LONGSANDS LINK – 3rd December 2021

END OF TERM

Don't forget that school will close at **2.00pm** on **Friday 17th December** for the Christmas holidays.

KS2 CAROL SERVICES

Please see the dates below for the **KS2** Carol Services next week. The dates on last weeks Link were incorrect, these were amended and sent out to Parents on Monday by text and via Seesaw. As confirmation, these will take place at the front of school near the main entrance from **2.45pm**.

Monday 6th December

Year 5 and **Year 6**. If the weather is poor this will be rearranged to Tuesday 7th December at the same time.

Wednesday 8th December

Year 3 and **Year 4**. If the weather is poor this will be rearranged to Thursday 9th December at the same time.

GIRLS FOOTBALL

Girls football with Mrs Buck after school on Friday's has now finished until after Christmas. We will let you know when this will restart.

NETBALL

Due to the darker nights drawing in and it turning quite cold, Mrs Monks has decided that netball after school for Year 5 and Year 6 girls will not take place now until after Christmas. We will let you know when the club will resume.

BOYS FOOTBALL

The boys football club after school has now finished. Mrs Monks is considering starting a cricket club or possibly a multi-sports club in the new year, again we will let you know when details have been confirmed.

CAR PARK

We have been asked to politely remind users of the car park to refrain from keeping engine's running whilst your car is stationary waiting to drop off, or collect your child from school. Cutting out engine idling will help to improve air quality and reduce air pollution, especially with being so close to a school and is also potentially a fine-able offence.

Mrs McKeown's Message

Yet again another variant to test our resilience and flexibility. You will have received a brief overview of the guidance changes we have received from the Government and you will be seeing lots of briefings from the scientists and politicians on how we can keep safe. As always I will keep you updated with any changes that come my way. Thank you to those parents who are keeping in touch with me regarding their child's illness and any results from tests, and doctors diagnosis with other illnesses. If the diagnosis is something contagious and I know about it, I will add it onto the family announcements on the relevant class Seesaw for parents to see and give examples of symptoms that I take from the NHS websites. It is important you keep in touch with me not just about any illnesses, but other questions you may have. Have a lovely weekend.

Mrs McKeown

YEAR 6 CUSHION MAKING

On Monday 6th December Year 6 will be making cushions as part of their DT textile topic. The children should bring in their own cushion stuffing, and may bring in their own material and accessories and ribbons to decorate it with. If you have any questions at all please feel to drop Mrs Worden an email **d.worden@longsands.lancsngfl.ac.uk** or a message on Seesaw.

EXTREME WEATHER

If the weather is very bad like it was earlier in the week, please ensure that children come to school in wellington's or other suitable outdoor footwear to help keep their feet dry, even if just coming from the car to the school door. School shoes/trainers can be brought in a bag and children can change into them in school.

SICKNESS AND DIARRHOEA

As a general reminder, if your child has had sickness and/or diarrhoea they should stay at home until there has been a period of 48 hours since the last episode of either sickness or diarrhoea.

MONDAY 6th DECEMBER

- Year 6 Cushion making
- Year 5 & Year 6 Carol Service 2.45pm.

TUESDAY 7th DECEMBER

- No Rocksteady Music
- Reserve Date for Year 5 & Year 6 Carol Service
- No Netball Years 5 & 6 Girls

WEDNESDAY 8th DECEMBER

- PNE Gymnastics
- Year 3 & Year 4 Carol Service 2.45pm
- Year 2 PNE Fundamental Movement Skills 3.20pm to 4.20pm
- No Year 5 & 6 Football

THURSDAY 9th DECEMBER

- Reserve date for Year 3 & Year 4 Carol Service

FRIDAY 10th DECEMBER

- Year 3 Samba
- No Girl's Football
- Festive Jumper Day (over uniform) for all classes.

SEESAW

Please regularly check your child's class Seesaw for any changes and upcoming activities in school. Please contact your class teacher if you require more information.



Remember to regularly wash your hands, and do regular family lateral flow testing.

Pupils of the Week

RECEPTION: HOLLY
YEAR 1: ARIA
YEAR 2: LUCAS
YEAR 3: KAYDEN
YEAR 4: OLLIE
YEAR 5: ISLA
YEAR 6: HARRY

SCHOOL LUNCH MENU

WC 06/12/21

WEEK 1

DICK KERR CUP

The girls' football team played in the second round of the Dick Kerr Cup on Thursday against Cottam Primary School. The girls came out victorious winning 5 goals to 1. They played brilliantly! They are now into the Quarter Final of the Cup. Well done to Soraya, Amelia, Isla T, Lily, Isla M, Chloe, Sara and Aaniya.

WINTER HOLIDAY & ACTIVITY FOOD

If you are currently entitled to Free School Meals you will be eligible for this scheme. Please see the details below on how to apply and follow the link below:

Get Stuck In Scheme

The booking forms are ready for the Christmas Holiday clubs in Preston for children and young people entitled to Free School Meals – follow the following link **www.getstuckin.org.uk**

There will be a big mix of seasonal activity and food on offer from Monday 20th until the 23rd December 2021 in many venues across Preston. Please note these are 4 day Clubs, however some clubs may be virtual on the 4th day and/or include activity pack and hamper.

Bookings need to be made via the forms on the website (2 childcare providers will need direct booking – see link), for any queries please email directly to **getstuckin@springnorth.org.uk**

*Please ensure you check the accepted ages to the club you are interested in

*Cancellations can be made by forwarding your Booking ID to: **getstuckin@springnorth.org.uk** please book one club only and we hope to see you soon!

From all of the Partners of the Get Stuck In Team, Preston

www.getstuckin.org.uk

getstuckin@springnorth.org.uk

TAG RUGBY

A Tag Rugby club will be starting on 6th January (weather permitting) for Year 5 and Year 6 boys and girls. Look out for a letter next week if you be interested in taking part.

EVERY SCHOOL DAY COUNTS

Our target attendance at is **96%**.

RECEPTION: 96.24%
YEAR 1: 95.26%
YEAR 2: 95.50%
YEAR 3: 94.73%
YEAR 4: 94.20%
YEAR 5: 92.96%
YEAR 6: 96.48%

YEAR 1

Year 1's Santa Dash donations are coming in, don't forget you still have time to send in your ParentPay donations before the Santa Dash on 13th December. We have raised £20 in Year 1 so far which is wonderful.

RECEPTION AND KS1 CHRISTMAS DATES

Monday 13th December

Our Santa Dash, don't forget your Santa hat and donations via ParentPay.

Tuesday 14th December

Reception, Year 1 and Year 2 Christmas videos to be sent home.

Thursday 16th December

Reception, Year 1 and Year 2 Christmas Party day and Toy Day (using toys from class and not from home).

Friday 17th December

DVD Morning.

YEAR 3 AND YEAR 4 CHRISTMAS DATES

Monday 13th December

Our Santa Dash, don't forget your Santa hat and donations via ParentPay. Thank you we have raised £105 so far!

Tuesday 14th December

Year 3 and Year 4 Party Afternoon. We are asking the children in these classes for a donation of £1 towards food and drink, please send this in a clearly named envelope marked for the attention of their teacher rather than ParentPay on this particular occasion.

Wednesday 15th December

Year 3 Film Day – school will provide the film to watch and the children may bring in popcorn or crisps, but please do not send any chocolate or items containing nuts or sesame seeds due to allergies in school.

Thursday 16th December

Year 3 Toy/Games Day. Due to Covid restrictions please do not send in toys or games, these will be provided by school.

Happy Birthday

HOLLY. ALAINA, LILY, IVY, ADEOLUWA & MATTHEW

Longsands Values

RECEPTION: REECE
YEAR 1: JOSHUA
YEAR 2: MILO
YEAR 3: OLIVER
YEAR 4: JAMES
YEAR 5: ISLA
YEAR 6: NOAH

ADMISSIONS TO PRIMARY SCHOOL SEPTEMBER 2022

If you have a child who has their 4th birthday between 1st September 2021 and 31st August 2022, you must now apply for their place in Primary School. You still need to make an application even if they have a brother or sister at your chosen school. Applications should be made online to Lancashire County Council at

APPLY HERE

It is quick and easy to do, and you will receive an email confirmation of your application. The deadline for all September 2022 applications is 11.59pm on **15th January 2022.**

FESTIVE FRIDAYS

Each class in school may come to school in a festive Christmas jumper over the top of their school uniform each Friday until we finish on the 17th December.

YEAR 5 CHRISTMAS DATES

Monday 13th December

Our Santa Dash, don't forget your Santa hat and donations via ParentPay.

Tuesday 14th December

Year 5 games afternoon – games will be supplied by school.

Wednesday 15th December

DVD Morning

Whole School Christmas Lunch (if ordered).

Thursday 16th December

Party Morning

Games Afternoon



Our Triathlon Team

November 2021

E-Scooters

A message from the Lancashire Constabulary Road Safety Partnership regarding E-Scooters.

E-Scooters have been in the news over the past months as an eco-friendly method of transport.

It is inevitable that some students will receive one of these for a Christmas present

Currently it is illegal to ride an E-Scooter on a public road or pavement in Lancashire. They are classed as a motor vehicle and subject to the same legal requirements such as MOT, Tax, Licensing and Insurance.

The attached leaflet explains in more detail what the situation is regarding E-Scooters; the fact that they cannot be ridden on the public highway and so should not be ridden to school.

We would appreciate it if you could make your students and parents/guardians aware of this information prior to the end of term, especially if they are considering these as Christmas presents.

Many thanks and kind regards

Julia Clayton

Julia Clayton
Administration Assistant - Road Safety
Tactical Operations Roads Policing Unit
Lancashire Constabulary
t: 01772 410440 Samlesbury
e:Julia.Clayton@lancashire.police.uk

Why am I being given this flyer?



Because it's currently against the law to ride an e-scooter on a public road or pavement.

Lancashire Road Safety Partnership

www.lancsroadsafety.co.uk

Lancs Road Safety

@LancsRoadSafety

We understand that buying an e-scooter can be tempting, especially as you can get them from many popular retailers.

However, the current law is clear

You can buy one but you can't ride it on a UK public road, cycle lane or pavement. The only place an e-scooter can be used is **on private land**.

Why is this?

E-scooters are classified as Personal Light Electric Vehicles (PLEVs), so they are treated as motor vehicles and subject to the same legal requirements, such as:

- **MOT**
- **Licensing**
- **Tax**
- **Insurance**

As e-scooters do not have number plates, signalling ability and don't always have visible rear lights, they can't be used legally on the roads.

What happens if I've been stopped by Lancashire Police?

Lancashire Road Safety Partnership and Lancashire Police understand the public's support for environmentally friendly modes of transport. We want to work with the public to make sure the roads are safe for everyone.

The UK Government is currently taking part in 'Future Transport Zone' trials for e-scooter hire, with a view to making them legal to use on the roads.

All local authorities can apply to take part, but at the moment, Lancashire are NOT part of the trials.

Section 59 of the Police Reform Act allows police to give road users a warning if they are reported to have used their vehicle in a manner which causes alarm, distress or annoyance. Lancashire Police also have the powers to seize vehicles - please make sure you keep your e-scooter on private land so this doesn't happen to you.



Winter Wheelers

An invitation for everyone to join in with the Winter Wheelers fun.

Love to Ride continues to promote cycling across Lancashire no matter what the weather and we are keen to see as many people riding bikes as possible.

Riding a bike - It's good for us, it's good for you, it's good for the environment, in fact it's good for everyone!

Anyone riding their bike during December will be in with a chance of winning loads of fantastic cycling goodies. Love to Ride are giving away prizes every day from 1st-24th December including a brand-new bike on Christmas Day! They are also offering fantastic discounts on amazing brands like Proviz and Loffi.

Register for FREE at lovetoride.net/lancashire log a ride. That's it. Simple!

Simply share lovetoride.net/lancashire with staff or post it on any of your social media platforms.

FIND

The SEND Newsletter for Lancashire families

Welcome to the Winter issue of the FIND Newsletter, 2021.

As the restrictions to our lives due to the pandemic have eased, and with the Covid-19 vaccine now available to young people aged 12 and over, lots of clubs and social groups have reopened and are offering face to face activities again. Lancashire Targeted Youth Support have SEND Youth Groups in all areas of the county – see pages 6-8 for details. If you know of any other clubs or groups in your area, please let us know and we can include them in a future issue.

The Lancashire Short Breaks Service review and redesign is now almost complete – thank you to all the parents, carers, children, young people and professionals that have contributed to the process over the past two years! The current Lancashire Break Time service will become Break Time from 1st April 2022 – find out more on page 2. In the meantime, Lancashire Break Time activities will continue as usual up to 31st March; details of what's available can be found on the Local Offer page: **www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/lancashire-break-time**

I can't believe it's almost Christmas! Are you looking forward to your favourite time of year, or does the word fill you with dread? On page 18 we have our Christmas Survival Guide, with hints and tips to help make the holidays as stress free as possible. If you're looking for gift ideas for a child or young person with additional needs, take a look at the websites on page 19.

If you would like to contribute to a future issue of FIND, or if you are interested in joining our friendly editorial group, please email us at **FIND@lancashire.gov.uk**

We wish you all a Happy Christmas and a Peaceful New Year.

Thank you all for your continued support
Sarah Deady
Policy, Information and Commissioning (Start Well)

www.facebook.com/LancashireLocalOffer

INSIDE

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3. Inclusion for all
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14. DanceSyndrome – It's good to be back!
17. Christmas events
18. Christmas Survival Guide
19. Useful Websites
20. Let's Keep Talking – mental health support
21. Lancashire Youth Council
22. My Right to be Safe zoom training
25. Parent Carer support groups
27. Lancashire County Council contact details



"January brings the snow, makes our feet and fingers glow."
Sara Coleridge

Lancashire County Council

comms: 7614

Lancashire Short Breaks Service are pleased to announce the launch of

Break Time

Group based activities for children and young people in Lancashire with special educational needs and/or disabilities (SEND). Services will include play schemes, clubs, groups and activities and can take place after school, at weekends and during school holidays.

REGISTER from 13th December 2021

For access to up to 78 hours of fun activities for your child, and a short break for yourself.

Break Time will replace the current Lancashire Break Time service from 1st April 2022. To attend these activities after that date, children and young people must be on the Break Time register.

Download a form from the Lancashire Local Offer **www.lancashire.gov.uk/SEND.**
If you need a paper copy, please call **01772 538077** or email **cyp-shortbreaks@lancashire.gov.uk**

Registration forms must be returned by **21st January 2022** and will be processed in the order they are received.

Break Time is a service which can be accessed by children and young people with special educational needs and/or disabilities who live in Lancashire (excluding Blackburn with Darwen and Blackpool council areas) and who do not receive short breaks following a social care assessment of need.

To see if your child meets the criteria to register for Break Time, please check the Local Offer: **www.lancashire.gov.uk/SEND**





Break Time Plus will be introduced in 2022, to enable children and young people who are looked after or are supported through a social care plan of support, to access a group activity funded through their social care plan. This is intended to provide additional choice and flexibility for children, young people and their carers and families.

Families do not need to register for Break Time Plus; further details will be shared in 2022.

Inclusion for all



I often find myself looking for suitable activities and places to visit with my daughter who has a learning disability, her needs include noise sensitivity and she is very apprehensive of other children. School holidays and weekends highlight the lack of opportunities our children have in comparison to typically developing children, and the feeling of not being particularly inclusive. Actually, it's more than a feeling of being included it's one of wanting to feel acknowledged, valued and wanting others to try and understand that we all think and act differently.
In the early years we are always reminded that every child is unique, however as children grow older I feel this is something that we no longer celebrate and start to see behaviours and bodies that are unlike our peers.

Having worked in early years you start seeing that around preschool age, children notice how others differ from themselves. On the whole I have witnessed empathy, acceptance and a genuine desire to help others. With that innocence comes an acceptance for people and things at face value, enabling them to see that person as a whole and not defined by a disability; be it visible or hidden…wouldn't it be wonderful if it stayed that way!

Often disabilities that are seen as being hidden, are actually very visible to those around us. This might be through the use of ear defenders, wearing the sunflower lanyard, displaying sensory behaviours and of course when our children experience meltdowns and distress when out and about. My husband always thinks that everyone now knows why children wear ear defenders, however I feel that is somewhat naive of him.
Especially when you catch people looking, as if to say "why on earth is she wearing those", it certainly doesn't feel that way. A friend of mine had a complete stranger question her child's choice of clothing and footwear for the summer weather (not to her face I might add!) That person would not have even thought there might be a reason behind his choices, that he feels most comfortable in those items and in turn better able to face the day. So much of what we live is not obvious to others or for that matter understood.

Through social media we are able to come together as a wider SEN community and this is often invaluable as a way of feeling connected to others. I follow some amazing families and parents who are so in tune with their children, facilitating their needs and at the same time raising an awareness of special needs and disabilities to a wider audience. One of the things that comes from these posts is how we can come across people who don't know even realise the impact they make on others. Caretakers letting a child walk around the school grounds on their daily walk, an adult hospital providing sanctuary in a side room whilst waiting for an appointment, or in our case, the shoe shop letting us come in before opening to be measured, when there is no one around to cause added stress. All these scenarios are what is known as reasonable adjustments and these can be made by us all, often with very little extra effort required.

The siblings of children with disabilities are often the ones who can show others the way. The ones I know are the most amazing humans with skills such as patience, intuition, empathy, negotiation, and often selflessness. Because it's often all they have ever known they adjust, learning to adapt to meet their siblings needs, and in turn moulding them into well rounded future adults.
They adapt this knowledge to support other children they meet with needs, and show how this could be the case for all children, if they were to mix with a range of different abilities in school and other areas of life.
How enriched would young lives be, and it would equip them with so many attributes for the future workplace and just life in general.

Inclusion is not a token gesture or an opportunity to boost your ego and gain 'likes' from others. Nor is it a late night session to swim or bounce when places begin to wind down for the day. It should be a welcoming environment for all, 365 days a year. It's about people who embrace diversity and strive to make things work for everyone, because they value the happiness and wellbeing of each individual. That's what I think inclusivity would really look and feel like for us all.

Katie
Parent Carer

A fun group for 5-11s with SEND
(or undergoing assessment)

Colourful Footsteps

Meet other parents

Have fun with activities, crafts and games

Find out how to get support

Fridays at 4pm at CFWS Colne

To book a place, or for more information, call 01282 470830, or send us an email via cfwpendlerfs@lancashire.gov.uk

Supporting families who have children aged 5-11, with a disability or special educational needs

Children and Family Wellbeing Service

Lancashire County Council

Children and Family Wellbeing Service

Lancashire County Council

Age 0-8 years

AOK

For children with, or without a diagnosis

Support Group for children and families with additional needs/disabilities.

PLAY

Come and join in the fun.
Develop social skills through play.
Build on fine motor skills through creative activities such as messy play and craft.
Meet new people and develop friendships.

fun

When? Wednesday 1.30 - 2.30pm
Where? At Lune Park

To book on
email claire.rogerson@lancashire.gov.uk
or call
01524 581280



Children and Family Wellbeing Service

Shine

Come along and join our fun, free interactive Sessions for children aged 5 - 11 years with special educational needs and disabilities SEND

To book your place please call:

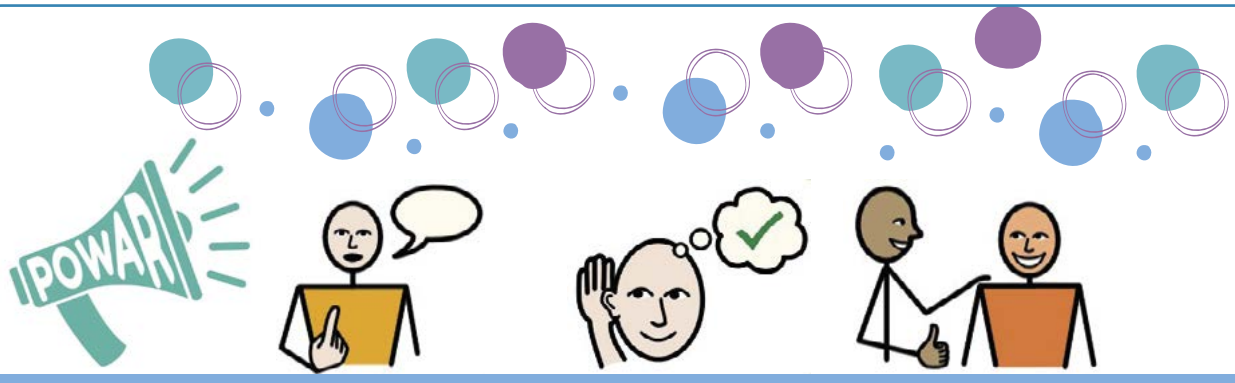
01254 220700

Or send us a message on our facebook page!

@hyndburnfamilyzone



Lancashire County Council



POWAR

POWAR is a youth voice group for young people aged 11-25 with SEND. We support young people to have a voice and influence in all matters which are of importance to them. Providing opportunities for young people to speak with and help shape services within education, health and their local authority. To ensure a wider representation of Lancashire young people's voices are heard we have groups that meet once a month in the following areas plus a monthly Zoom meeting: Gt Harwood, Colne, Walton-le-Dale, Skelmersdale, Lancaster and Lytham St Annes

WHAT POWAR MEANS TO ME.



BY OLLY MOORES,
YOUNG PERSON CHAIR OF THE SEND EXECUTIVE BOARD

I think POWAR is really important because it gives me the opportunity to develop skills in terms of public speaking and being able to articulate my points in a more clear and concise way. I also think it is vital for young people with SEND needs to be able to have an input on how services should be runin the future, to help future generations of people with disabilities have a better experience than we had when using services! I also believe that young people are experts in their own lives and should be able to influence decision-makers to realise what it is like to use the service and helping make it more user friendly!



Young peoples views on POWAR

Join us at POWAR a group for young people with SEND

Next Meeting at each Location

Walton-le Dale,
Monday 13th December & 10th January 2022

Lancaster,
Tuesday 14th December & 11th January 2022

Lytham St Annes,
Monday 21st January 2022

Colne,
Tuesday 22nd January 2022

Gt Harwood,
Monday 28th January 2022

Skelmersdale,
Tuesday 29th January 2022

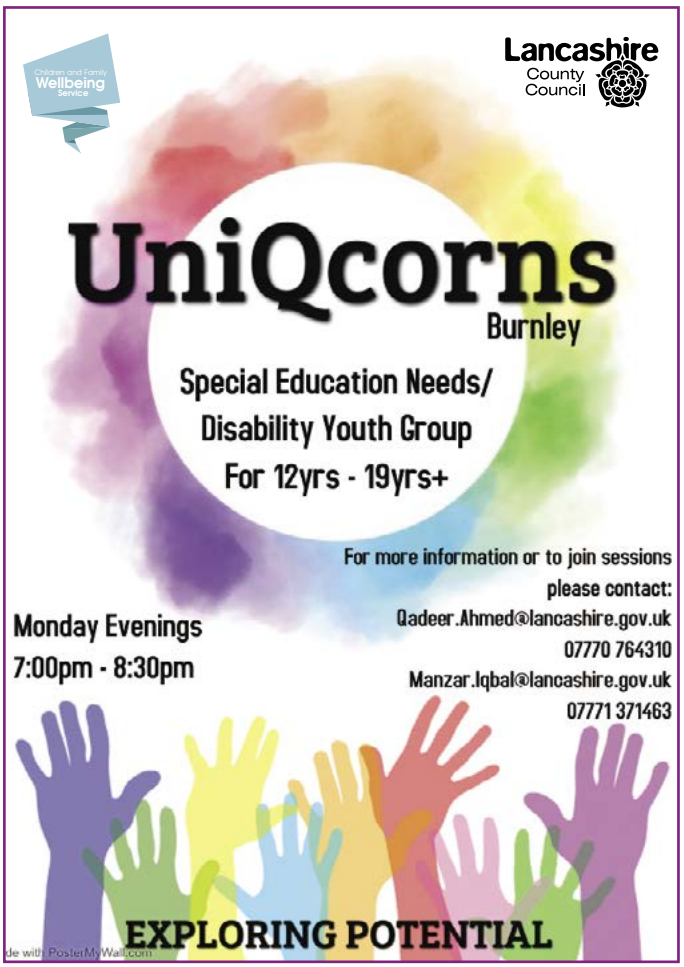
Tuesdays: Zoom on-line
21st December 2021, 18th January 2022

All meetings 6pm to 8pm

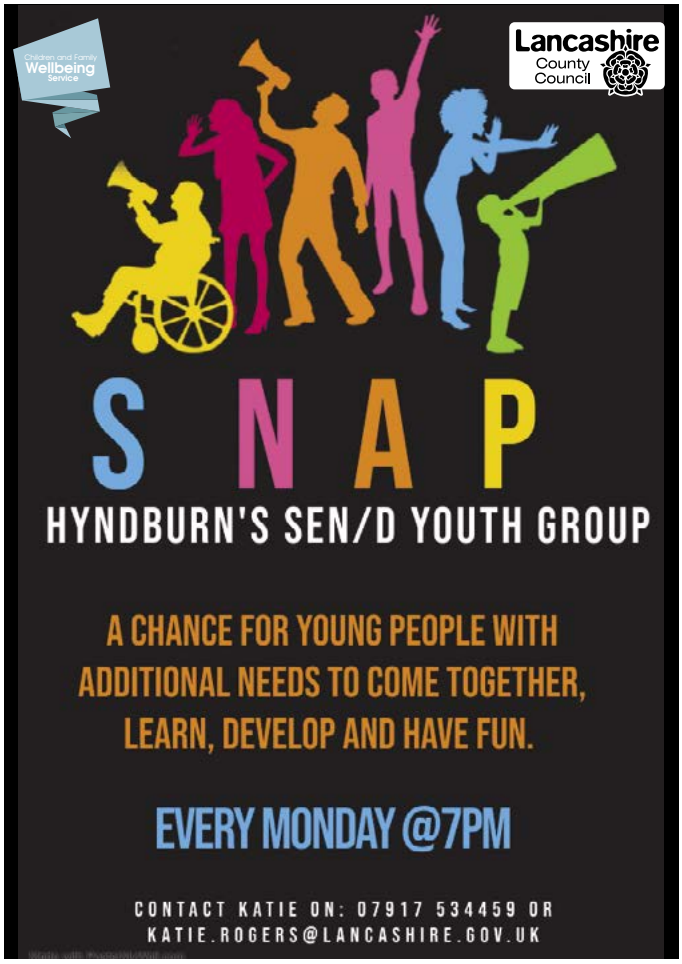
JOIN US NOW!

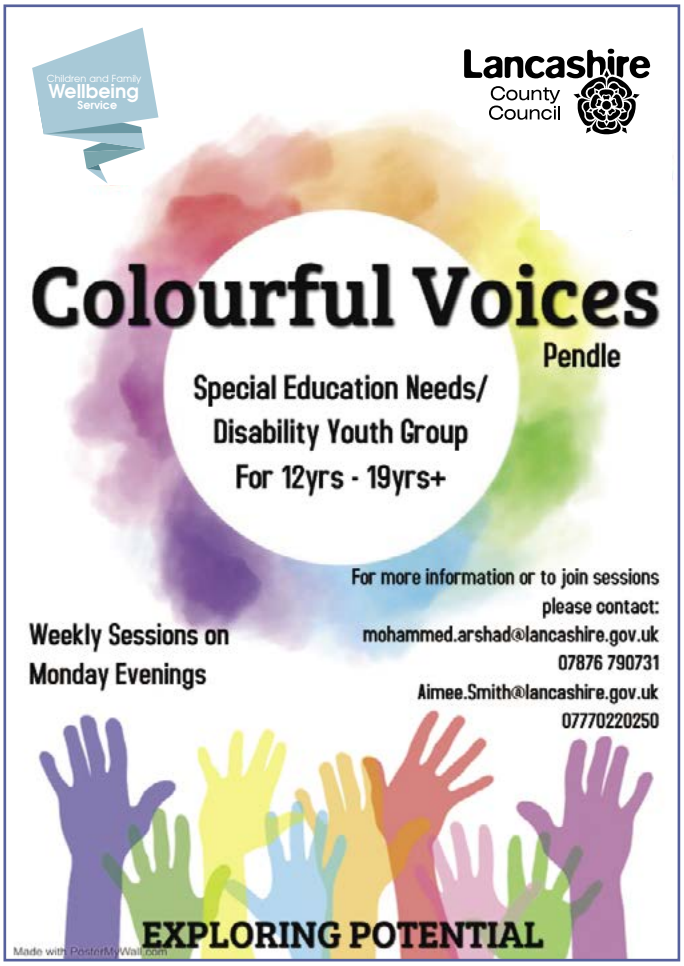
WE HAVE THE BUILDING, STAFF & OPPORTUNITIES WHAT WE NEED NOW IS YOU!!

Contact Suliman or Lorna to find out more.
Suli: suliman.hussain@lancashire.gov.uk / 07775221214 Lorna: lorna.harris@lancashire.gov.uk / 07977349448


Children and Family Wellbeing Service
Lancashire County Council
UniQcorns
Burnley
Special Education Needs/
Disability Youth Group
For 12yrs - 19yrs+
For more information or to join sessions
please contact:
Qadeer.Ahmed@lancashire.gov.uk
07770 764310
Manzar.Iqbal@lancashire.gov.uk
07771 371463
Monday Evenings
7:00pm - 8:30pm
EXPLORING POTENTIAL


RIBBLE VALLEY SEND GROUP
BRIGHT STARS
MONDAY 7PM TILL 8:30PM
CONTACT SIMON ON:
SIMON.WHIPP@LANCASHIRE.GOV.UK OR
07825144536


Children and Family Wellbeing Service
Lancashire County Council
S N A P
HYNDBURN'S SEN/D YOUTH GROUP
A CHANCE FOR YOUNG PEOPLE WITH
ADDITIONAL NEEDS TO COME TOGETHER,
LEARN, DEVELOP AND HAVE FUN.
EVERY MONDAY @7PM
CONTACT KATIE ON: 07917 534459 OR
KATIE.ROGERS@LANCASHIRE.GOV.UK


Children and Family Wellbeing Service
Lancashire County Council
Colourful Voices
Pendle
Special Education Needs/
Disability Youth Group
For 12yrs - 19yrs+
For more information or to join sessions
please contact:
mohammed.arshad@lancashire.gov.uk
07876 790731
Aimee.Smith@lancashire.gov.uk
07770220250
Weekly Sessions on
Monday Evenings
EXPLORING POTENTIAL

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

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 11-25 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)

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

Contact Richard Fawcett for more details—

Richard.Fawcett@lancashire.gov.uk or 07827807948

Children and Family Wellbeing Service

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.TYSCLANCASHIRE.GOV.UK

Children and Family Wellbeing Service

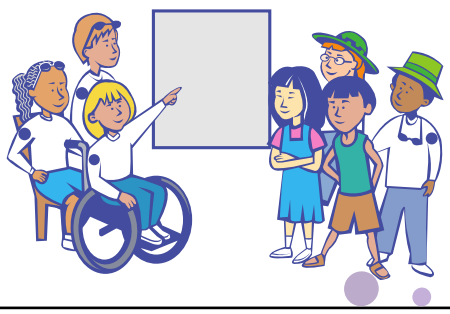
Lancashire County Council

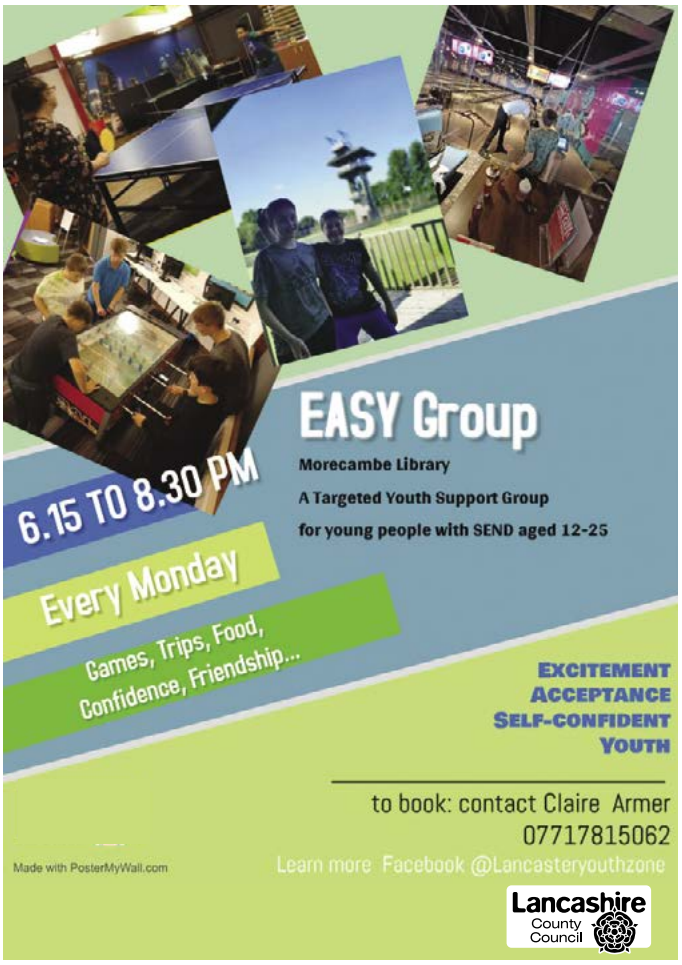
Preston SEND Group

(Awaiting Group Name)

Monday at Ribbleton from 6:45pm till 9pm

Contact Nicola Cole for more details at nicola.cole@lancashire.gov.uk




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
to book: contact Claire Armer
07717815062
Learn more Facebook @Lancasteryouthzone
Made with PosterMyWall.com
Lancashire County Council


Children and Family Wellbeing Service
TEEN SEEN
YOUTH CLUB
FYLDE TYS team would like to welcome you to Teen Seen, our SEND youth group.
Fun activities arts and crafts
Opportunities for trips
Make new friends
Learn new skills
WHAT WE ARE ABOUT?
WE ARE ABOUT CREATING A SAFE ENVIROMENT WHERE YOU CAN LEARN NEW THINGS AND HAVE FUN. OPENING OPPORTUNITIES FOR YOU TO MEET NEW PEOPLE AND SOCIALISE.
OPEN TO ALL YOUNG PEOPLE WITH SEND 11-25.
Tuesday 18:30-20:30
Kirkham Zone, Chapel Walks PR4 2TA
For more information contact us via @fyldeyouthzone on Facebook scan the barcode to get there on Facebook or contact Emma on 0782536651


Children and Family Wellbeing Service
A TEAM
YOUTH CLUB
WYRE TYS team would like to welcome you to A Team, our SEND youth group.
Fun activities arts and crafts
Opportunities for trips
Make new friends
Learn new skills
WHAT WE ARE ABOUT?
WE ARE ABOUT CREATING A SAFE ENVIROMENT WHERE YOU CAN LEARN NEW THINGS AND HAVE FUN. OPENING OPPORTUNITIES FOR YOU TO MEET NEW PEOPLE AND SOCIALISE.
OPEN TO ALL YOUNG PEOPLE WITH SEND 11-25.
Monday 18:30-20:30
Youth Zone, Milton street, FY76QW
For more information contact us via @wyreyouthzone on Facebook scan the barcode to get there on Facebook or contact Jasmine 07929722375


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
twitter.com/LancashireYPS
You can contact us 365 days a year
2pm to 10pm
Age 0-19
(up to 25 for young people with learning difficulties or disabilities)
talk zone
Text 07786 511111
Talk online lancashire.gov.uk/youthzone
Call 0800 511111
Lancashire County Council
www.lancashire.gov.uk

With the help of children and young people and their families, the Local Offer webpage is improving with new features being added regularly.

The SEND Directory

The SEND Directory was launched earlier this year. It is a directory of services available for children and young people with SEND, and their families. You can find information about things to do, support for families, contact details for education settings, and much more.

The SEND Directory is growing, with new information being added almost daily. If you wish to include a service or organisation which benefits children and families with SEND, and is free or low cost, please visit:
www.lancashire.gov.uk/SEND and select "Search for SEND Services" then "Include your Service".

New and improved Local Offer homepage

Following focus groups with parent carers and children and young people, the homepage of the Local Offer has changed with the following improvements:

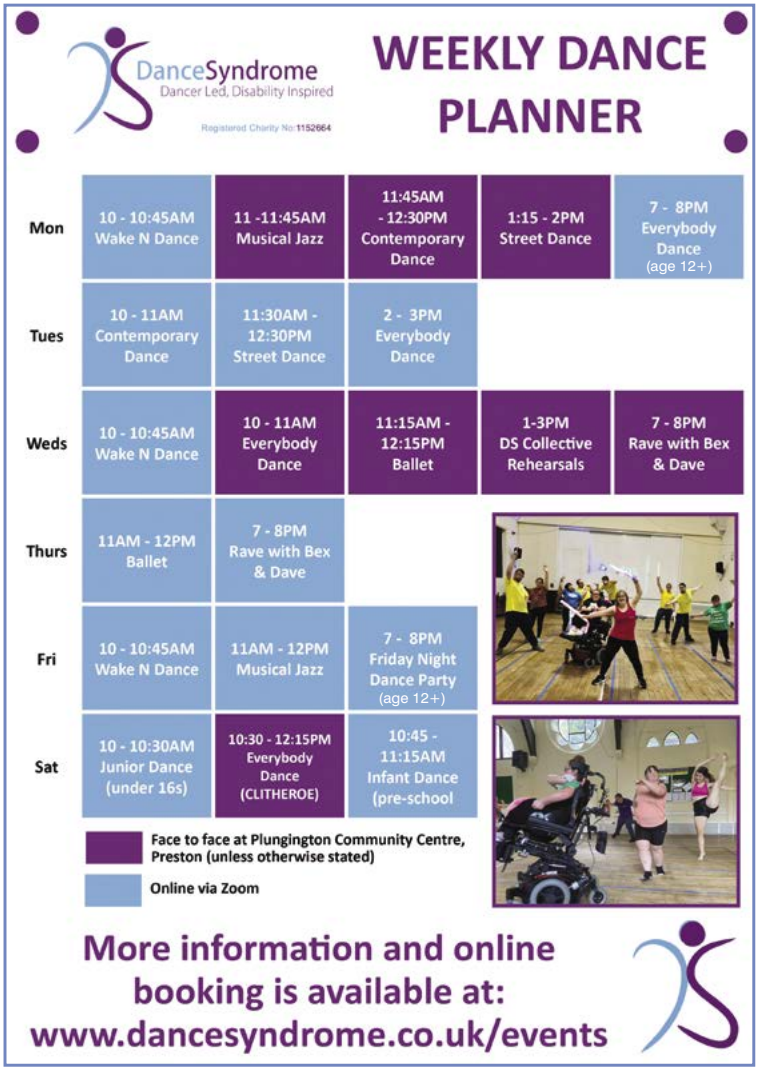
- As suggested by young people, the "blurb" has been removed from the sub-headings to make the titles easier to read and understand.
- There is a now a "What's New" section on the homepage which is updated regularly with information relating to SEND which is useful to children and young people and parent carers.
- Colourful icons have been added to the sub-headings to make them more accessible and to make the overall homepage more visually appealing.

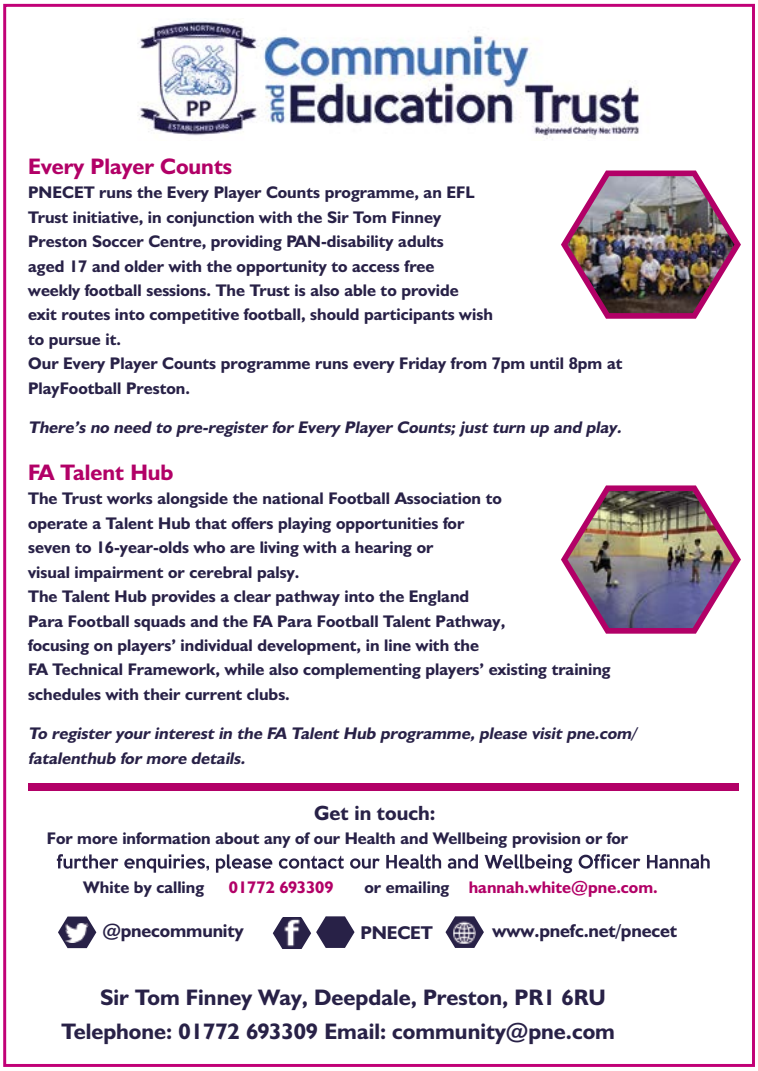


Improvements to the Lancashire Local Offer webpage

Please visit the new and improved Local Offer homepage at: **www.lancashire.gov.uk/SEND** to find out about latest news and to search the SEND Directory.

We are continuing to develop and improve our Local Offer webpage with the help of children and young people and parent carers.





RAINBOW HUB

Nursery

Rainbow Hub specialist nursery NOW OPEN

- Access to a variety of therapeutic services for children with additional needs (SEND).
- Highly experienced, empathetic staff will support children 2-5 years and their families.
- High ratio of staff to children means a flexible approach tailored to a child's specific needs.
- Give your child a unique opportunity to develop.
- Located in the heart of Lancashire close to Chorley, Leyland and Preston.





For more information email
nursery@rainbowhub.org
or telephone
01704 823276

RAINBOW HUB
Every day is a life changing day

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

FUNDRAISING REGULATOR **Ofsted** Registered 2647683

Rainbow Hub is the trading name of Rainbow Hub NW Ltd
Rainbow Hub is a company limited by guarantee registered in England and Wales, registered office address: Salt Pit Lane, Mawdesley, Nr Ormskirk, Lancashire, L40 2QX, registered company number: 6725399, and a charity registered in England and Wales, registered charity number: 1127498

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 10:00am - 12:00pm Coffee and Cake!

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

Our experienced Playworkers will be planning and supporting each session.

For more information please contact the office on 01524 831132

Unique Kidz and Co
Woodhill Lane
Morecambe
LA4 4NW

Supported by BBC Children in Need

OJ's MEGA MOVES

For children and adults with autism, learning difficulties and associated disorders.



WHAT WE DO:

Saturday Club - for the whole family, stay and play all day, based at Hillside Specialist School, PR3 3XB

MegaMoves to music - for adults in the community, at Grimsargh Village Hall, PR2 5JS and Staining Village Hall, FY3 0DD

PLEASE SEE THE 'EVENTS' PAGE ON OUR WEBSITE TO BOOK IN

WWW.OJSCARE.ORG

Registered charity number: 1119863

Splatter Dance

www.splatterdance.co.uk

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

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



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



DANCE

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

MAKATON

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

Makaton Friendly · Makaton Tutor · One Dance UK Member · Professional Members of People Dancing

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

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

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

Do you have a family member, friend or neighbour who cannot manage without your support? We may be able to help you !

Caring for someone who relies on you can sometimes bring practical and emotional impacts which may affect your health and wellbeing.

The Lancashire Carers Service works across the county providing support and information to adult Carers (18+)Our top priority is ensuring that adult Carers in Lancashire are supported so that they can continue caring whilst maintaining their own health and wellbeing.

We continue to offer Carers Assessments and, in addition, we offer a range of other support services to Carers including:

- Support with contingency planning if Carers cannot continue to provide care
- Access to a range of online support through our Carers Community Network
- Carers Magazine (bi yearly)
- Opportunity to speak to other Carers at our face to face Coffee and Chat sessions
- Access to our Carers Help and Talk line (CHAT)
- Opportunity to speak to our knowledgeable and skilled Service Access Advisors.
- Welfare calls to Carers who do not access digital solutions
- Supporting Carers to understand what benefits and welfare they may be entitled to
- Face to face and online activities for Carers

THE LANCASHIRE carers SERVICE

If you or someone you know could benefit from our services, please contact our Service Access Team on 0345 688 7113 or via email enquiries@lancscarers.co.uk. Our Service Access Team is open Monday to Friday from 9am to 5pm.

If you would like to find out more about our service offer and would like a Carers/service awareness briefing for your team or group, please contact our Service Access Team on the above number.

To access the Lancashire Carers Autumn Winter Magazine please use this link:
2nd_Lancashire Carers Newsletter Autumn Winter 2021.pdf (n-compass.org.uk)

Are you a family caregiver for a child who has a learning disability, global developmental delay or Autism aged 0-5 and live in South Cumbria/Morecambe Bay area?

Then you might be interested in attending

Early Positive Approaches to Support (E-PAtS)

Don't worry if you do not have a formal diagnosis yet, this course is still for you

E-PAtS is a **FREE 8 week group session that provides** sensitive support and Information for families in the early years of bringing up a child with an additional need. A trained family caregiver and a professional, facilitate all groups and cover:

Accessing services and supports
Emotional wellbeing and resilience for caregivers
Supporting sleep for children
Supporting communication
Supporting skills development
Positive approaches to behaviours that challenge

In E-PAtS **you are always the EXPERT on your child**. You will have the opportunity to work alongside other families to build on ways to support yourself, your child and family

You will never be judged or told what to do
There will be an opportunity to meet with a facilitator before starting that can be arranged for when is convenient for you and your family

We will be delivering 2 x separate 8 week group sessions beginning in early 2022

1 x 8 week session day time and 1 x 8 week session evening

These will be virtual sessions held on ZOOM or TEAMS

For more information please contact Jo Raphael at Carlisle Mencap
Tel: 01228 674393 or email: joanne.raphael@carlislemencap.co.uk

nwtdt

Working together to understand behaviours that challenge us

Pathways Associates

This workshop is aimed at families of young people with a learning disability, autistic young people (with and without a formal diagnosis)

Let's meet and find a way through the challenges we are presented with every day by our fabulous children, sometimes called behaviours of distress.

We can work together to develop our understanding of some behaviours that challenge us so we can get the support right and reduce everyone's distress.

When: 3rd Tuesday every month
From: 19th October 2021
Time: 7pm- 8:30pm

The meetings will be on Zoom please email us to let us know you wish to attend and we will send you the zoom information

Email
events@pathwaysassociates.co.uk



Exciting news for Lancashire and South Cumbria; Keyworking has arrived

Lancashire and South Cumbria Health and Care Partnership

The **NHS Long Term Plan** includes a commitment that by 2023/24, children and young people with a learning disability and/or who are autistic with the most complex needs will have a designated keyworker, implementing the recommendation made by Dame Christine Lenehan in 'These are our children'.

The community keyworking model was developed through extensive consultation with young people, parent carers and other stakeholders. Working with the family carer coproduction group, including the **National Network of Parent Carer Forums (NNPCF)** and Contact, the children and young people's team defined the scope and outcomes and what mattered to families and young people from their direct experiences. Together the national team developed the outcomes that the keyworking function practice needs to deliver in practical terms for children, young people and their families.

The Council for Disabled Children (CDC), commissioned by Health Education England (HEE), scoped relevant existing and developing keyworker roles to consider what works, what are the challenges and how a new offer may work. Building on this work and with further consultation, the CDC produced guidance on the keyworking functions and competencies for pilot sites.

After a decision-making process, involving the NNPCF regional representatives and other families and young people, pilot areas were appointed – **Lancashire and South Cumbria is one of these pilot areas.** ***The pilot commenced in September 2020 with the Keyworking Team commencing in April 2021.***

Initially in Lancashire and South Cumbria, keyworking support will be provided to children and young people with a learning disability and/or who are autism who are inpatients in, or at risk of being admitted to, a mental health hospital who are known through the Dynamic Support Database and are aged 0-18 years.

The role of the Keyworking function in Lancashire and South Cumbria is to make sure that these children, young people and their families get the right support at the right time. They will make sure that local systems are responsive to fully meeting the young people's needs in a coordinated way and that whenever it is possible to provide care and treatment in the community with the right support this becomes the norm.

The Designated Keyworker Development Officers will work with children and young people with the most complex needs and their families and carers to make sure families are fully involved in their plans, feel listened to and informed, plans are personalised, and they have the support they need at the right time, in a co-ordinated way. The keyworking approach is intended to help families experience a reduction in stress and uncertainty and an increase in stability.

There is further work to be introduced in the Keyworking Function Pilot in Lancashire and South Cumbria which focuses on delivering training across the workforce to support practitioner understanding around keyworking. There will be a network of support offered for both parents and practitioners going forward.

There is a Steering group that meets monthly to progress the Keyworking function in Lancashire and South Cumbria. The members of this group are from health, social care, education and parent carers. There is a briefing which is shared after each Steering group meeting which provides updates on work is taking place and things that are happening.

To find out more about this, and for more news articles, please go to the Local Offer website: **www.lancashire.gov.uk/SEND**

"It's good to be back!" - Local charity celebrates post-lockdown return to the community

Dance Leaders from Lancashire based charity DanceSyndrome are excited to be back in regular face to face inclusive dance sessions, after being online for the last 18 months during the Coronavirus pandemic.

DanceSyndrome is a multi-award winning dance charity that delivers inclusive dance workshops and dance leadership training, as well as inspiring performances that demonstrate a focus on ability rather than disability.
The charity was founded by Jen Blackwell, who happens to have Down's syndrome, because she found it difficult to find opportunities in community dance due to her disability. DanceSyndrome's ethos is that disability should never be a barrier to following your dreams. Dancers with and without disabilities work together to inspire people to see what can be achieved when we all become more inclusive.
All DanceSyndrome sessions are disability led, with people with learning disabilities taking visible Dance Leader roles.

DanceSyndrome Managing Director, Dawn Vickers said *"Before the pandemic started, we engaged with over 150 participants and volunteers each week in our Lancashire centres. When we were forced to close in March 2020, we knew how valuable dance was going to be for our members for their health and wellbeing and to prevent them from becoming isolated, so we adapted really quickly to offer online sessions in a range of formats, for people of all ages.*

"I'm so proud of how our team responded to this challenge! The team were determined to adapt quickly and creatively so that everyone could carry on dancing whilst remaining safe in their own homes. Our dancers with and without disabilities came together, as they always do, to offer an extensive program of dance, that didn't just cater to those original 150 participants, but actually reached over 600 people, not just from across the UK but from around the world, including Europe, the USA and South Africa!







DanceSyndrome supports many vulnerable adults across Lancashire, many of whom have been shielding during the pandemic. The DanceSyndrome team adapted quickly in the early stages of the pandemic, closing their sessions in March 2020 to offer online dance sessions via Zoom and YouTube. They wanted to limit the impact of isolation on participants and continue to make them feel a part of what they refer to as "the dancing family". They decided to take their pre-lockdown workshops online to bring the sessions to regular participants and anyone else who wanted to use them to stay active at home during isolation.

As lockdown started to ease, the DS Collective performance team started social distanced rehearsals and filming of their performance pieces in Miller Park in Preston. Following further relaxation of government guidelines on 19th July, DanceSyndrome have been able to start a phased return to indoor dance sessions at Plungington Community Centre and St Mary's Centre, Clitheroe.
The sessions include Everybody Dance, Street Dance, Musical Jazz, Ballet, Contemporary Dance and a new Rave session with glow sticks, which was such a success online that a new in-person class has been created!

"The plan was that our online sessions would help people to stay physically and mentally well until we could all be back together in our regular dance sessions.
Those sessions all returned on 19th July when the government regulations ended. We are absolutely delighted to be back in a room with our participants again. It feels incredible!

"We do understand, though, that not everyone is ready to get back to their pre-pandemic activities, especially if they are vulnerable. For this reason, and to stay in touch with those new participants who aren't based in Lancashire, we are continuing with our full programme of Zoom activities too. This means that the number of weekly sessions that DanceSyndrome is offering has doubled from 10 pre-pandemic to 20 post-lockdown! This is an amazing achievement for our team, who have worked so hard all through the pandemic."

If you would like to join DanceSyndrome, either online or in person, you can find all the details about the sessions at **www.dancesyndrome.co.uk/events**

DanceSyndrome secures Tackling Inequalities Funding

DanceSyndrome is thrilled to have received a grant to support the work of Dance Leaders with learning disabilities as the charity develops a strategy for recovery from the Covid-19 pandemic.

Funding from the Tackling Inequalities Fund (National Lottery funding from Sport England) will enable DanceSyndrome to grow the number of online dance sessions that they offer after the pandemic demonstrated a huge online demand for their unique Disabled person-led dance model. Two new sessions will be created to ensure that everyone can still access dance activities as things "get to normal". There will be an "Everybody Dance" workshop on Mondays at 7pm, where people of all ages and abilities can enjoy a range of styles of music and dance together. The second will be the Friday Night Dance Party, where each week the participants will take inspiration from a different decade of dance music.

The Tackling Inequalities Fund exists to help to reduce the negative impact of coronavirus and the widening of the inequalities in sport and physical activity.

Research by Sport England at the start of the pandemic showed that certain groups of people were being disproportionately affected by the crisis and it was significantly impacting their ability to be physically active.

DanceSyndrome Managing Director Julie Nicholson said:
"The pandemic highlighted to us that DanceSyndrome's inclusive model of co-delivered dance can't be found anywhere else and that there is significant demand for it across the UK and the world!"

"While DanceSyndrome considers how we address the need for that with in-person sessions, the popularity of Zoom has allowed us to meet people's needs through online dance. Brand new ideas like Rave with Bex and Dave have taken off online and become so popular we have started them in the community too, so we would love to do more of this kind of innovation."

"We're really grateful for funding from the Tackling Inequalities Fund to help us to do this."

MAKEITBLUE supports DanceSyndrome fundraiser

A national organisation supporting mental health charities has chosen to boost the fundraising efforts of Lancashire based charity DanceSyndrome as they plan for their future in the changing post-pandemic world.

MAKEITBLUE CIC is a non-profit company dedicated to raising funds for mental health charities. Formed by a group of live events professionals, they work on arts, entertainment and cultural projects to raise funds and awareness of mental health issues. Last year, they launched the #LightItBlue campaign to thank NHS staff and healthcare workers fighting Covid. They also ran a charity art auction in aid of events industry professionals suffering from Covid-related mental health problems.

In order to survive through such challenging times, DanceSyndrome are running an ambitious fundraising campaign to support the charity as it moves back into the community after so long delivering online. MAKEITBLUE have donated £500 to kick-start this campaign, which has a target of £10,000.
The campaign is called "We Like to Move It, Move It" and encourages people to use any form of movement activity to improve their own mental health and fundraise at the same time.

DanceSyndrome
Dancer Led, Disability Inspired

DanceSyndrome Managing Director Dawn Vickers said "We're incredibly grateful to MAKEITBLUE for supporting our fundraising efforts this year, which has been one of the most challenging years in our 12 year history. It is always a privilege to collaborate with like-minded organisations who are working to achieve the same goals. Dance and positive mental health



are so closely linked and we're grateful to be given the opportunity to work with them to share that important message."

Fabulous fundraising ideas so far have included a daily boxing target of 1000 punches by DanceSyndrome Dance Leader and Ambassador Becky Rich, a non-stop sailing campaign around the UK by Founders Sue and Malcolm Blackwell and a charity fundraising walk by DanceSyndrome Star Supporter Christopher Reid, who is walking in memory of his dad, who loved to dance.

For more information about DanceSyndrome's fundraising campaign please visit:
https://www.justgiving.com/campaign/MoveitMoveit

Young carers - protect yourself and your family from flu



Flu can be a very unpleasant illness in children and adults including fever, chills and aching muscles and some may need to go to hospital for treatment. The best way to protect yourself and your family is by having the flu vaccination.

For most children and young people up to the age of 18, the flu vaccine is given as a nasal spray. The vaccine has been used over the last eight years in the UK where millions of children have been vaccinated. It is safe, quick, effective and painless. The flu vaccine is provided in schools to all primary and secondary school children.

GP practices give the flu vaccination to children, young people and adults with certain long-term illnesses such as diabetes and asthma (requiring a regular preventer inhaler).

They also provide flu vaccination for carers. The flu vaccination is free to these groups of people.

Vaccinating children and young carers each year not only offers protection to them, but also to more vulnerable family members that they may be caring for, and others inour communities. Reducing the chances of catching flu could also mean children and adults are less likely to need time off school or work due to illness, or to care for sick family members.

Types of flu can vary from year to year, so even if you were vaccinated last year it is important that you are protected for this coming season. Most children and young people will need a parent or guardian to give consent for them to have the vaccination, so talk to them today, protect yourself from flu and have your free flu vaccination.

kooth

A blended service providing free online, school and community based **counselling, support** and **advice** to young people

Professionals and young people can access through **www.koothf2f.com**

Young people can visit **kooth.com** and sign up online to access our online team






CLDCS CHRISTMAS JUMPER PARTY
CIVIC CENTRE SUNDAY 5TH DECEMBER 11am - 1pm
MERRY CHRISTMAS
Find us on Facebook:
Central Lancashire Deaf Children's Society
central.lancs.dcs@outlook.com
CLDCS
National Deaf Children's Society
REGISTERED ASSOCIATION


creative Space Centre
Saturday 11th December
at The Creative Space Centre
Festive Fun Day
Father Christmas will be here (pre booking essential)
Stalls : Raffle : Pop Up Cafe: Face Painting (tbc) and more.
Government Guidelines at the time will be followed
£5.00 per child
Contact Andrea on 01772 769 391
for more details and to book
Limited places to be covid safe


TWINKLE HOUSE
Wellness and Sensory Centre
Christmas Experience with
Mrs Claus!!
Including stories, craft and play!!
18th December 2021
Time slots available between 10am-3.40pm
£5.00 per child
Payment taken at time of booking
Call Twinkle House to book on: 01695 455 625
2 GORSEY PLACE, EAST GILLIBRANDS, SKELMERSDALE, WN8 9UP


Christmas Fair 2021!
Merry Christmas!
DECEMBER 10TH 3PM - 5PM
DECEMBER 11TH 10AM - 3PM
ALL WELCOME
Come and join in the festivities!
CAKE STALLS
MULLED WINE
HOOK-A-DUCK
TIN CAN ALLY
TOMBOLA
POP A BALLOON
LUCKY DIP
CRAFT STALL
FREE ENTRY
Get your picture taken with Olaf!
Charter House Resource Centre and Sensory Room
Morse Street, Burnley, BB10 4PB
www.charterhouseburnley.co.uk
Tel: 01282 429094
Charter House
Resource Centre & Sensory Room



CHRISTMAS

Survival Guide

Christmas can be an exciting and fun time. But new activity can be overwhelming for some of us, even more so at the moment, when we're still dealing with the impact of coronavirus. Careful planning and good communication can help everyone to enjoy a Happy Christmas.

Think about what works for your family – don't feel pressured into doing things just because it's Christmas. Make your own traditions!

Talk to your child and prepare them for the changes. Make a visual planner for what will happen and when – buying a tree, decorating the house, visits and parties etc. Include some quiet days when you can just spend time together.

Help and encourage your child to make and give cards or gifts. This provides an excellent opportunity to work on social skills, like thinking of other people's needs and interests, and being kind and helpful.

Not everyone likes surprises, so help your child make a list of things they would like, and stick to the list. Ask family and friends to choose something from the list too.

Avoid the concept of Santa's "good and naughty" list. For some children, the stress of worrying about being on the naughty list can become overwhelming.

When wrapping presents, first remove any extra packaging and fiddly ties. For toys with batteries, make sure they are fitted and working before wrapping.

A piece of fabric tied with a ribbon is a good substitute for wrapping paper – good for those with limited motor skills, and reusable, so environmentally friendly too! You could also wrap presents with tin foil for a sensory parcel that's easy to open, or if unwrapping is overwhelming for your child, put unwrapped gifts in a plain bag.

If your child gets overwhelmed with too many presents, remember they don't need to open everything at once! Limit the number of parcels and spread them out over a few days.

Create a "Christmas free" space at home where your child can take a break if it all becomes too much.

When you are out visiting, take a backpack filled with things that your child finds comforting, eg favourite toys, a few books, headphones to listen to music. If they get over stimulated, find a quiet corner or room and pull out the backpack.

Friends and family may not know how they can help unless you tell them. Give them a list of things they can do to support you and your child.



Do you have any tips to share with other parents?
What does your family do differently that works well for your child? Email your suggestions to: **FIND@lancashire.gov.uk**



Useful Websites

Fledglings Clothing, Toys & Sensory Products – part of the Contact family, this non-profit shop helps children and adults with special needs by supplying products and equipment that help with everyday challenges.
www.fledglings.org.uk

A Stitch Different Community Interest Company is a not-for-profit organisation based in Cumbria that creates weighted, compression & sensory products tailored to your requirements, at affordable prices.
www.astitchdifferent.co.uk

Sentire-Sensory UK is a small caring provider of sensory toys and accessories, offering affordable prices and a personalised service.
www.sentiresensoryuk.com

Stickman Communications - the home of differently normal. A refreshingly, stylish, light-hearted yet true-to-life approach to disability. A range of books, badges, stickers and more with stickmen and clear, to the point descriptions and instructions to break down barriers, challenge preconceptions, promote understanding and acceptance, and facilitate communication.
www.stickmancommunications.co.uk

Cerebra Book and Toy Library - a wide range of books for both adults and children and a selection of toys specially chosen for children with brain conditions. The service is free for anyone in the UK caring for a child with a brain condition and is easy to use.
www.cerebra.org.uk/get-advice-support/library

CEA Card – a national scheme that enables a disabled person to receive a complimentary ticket for someone to go with them when they visit a participating cinema. Available to those in receipt of certain benefits and aged 8+, the card costs £6.00 and is valid for a year.
www.ceacard.co.uk

Discounts for Carers - a huge range of discounts, money-saving deals and vouchers that are available to paid and unpaid carers. You deserve a little something back!
www.discountsforcarers.com

Enjoy Breakfast with Santa at My Life in Standish, Wigan!



This Christmas, enjoy Breakfast with Santa at My Life's Stable Door Café & Ice Cream Parlour! Meet Santa AND our array of animals on our very own farm, from horses and pigs to our smaller furry friends, all fully inclusive!

Plus, experience a delicious breakfast in the cosy surroundings of our Stable Door Café & Ice Cream Parlour. All children receive a present too.

Just £12 for children (includes a present, juice and a sausage or bacon butty) and £8 for adults (includes Full English Breakfast, juice and a hot drink). Vegetarian and gluten free options are available. Takes place 21st – 23rd December, 9.30am-11am. Book by calling The Stable Door Café & Ice Cream Parlour on **01257 676076**. Any income generated will be reinvested into the work of My Life, making life better for people of all ages who need support to live a good life.

The Stable Door Café & Ice Cream Parlour, My Life, Thompson House Equestrian Centre, off Pepper Lane, Standish, Wigan, WN6 0PP.



Here is a list of mental health support resources available across Lancashire and South Cumbria. To find out more, follow the links below or make a call.
More support is available at: healthierlsc.co.uk/MentalHealthSupport

Dial 999 if you have seriously harmed yourself

Healthy young minds	Online self-help materials, resources and guidance.	healthyyoungmindslsc.co.uk/information/coronavirus Available: 24 hours a day, daily.
togetherall	An online counselling service for over 16s.	togetherall.com Available: 24 hours a day, daily.
SAMARITANS	A safe place for anyone struggling to cope.	selfhelp.samaritans.org 116 123 Available: 24 hours a day, daily.
CALM	Support for men struggling or in crisis.	calmzone.net 0800 58 58 58 Available: 5pm-12am, daily.
NHS Lancashire & South Cumbria NHS Foundation Trust	Wellbeing and mental health helpline and text service supporting people's mental health. LanguageLine available.	lscft.nhs.uk\Mental-Health-Helpline 0800 915 4640 Text HELLO to 07860 022846. Available: Weekdays 7pm-11pm Weekends 12pm-Midnight
	Mental Health Crisis Line - urgent help with mental health distress	lscft.nhs.uk/Crisis 0800 953 0110 Available: 24 hour a day, daily.
Mindsmatter	Psychological therapy via telephone / video or online.	lscft.nhs.uk/Mindsmatter
PAPYRUS	Support for young people dealing with suicide, depression or distress. LanguageLine available.	papyrus-uk.org 0800 068 41 41 Text: 07786 209697. Available: weekdays 10am-10pm; weekends 2-10pm.
R	Supporting adults recovering from addiction / mental health diagnosis.	redroserecovery.org.uk Available: online only 24/7.
	Supporting recovery and continued sobriety of alcoholics.	alcoholics-anonymous.org.uk E: eastlancsaa@gmail.com
mind	Helping you understand and look after your mental health and wellbeing.	lancashiremind.org.uk mindinfurness.org ulverstonmind.org.uk online only.

The Silver Line	Confidential helpline providing information, friendship and advice to older people.	thesilverline.org.uk 0800 4708090 Available: 24 hours a day, daily.
every mind matters	Practical advice - how to deal with stress and anxiety.	nhs.uk/oneyou/every-mind-matters/ online only 24/7.
THE MIX	Helpline for any challenges under 25s' might be facing.	themix.org.uk 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).
Anxiety UK	Helping those suffering with anxiety disorders.	anxietyuk.org.uk 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.
YOUNG MiNDS	Advice for parents / carers concerned about the mental health of a child or young person.	youngminds.org.uk 0808 8025544 Available: weekdays 12-10pm. 24/7 Crisis Messenger: text YM to 85258. LanguageLine available.
Age UK	Helping older people who are at home and need extra support with their wellbeing.	ageuk.org.uk 0800 678 1602 Available: 8am-7pm, daily. Language support on Thursday.
kooth	Safe and anonymous online counselling and support for young people.	kooth.com Available: weekdays 12pm-10pm; weekends 6-10pm.
	Talk Me Happy - counselling, bereavement and befriending for BME people in Lancashire.	lancashirebmenetwork.org.uk/counselling 01254 392974 Available: weekdays 10am-5pm.
childline	Confidential counselling service for children.	childline.org.uk
No Panic	Helping people with panic attacks and anxiety disorders.	nopanic.org.uk 0330 606 1174 Available: weekdays 3-6pm.
SAFA	Support for anyone anxious or worried in Cumbria.	safa-selfharm.com 01229 832269 Available: weekdays 9am-5pm.
Child Bereavement UK	Support for children & young people who are grieving.	childbereavementuk.org 0800 0288840 Available: weekdays 9am – 5pm.
Believe in children Barnardo's	Emotional support for children and young people in Cumbria	tinyurl.com/barnardosmytime 01539 742626 E: MyTimeCumbria@barnardos.org.uk Available: weekdays 9am – 5pm.

If you're struggling to cope then call the LSCFT mental health crisis line 0800 953 0110
or text HELLO to the Wellbeing & Mental Health Texting Service on 07860 022 846
or call Samaritans on 116 123

Scan the QR code for a list of services in your area

Healthier Lancashire & South Cumbria
healthierlsc.co.uk/MentalHealthSupport

Mental health support resources in Lancashire and South Cumbria

LANCASHIRE YOUTH COUNCIL

Lancashire County Council

Are you 12-18 or up to 25 with SEND?

Get Involved with the Youth Council and have your say about things that affect you and your friends, and be listened to.

"All Young people have the right to have a say about the things that affect them especially when adults are making the decisions about the things that affect young people"

Article 12- Un convention on the Rights of the Child (UNCRC), 1989

We want all young people to be involved in aspects of our work, planning sessions, delivering workshops, facilitating meetings, planning events and much more.

To be involved;

Come along to the Lancashire Youth Council

zoom meeting 18:30 - 20:30

Or attend your local district youth council

For more information please call 07764838547

Children and Family Wellbeing Service

Follow us for updates:

@lancashireYouthCouncil



Why Join?

Every day decisions are made in Parliament and in the Council about issues that effect YOU. Do you ever feel frustrated that adults are making all the decisions about topics that effect your life and your future?

If you are a young person who is interested in making lasting and sustained change, then Lancashire Youth Council needs you! You will get the chance to have your say on topics that effect young people, and influence the future of Lancashire County Council.

Young people who attend the district youth councils come together to make up Lancashire Youth Council (LYC), the young people meet together on zoom to have their voices heard and represent young people at a local and national level.

LANCASHIRE YOUTH COUNCIL

NHS

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.

Pharmacy +

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.

Produced by Public Health England. Copyright 2020. Product code: EASYREADFLU2 2p 5K OCT 2020 (APS). Pictures reproduced with kind permission from Photosymbols.com

HELP US HELP YOU PROTECT AGAINST FLU

Flu immunisation
Helping to protect everyone, at every age



£5

ON THE BEAT

Wednesdays from 5 January 2022 10am & 12pm

Music sessions for age 18+
Including a range of musical activities to ensure that everyone is able to express themselves in different ways. With an emphasis on inclusivity, personal development and fun, the sessions last 90 minutes and will include a tea break for a bit of social time.

Book online at moremusic.org.uk/whats-on/on-the-beat/ or call 01524 831997

My Right To Be Safe

Free Zoom training for people with learning disabilities and autistic people living in the Cumbria and Lancashire areas.









This is a 2 hour workshop for people with learning disabilities and autistic people living in Lancashire, Blackpool, Blackburn with Darwen and South Cumbria)



The workshop is about safeguarding and being safe.



The training is co-delivered by people with learning disabilities and autistic people

This workshop will talk about



What being safe means



Understanding abuse and what to do about it?



Staying safe in relationships





Staying safe during the COVID-19 pandemic



Discuss what we can do together to support disabled people's right to be safe

Training Date



The workshop will be



to





Book here: https://lscjtp.org.uk/events/#!event/2022/1/27/my-right-to-be-safe-self-advocates



The training is on zoom.



If enough people are interested, and it is safe to do so, we can arrange face to face training

If you need some help to book contact Nadia Tebbs who will be happy to help you:



Nadia.tebbs@pathwaysassociates.co.uk

Contact Kim for more information:



Kim Doolan



Kim.doolan@pathwaysassociates.co.uk



07939 127811

Thursday Club @ Charter House

Social Club for adults with disabilities

- Karaoke
- Pool Table
- Tuck Shop
- Free Wifi
- Hot Dogs
- Refreshments

Every Thursday 7pm-9pm

£5 Admission
(Includes food & drink)
No entry fee for carers
(small charge for food)

01282 429094
info@chaterhouseburnley.co.uk
Morse Street, BB10 4PD

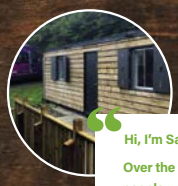
Charter House
Resource Centre & Sensory Room

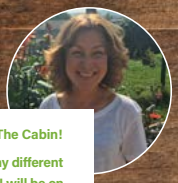
Do you have mild learning difficulties and would like to be part of a new, exciting group?

THE CABIN
at Charter House

We have a fantastic opportunity for you to make new friends, learn lots of new things, and go out on fun, educational day trips.

Day trips will include:
Turf Moor Tours
Treasure Trails
Museums
Therapy Farms
& so much more!





Hi, I'm Sara, I will be your Team Leader at The Cabin!
Over the past 27 years, I have cared for many different people with varying degrees of disabilities. I will be on hand to offer friendly guidance and advice.

Starting 13th October | every Wednesday 10am-3pm
Fees apply.

www.charterhouseburnley.co.uk
01282 429094

Charter House
Resource Centre & Sensory Room

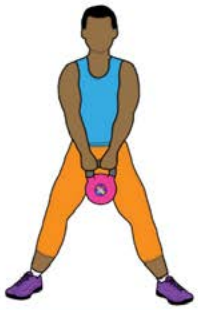
SIGNED

CVS

-SIGNED SWEAT-

6 month online exercise classes with live BSL

From 24th August 2021, can join any time after this!
Every Tuesday at 7pm and Thursday at 6pm



Are you over 16?
Do you want to get fitter?
Do you want to improve your physical and mental wellbeing?



Are YOU part of the Blackpool, Fylde or Wyre deaf community? If so this is funded for you!

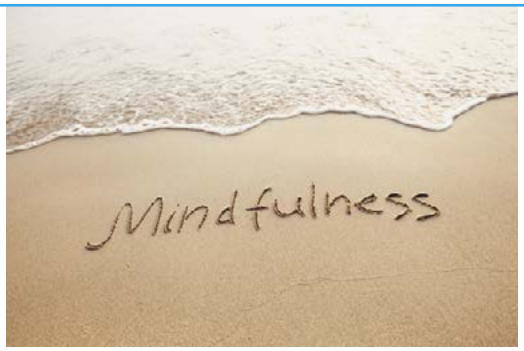
Not from these areas? Not a problem, you can still join for £30 a month

30 minute workouts on Zoom and Facebook Live!

LIVE

Book your place! Email us at:
HELLO@PERFORMANCEFORALL.ORG.UK

What are carers saying about Mindfulness?



"At the beginning of the course I had no expectations as I did not understand what mindfulness was or if I could gain anything from it. I knew that I was exhausted."

These are the words of a long-term carer, who was really struggling to cope with her situation.

Being a carer has huge potential for all sorts of rewards: it increases our empathy, it helps us to grow as individuals and families. But no doubt it takes its toll on physical, emotional and mental wellbeing, and carers find themselves running on empty. To convey this key idea of the need for carers to look after ourselves, we can use the analogy of the safety instructions on a flight to put your own life jacket and oxygen mask on before helping others.

One of the most important aspects of the mindfulness and compassion training for family carers is self-compassion – with an emphasis on the importance of looking after ourselves first and foremost. It is often apparent that carers are not used to doing this.

The Mindfulness Based Living Course is delivered by a Mindfulness Association qualified instructor whose life journey as a parent carer for 23 years took her from the depths of being unsupported and burnt out, eventually to a place of stability and self-compassion. Another carer, having completed the course, writes:

"I can now be kinder to myself and realise that not everything in life can be solved, and there are different ways to deal with physical, emotional and mental thoughts, feelings and problems. I felt these were making me ill and resulted in me not being the carer I wanted to be."

The course is delivered online over 8 weeks, in one and a half hour sessions. There is a recognition that carers have little spare time and energy to spend in meditation, so as well as offering participants the chance to learn new skills of breathing and stabilising meditation, body scan, and other formal practices, the course offers everyday life practices that can be done on the go, bringing a mindful approach to activities we already do. There is a manual and an app that support the learning, and participants have the chance to share their experiences and learn from and support each other in the online group.

Another carer comments:
"To be honest I wasn't expecting this course to change anything for me. I knew nothing of mindfulness although I had read a little on CBT and meditation. In reality it has changed everything. No one is more surprised than me. It has made me begin to have a more positive approach towards myself.

I feel I am kinder, and I have realised that life doesn't stop for mindful practise. My formal and informal practice have taught me that nothing stops and life doesn't change, but actually that is alright."

So, Mindfulness is not a magic bullet. It doesn't make all the problems carers face go away. What a course like this can offer is a toolkit of resources to make us more resilient and able to cope with the situations we can't change. In other words, a life-jacket.

Back to the first carer:
"This course has helped me to begin to find me again. Being in a group has been helpful. The course has taught me so much about myself and my relationships with others. The practice has begun to be part of my life now and it will, I know, benefit me and others from this time forward"

To find out more about the next round of Mindfulness Based Living Courses delivered online in Spring 2022, contact katekonchog@gmail.com

My desire to deliver mindfulness to family carers reflects my own journey over many years as I travelled from the painful depths of being an unsupported and unmindful full-time mother and carer, through learning mindfulness and self-compassion, to finding myself stabilising and even beginning to flourish.

From my experience, family carers do not feel they have time to include much formal mindfulness practice into their lives, so in my course I will emphasise informal and 'daily life' practices that would be easily achievable day by day. To encourage a regular formal practice, each guided practice in the MBLC course is available via the app, for the participants to practice with at home.

I will share ideas with the carers about taking comfort in small things, similar to the practice of Hygge in Denmark (meaning wellbeing, taking its origins from Norway in the 19th Century, and meaning to find comfort, rest and safety whilst regaining energy and courage).

One of the most important aspects of the training I aim to provide to family carers is an emphasis on the importance of looking after themselves first and foremost. It is often apparent that carers are not used to doing this. To convey this key idea, I use the analogy of the safety instructions on a flight to put your own life jacket and oxygen mask on before helping others.

Trinity Parent Carer Group

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

Join us for a cuppa and a chat with other parents and carers to share information and support.

Face to face Meeting

with option to join virtually via Zoom

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

St Annes Pastoral Centre,

Prescot Rd, Ormskirk L39 4TT

Virtual Meetings *via Zoom*

4th Tuesday each month 8-9pm

2021 meeting dates		
November	December	January 2022
11th & 23rd	9th & 28th	13th & 25th

Email trinitysnap17@gmail.com for a **Zoom invitation**

All Welcome

Trinity Special Needs Advice Partnership
Trinitysnap17@gmail.com

PARENT CARER SUPPORT GROUP

Carers Link Lancashire
IMPROVING LIFE FOR CARERS

A SAFE SPACE TO SHARE STORIES WITH OTHERS
BUILD NEW FRIENDSHIPS
CHAT OVER A CUPPA OR STAY FOR LUNCH
MAX CARD AND GRANTS
BE A VOICE FOR CARERS
A RELAXED INFORMAL GROUP
GUEST SPEAKERS



Meal Deal
£5.00
including a drink

WHEN: 4th Tuesday of every month at 11am - 1pm
WHERE: Carers Link Lancashire Communiy Cafe
54-56 Blackburn Road, Accrington, BB5 1LE
CONTACT: Angela / 01254 387444

TWINKLE HOUSE
Wellness and Sensory Centre

HM Government | In partnership with THE NATIONAL LOTTERY COMMUNITY FUND | COMMUNITY FUND | NHS West Lancashire Clinical Commissioning Group | COMMUNITY FOUNDATION For Lancashire

Around The Table With Twinkle

Every Thursday 11-12pm

Come and take a break with us here at Twinkle House. Grab a coffee and take part in our online friendship group. It's a chance to make friends, learn more about what support is out there during lockdown and take some time to relax



- Fun ice breakers each week
- A chance to talk amongst a supportive group
- One hour to take time for yourself
- Signposting and information sharing

For more information or to join the next Zoom meeting, please contact Belinda Moreland via email: wellbeing@twinklehouse.co.uk

www.twinklehouse.co.uk

2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 9UP

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 Lancashire, Blackpool, Blackburn with Darwen and South Cumbria areas and is funded by Pathways Associates CIC

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.

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.

Training Dates and Times

Friday February 4th Book here:

https://lscjtp.org.uk/events/#!calendar

The Workshop will be 10:00 am ~ 12.00 noon

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



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

NHS Lancashire & South Cumbria NHS Foundation Trust

C·H·A·T·S

Carers Help Advisory Training Support

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.

Find us on Facebook



MONEY & ME

Is your wellbeing affected by your relationship with money?

Do you make money and financial decisions based on how your mental wellbeing is at that time?

We are offering a new service to hear what support you need. Working together to develop a wellbeing toolkit of self help tools and techniques to help you manage your mental health when you have money concerns.

Call/Email for details

rachaelshaw@lancashiremind.org.uk
07706 359636

lancashiremind.org.uk

Registered charity no. 1081427

mind Lancashire

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 events
- 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
Sarah.deady@lancashire.gov.uk
Anna.burkinshaw@lancashire.gov.uk

Parent Representatives*
Nannette Holliday – Chorley
Julia Johnson – South Ribble
Lucy Ellis – Lancaster
Trish Dobson – West Lancashire

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

Voluntary Organisations
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
7th January, published March 2022

Summer issue - deadline for articles
25th March, published June 2022

Autumn issue - deadline for articles
25th June, published September 2022

If undelivered, please return to:
CCP Level 1, 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/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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