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It's been a busy few months for everyone involved with the Parent Carer Forum, and we've thoroughly enjoyed meeting lots of parent carers and professionals at our different events. We started off the new academic year with a day of SEND Law EHCP training at Downs Syndrome Cheshire HQ. It was an extremely useful course and everyone who attended learned a lot. You can find the resources on our website pcfcheshirewest.org. Both our Steering Group (made up of parent volunteers and SEND professionals) and our Parent Management Group have met to share experiences and plan ways of working together to improve the lives of our children and young people. Our volunteers are involved in a number of workstreams with Education, Health and Social Care and work hard to ensure that the parent carer voice is being heard. Our School Reps group continues to grow and this has provided us with another chance to meet with parent carers and hear their views. PCF volunteers and guest speakers such as Disability Positive have attended coffee mornings at Space in Chester and DSC in Northwich (you can find details of upcoming coffee mornings below) and in October we were delighted to welcome the Information Advice and Support Service and Cheshire and Warrington Carers Trust to our first virtual meeting of the year. In November we held our first in-person Forum meeting at Vicars Cross Golf Club in Chester. The event was very well attended and we were extremely grateful to all the parent carers who came along and to the members of the Local Authority Education team who presented. It was a very good opportunity to come together and learn from each other. We had a marketplace full of stalls where parents could chat to SEND professionals and we all enjoyed a lovely lunch together. We have lots planned for 2024, so please keep an eye out for updates on our website and on social media facebook.com/pcfchwac/. If you have anything that you would like to share with us then please email us at contact.pcfchwac@gmail.com or come along to one of our events. Thank you for all your support and for getting involved, we wouldn't be a forum without you! Wishing you all a very Merry Christmas and a Happy New Year!

🌿 We Wish You a Merry Christmas 🌿



We wish you a merry Christmas,



We wish you a merry Christmas,

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Sip and Learn

Monthly Thursdays 10am to 12pm
DSC hub, Denton Drive, Northwich, CW9 7LU

We are delighted to be working in partnership with Down Syndrome Cheshire and Disability Positive to host a Sip and Learn coffee

Come along to Sip and Learn on the 14th of December at 10am to catch up with other parents in an informal setting. Cheshire and Warrington Carers are running this month's session. It is an opportunity for parents and carers to ask any questions about benefits you are applying for or receiving.

The session will run from 10am to 12pm.

No need to book. Just come along and have a chance to Sip and Learn.

[For More Information, Click Here](#)



Working Parents...

Are you a working parent/carer?

Does your child have SEND?

The PCF CWaC has ran a number of evening zoom virtual forums and focus groups to help support working parents, unfortunately the uptake on these has been low with only five parents engaging.

This is your opportunity to let us know what would work best for working parents.

How would you like to access our service?

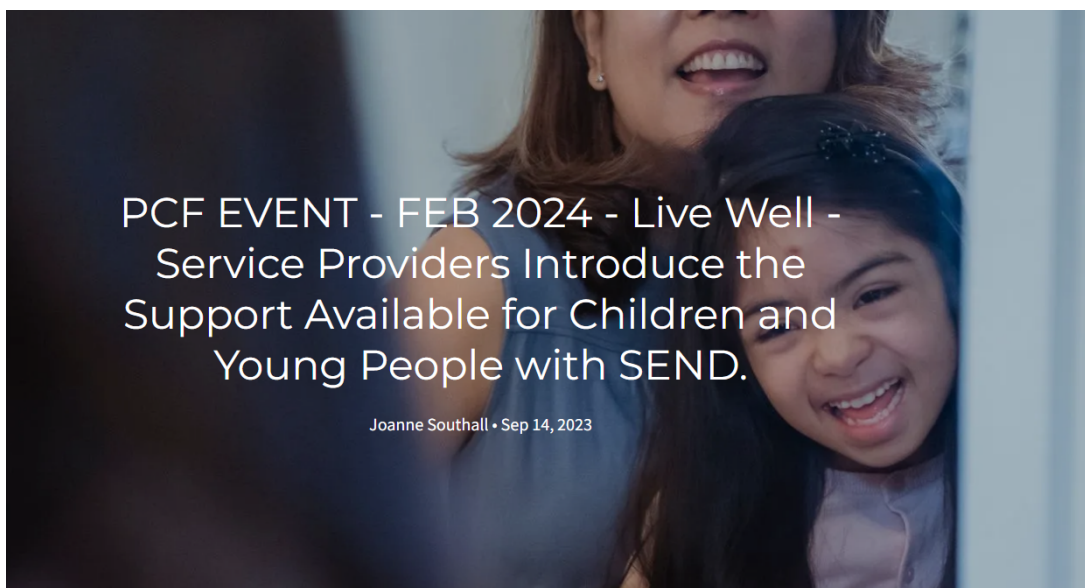
What would you like to learn?

Please use the link below to complete our quick feedback form to help us help you.

In the meantime don't forget that all our virtual sessions are recorded and available through our website and on our YouTube Channel. (please use the link below to access them)

[Working Parent Feedback Form](#)

[Recordings of Virtual Forums](#)



PCF EVENT - FEB 2024 - Live Well - Service Providers Introduce the Support Available for Children and Young People with SEND.

A FREE group for all Parents and Carers of children/young people who have any Special Educational Needs &/or Disabilities (SEND)

At:

Hartford Golf Club

Burrows Hill Hartford CW8 3AP

At the meeting - You will get to hear about and have your say on the following topics:

Live Well - Meet the professionals behind the services that support your child/young person

Mental Health Services - Update

Marketplace - Stands & Information on activities, groups and services in your area will also be available.

Free Parking, Free Lunch, Free Tea/Coffee & Cakes, Wheelchair Accessible.

Book your place NOW

Parents & Carers of Children and Young People with SEND.
Your child/young person doesn't need to have a diagnosis to access the PCF.

PCF CWaC
Parent Carer Forum
Cheshire West & Chester
2023-2024

The aim of the PCF...
Be the voice of as many parents/carers as possible
Influence decisions about gaps in services
Provide info & signposting to Professionals and Voluntary Organisations
Co-produce improvements to SEND services.

| In-Person Events | Virtual Events |
|--|--|
| <p>2023 Wed 22 Nov, 10:00am - 02:00pm Vicars Cross Golf Club, Chester SEN Team Attendance & Exclusion Alternative Provision - What is it</p> <p>2024 Wed 7 Feb, 10:00am - 02:00pm Hartford Golf Club, Hartford Live Well - Meet the professionals who support your child Mental Health Services Update</p> <p>Wed 22 May, 10:00am - 02:00pm Holiday Inn, Ellesmere Port Preparation to Adulthood Supported Internships - What happens when my EHCP ceases? Social care - Supported Living/Direct Payments Transitioning to Adulthood services</p> | <p>2023 Wed 11 Oct, 10:30am - 11:30am Where do I go for support? IASSS Carers Trust</p> <p>2024 Wed 20 March, 10:30am - 11:30am Short Breaks and Wrap around care update. ETOS - Education other than at School - What is it? July - Date TBC AGM 2023 Parent Carer Survey results</p> <p>Coffee Events 2023-24 Schools, Charities, etc. List of dates will be on our website, new dates added throughout the year.</p> |

Check our website for more information, previous events, or watch again on our YouTube channel.

To book any of our events or for more information, scan the QR code, or visit our website.
www.pfcheshirewest.org




PCF November 2023
Events

Update

November saw the first of our in-person Forums.

Thank you to everyone who attended: parents/carers, Professionals and the Marketplace. It was fantastic to see such a busy Forum with so many attending.

[Disability Positive](#) [Live Cheshire](#) [Energise by Endorphins](#) [Cheshire and Warrington Carers Trust](#) [Information Advice Support Services](#),



Don't worry if you weren't able to attend, the SEN Teams presentations are available to view on our website.

SEN Team Presentations

With much more to come in 2024 don't forget that you can keep up to date with the latest PCF news and signposting information by checking our website and following us on Facebook.



Signposting News **USEFUL LINKS & INFORMATION**



Cheshire West and Chester Council offer SEND specific HAF sessions. Sessions take place throughout this borough. Details of each offer can be seen within this booklet. Sessions will take place during the school winter holidays. All sessions are free for children with SEND. You can even bring siblings along - * Parents/carers will not be charged, to attend or support their child at any session. There may be opportunities, at some of the HAF providers, to accommodate siblings (Please contact the provider you are choosing to discuss in further detail).

All sessions will come with the provision of a healthy food option as part of the HAF offer, which could consist of either hot or cold food dependent on the session and location of delivery.

Any queries in relation HAF – SEND provision then please email AimingHighForDisabledChildren@cheshirewestandchester.gov.uk



Please also refer to link /QR code for all programmes being delivered across the borough which may be suitable for your child and their needs, we advise that you contact the club directly to ensure that your child's need can be met, or that the club can make reasonable adjustments prior to attendance. <https://edsential.com/haf-cheshire-west/>

*To be eligible to access free HAF provision a child/young person must have an identified special educational need and or disability



The Endorphins Group - Winsford

Activities taking place on a number of dates at the Winsford Academy, Grange Lane, CW7 2BT

Throughout the Winter Holidays Energise by Endorphins will be delivering fully energised sessions with activities for all abilities and interests. These include - sports, games, crafts, arts, drama, treasure hunts, science experiments, special visits and much more!

Dates activity is taking place

27th, 28th, 29th Dec 2023 and 2nd January 2024 10am -2pm

To book please see details below

Places are limited to enquire and book please call 0330 133 2642 email bookings@endorphins.uk or visit www.endorphins.uk



Brio Leisure Ellesmere Port, Northwich and Winsford

Fun and Floats, Multi-Sport Activities and Food 4 – 18yrs (Age 4 to 6 years – Fun and Floats only)

Children and young people must be assisted in the above activities if required, parents/carers and siblings can take part without charge - Swimming aids are available at each site if needed.

For our Fun and Floats session, normal swimming pool rules apply

Children aged 4 – 7 years inclusive

1 adult: 2 children with or without approved floatation aids

Children aged under 4 & 4 – 7 years (mixed)

1 adult: 2 children with the under 4 in floatation aids

Children aged 8 years and over

No restrictions

Ellesmere Port Sports Centre
Wednesday 20th & 27th December
Email EPSportsVillage@brioisure.org
Contact number 0151 659 1010

Fun and Floats 10.30 – 11.30

Lunch 12.00 – 12.30

Multi Sports/craft 12.30 – 13.30



Northwich Memorial Court
Wednesday 20th & 27th December
Email NorthwichMC@brioisure.org
Contact number 01606 261100

Fun and Floats 10.30 – 12.00

Take away lunch and activity bags will

Winsford Lifestyle Centre

Friday 22nd & 29th December

Email Winsford@brioisure.org

Contact number 01606 550700

Fun and Floats 11.00 – 12.00

Multi Sports/craft and lunch 12.15 – 13.45



Bridge Community Farms and Wellness Gardens

Bridge community farms and wellness gardens will support children and young people with SEND over 4 weeks of the winter holidays from Tuesdays to Fridays from 10:00am – 3.00pm.

Activities will include:

Arts and crafts, painting, music and dance, forest and outdoor activities, mindfulness, relaxation and cooking skills.

To book a place please contact the team on 07446 699995 or email Generalmanager@bwgarden.co.uk




Imagination Gaming

Throughout the winter programme, Imagination Gaming will offer lots of Christmas theme games as well as the usual hot off the press, robotics, coding, and problem solving and mind-bending puzzles. Games that are guaranteed to make you smile and card games that will get you up, have you moving and carrying out crazy actions, jumping, hopping, spinning on the spot... you name it, you'll do it! Prefer a quieter session, like to work alone? Then we have the games for that too, tactile, problem-solving solo games a plenty. Come join us for a jolly holly good time this Festive Season!

Come join in with Board & Card Games with a difference! We provided Cool, smart, fast witted and amusing board games from across the world.

The activities are taking place on the following dates

| | |
|---|--|
| <p>Hope Farm Library 18 December 2023</p>  | <p>Ellesmere Port Library 19 December 2023</p>  |
|---|--|

Sessions will run at Cheshire West and Chester Libraries: for 7 – 11-year olds

Book online, by using the provided QR codes, or by contacting Imagination Gaming Email:
Sarah@imaginationgaming.co.uk Tel: 07984 703452

Additional Provision you can Access.

SEND Choice's

CW&C Youth Service will be offering a Winter Programme for young people aged 11+ up to 25 if SEND (Special Educational Needs and Disability)

SEND Choices Youth Projects offers a welcoming environment, to socialise with their friends, peers and meet new people. We provide tailored programme plans that meet the needs of young people, encouraging engagement and participation in developing social skills, life skills and independent living. All our provisions will be offering a Christmas Party before the Winter Holidays.

Choices SEND Youth Projects delivers over the festive period from below, you do not need to register you can turn up at provisions and enjoy the evening:

Northgate Locks Resource Centre, Canal Street, Chester, CH1 4EJ on the 20 December 2023 and 3 January 2024 6.30pm to 8.30pm

If you want to find out more, please email amy.williams2@cheshirewestandchester.gov.uk

Salvation Army (Whitby Road Whitby, Ellesmere Port, Cheshire, CH65 6RS on 22 December and 4th January 2024 6.30pm to 8.30pm

If you want to find out more, please email leanne.owen@cheshirewestandchester.gov.uk

Northwich & District Youth Centre Winington Lane Northwich CW8 4DE on 18th December 7.00pm till 9.00pm

New Images Youth And Community Centre (Nixon Drive, Winsford, South West, CW7 2HG 21st December and 4th January 2024 7.00pm till 9.00pm

If you want to find out more, please email dean.latham@cheshirewestandchester.gov.uk

HAF - Edsential

SPACE

Parent Carer Info Morning

15 December 10am-12pm

During our coffee morning the following organisations will talk about their services and the autism & behaviour support they can give:

CAMHS Learning Disability - Cheshire West
Two SEND Practitioners from the NHS Starting Well Service
Claire Schmidlin from Steamtistic
Koala Northwest - Little Lungs
Parent Carer Forum

The Cafe will be open for refreshments.
Find out more about SPACE at www.spacecheshire.org

Fancy a cuppa, lunch and a chat with other parents? Come along to our Friday parent carer lunch in our centre from 12 till 2pm 🍵🍴. Allergies are catered for too and no need to rebook.

www.spacecheshire.org



FRI 8 DEC - SAT 13 JAN

BOOK NOW / INFO theatreporto.org/little-red-live/



HOME

HOME
MCR.
ORG

Y.
MATTHEW LINLEY



At Theatre Porto we are committed to supporting children, young people and families who experience disability, neurodiversity or need additional support whatever the reason!

After a successful trial of Supported Visits during our last production we have decided to offer it again for our up-coming show **Little Red**. We are completely aware that each person has individual needs and so our Access Co-ordinator, Natasha, is here to hopefully enable everyone to comfortably engage with our Christmas Show!

SUPPORTED THEATRE VISITS – LITTLE RED

Saturday 9th December @ 2pm

Monday 18th December @ 4pm

Thursday 21st December @ 10.30am

What is a Supported Theatre Visit?

A Supported Visit involves an individual phone call or email conversation with our Access Coordinator, Natasha, who can listen to concerns, answer questions and put the best support possible in place for your visit.

Some of this support might involve (but is not limited to):

- Access to a Performance Timeline & Sound Story - so there are no sudden surprises. Learning more about the characters and storyline of the play beforehand, especially for those who may struggle with worry or unknown outcomes. This can involve talking through particular moments in the play that involve loud sounds/ music or visual and lighting changes.
- Chance to visit the Venue & Theatre space before the show itself (with lights up) and a chance to explore the set and some props before the show.
- Seating- Talking through and reserving the best seating, including location within the theatre, any sensory seating needs , the opportunity to be seated before, or after, the rest of the audience (which ever is best/ makes the individuals experience more comfortable)
- The opportunity to enter both the Venue and the Theatre itself through a different door to avoid busy environments.
- Talking through any personal items a child or young person might need to ensure they feel safe and comfortable (we will have some items to offer out as well).

Please find more information about Little Red and some images here:

<https://theatreporto.org/little-red-live/>

On our website you will also find more information regarding Accessibility here:

<https://theatreporto.org/info-for-visitors/>

And below is a link for our Social Story which you may find helpful as well:

<https://www.theatreporto.org/access/socialstory/Social%20Story.pdf>

--Please note--

Whilst our venue is described as 'relaxed' the light and sound in this production has not been adapted like you might typically see in a 'relaxed' show however we think our Supported Visits have so many benefits!

Any other questions/ enquiries please do get in touch

Theatre Porto Facebook Page

Christmas Holiday Club

The Wingate Centre
Brightening the Lives of
individuals with SEND

**Holiday Club for
SEND children**

4 days over 2 weeks
Dates: 19th - 20th December,
3rd - 4th January

Free for children receiving
income related free school
meals, with lunch provided*

Limited spaces, booking essential

<https://eequ.org/experience/5307>

The Wingate Centre, Wrenbury Hall Drive,
Wrenbury, Cheshire, CW5 8ES
Telephone: 01270 780456 email:
gym@thewingatecentre.co.uk
www.thewingatecentre.co.uk
Charity Number 1197017

Department
for Education

HAF
Healthy Active Families

Cheshire East
Council

Cheshire East
TOGETHER for Children and Young People
Together we will make Cheshire East a great place to be young

*Charge applied if not in receipt of IRFSM

SPACE

Christmas Painting Evening

in conjunction with

THE PAINT REPUBLIC

13th December - 7pm

Subsidised tickets for SPACE members **JUST £15**

- No artistic talent needed
- All materials provided
- Bring a bottle if you wish!

Mulled wine & mince pies included

Book via the website www.spacecheshire.org

www.Spacecheshire.org

LIVE!
Cheshire

ALL STARS

After school club for ages 11-16

ARTS AND CRAFTS

SPORTS

LEGO CLUB

SENSORY

MONDAY-FRIDAY
3:30PM-5:30PM

CINEMA CLUB

£12 per session

New Scene Centre,
Lime Wood Close,
Chester CH2 2HD
01244 320479

www.facebook.com/livecharitycheshire
www.linkedin.com/company/live-cheshire
www.livecheshire.org.uk

LIVE!
Cheshire

ELF RUN

Monday 18th December 2023
11am-2pm

Visit from Santa

Lunch Available

Activities around the track

Christmas Stalls

Book through Bookwher

DISCO

Dress up in any christmas outfit

£8 Per Person

New Scene Centre,
Lime Wood Close,
Chester CH2 2HD
01244 320479

www.facebook.com/livecharitycheshire
www.linkedin.com/company/live-cheshire
www.livecheshire.org.uk

admin@livecheshire.org.uk

Welcome to Great Minds Together

Great Minds Together Services

Great Minds Together support children and young people with special educational needs and social, emotional and mental health needs as well as their families and the professional networks around them. The age range of the young people we can support is 0 - 25 years old. There is no age range for support to their families.

Our organisation exists to prevent one of the three following elements:

- Wrongful hospitalisation
- Unnecessary Police Intervention
- Where possible, prevention of children entering the care system by supporting families in an intensive way to ensure positive outcomes

We are a not for profit organisation that aims to deliver better outcomes for children and young people, particularly those with social, emotional and mental health needs and/or special educational needs and disabilities.

www.greatmindstogether.co.uk



Our Autism Central Hubs offer guidance to families, carers and personal assistants of autistic people. All of our sessions are run by Peer Educators. These are parents or carers of autistic people, who are happy to share their knowledge and experience with you. They offer group and one-to-one sessions to help you and other parents and carers find the information and services available in your area. Hubs may also run events such as workshops, drop-in sessions, coffee mornings or virtual meet-ups.

Example of events.....

| | | | |
|--|--|--|---|
| <p>Workshop</p> <p>Parent/Carer Wellbeing & Craft session in Stockport</p> <p>Face to Face Session for parents/carers/PAs of autistic children and adults or children and adults on the autism pathway.</p> <p>Date: Wednesday 13 December 2023</p> <p>Location: Strata House 25 King Street West Stockport SK3 0DT United Kingdom</p> | <p>Virtual meet-up</p> <p>Doing Christmas your way & Low Demand Parenting</p> <p>Online Session for parents/carers & PAs of autistic children, young people, and adults or those on the diagnostic pathway.</p> <p>Date: Friday 15 December 2023</p> <p>Location: Online</p> | <p>Virtual meet-up</p> <p>Sensory Issues relating to food & making Christmas Dinner fun for everyone</p> <p>Online Session for parents/carers & PAs of autistic children, young people, and adults or those on the diagnostic pathway.</p> <p>Date: Tuesday 19 December 2023</p> <p>Location: Online</p> | <p>Virtual meet-up</p> <p>Autism and Sensory issues during the festive period</p> <p>Online Session for parents/carers & PAs of autistic children, young people, and adults or those on the diagnostic pathway.</p> <p>Date: Wednesday 20 December 2023</p> <p>Location: Online</p> |
|--|--|--|---|

www.autismcentral.org.uk



Training Brochure

November 2023 to March 2024

This brochure brings together relevant training opportunities for Health and Social Care professionals or anyone who has contact with people with learning disabilities or autistic people as part of their role and who work in the **North West (Cheshire and Merseyside, Greater Manchester and Pan Lancashire and South Cumbria)**. If there is capacity, people from outside the NW may express an interest and register for some of the workshops.

Some of the training described in the brochure is co-delivered by Pathways Associates and the North West Self Advocates Training Hub. Other workshops will be delivered by partner organisations in support of the GM and LSC Joint Training Partnerships. The criteria for registration has been provided for each workshop.

Booking Process

Places on all of the training events can be booked via the Greater Manchester Joint Training Partnership website. If you are not already a member you can join for free and it is as simple as creating an account with your name and a password.

 <https://www.gmjtp.org.uk/events/#/calendar>

 For further information about any of the training you can contact janice.wycherley@pathwaysassociates.co.uk



This training is all **free** to attend for North West teams.

All NWTDT/ Pathways training is coproduced and will be co-delivered and is mapped against the capability frameworks for learning disability and autism. The criteria for attendance at each workshop is on the relevant flyers.

[To view the full brochure click here](#)

Parents/Carers & Young People Information Webinars - Progression to Employment



[Add to shortlist](#)



Cheshire West and Chester Council in partnership with our SEND Schools presents:
A Programme of Webinars for Parents/Carers & Young People to Support Progression to Further Learning & Employment



Title of Webinar: Going to College

Date: Thursday 25th January 2024

Summary of Content: Thinking about college; what options are available; how is a typical programme delivered; how are young people with

Petty Pool College

Provider: The College Network

Time: 4-6pm

To Join: Come to Greenbank School, Greenbank Lane, Hartford, Northwich, CW8 1LD

Title of Webinar:

Transport

Date: Wednesday 28th February 2024

Summary of Content: How can the local authority support your child to access college and what can you do yourself to prepare your child for independent travel?

Speaker(s): Nicole Mellor – Transport Team Cheshire West and Chester

Provider: Cheshire West & Chester Council

Time: 4-5pm

To Join: [Click here to join the meeting](#)

Title of Webinar:

Social Care, Day Services & Volunteering

Date: Wednesday 27th March 2024

Summary of Content: Find out how to access support to help all young people with disabilities fulfil their potential and lead as independent life as possible. This webinar will look at care and support options including housing, day care, finance, volunteering, etc..

Speaker(s): Kath Hingston - Transition Team Manager (Social Care) and Denise Garner - Service Manager Vivo LD Day Services

Provider: Cheshire West and Chester Council and Vivo Care

Time: 4-5pm

To Join: [Click here to join the meeting](#)

Parents/Carers & Young People Information Webinars - Progression to Employment



| | | | |
|---------------|--|-----------|--|
| | Name: | Pronouns: | Put an X in this column next to adjustments you would like to have |
| | Date of Birth: | | |
| | I am autistic and the following reasonable adjustments marked by an "X" are helpful to me to access and engage in health appointments and feel comfortable Please note: it is a statutory responsibility to try and make reasonable adjustments | | |
| COMMUNICATION | Clear, precise communication, information broken down, instructions explicit. | | |
| | Closed questions or to be provided with options. | | |
| | A longer appointment time to allow me to process information and respond. | | |
| | A supporter* with me to help me communicate and feel comfortable. | | |
| | Alternative ways of making appointments other than using the phone. | | |
| | Check I have understood you and allow me to ask questions. | | |
| | Help to record important information to take away at the end of the session. | | |
| | Don't make assumptions based on my non-verbal communication, such as lack of eye contact or stimming. I will engage better if relaxed and am being myself. | | |
| | Patience - I can find it hard to explain information or how I'm feeling. | | |
| | Things I use to help me communicate: | | |
| HEALTH | Consideration that I experience pain differently and my pain threshold is low/ high (please cross out as appropriate). | | |
| | Warning, explanation and preparation time before being touched. | | |
| | Ask me explicit questions to identify symptoms of pain and sensations (especially in physical examinations) due to difficulties explaining these. | | |
| | Support to address any other health issues raised as I struggle to ask for help. | | |
| | Familiar, supportive staff with me if I need invasive procedures. | | |
| ENVIRONMENT | Staff to read any requests for reasonable adjustments and preferences provided prior to an appointment. | | |
| | To be able to check-in and wait outside or in a quiet area. | | |
| | Having reduced lighting if possible. | | |
| | Being seen in a quiet room away from busy areas. | | |
| | Adjusting the temperature in the environment. | | |
| CHANGE | Consideration about textures, e.g. of garments, dressings and medical equipment. | | |
| | To be provided with a quiet, dark space if I am distressed or overloaded. | | |
| | To receive interventions on a one to one rather than group basis. | | |
| | Being able to clearly see and get to the exit in a room. | | |
| | Information in advance about what to expect in the situation and a clear plan for next steps. | | |
| KNOWLEDGE | Appointments being on time and being told if there is a wait or delay. | | |
| | Whenever possible to see the same staff each time. | | |
| | Discuss my next appointment time that will fit with my routine / quiet time. | | |
| | Avoid disruption, unexpected changes or things sprung on me. | | |
| | If you say you will get back to me, it is very important to do what we agreed. | | |

| |
|---|
| Have you got a hospital or health passport / care plan / one page profile? Yes / No (please circle) |
| Additional reasonable adjustments not covered overleaf: |
| Important information to know about me: (eg health conditions, preferences, treatments) |
| I am interested in: |
| It is not always obvious to others if I am stressed or anxious, this is what people may notice: |
| Things that can make me feel stressed/distressed: |
| What helps me when I feel anxious, stressed or distressed: |

*A supporter is someone who knows you well. It could be a friend, family member or carer.
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To access the printable version click here



NEW FEATURE.... Discover Live Well Cheshire West.



In the link below you will find the roles and responsibilities (as of November 2023) of the SEN Managers. At the bottom of the page, you will find the contact details for the team.

Live Well - SEN Managers



What is Advocacy?

Advocacy is getting support from someone to help express your views, wishes and feelings. They can help you understand your rights. Someone who helps you in this way is also known as an advocate.

What is an Advocate?

Advocates support you to have a voice and speak about the issues that are important to you.

- Advocates are independent and confidential
- They can speak on your behalf and help to express your views, wishes and feelings
- They will provide information and advice
- They can attend meetings and speak on your behalf
- They will listen and help you understand your rights
- They will let you know your rights

What Services are available?

Please see list below of services that are available on our Live Well website:

- [The Children's Society - Children's Advocacy | Live Well Cheshire West \(cheshirewestandchester.gov.uk\)](#) - The Children's Society Advocacy Service is an independent and confidential service for children and young people.
- [VoiceAbility - Advocacy in Cheshire | Live Well Cheshire West \(cheshirewestandchester.gov.uk\)](#) - Independent statutory advocacy service to support people to understand and participate in the health and social care decision making which affects them.
- [Independent NHS Complaints Advocacy Service \(ICAS\) | Live Well Cheshire West \(cheshirewestandchester.gov.uk\)](#) - Healthwatch Cheshire CIC offers an NHS Independent Complaints Advocacy Service (ICAS). ICAS advocacy works within the NHS complaints regulations and can help you to use the NHS complaints process to have your voice heard.
- [Community Connectors | Live Well Cheshire West \(cheshirewestandchester.gov.uk\)](#) - Connecting residents to the organisations that can provide the help and support they need.
- [Citizens Advice Cheshire West | Live Well Cheshire West \(cheshirewestandchester.gov.uk\)](#) - With offices in Chester and Winsford, as well as Community Access Points across the borough, our service is free, confidential and open to everyone in the community. We also provide mental health advocacy.
- [Disability Positive | Live Well Cheshire West \(cheshirewestandchester.gov.uk\)](#) - We provide services, opportunities and a voice to people living with disability and long-term health conditions, and their families. We can offer advice, help with practical tasks and advocate for people in lots of situations.

Live Well - Advocacy



According to the Department for Education (DfE), Inclusion is education that includes everyone, with non-disabled and disabled young people, including those with special educational needs and disability, **learning together in mainstream settings, schools, colleges, and universities**. It is also about the quality of all young peoples' educational experiences, how all children and young people are supported in schools to learn, achieve, and take part fully in the life of schools and settings. Inclusion is about schools and settings effectively responding to a wide range of needs in the classroom and all teachers having the skills and confidence – and access to specialist advice where necessary – to help all children and young people, including those with Special Education Needs and Disabilities (SEND), to reach their potential and have a positive impact on their lives.

Our Vision for is to be an Inclusive Borough and through our [Inclusion Strategy](#) we want Cheshire West and Chester to be a borough where all children and young people:

- are supported by all to get the best start in life
- are included in education regardless of their need, background, or vulnerability
- find themselves welcomed into 'good or better' schools, settings, and post-16 providers across the borough, (as judged by Ofsted)
- with the right [support feel](#) confident in choosing a mainstream setting.

To view our Inclusion Matters strategy click [here](#).

Live Well - Inclusion Matters

Live Well - Inclusion Matters



Working Together

Joint virtual conference recording available now on Contact's website



contact
For families with disabled children

National Network of Parent Carer Forums
'Our Strength is Our Shared Experience'

NNPCF and Contact's Working Together virtual joint conference update.

All recordings from our virtual conference are now available on Contact's website: <https://bit.ly/ContactNNPCFconference>

USEFUL CONTACTS



Live Well Cheshire West - <https://www.livewell.cheshirewestandchester.gov.uk>

Information Advice and Support Service (IASS) - Tel 0300 123 7001 <https://www.livewell.cheshirewestandchester.gov.uk/Services/1279>

SEN Team - Tel 0151 337 6505
senteam@cheshirewestandchester.gov.uk

Starting Well - <http://www.startingwell.org.uk/>

West Cheshire 0-16 CAMHS Tel - 01244 393200
<https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/>

IPSEA- Call-in Helpline Tel- 0300 22 5899
<https://www.ipsea.org.uk/Pages/Category/service-overview>

CONTACT Advice Line -Tel-0808 808 3555
<https://contact.org.uk/>

Get involved with the PCF...

We are always looking for new parents and carers to join us. You can attend meetings, give feedback to influence the services your child or young person uses or help us to identify the gaps in services. Also, a chance to meet other parents and learn about what's on offer in Cheshire West & Chester.

To contact us.....visit our website www.pcfcheshirewest.org
email contact.pcfcwac@gmail.com
or join us for one of our meetings.
We hope to see you soon!



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contact.pcfcwac@gmail.com

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