

[View this email in your browser](#)



# NEWSLETTER

---

## March 2024

### PCF February In-Person Forum - "Live Well" Live!

Live Well - Meeting the professionals behind the services that support your child/young person and an update from Gill Tyler on Cheshire & Merseyside – PINS Project 2024 - 2025



If you were unable to attend this event, please use the link below to access the presentations

[In-Person Forum Presentations](#)



## **SHORT BREAKS/WRAPAROUND CARE UPDATE FROM THE LOCAL AUTHORITY**

*We are very sorry to announce that the provider in the Ellesmere Port area who was due to provide SEND after school clubs and holiday clubs from the 1<sup>st</sup> March has had to withdraw. We are disappointed and we are sure many of you are too. We are continuing our search for more providers in Ellesmere Port and across the borough to commission for this important work.*

*We will also continue to develop this area of service for children, young people and their families as part of our local delivery plan for the National Wraparound Childcare Programme which begins in September 2024 and aspires for all parents and carers of primary school-aged children who need it to be able to access term time childcare in their local area from 8am-6pm by September 2026.*

*For more information on the National Wraparound Childcare Programme please visit the following websites:*

[wraparound-childcare-guidance-for-local-authorities](#) and

[wraparound-childcare-guidance-for-schools](#)

## **PARENTAL RIGHT TO REQUEST**

*Parents have a right to request that schools consider providing wraparound or holiday childcare for children from reception up to the end of key stage 3 (year 9) and up to age 18 for disabled children. You can make the request to the school your child attends.*

*If you would like to know how your school should respond to such requests here is a link to the guidance for schools: [responding-to-requests-for-wraparound-childcare](#)*

## **TAX FREE CHILDCARE, TAX CREDITS AND UNIVERSAL CREDIT**

*You may be eligible for financial help with paying for childcare. Visit [Childcare Choices](#) for more information.*



*Thank you*

Thank you to the 369 people who completed the PCF 2024 Survey - this is an amazing response. We are now in the process of analysing your responses and will share the results with you in due course.

We have updated our database with our new members, if you are receiving this Newsletter for the first time a "Very Warm Welcome"



PCF Website



Wednesday 20th March 10:30am – 11.30am

Virtual Meeting on Zoom:

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

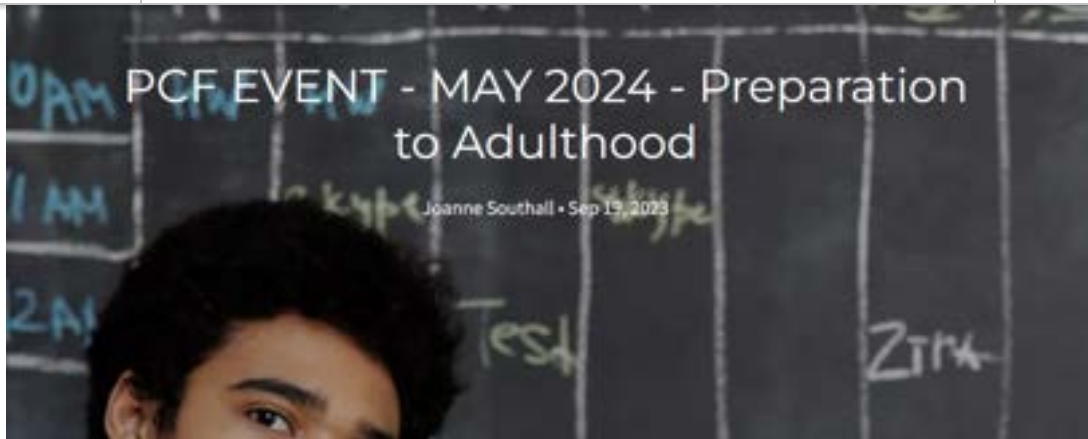
Short Breaks and Wrap-Around Care - Update.

EOTAS – Education Other Than At School - What is it?

Chance to ask questions and listen to presentations from the Service Professionals.

**To book your place please use the link below...**

March Virtual Forum Booking Link



Wednesday 22nd May 10:00am – 2:00pm

At:

Holiday Inn, Cheshire Oaks  
Lower Mersey Street Ellesmere Port CH65 2AL

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

Preparation to Adulthood  
Supported Internships - What happens when my EHCP ceases?  
Social care - Supported Living / Direct Payments  
Transitioning to Adulthood services

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.

[PFC May In-Person Forum Booking Link](#)



**PCF CWaC**  
Parent Carer Forum  
Cheshire West & Greater Manchester

**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><b>2023</b></p> <p>Wed 22 Nov, 10:00am - 02:00pm Vixens Cross Golf Club, Chester SNV Team Attendance &amp; Expenses Alternative Provision - What's it?</p> <p><b>2024</b></p> <p>Wed 7 Feb, 10:00am - 02:00pm Hartford Golf Club, Hartford Live Web - 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 Learning - What happens when my EHCP ceases? Social care - Supported Living/Shared Payments Transitioning to Adulthood services</p>	<p><b>2023</b></p> <p>Wed 11 Oct, 10:00am - 11:00am When do I go for support? AOL Carex Tool</p> <p><b>2024</b></p> <p>Wed 20 March, 10:00am - 11:00am Work Smiles and Wray around care updates ETOL - Education after time at school - What's it? July - Date TBC AOL 2023 Parent Carer Survey results</p> <p><b>Coffee Events</b></p> <p><b>2023-24</b> 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.pcfcheshirewest.org](http://www.pcfcheshirewest.org)

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.



Live! Cheshire are offering two days of free activities on the 4th and 11th of April for children and young people aged 11-18 with SEND. Sessions are from 10am until 2pm and include lunch and snacks and are funded by the Holiday Activities and Food (HAF) programme (must be eligible for benefit related free school meals). The Live! Easter Holiday Club will also be running from the 2nd to the 12th of April from 10am until 4pm at a cost of £50 per day. To book a space please visit...

**Energise**  
by Endorphins

**HEALTHY AND HAPPY HOLIDAY CLUBS ARE BACK!**

**JOIN US this Easter for our FREE HAF sessions**

Must have eligibility for benefit related FSM

Our sessions are filled with themed activities and games such as Sensory Play, Baking/Cooking, Sports, Team bonding activities, Scavenger Hunts!

**Nutritious free meal included**

**Booking Information:**  
For more information contact our team:  
T: 01238 1231842 E: [bookings@endorphins.co.uk](mailto:bookings@endorphins.co.uk) Web: [www.endorphins.co.uk](http://www.endorphins.co.uk)

**Winsford HAF sessions**

Cheshire West and Chester

**CONTACT US TO BOOK A SPACE AS WE HAVE LIMITED PLACES AVAILABLE!**

**Winsford**

Week 1: 3rd, 4th & 5th  
Week 2: 10th, 11th & 12th  
Time - 10:00 - 14:00  
Winsford Academy, Grange Lane,  
CW7 2BT

**Booking is essential!**

**Booking Information:**  
For more information or to book contact our team:  
T: 01238 1231842 E: [bookings@endorphins.co.uk](mailto:bookings@endorphins.co.uk) Web: [www.endorphins.co.uk](http://www.endorphins.co.uk)

Endorphins HAF Booking Email

# Free Easter Holiday Clubs

For children and young people across west Cheshire who are eligible for free school meals

Holiday Activity and Food (HAF) Programme information contained relates to specific programmes for children and young people with Special Education Needs and Disabilities (SEND)

**Easter holidays 2024**



Cheshire West and Chester Council offer SEND specific HAF sessions. Sessions will take place throughout the borough over the Easter period.

Details of each offer can be seen within this booklet.

Sessions are designed to be free for Children with SEND who are on benefit-related Free School Meals. There is also opportunity for Children who are not on Free School Meals to apply for places.

Participants will not be charged, to attend or support their child at any session.

There may be opportunities at some of the HAF provision, to accommodate siblings (Please contact the provider you are choosing to discuss in further detail).

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

Any queries in relation HAF - SEND specific provision please email: [SENDandLibertarianChildren@cheshirewestandchester.gov.uk](mailto:SENDandLibertarianChildren@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 needs can be met, or that the club can make reasonable adjustments prior to attendance.

<https://cheshirewestandchester.gov.uk>



### The Endorphins Group Winsford



Activities taking place on a number of sites at Winsford Academy, Grange Lane, CV7 2BT.

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

On: 10th, 11th & 12 April 2024 10am-2pm.

To book please see details below. Places are limited to ensure and book please call 0228 123 2642 or email [bookings@endorphins.uk](mailto:bookings@endorphins.uk) or visit [www.endorphins.uk](http://www.endorphins.uk)

### Brio Leisure Ellesmere Port, Northwich and Winsford

Fun and Foods, Multi-Sport Activities and Food 4 - 10 years (Age 4 to 8 years - Fun and Foods only).

Children and young people must be assisted in the above activities if required, parents/carers and siblings can take part without charge.

Swimming sites are available at each site if needed.

For our Fun and Foods session, normal swimming pool rules apply. Children aged 4 - 7 years inclusive. 1 adult 2 children with or without approved flotation aids. Children aged under 4 & 8 - 7 years (mixed). 1 adult 2 children with the price 4 in flotation aids. Children aged 8 years and over.

<p><b>Ellesmere Port Sports Centre</b></p> <p>Wednesday 7<sup>th</sup> &amp; 10<sup>th</sup> April</p> <p><a href="mailto:CPsports@brioleisure.com">CPsports@brioleisure.com</a> 051 555</p> <p>Contact number: 01928 888 1434</p> <p>Fun and Foods 10.00 - 11.30 Lunch 12.00 - 12.30 Multi Sportswell 12.30 - 1.30</p>	<p><b>Northwich Memorial Court</b></p> <p>Wednesday 7<sup>th</sup> &amp; 10<sup>th</sup> April</p> <p><a href="mailto:NB@brioleisure.com">NB@brioleisure.com</a> 01928</p> <p>Contact number: 01928 281100</p> <p>Fun and Foods 10.00 - 12.00 12.15 - 12.30 lunch Multi Sportswell 12.30 - 13.00</p>	<p><b>Winsford Leisure Centre</b></p> <p>Wednesday 7<sup>th</sup> &amp; 10<sup>th</sup> April</p> <p><a href="mailto:W@brioleisure.com">W@brioleisure.com</a> 01928</p> <p>Contact number: 01928 562700</p> <p>Fun and Foods 10.00 - 12.00 Multi Sportswell and Lunch 12.15 - 13.00</p>
---	--	---

### Cheshire Buddies



We're excited to announce that during the upcoming Easter break, Cheshire Buddies will be offering fun activities for SEND children with disabilities in west Cheshire.

Over the Easter holidays there will be several options of wonderful day trips.

Families will have access to swimming lessons and day trips to Chester Zoo and Wyltonphase Cycling. Transport available to take children to locations.

Due to limited availability, booking is essential to secure your child's place and can be done through the links below. Should you have any questions or require further information contact Stephanie on 01753423366.

**Tuesday April 2nd, Cycling at Simply Cycling in Wyltonphase.** There is a variety of bikes and bikes for all abilities, something for everyone. Time: 9am to 12.30pm. We will provide transport to Simply Cycling, pick up points will be in Winsford at the large Maroons @9am and Northwich @9.20am (we will be back at Northwich at 12noon and the large Maroons in Winsford at 12.30-12.35). To book a place click on the following link. <https://www.eventbrite.com/e/SEND-SEND-162277148-162277148-162277148>

**Wednesday, April 3rd.** This is a Family swimming session where everyone is welcome at Brio Leisure Centre in Northwich. Meet at Brio at 10.00. Time: 10.30am to 1.30pm. To book a place click on the following link. <https://www.eventbrite.com/e/SEND-SEND-162277148-162277148-162277148>

**Wednesday, April 3<sup>rd</sup> Chester Zoo trip.** Leaving from Brio in Northwich at 12 noon returning to Brio at 5pm. The children will travel on the buddies minibus to the Zoo. A picnic lunch will be provided along with a recipe bag to make a treat at home. People can also meet us at the Zoo at 12.30-12.45 at the main entrance. To book a place click on the following link. <https://www.eventbrite.com/e/SEND-SEND-162277148-162277148-162277148>

**Tuesday, April 16th, Cycling at Simply Cycling in Wyltonphase.** There are a variety of bikes and bikes to choose from for all abilities, something for everyone. Time: 9am to 1pm. We will provide transport to Simply Cycling, pick up points will be in Winsford at the large Maroons @9am and Northwich @9.20am (we will be back at Northwich at 12noon and the large Maroons in Winsford at 12.30-12.35). To book a place click on the following link. <https://www.eventbrite.com/e/SEND-SEND-162277148-162277148-162277148>

**Tuesday, April 9th:** Cycling at Simply Cycling in Wylamshaw. There are a variety of bikes and bikes to choose from for all abilities, something for everyone.  
 Time: 9am to 1pm. (we will provide transport to Simply Cycling, pick up points will be in Winsford at the large Murrums @9am and Northwich @9.20am ) we will be back at Northwich at 12noon and the large Murrums in Winsford at 12.20-12.30 To book a place click on the following link.  
<https://www.eventsfor.com/a/3031330000177?fbclid=IwAR1...>

**Wednesday, April 10th:** Family swimming session at Bro Leisure Centre in Northwich.  
 Meet at Bro at 10.20 please register with a member of the team.  
 Time: 10.30am to 12pm  
 To book a place click on the following link.  
<https://www.eventsfor.com/a/3031330000177?fbclid=IwAR1...>

**Wednesday, April 10th** Chester Zoo trip. Leaving from Bro in Northwich at 10 noon returning to Bro at 5pm. The children will travel on the **bullet** train to the Zoo. A picnic lunch will be provided a long with a recipe bag to make a treat at home. People can also meet us at the Zoo at 10.30-12.40 at the main entrance.  
 To book a place click on the following link.  
<https://www.eventsfor.com/a/3031330000177?fbclid=IwAR1...>

**Live! - Chester**

Activities for SEND children and young people aged 11-18 years  
 Activities will be based around healthy living. Sessions will include cooking and eating where young people will be encouraged to make nutritious food choices and focus on promoting a balanced diet.  
 Participants will also have the opportunity to engage in short activities throughout the day including Health Walks, Seated Volleyball, Bowls, Adapted Cycling, Seated Table Tennis and Seated Archery.

Dates - Thursday 4<sup>th</sup> April 10-2pm & Thursday 11<sup>th</sup> April 10-2pm  
 Venue - New Stone Centre, Limeswood Close, Neston, Chester CH2 2HD  
 Activities - Arts & Crafts, Sports, Cooking, Drumming, Cycles  
 For more info or to book, please contact [admin@livecheester.co.uk](mailto:admin@livecheester.co.uk)



**SEND HEALTH AND WELLBEING EASTER ACTIVITY CAMPS**  
 At Scaevon Park, Scaevon Park Rd, Handbridge, Chester CH4 1JF

FUNDED AND NON FUNDED PLACES AVAILABLE  
 SUITABLE FOR 4-14 YEAR OLDS  
 EXCLUSIVELY FOR SEND CHILDREN (EAL)

**Activities Included:**  
 Multi sports - Football, Basketball, Yoga, Boxing, Archery, Dodgeball, Dance, Gymnastics  
 Learning - Nutrition, Sleep, Mental Health and Resilience workshops  
 Creativity - Lego, Art, Crafts, Jig Saw challenges, Board Games, Chill Zones

FOR BOOKING AND FURTHER INFO VISIT -  
<https://www.sendchoicesfor.com/community/camps/chester/>

THURSDAY 5TH & FRIDAY 6TH APRIL  
 9AM START 1PM FINISH

**Inclusive Sports 4 All**



Inclusive Sports 4 All is a club designed for all needs of children and young people from all backgrounds. Our aim is to get our children/young people back into the community playing sports, arts and crafts, music and eating healthily to improve life at home and mental and physical wellbeing.  
 Some of our children don't have any additional support at home to help with their additional needs. Our clubs require people to stay with them to help with behaviour and personal care. We provide all of this at our club with our highly trained teachers and educational setting staff.

Provision aims to promote healthy living and positive lifestyles with staff and volunteers as role models and guides. We provide structured games, competitions and activities such as football, box fit, bag highly athletics, parachute games, street dance, trampolining, yoga, arts and crafts and guitar and music lessons.  
 This provision is 1-2:1 support and is designed for high needs. This provision has a small number of spaces available.

2<sup>nd</sup> and 4<sup>th</sup> April 2024 at Centre Leisure Centre 9.00 until - 11.00 - Lunch included.



**SEND Choices**

Chester West Youth Service will be offering an Easter Programme for young people aged 11+ up to 25 at SEND (Special Educational Needs and Disability)

SEND Choices Youth Projects offers a welcoming environment for young people 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. you do not need to register you can turn-up at provisions and enjoy the evening.

- Northgate Leisure Resource Centre, Canal Street, Chester, CH1 4EJ  
 Wednesday 3 April 2024 6.30pm to 8.30pm  
 If you want to find out more, please email [www.sendchoicesfor.com/cheester](mailto:www.sendchoicesfor.com/cheester)
- Salvation Army, Wilby Road Wilby, Ellesmere Port, CH83 8RS  
 Thursday 4 April 2024 6.15<sup>th</sup> 8.30pm to 8.30pm  
 If you want to find out more, please email [www.sendchoicesfor.com/cheester](mailto:www.sendchoicesfor.com/cheester)
- New Images Centre Nixon Drive Winsford CW7 2HD  
 Thursday 4th April 2024 & 11<sup>th</sup> 7.00pm to 8.00pm  
 If you want to find out more, please email [www.sendchoicesfor.com/cheester](mailto:www.sendchoicesfor.com/cheester)
- Northwich & District Youth Centre Warrington Lane Northwich CW8 4DE  
 Monday 8 April 2024 7.00pm to 8.00pm  
 If you want to find out more, please email [www.sendchoicesfor.com/cheester](mailto:www.sendchoicesfor.com/cheester)





### Easter Holiday Clubs & Activities

Holiday Clubs and Activities for Easter  
Watch this space as we will add more events over the coming weeks....

[PCF Easter Holiday Club Information](#)

---

## Let's Talk Adult Social Care

Closing Date: 19 May 2024

### Background

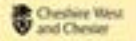
We are running a public consultation on our draft Adult Social Care Strategy, 'Enabling Great Lives'.



ADULT SOCIAL CARE CONSULTATION

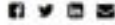


# Learning disability day services review



Home / Share your views on the future of day services

## Share your views on the future of day services



Cheshire West and Chester Council is looking at Day Services for people with a learning disability. Day Services are places where people with a learning disability can go to take part in activities.

We want to make Day Services better in the future.

We have worked with a small group of people with a learning disability, as well as their families and carers, and some of the people who provide Day Services, to come up with ideas to do this. You can find out more [here](#).

### More information

- More information is in easy read [here](#) and standard text [here](#).

### Where we're up to:

- Consultation open**  
You can tell us what you think.
- Consultation closed**  
We are looking at what people have told us.
- Consultation findings**  
We have listened and this is how we will make day services better in future.

## Learning Disability Day Services Review



Disability Positive



## About The Hive

Wirral's Youth Zone, named by young people as The Hive, is a state-of-the-art space for young people aged 8 – 19, and up to 25 for those with disabilities which opened on 8th April 2017.

There's something for every young person here.

From getting active in our sports hall, kick pitch, gym or boxing studios, to sessions in our music room with built-in recording suite, getting creative in the arts and crafts space, expressing yourself in the performing arts studio, tackling the climbing wall, working on your moves in the skate park, planting in the garden, cooking up a storm in the training kitchen or getting competitive in the gaming area – there's a huge range of activities for young people to jump into.

When they need a break, there are loads of places at The Hive to chill out, chat with friends and grab a bite to eat.

Our greatest strength is our team of dedicated and caring youth workers. Whether through a conversation, a project, a game or targeted support, they are always here for young people, however they need them. #Teamhive works here in The Hive, out in the community and with young people needing more focused support – through a broad range of projects including access to training and employment opportunities and wellbeing and resilience skills-building.

**Young people can access everything we offer, any day of the week for just 50p per visit and £5 annual membership. We even provide hot nutritional meals for just £1.**

Click below to take a virtual tour of our incredible facilities!

The Hive Youth Zone

---

**parents/carers of young adults with learning disabilities, often in association with autism and complex care needs including behaviours of concern, on the topic 'Preparing for Adulthood'**

# Preparing for adulthood

## A FREE TRAINING EVENT

For parents, families and carers of children and young adults with learning disabilities, often in association with autism and complex needs.



Lunch & refreshments are all included but you'll need to request a place.

**BOOK NOW**

<https://bit.ly/2024ManParents>

**When:**  
Tuesday  
26th March 2024

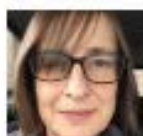
**Timings:**  
Registration 9.30am  
Start 10am  
Finish 3pm



**Where:**  
The Edwardian  
Manchester Hotel, M2 5GP

'Preparing for adulthood' is the umbrella term used for the support young people with special educational needs or disabilities should receive to help them transition into adulthood. As a young person approaches their final school years, thoughts turn to what they will require as they move from being a child to a young adult. Understanding what a young person needs to prepare them can really help.

Our expert speakers will provide you with a day of informative and practical sessions that will help you and the person you are supporting whilst preparing for adulthood.



**Professor Jill Bradshaw**

Jill is a consultant speech and language therapist and the Royal College of Speech and Language Therapists National Adviser for Learning Disabilities. Jill has worked with people with intellectual and developmental disabilities for over 30 years. She is also a Professor of Communication in Intellectual and Developmental Disabilities at the University of Kent.

### 'Supporting communication at times of transition'

Jill's sessions will focus on supporting communication between adults with intellectual and developmental disabilities and their communication partners. It will particularly focus on times of transition. This will include transitions between activities, environments (e.g. home and college) and bigger transitions e.g. moving house. Jill will outline the ways in which communication can be supported, including recording and sharing information and ways of involving people in decisions relating to their support.



**Geoff Evans**

Geoff has worked with autistic children, adults and their families for 40 years. He worked for twenty years with the NAS and was a senior lecturer in autism at Sheffield Hallam University. He is currently a freelance trainer and consultant working with autistic individuals, local authorities and schools and care services. His current interests include autism/sensory trauma, promoting positive behaviour, PDA and supporting in the workplace.

### 'Supporting lifelong learning for autistic young people and adults'

Geoff's sessions explore how we can effectively support autistic young people and adults, including those with an intellectual disability, to achieve their full potential by recognising how they learn and using approaches that builds on strengths and abilities. Geoff will discuss key areas where learning can take place including social and life skills, leisure and sensory processing. He will introduce several approaches that can support autistic people to learn and use them to improve the quality of their lives.

**Mercury College**  
education, support & transition



**Are you an Individual Employer of your own PA/carers?  
Do you want to update your PA's training or even add to it?  
Then check out what we have organised for March – all training is FREE.**

**First Aid:**

**22nd March 2024 (Full day 9.30-4.30pm)**

**Manual Handling (9.30am-4pm)**

**11th March 2024**

**27th March 2024**

**Safeguarding (half day, am; 9.30-1pm) pm; 1pm-4pm)**

**5th March 2024 (pm)**

**19th March 2024 (am)**

**Good Employer Training (9.30-4pm)**

**13th March 2024**

**All training is in house at our head office in Northwich <https://rb.gy/lt6uoz>, though we also offer on-line training.**

**Our service provider can offer a variety of courses to cover all of your care needs. Interested? Please email [learning@disabilitypositive.org](mailto:learning@disabilitypositive.org) to book your place... but hurry places are limited.**

**Funded by [Skills for Care](#)**

Email To Book Your Place



## The Russet School

We are excited to announce our new Family and Toddler session. Play based learning sessions for children with additional needs aged 6 months to 5 years and their families.

Every Friday morning at 9.30 – 11.00 at Victoria Road Children's Centre, Neumann St, Northwich CW9 5UT.

No need to book just come along and join the fun!

A purple banner with white text and logos. At the top left, there are four logos: 'beyond' with a rainbow, 'Children and Young People's Transformation Programme', 'Chester and Merseyside' with a square icon, 'NHS Countess of Chester Hospital' with the NHS logo, and 'cwp' with a rainbow. The main text in the center reads 'Countess of Chester Accident and Emergency Sensory Questionnaire - Child/Young People'. Below this, there are three paragraphs of text. The first paragraph says: 'If you are under the age of 16, we would like to hear your opinions on how comfortable you were in the Accident and Emergency Department.' The second paragraph says: 'By taking part in this survey, you may guide changes to the environment to help make it more accessible for those with sensory needs.' The third paragraph says: 'The survey takes around 4 minutes to complete and will run permanently. All submissions are anonymous and once the information is collected, the responses will be deleted in concordance to NHS and CWP guidance.' The final line of text says: 'We really appreciate the time you have given to answer this questionnaire.' There is a small black square with three white dots in the top right corner of the banner.



'The Beyond Project' Survey Link

**CHESHIRE WEST CARER SUPPORT**

Are you caring for someone living with a mental health condition, or who has a learning disability?  
If yes, we are here to help.

If you provide practical help and/or emotional support to a friend, relative or partner with a mental health condition or a learning disability then you are a carer.

**making space**  
Kind hearted care and support

**Cheshire West Carer Support**

**At Making Space we understand that while caring for a family member or a loved one is a very generous and selfless thing to do, taking on such a physically and emotionally demanding role can also take its toll on your own health and wellbeing.**

We are here to support you in your caring role and help give you balance in your life. Our professional and caring support workers provide a free service to carers in Cheshire.

**HOW WE CAN HELP YOU**

- Give you emotional support.
- Offer advice and guidance to assist you as a carer.
- Support you to enjoy your life outside of your caring role.
- Signpost you to services and organisations that can help you.
- Provide information about mental health conditions, learning disabilities, treatments and local services.
- Support you to communicate with services who can help you.
- Peer support groups where you can meet other carers in an informal environment to share experiences with others in a similar situation to yourself.

**CONTACT US**

To access our service please contact us today. You can self-refer or be referred by your GP or a local agency.

01606 606 694

CheshireWestCarerSupport@makingspace.co.uk

If you would like this leaflet in a different language or format, please contact marketing@makingspace.co.uk.

cheshirewestcarerssupport@makingspace.co.uk





Mark your calendars for 📅 ...

Morning Sessions (9 am - 11:30 am):

Sunday 11th February

Sunday 24th March

Afternoon Sessions (3:30 pm - 6:30 pm):

Sunday 21st April

Sunday 19th May

All dates are available to book here 🙌 <https://checkout.roller.app/theicecreamfarm/products/booknow>

<https://checkout.roller.app/theicecreamfarm/products/booknow>

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



Add to calendar



Cheshire West and Chester Council joined forces with our SEN to book online. A Programme of Webinars for Parents/Carers & Young People to Support Progression to Further Learning & Employment



**Title of Webinar:**  
**Social Care, Day Services & Volunteering**

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

## Reasonable Adjustments Check List

Page 1 of 1

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.

### SEN Managers



We have updated the Information, Advice and Support Service page on Live Well, so you can find out more about what the service provides as well as finding a wide range of information covering subjects including Special Educational Needs (SEN) Support, Education Health and Care Needs Assessments and Plans, Meetings, Choosing a New School, Disagreements and Mediation and much more.. To find out more information or to contact the service please click below...

Information Advice and Support Service (IASS) | Live Well Cheshire West ([cheshirewestandchester.gov.uk](https://cheshirewestandchester.gov.uk))



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](mailto: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](http://www.pcfcheshirewest.org)  
email [contact.pcfcwac@gmail.com](mailto:contact.pcfcwac@gmail.com)  
or join us for one of our meetings.  
We hope to see you soon!



Copyright © 2023 CWAC PCF, All rights reserved.

Our mailing address is:  
[contact.pcfcwac@gmail.com](mailto:contact.pcfcwac@gmail.com)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[RSS](#)

---