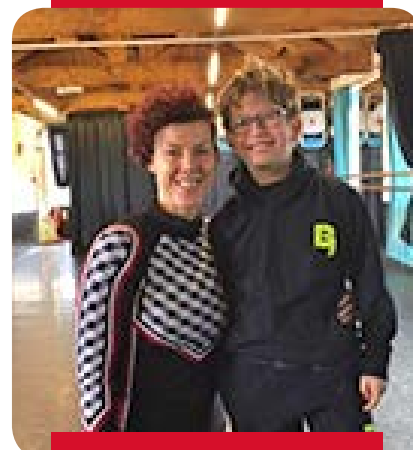
Hayley
Parent

Dance Talent Studio is at:
Knowles Mill, Longmeanygate, Leyland, PR26 7PA
T: 01772 623278 or 07866 770891
E: sue@dancetalent.co.uk
W: www.dancetalent.co.uk

Do you have a
success story to share?
Email us at:
FIND@lancashire.gov.uk



Ethan's medal for a set routine in Southport, November 2018



Miss Sue and Ethan



Ethan won two further trophies at his latest competition in Colne

**"When you have confidence, you can have a lot of fun.
And when you have fun, you can do amazing things".**

Joe Namath

Kangaroos

A trampoline session for children aged 3-11 with autism and their families.



Saturdays
2.30-3.30

Only £5 per session
(plus £2 per sibling)

Find us at:

- www.pctc.org.uk
- 01772 720 941
- Or email us at bounce@pctc.org.uk

X Height Climbing Wall

Exclusive sessions for
children / young people
with additional needs
and siblings (age 5+)



Salt Ayre Leisure Centre

Thursdays

4.00 & 5.00

8 Spaces on each session

£5 per climber

Booking essential via NLDG website

www.northlancsdirectionsgroup.com/book-online

or text Lucy Ellis on 07873818153

SEN SESSIONS

FOR 4 YEARS AND UPWARDS
ONLY £8.50 per session

These sessions give the opportunity for children with specific needs to enjoy our facilities in a quieter, calmer environment and meet other families facing similar issues.



Term Time Only
Every Wednesday
AT 4:45PM

#BUILDINGCONFIDENCE



For more information please enquire using the below details:

Book online: clipnclimbpreston.co.uk

Book over the phone: 01772 655220

Visit us: Millennium City Park, PR2 5BW

Booking in advance is recommended to avoid disappointment!

clip'n climb
PRESTON



PRESTON

ASD & DISABILITY Sessions

1 HOUR OF EXCLUSIVE TRAMPOLINING TIME

EVERY 2 WEEKS ON THURSDAYS AT 6PM

- A CONTROLLED SAFE ENVIRONMENT
- FRIENDLY FACES
- APPROPRIATE SOUND AND LIGHTING
- DLA PROOF REQUIRED
- £6 (FLIPOUT SOCKS REQUIRED)
- 1 CARER JUMPS FREE PER PERSON

TO FIND OUT MORE ABOUT OUR SESSIONS AND TO BOOK ONLINE VISIT FLIPOUT.CO.UK/PRESTON

FLIPOUTPRESTON
PRESTON@FLIPOUT.CO.UK

UNIT 1B, FISHWICK PARK, MERCER STREET
PRESTON, PR1 4LQ Tel: 01772 802055



JUNIOR DISABILITY SPORT SESSIONS



Tuesdays (Term Time Only)

5.30pm-6.30pm (7-11 year olds)

6.30pm-7.30pm (12-16 year olds)

(Sports Hall at Accrington Academy, BB5 4BA)



Accrington Stanley's disability sport sessions are a fun way to learn new skills and help you develop physically and socially. Sessions cover a range of sports and are engaging for children with a wide range of disabilities. You are able to turn up on the night, no booking needed.



FREE OF CHARGE!

For more information please contact:

01254 30 40 71

www.stanleytrust.co.uk



ADULT DISABILITY FOOTBALL SESSIONS



Thursdays 1pm-2pm

At Hyndburn Leisure Centre

Age 16+



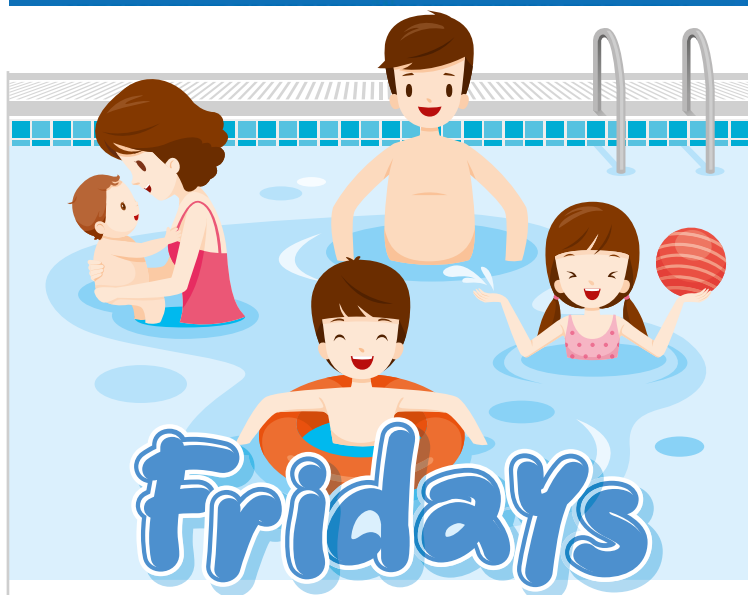
Our adult disability football session creates an accessible opportunity for adults to participate in football. The sessions are a great way to be physically active and socialize with others. Sessions are fun, engaging and safe for people with a wide range of disabilities.

£2 per session

For more information please contact:

01254 30 40 71

www.stanleytrust.co.uk



Fridays

**Park Pool Ormskirk
8pm ~ 10pm**

**West Lancashire Sports
& Social Club for the Disabled**
Families very welcome

Annual membership
Adults~£16 Children~£8

for more information contact:
Marion 01695 573000 or Pat 01695 727622

Registered Charity N° 1036502



**Special Needs
Swimming & Sports Club**

**We are an all-inclusive club open to
all families with any special needs.**

Cycling Sessions
Sundays from
1pm to 3pm

Swimming
Sundays from
3:30pm to 5pm

**Come along and check us out at a free trial
~ just turn up any Sunday
afternoon!**

Marl Pits Swimming Pool

Contact us

T: Paul 01706 222852 or Clare 01706 223566

Email:
rossendalerays@gmail.com

Website:
www.rossyrays.org.uk

Facebook:
www.facebook.com/RossyRays

Twitter:
www.twitter.com/RossendaleRays

Newchurch Rd,
Rawtenstall, BB4 7SN



SUMMER Inclusion Camp

Weekdays, 29th July - 30th August 2019

Providing opportunities for children, aged 7-19, with a disability or impairment to engage in a variety of fun activities in a safe and enjoyable environment.

Monday to Friday from 11am - 3pm at St Paul's Church, Ansdell & Fairhaven, FY81AG.

Minibus pick up is available from Thornton, but must be booked in advance. Call on the number below to confirm your place.



Contact Us

BFCCT
 @BFC_CTTrust
 bfcct
 01253 348691
 office@bfcct.co.uk

Lancashire

County
Council



Charity Registration Number: 1128235

BURNLEY PLAY ASSOCIATION
VANGUARD CENTRE BURNLEY BB11 4SD

Lancashire Break Time SUMMER HOLIDAY SCHEME for Children with Additional Needs

Play Activities include
Sports, Dance, Games, Arts, Crafts
Cookery, Lego Club, Sensory Play, Walking
groups, Outings

Booking Now
Open Tuesday to Friday Each Week
23rd July to 30th August
from 8.00am to 6.00pm
£3.00 per hour. 5hrs minimum booking
Booking is Essential—Places Limited

TEL: 01282 416194

Activities in Wyre & Preston Summer 2019



LANCASHIRE BREAK TIME



Activities for children and young people aged 8~18 with additional needs and disabilities living in Lancashire

Running for 4 weeks starting

Monday 29th July

Activities will include **Sports, Games, Arts, Crafts,**
Sensory Play & Cooking

Trip days including **The Space Centre, Bowling,**
Blackpool Tower Circus and more

£15 per session

For more information contact Play Inclusion Project on:
01253 899883 or email: **pip.bfw@ic24.net**

Lancashire
County
Council



"Today was good. Today was fun. Tomorrow is another one".

Dr. Seuss

Lancashire Break Time Consultation

Update from Lancashire County Council

We received over 750 responses to the consultation on our proposal to cease Lancashire Break Time (LBT).

We are considering these responses and are listening to what has been said. We need to find out further information and carry out more consultation activity with the parents, children and young people affected before our county councillors can make a fully informed decision about the service's future.

The county council's Cabinet will then make a decision in autumn, based on the findings of this activity along with the original consultation.

The Lancashire Break Time service will continue for the time being pending the outcome of the Cabinet decision.

Thank you to everyone that took part in the consultation and shared their views.

By the time you receive this newsletter we will have begun the further consultation; for updates please check the Lancashire Local Offer:

www.lancashire.gov.uk/SEND

and facebook:

www.facebook.com/LancashireLocalOffer

Lancashire Break Time

Activities are confirmed for the summer term (weekdays and weekends) and summer holidays up to 31st August 2019.

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

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

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

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

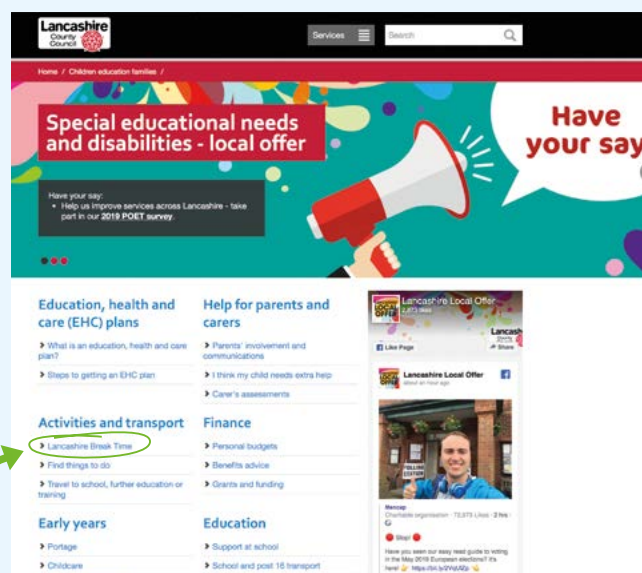
Who can attend Lancashire Break Time?

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

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

www.lancashire.gov.uk/send

Click on the Lancashire Break Time link as shown:





Children and Family
Wellbeing
Service

NEW

Stay and play support group for babies who received extra support following birth.

Weekly sessions delivered by Children and Family Wellbeing Service for families with babies and their siblings including treasure baskets, sensory play, arts and crafts, etc.

Occasional drop in by RLI ward staff and other relevant professionals
An opportunity to meet other families in the same or similar situations.

Starting 5th June 2019

Wednesdays 12.00-1.00

before AOK 1-3 (Additional Needs Support group)

Lune Park Neighbourhood Centre

Lancaster LA1 2LN

01524 581280



AOK

SEN Stay and Play

NEW DAY Wednesdays
1.00-3.00

Lune Park Children's Centre



Specialised stay and play peer support group for families with children with additional needs / disabilities aged 0-8 and their siblings.

A chance for parents to chat; children to socialise, play, use sensory equipment and play outdoors (weather permitting).

For children with or without a diagnosis.

Contact Lune Park 01524 382818 for information.

Lancashire
County Council



SEND/Portage Service
in partnership with
Preston Central Children &
Family Wellbeing Service

Lancashire
County Council



The Rainbow Playgroup

Preston Central Neighbourhood Centre
(previously Riverbank)
Brieryfield Road, Preston. PR1 8SR
Wenesdays 10:00am to 11:30am

Play and learn session
for children 0~5 years
with special educational
needs and disabilities.

Supported by Children's
Centre Staff and SEND/
Portage Service.



Home
START
Support and friendship
for families

Penguin Family Group

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

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

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

Children and Family
Wellbeing
Service

Lancashire
County Council



Working In Partnership with
Broadoaks Child Development Centre

POWAR

Here to Make a Difference

POWAR stands for Participate, Opportunity, Win, Achieve, Respect. It is Lancashire's Council for Children and Young People with Special Educational Needs and Disabilities. We hold regular meetings which are informal and fun. These meetings are open to secondary aged young people up to the age of 25. We also meet 6 weekly with primary aged children.

POWAR Meetings

Media group:

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

Tuesday 4th June, Tuesday 2nd July
6:00 ~ 8:00pm

POWAR Combined:

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

Tuesday 18th June, Tuesday 16th July
5.30 ~ 7.30pm

Young Inspectors:

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

Tuesday 11th June, Tuesday 9th July
6:00 ~ 8:00pm

The regular meetings on a Tuesday evening do not take place during the summer holidays, so please get in touch to find out what groups and opportunities are happening throughout August.

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

Blog written by POWAR member, Oliver Moores, aged 18

Recently, POWAR have been doing a lot of work with the Inclusion Team at Lancashire County Council, including giving recommendations on how best to improve the Local Offer for Lancashire and make it more user friendly for young people and their families. We have also done some filming, where we talked about all the transitions we have been through. This could have included the transition from primary school to high school, or high school to college. I feel this is really important because it is a key time in people's lives when they are going through a transition. POWAR think it is vital for all young people to get the best support possible and be listened to, with their views at the heart of all decisions made in that transition. We were filmed and asked questions, such as what could Lancashire do better to support us, and what we have liked and disliked during the transition in our lives.

This was to help Lancashire County Council find best practice when supporting young people through their transitions.

I have really enjoyed participating in the filming and having the opportunity to put my views forward about the transition process.



Parents' Hints and Tips

Preparing for School

Starting a new school, or returning after the long summer holidays, can be daunting, and for a child with additional needs, it can be very stressful. We have put together some ideas below that you may find useful in preparing for the big day.

Write a shopping list with your child of all the things they will need for school – uniform, shoes, PE kit, pencil case, etc. Let them choose some items themselves, such as a school bag or lunch box. Check with the school if they have second-hand uniform for sale – some schools hold a uniform sale at the end of the summer term.



Let your child dress in their uniform and make a school corner at home. Make it fun and exciting and tell your child how grown up they are and how proud you are of them. Our daughter loved practising sitting on a carpet for a short story and then getting a star sticker for good listening. We also bought story and sticker books about starting school to share together.

Did you know that Marks and Spencer have a school uniform range specially designed for children with sensory issues, or those who just need a little extra help when dressing. Itchy care labels have been moved into pockets so they don't irritate skin, trousers and skirts have elasticated waists rather than buttons/zips and shirts have Velcro fastenings instead of buttons. See the range at: www.marksandspencer.com/l/kids/school-uniform/easy-dressing-school-uniform-range

Having new shoes fitted can be an anxious experience for some children. Clarks shoe shops offer a free appointment with a trained children's fitter, at a time that suits you. Call the appointment helpline on **0844 248 8408** or book an appointment online at www.clarks.co.uk/measureandfit-in-store If your child has different sized feet, they can supply most shoes in odd sized pair – just ask at your local store. Members of TAMBA (Twins and Multiple Births Association) receive a 10% discount on full price footwear and accessories for all children in the family up to age 16. Show your valid TAMBA/IMBA membership or e-membership card at the till.

Take photos of your child's teacher, teaching assistant and Senco and also key areas of the school, eg their classroom, the dining room, toilets, etc. Put them in a scrap book with names/labels and talk about them during the summer holidays. If you know other families at the same school, arrange to meet up for "play dates" over the holidays.

If your child is not fully continent when they start school, make sure you have an intimate care plan in place. This will include where and by which members of staff they will be cleaned and changed. This, along with any requirements surrounding eating, drinking or taking medication should be noted in their Education Health and Care Plan (EHCP) or Statement of SEN.

Build good relationships with your child's Teacher, TA and the school SENCO. Don't be afraid to voice concerns or worries early on, as they are just getting to know your child. Use a home/school diary to write about the day's/evening's events for each other. Suggest ways of working that your child enjoys, as every child has a different learning style.

If your child is moving up to high school or college and currently uses transport provided by the local authority, they may be eligible for Independent Travel Training. One to one training teaches road safety, using money, travelling by bus and other skills. Once the young person is confident and able to travel alone, they will be given a bus pass and be ready to take the next step to independence. For more information contact independenttraveltraining@lancashire.gov.uk

Do you have any tips to share with other parents? Are there any businesses or services you would recommend to families of a child with SEND? Email your ideas and suggestions to FIND@lancashire.gov.uk



Higher Education

Are you a young person considering going to University and worried about the effect your disability will have? If you have the qualifications and the drive to enter higher education, disability shouldn't be a barrier - with the appropriate support, most subjects can be accessible.

Every year more people living with a health condition or disability consider higher education as an option, and the processes to make sure they have an excellent learning experience are well understood and recognised by universities and colleges.

A wide range of student services are available including money advice, accommodation, counselling, health and wellbeing centres, careers and employment advice and disabled student services. Disabled student services are responsible for delivering the university's commitment to equality, and for making sure any reasonable adjustments needed are in place.

Under the Children and Families Act 2014, young disabled students with education, health and/or social care requirements can ask for an assessment of their needs. Local authorities in England must carry out an assessment and prepare an Education, Health and Care (EHC) Plan for those who need one. If you're not eligible for an EHC Plan, you can still ask for an assessment of your care and support needs. If you're eligible for support, you'll be offered a personal budget to pay for services. The assessment will be carried out by the local authority in your home area, even if you are studying elsewhere.

If you have health related issues, remember to register as early as possible with a local GP where you will be studying. Student services may have details of local GP practices, or you can find one online at www.nhs.uk

Disabled Students' Allowances (DSAs) can cover some of the extra costs you may have at university due to a disability. You can get these allowances on top of your other student finance, and they are not loans so you will not need to repay them. How much you get depends on your individual needs, not on household income.

You can get help with the costs of:

- specialist equipment, for example a computer if you need one because of your disability (you will need to pay the first £200, which is the minimum cost any student would need to pay for a computer)
- non-medical helpers
- extra travel because of your disability
- other disability-related costs of studying

You can apply for DSAs at the same time as making your main student loan application. Tick the DSAs box and you will be sent an application form with your basic details already filled in. You'll need to complete and return the form to Student Finance England, along with medical evidence of your disability.

Once your eligibility is confirmed, you will be asked to attend a needs assessment. The needs assessor will identify areas where you might benefit from support and what would work best for you. They will then send their report to Student Finance, and you will get a copy if you wish.

Personal Independence Payment (PIP) is for people who need help taking part in everyday life or who find it difficult to get around. PIP is replacing Disability Living Allowance (DLA) for people over the age of 16. Sometimes the activities you do as part of your course can suggest that your daily living or mobility needs have changed and you can be asked to undergo a reassessment. If you get PIP, you can receive more support with living costs than other students.

Find out more about PIP and how to make a claim at:
www.gov.uk/pip or call 0800 917 2222

Disability Rights UK have a really useful guide to starting university for anyone with learning, health or disability issues.

Download a copy at:

www.disabilityrightsuk.org/sites/default/files/IntoHE2016.pdf

More information is also available on their website:

www.disabilityrightsuk.org



Disability Advisory and Support Service and University of Manchester Assessment Centre

Disabled students make up over 15% of University of Manchester students, and we're proud to offer an accessible and inclusive service.

The Disability Advisory and Support Service (sometimes called the DASS) are here to support you in your studies, work, and the rest of your University experience.

The easiest way to register with us is to tick the disability box when completing your UCAS form, or you can contact us directly. Once you're registered, we will look at creating a University Support Plan that describes the support that the University will put in place for you.

You will be allocated a named Disability Adviser in the Disability Advisory and Support Service, who will be your main point of contact to discuss any disability and study related difficulties that you may be experiencing.

For more information, visit: www.dso.manchester.ac.uk



MANCHESTER
1824

The University of Manchester



Tim's Story

Tim was born following IVF and he was my second child. I noticed as a baby his eye contact was not very good and at two years of age he spoke few words. Tim seemed content in his own world and I often had a two-way conversation with myself as he chose not to join in, but I didn't give up I just felt daft asking and answering my own questions! I found out that when we visited a zoo or aquarium he seemed to become animated and gurgle or babble, so that was his key to communication and we visited Blackpool Zoo very frequently! Later in life Tim was diagnosed on the Autistic Spectrum and with Dyslexia.

As many parents with children who have additional needs will know, it can be a constant struggle to gain help for our children in the classroom. Tim was fortunate to have some fantastic Teaching Assistants to help him with his learning, but more importantly to manage his emotions. They allowed him to express his emotions without being labelled 'naughty' and helped him to socialise. Tim found his Dyslexia frustrating, he got angry and put a lot of pressure on himself, but he was turning a corner and doing really well.

As a mum I think you could describe me as a 'warrior mum', trying to find out as much as I could about neuro-diversities and co-occurring invisible disabilities. I helped with a local voluntary Dyslexia charity to provide advice to other parents/carers, and studied for a degree in Psychology in Education. However, I feel that networking with other parents of children with SEN really helped me to find the positives in my children and family life. Due to the educational system we often need to dwell on and report our child's most negative characteristics, in order to 'prove' to educational and health professionals that they deserve funding and help. This takes an emotional toll. Therefore, I tried to celebrate the positives and create positive experiences where my sons could excel, especially in outdoor activities. I am now so glad that we did as I have many happy memories and photographs of Tim trying new things and enjoying life.

I am proud that at thirteen years old Tim was developing into a self-assured, compassionate young man with quite a sense of humour. He was doing very well in a mainstream School, and this Easter he should have embarked on a trip of a lifetime to China with his peers. However, in June last year Tim started having recurrent headaches and vomiting. His condition was confusing as Tim would have a bad day, feeling totally drained and unable to get out of bed, and the next he could be active and all smiles as if he was back to normal. We took Tim to A&E twice, the Doctor's Surgery and the Hospital Paediatrician. They all thought he had cyclical migraines and prescribed anti-sickness tablets, that had no effect. Tim went for an MRI scan at the Royal Preston Hospital on 6 September. This was when our world shattered and fell apart as they found a huge mass in his brain, and he was rushed to the Royal Manchester Children's Hospital. The shock was overwhelming, only two weeks before Tim had a two-hour snowboarding lesson and had been kayaking with his brother on holiday.

Tim asked me if it was cancer and I said in my best confident voice, "Oh they don't know yet, don't worry", but he was bright - of course he was worried. Tim said he had been lucky that he got on with almost everyone in his life, he always worked hard at school and he had had a wonderful life. We said how we loved each other, and I think we were all crying by now and he said; "Mum we have never been so soppy have we!" I'm glad we got to have that heart to heart conversation, as shortly afterwards his condition worsened, and he needed an emergency operation. All together Tim had four operations and several MRI scans whilst at the Royal Manchester Children's Hospital. Tim was now kept paralysed and sedated on the Paediatric Intensive Care Unit linked up to so many machines and cannulas that you would not believe. It was like existing in a surreal world and it is a parent's worst nightmare where you feel helpless, all you can do is just be there for them.

It is only at times like these that you realise how important the Ronald MacDonald Houses are for families. I did not often leave Tim's side but if I needed a shower I could be back within minutes, if there was any change in his condition the ward could ring straight to the room. There was somewhere to prepare food whilst waiting to hear news from the two seven-hour operations he had.

The Consultants said that Tim was unlucky as he was diagnosed with a rare but very aggressive grade 4 glioblastoma tumour, and the speed of his illness was unusually rapid due to a mutation. Brain tumours are the leading cause of childhood cancer deaths in the UK and in Tim's case his prognosis was less than 10% one-year survival rate. Tim died on 17 September ten days after his initial MRI scan. This is known as an acute death as it was so quick from diagnosis. Tim never got the chance to see if radiotherapy or other treatments could have helped.

Subsequently, I have found out that teenagers often take longer to get a diagnosis of brain tumours than children under the age of twelve. This is often due to symptoms being superficially like other factors more prevalent in teenagers, such as school anxiety and migraine, thus rendering misdiagnosis more likely. The HeadSmart campaign provide posters and symptom cards to help provide information so that an early diagnosis of brain tumours can be made. There is a website to help parents spot the warning signs and symptoms of babies, children and teenagers with brain tumours. The link to their animated film clip is: <https://www.youtube.com/watch?v=mRfmgXGc3GQ&feature=youtu.be>

We are in the process of setting up the 'Tim Hindle Memorial Award for Resilience' at his High School, which I feel is a fitting tribute to his short but very meaningful life. I am also thrilled that Gary Hardman, who was one of Tim's Teaching Assistants is training for a 500-mile challenge in Tim's memory, and to raise funds to help purchase an iMRI Scanner for the Royal Manchester Children's Hospital to help other families who may have a child with a brain injury.

Anna Hindle
Parent Carer



Common features are persistent headaches, sickness or feelings of nausea, balance problems, blurred or double vision, seizures, delayed puberty or behaviour changes such as having less energy.

I would urge parents to familiarise themselves with these, as although it is rare it happened to us. I have wondered whether Tim's Autism and neurodiversity were linked to the brain tumour in any way, and I understand there is preliminary research planned to investigate this area, but so much is yet unknown.

I set up a muchloved.com tribute page to remember Tim, and it provides an online space for friends and relatives to add thoughts, light virtual candles and add photographs, film clips or stories, and raise funds towards the two charities that we chose. I have found that in Lancashire there is very little specific bereavement support for families who have lost a child. We are being supported by the excellent Derian House Children's Hospice in Chorley.

The Brain Tumour Charity

The Brain Tumour Charity is at the forefront of the fight to defeat brain cancer and helps the lives of people with a brain tumour and their families.

W: www.thebraintumourcharity.org

iMRI Scanner Appeal | RMCH

Transforming brain surgery at Royal Manchester Children's Hospital. Help us make a difference - donate to the iMRI Scanner Appeal The iMRI Scanner Appeal aims to raise £4m to purchase state-of-the-art intra-operative Magnetic Resonance Imaging (iMRI) equipment that will revolutionise surgical care at Royal Manchester Children's Hospital.

W: www.rmchcharity.org.uk/imri-appeal

Three Peaks 500 Mile Challenge in Tim's memory, taking place first week of the school summer holidays. If you would like to donate, visit: www.justgiving.com/fundraising/gary-hardman2



royal manchester
children's hospital **charity**
Making a difference for every child, every day





Volunteers' Week is a time to say thank you for the fantastic contribution volunteers make.

VOLUNTEERS' WEEK 2019

During the week, hundreds of events and celebrations take place across the country, saying thank you to volunteers and recognising their invaluable and diverse contribution to the UK.

Find out more at:
<https://volunteersweek.org>

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too.

It's human nature to feel good after helping someone out. Volunteering can also help you gain valuable new skills and experiences, and boost your confidence.

Time Credits

Chorley Borough Council launched a Time Credits programme in 2012 across the Chorley area, in partnership with Tempo.

EARN TIME CREDITS
through giving time to your community

SPEND TIME CREDITS
on hundreds of activities across our national Spend Network

One Time Credit equals access to 1 hour of activity



Craft Session



**Thursday
6th June 7pm**

High Five Office, Chorley

£5pp or 2 Time Credits
Snacks included



To book please send a message via Facebook.
www.facebook.com/HighFiveLancashire

Time credits are a way of thanking volunteers for the time that they give to their local community. If a person gives 1 hour of time to a community organisation, they earn 1 Time Credit that can be spent on a range of activities in the local area, for example a children's soft play centre.

Time Credits look similar to bank notes but have no monetary value. The Chorley note has a picture of Astley Hall on the front.

Individuals earning Time Credits are able to spend them at local venues and events, or across Tempo's national network.

To find venues accepting Time Credits please visit
www.timecredits.com
or have a look at the Lancashire Time Credit Facebook page.

Community Development and Volunteer Training

Did you know that we can offer a range of **FREE courses*** to Community Groups and Volunteers including:

- Get Into Volunteering
- Volunteering Training Programme
- Befriending
- Singing for Health and Happiness
- Community Choirs
- Dementia Friends
- Community Projects (Various Themes)

To find out more about volunteering, visit the Lancashire Volunteer Partnership website: www.lancsvp.org.uk



We can run sessions in a wide range of community venues at a time and date suitable for your group. For more information or to arrange a course for your group please call **0333 003 1717** or email proteam@lal.ac.uk and speak to our Partnership and Recruitment Officers.

| COURSE | VENUE | DAY | TIMES | DATE | WEEKS | COST |
|-----------------------|--|-----|------------------|----------|-------|------|
| Get Into Volunteering | Space Centre, Preston | MON | 9.30am – 11.30am | 3rd June | 1 | FREE |
| Get Into Volunteering | Great Eccleston Village Centre | THU | 9.30am – 11.30am | 6th June | 1 | FREE |
| Dementia Friends | Crawshawbooth Village Centre and Library | WED | 1pm – 3pm | 5th June | 1 | FREE |
| Dementia Friends | Haslingden Community Link | FRI | 1pm – 3pm | 7th June | 1 | FREE |

*Must meet suitability criteria and be aged 19+. Call for more information.



**Lancashire
Adult Learning**

**Want to develop your skills and give something back?
Why not become a volunteer?**

**This programme includes FREE accredited training
in First Aid and Food Safety and covers:**

- Finding out about volunteering
- Volunteering and voluntary organisations
- Working as a volunteer with a chosen organisation
- Health and safety
- Safe and sound awareness
- And much more

FREE
**Volunteer Training
Programme**
for new and existing
volunteers, aged 19
years and over



For more information or to book onto a course close to you please contact:

☎ **0333 003 1717** ✉ proteam@lal.ac.uk



The Learning Disability Nurses
working at LTHTR Royal Preston
Hospital and Chorley District
Hospital would like to invite you to

Our Health Day



This is a free event at Chorley District Hospital for people with learning disabilities to come and meet people from our hospital.

There will be free lunch, games, a raffle, stalls and activities.

The hospital have various Learning Disability work groups that look at how we can improve our health service. We would like to invite people with learning disabilities to join some of our groups.

We hope to see you at Chorley District Hospital for our Health Day on 7th June 2019.

The Learning Disability Nurse Team

Chorley Health Academy 3
10am-3pm 7th June

Excellent
care with
compassion

The Learning Disability Service

LearningDisabilityService@LTHTR.nhs.uk

@LancsHospitals

SATURDAY MORNING ACTIVITY CLUB

Fleetwood Town Community Trust
and Blackpool FC Community Trust
are running an inclusion activity!

VENUE:
The Zone,
Milton Street
Every Saturday
10:30am-1:30pm

- ✓ Are you aged between 8 and 20 years old?
- ✓ Are you interested in taking part in group activities like Arts & Crafts?
- ✓ Enjoy and take part in Multi sport games and other activities!

CONTACT:

Mike Lee ~ Inclusion Officer
Tel: 01253 348691 Email: michael.lee@bfcct.co.uk

John Hartley ~ Community Sports Development Officer
Tel: 01253 208442 Email: john.hartley@fleetwoodtownfc.com

Autism Support

for ages 5~18

Are you interested in making friends in a relaxed environment without any pressures?

We are a new group getting together for an hour & a half each week.

Join in activities if you want to.
Bring your parents/carers.
Bring your friends.

After school Autism group
Every Thursday term time,
3:30 ~ 5:00pm.
at:
St Pauls Church
Chapel St, Longridge. PR3 3WG
In the Centenary Room

Tea & Biscuits provided, please bring a small donation.



Do your Arts Award in Inclusive Performing Arts with TramShed!

- Aged between 11 and 25?
- Interested in theatre and performance?
- Would you like to gain a nationally recognised qualification in the Arts?
- Arts Award inspires young people to grow their arts and leadership talents: it's creative, valuable and accessible



For more information or to apply:

Call: 07852 498427 E: tramshedtheatre@hotmail.co.uk

W: www.tramshed.org.uk @tramshedtheatre

Registered Charity: 1109987



LEGO CLUB

Skills - Creativity - Friendship

Wednesdays 4pm ~ 5pm
Ages 4~12 £3 per person
Broadway Rooms
St Nicolas Church, Fleetwood

Sessions are designed to be fun, engaging and creative. Children develop a variety of skills during the sessions through team challenges, free building, models and following topics. With lots of models to build children can decide which task they would like to join each week. They help to guide the sessions with ideas, choices and decisions so that they are child led with adult guidance.



Helps children build and develop skills including, social communication, confidence, attention and focus, patience, resilience, imagination, creativity, story telling and building friendships. While also developing fine motor skills and dexterity.

Bamboo@imp-edu.com



*DBS Checked



STEM SCIENCE CLUB

Wednesdays 5:15pm
Ages 5~10 £3 per person
Broadway Rooms
St Nicolas Church, Fleetwood



Children are engaged in fun and practical experiments, challenges and discovery. They build on and develop skills such as, team work, communication, fine motor skills and most of all they make new friendships, developing social skills while focused around STEM topics



Children have the option to follow the CREST Awards Scheme, we implement the challenges into sessions and work towards to the award over a period of time. The Crest Award is nationally recognised and so children can include this in their learning journey at home

Bamboo@imp-edu.com
find us on Facebook



Learn to Sing with your Signs



Join us **MONDAY 6pm-7pm @**



Woodhill Lane, Morecambe LA4 4NW

Sign Out Loud translate the songs you love into Makaton signs. So you learn in a fun and active way with our registered Makaton Tutor. It doesn't matter what ability you have or what age you are. £5 each. No need to book just turn up. Everyone is welcome!

f @SignoutloudLC

Free On-Street Parking | Wheelchair Accessible | Licensed Bar
Tea & Coffee | Disco Ball | Live Football
Pints of Beer from £2.50 | Half Cola 60p | Loads of Seats

MONDAY NIGHT OUT

WEEKLY PAN-DISABILITY SOCIAL EVENING FOR ADULTS
DJ - SINGALONG DISCO - BOARD GAMES - PLAY YOUR CARDS RIGHT & MORE!



EMPIRE SERVICES CLUB | **EVERY MONDAY**
HARTINGTON ROAD PR1 | **6.30-9PM**
8PP | **£3 ENTRY**

COMING ALONE? SIT WITH US ANYTIME AT THE #TEAMMONDAY TABLE AND WE'LL
CHAT, PLAY GAMES AND HELP INTRODUCE YOU TO OTHERS.

FOR MORE INFORMATION CONTACT
PRESTON LDAS ON 01772 381062

SATURDAY SOCIAL AT THE BASE

for young people with learning disabilities, age 16-25

Saturdays
10am-3pm
From 6th July 2018



The Base is a daycentre for adults with learning disabilities and currently runs a weekly timetable of activities Monday to Friday, year round for those age 18 plus. We have accessible facilities, lots of onsite activities, a large open plan hall and a well trained and experienced care team able to deal with a wide range of support needs and behaviours.

The point of the Saturday Social is to offer families of younger people with learning disabilities daytime respite during weekends, whilst providing an opportunity for young people to socialise in a fun and safe environment – making new friends, trying new things and learning new skills.

The cost will include support on a maximum ratio of 4 to 1 (for low to medium support needs) and all activities. We can help with funding applications or accept direct payments.

If you are interested in being added to our waiting list to start in July or have any queries, please contact Tracey or Alan on 01254 883 382.

*Higher levels of support or longer days can be provided at an extra cost by prior arrangement.

The Base, Queen Street, Gt Harwood, BB6 7AT

T: 01254 883 382 E: a.wilkinson@highfieldservices.net W: www.highfieldservices.net

***£30**
per session

NEW MEMBERS WELCOME

AUTISM SPECTRUM FYLDE COAST MEET-UP

f Find us on
Facebook



A group for like-minded adults to meet occasionally for intelligent conversation & optional activities e.g. meals out in quiet restaurants, bowling, archery, etc.



<https://www.facebook.com/groups/1958095580901946/>



Becky_boo1967@yahoo.co.uk



07884 255139



Pub Night Out **18+**

for people with learning disabilities

Last Wednesday Of The Month



For more information contact Lucy on 07762 964728

The Black Dog - 384 Union Road
Oswaldtwistle - Accrington - BB5 3NW

Please note that the pub will also be open to the general public during this event

Lancashire County Council – contact details

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

| | Service | Number |
|-------------------------|---|---------------|
| Corporate Services | Signposting / General enquiries | 0300 123 6701 |
| | Libraries | 0300 123 6703 |
| | Library Service Automated Renewal Line | 0300 123 6704 |
| | Registration and Certification Service | 0300 123 6705 |
| | School Admissions | 0300 123 6707 |
| | School Appeals | 0300 123 6708 |
| | Lancashire Adult College | 0300 123 6709 |
| Care Connect | Social Care | 0300 123 6720 |
| | Safeguarding Adults | 0300 123 6721 |
| | Emergency Duty Team | 0300 123 6722 |
| County Benefits Service | Care And Urgent Needs | 0300 123 6735 |
| | Blue Badges | 0300 123 6736 |
| | NoW Card | 0300 123 6737 |
| | Schools Transport | 0300 123 6738 |
| | Welfare Rights | 0300 123 6739 |
| Environment | Anti-social behaviour on buses | 0300 123 6782 |
| Local 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 |

PICCADILLY

Summer Fair

Saturday 8th June 11am – 3pm

Fun for all the family: Ice cream | Owl Display | Plants for sale | BBQ and Salad Bar | Cake Stall | Arts & Craft stalls | Live Music | Raffle | Games Room | enjoy exploring our gardens | **and so much more!!**

Piccadilly Garden
Piccadilly, Scotforth, Lancaster, LA1 4PX
www.piccadillygarden.com | 01524 847685

celebrating **30** years

Your Help Is Essential

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

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

Contributions for future issues – please contact FIND.

Email: **FIND@lancashire.gov.uk**
Tel: **01772 538077** or **01772 532509**



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

Editorial Group

Information, Advice and Support Team

Sarah.deady@lancashire.gov.uk
Pauline.mansley@lancashire.gov.uk

Parent Representatives

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

Voluntary Organisation

Tom Harrison – Community East Lancashire Health

Health

Catherine Howson – Lancashire Care NHS Foundation Trust

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

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

If undelivered, please return to:
Room CH1:53, County Hall, Preston,
Lancashire PR1 8RJ

Would you like to receive the FIND Newsletter via email? Please email:
FIND@lancashire.gov.uk
to update your details.



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

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

The FIND 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.