



PACC Newsletter

May 2022

Welcome to the May Edition of PACC's monthly newsletter!

To find out more about PACC, including who we are, how we work, what PACC offers and updates on any of our current work, you can find all of this and more on our website!

[Click here to learn more!](#)



Mad, Sad, Glad Report

PACC has published our Mad, Sad, Glad report 2022, which explores how parent carers feel about being a parent of a SEND child or young person in Shropshire, to mark Mental Health Awareness Week.

We have discussed the findings in our Mad, Sad Glad report with senior leads in Shropshire and have highlighted the current lack of parent carer support, especially where they are supporting children and young people under the age of 18.

[Click here to learn more!](#)



Parent Carer Wellbeing

Shropshire parent carers have told us that there are a number of areas that issues that impact on their wellbeing, these are;

- Loneliness
- A lack of understanding by services of their lives
- A lack of a break from caring responsibilities
- A lack of mental health support for parent carers
- The difficulty in accessing services
- The difficulty in understanding and navigating the system

PACC are currently collecting information on what support you would find helpful, and feedback on your wellbeing. We have put together a survey and would appreciate your feedback



[Complete the Survey](#)



Identity School of Dance



A huge congratulations to Opal and all students from Identity School of Dance who competed in the recent Championships!

Both Identity and DDC (from Derwen College) participated in group performances, as well as numerous young people completing solo performances and qualifying for the 2023 Championships!

For more information on Identity and how you can get involved:



SEE ABILITY

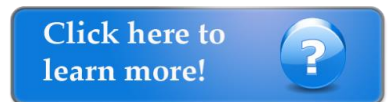
Extraordinary every day



Seeability

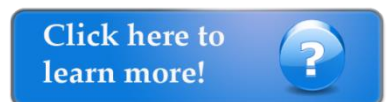
Would you like to find out more about how the person you support uses their vision? Would you like to gather more information to give to eye care professionals?

The functional Visual Assessment Tool can give an indication of what a person might not see or might have difficulty seeing. An FVA can be very useful before someone attends an eye test or eye clinic appointment to identify problems that may or may not be treatable.



Transport Deadline

A reminder that all applications for School EHCP/ SEN transport for September 2022 have a deadline of 30th June 2022. Secondary school transport has a deadline of 31st May 2022.



What's on?



DerwenCollege

WALFORD

OPEN EVENING







- young people, their families, carers and supporting professionals
- day students
- for admission in 2023 and beyond



Monday 6 June 2022

Tour the site and meet our staff.

To register, or for more information:
www.derwen.ac.uk
amy.snow@derwen.ac.uk 01691 661234 ext. 381



We are super excited to welcome our visitors between 4.40pm - 6.30pm

Derwen College, Walford, Nr Baschurch, Shrewsbury SY4 2HL



DerwenCollege

OPEN DAY





- young people, their families, carers and supporting professionals
- day or residential
- for admission in 2023 and beyond



Wednesday 15 June 2022

- tour the campus
- meet staff and students
- chat to the admissions team

To register, or for more information:
www.derwen.ac.uk
amy.snow@derwen.ac.uk 01691 661234 ext. 381



We are super excited to welcome our visitors back!

Derwen College
 Gobowen, Nr Oswestry, Shropshire SY11 3JA



Celebration and Coffee Morning

You are invited to our STEPS Celebration & Coffee Morning

We would love you to come to our amazing facilities at the Cavalier Centre to find out more about the STEPS Programmes & Wellbeing Events.

You'll get to meet the participants from STEPS, as well as spend time watching horse riding in our state-of-the-art indoor arena.

Plus there will be lots of time to relax with refreshments and cake.

TUESDAY 7TH JUNE 2022
FROM 10AM TO 12PM


Cavalier Centre
 Much Wenlock
 TF13 6PE

RSVP to confirm attendance
 T: 01952 443752
 E: projects@cavaliercentre.org.uk











Seashell

Transition to Adulthood

Including Mental Capacity and Care Act

Date Friday 17th June 2022
Time 10am to 12.30pm
Where Zoom

This session will look at the key legal issues facing disabled children, young people and families. They will be delivered by Steve Broach, a barrister at 39 Essex Chambers who specialises in the law affecting disabled children and young people.

Steve is co-author of 'Disabled Children: A Legal Handbook', published by Legal Action Group.

Get in touch

if you would like to know more information about the course, or to book a place, contact familyservices.webinar@seashelltrust.org.uk



Contact have just announced SEVEN free virtual workshops in June for parent carers of disabled children aged 0-5! Click the image for more details.



FREE WORKSHOPS IN JUNE

for parent carers of disabled children aged 0-5

speech & language support • toilet training • managing behaviour
anxiety support • Early Years entitlements • education support



Talk to Tom is for everyone, it's a free service. Tom goes around different coffee shops in Shrewsbury, where anyone is welcome to join him for a chat. You can talk about anything! The aim this service it's there if you need it! Tom shares dates he will be out and about on his Facebook page.

[Click here to learn more!](#)



ARFID study-
participants
needed!

Please contact:

Jjd31@kent.ac.uk
for more
information.

**PARTICIPANTS
WANTED!**

TIZARD
University of Kent

Are you a parent or relative to someone with Avoidant / Restrictive Food intake disorder (ARFID) in the UK?

Does the person with ARFID also have an intellectual and developmental disability?

If your answers to these questions are yes, then this research might interest you!

What were your thoughts and feelings when you went through the ARFID diagnostic process? We want to know!

The research will only take 1-1.5 hours where we would be interviewing you online via Microsoft Teams.

If you would like to know more about the project, or know someone who will be interested in taking part, then please contact:

Jonah Desalesa (jjd31@kent.ac.uk)



Carers Week (6th-12th June)

Representatives from PACC will be available during Carers Week at three locations, for a coffee and chat:

PACC Coffee Mornings			
Area	Location	Date	Time
Shrewsbury	Palmers Café	Monday 6 th June	11:30-1:00
Much Wenlock	Trinity Church Café	Monday 6 th June	11:00-1:00
Oswestry	Derwen College Café	Tuesday 7 th June	10:00- 11:30

Shropshire Carers Support Team Carers Week Events

“Shropshire Carers Support team are excited to share this year’s Carers Week Events Programme with you. This year we have extended the activities over a 2-week period (6 – 19 June 2022) to try and reach as many carers as possible, activities are a blended mix of outdoor and virtual options – whether you want to come along to the activities or join them from home we hope you will find something for you and look forward to meeting you during the 2-week period”

PACC has spoken to the Carers Support Team at Shropshire Council to confirm eligibility for this Carers Week programme and have received the following clarification 'Yes it is open for parent carers with a young person under 18 years old. As with adult carers of adults some of the events aren't suitable to take the cared for person along to but others are e.g. exotic zoo. Where a carer ID card is required – for ID purposes only – if a parent carer is interested in these activities – Rays Farm and Severn Valley rail we will issue a temporary ID pass to them. For the National Trust activities we have a certain amount of tickets from National Trust to send to those who book on.'

[Click here to learn more!](#)



Healthy Parent Carer Programme

We are very excited to announce that from September 2022 PACC will be delivering The Healthy Parent Carer Programme as a virtual Course.

The programme is designed to improve parent carers’ health and wellbeing by promoting empowerment, confidence, and resilience.

The Healthy Parent Carers programme is led by parent carers and involves working with others in a group to encourage behaviours associated with better health and wellbeing. The behaviours are called CLANGERS: Connect, Learn, be Active, Notice, Give, Eat well, Relax and Sleep, and are based on a book by Dr Phil Hammond.

More information on the course and how to book will be released soon!





Ask Abi

Do you have a SEND related question? Each month, we will be answering questions that we are frequently asked. Please email your question to abi@paccshropshire.org.uk (all questions will be posted anonymously)

What is an EHCP? How does getting one work and what happens once we have sent in the paperwork?

Education Health and Care Plans should be considered a road map to deliver identified outcomes for children and young people throughout their educational journey. It is essential that an EHCP clearly describes how provision is to be delivered, when, how often, and by whom so that school staff and other people supporting your child / young person know how to meet needs and work towards identified outcomes. It sounds simple, and in reality, it actually is. An EHCP should be seen as the how to guide everyone should use to support a child / young person successfully. They must have an educational backbone (this means they must support a core learning package) but they should not be limited to academic outcomes. EHCPs have sections that are dedicated to both health and social care outcomes too. These sections can include things that support working towards outcomes such as maintaining good personal health and wellbeing, developing social skills to stay safe and well in their communities, and learning the skills they need to be as independent as they can be in adult life. The best way to know if your child / young person's EHCP will prepare them well for adulthood is to track their outcomes backwards. So you can demonstrate long term outcomes, but work them backwards through their journey to ensure they achieve each milestone to build towards the next, and eventually achieve the outcome.

For example:

An outcome could be to play football with friends. To do this you need to kick a ball, and to do this you need spatial awareness and physical ability to lift and swing the leg to make contact between the ball and foot. To achieve this a child may need support from Physiotherapy to improve their strength and physical agility, they may need splints or softer footballs while they develop the skills from Orthotics and Occupational Therapy. They may also need an assessment for Dyspraxia to understand their difficulties with balance and coordination (among other concerns). You may also need to explore accessing a football skills activity that is more suitable for children with SEN and Disabilities rather than a mainstream activity (this could be for reasons other than what we have described in the example), which would fall into social care provision and accessing All In Activities perhaps. There may also be health needs that could support this outcome, such as being able to manage their own asthma inhalers and breathing to be able to be active for long periods of time. All of this can be captured in the EHCP as need and provision working towards the outcome of playing football with friends.

EHCPs, when written and used well, can be the road map to success for many of our children and young people. But we need to know how we can get the best out of them, and ensure they are describing our child / young person well and that the outcomes, provisions, and needs are clear and accessible to the people supporting them to be delivered.

1-6 weeks

A parent or school makes a request for an EHC Needs Assessment to the LA.
This is a simple letter saying why you think your child has special educational needs and why his/her needs cannot be met at school without additional support.



The letter gives the right of appeal to SENDIST, see the SENDIST appeal process for more info

Within 6 weeks of making the request, you will receive a letter from your local authority with a decision about the request for an EHC Needs Assessment. If they feel that this is not necessary, the letter will explain why not.

6-12 weeks

Those who are contacted for information related to the EHC needs assessment, have 6 weeks to respond. This is a legal requirement regardless of waiting lists or a shortage of professionals to carry out the work.

As the information from the above is received, the LA should decide whether or not to issue an EHC Plan and reach this decision by week 12. By week 12, the Local Authority should decide if it will be able to start drafting the EHCP. This draft will be sent to the parents and all those who contributed advice and information to the EHC Needs Assessment.

13-16 weeks

If by week 12, the LA has decided to issue an EHC Plan then it must issue the draft version by week 14, sending a copy to parents and all those who contributed to the EHC Needs Assessment. The draft EHCP should be sent along with all of the information and advice received during the EHC Needs Assessment process.

Once the draft EHCP has been issued, the parents have 15 days in which to respond to the draft with their comments and changes, to name the type of school (mainstream or special) and/or the specific school they want named in the EHCP and to request a meeting with the LA if they would like to discuss the EHCP.

Once the LA has received the parent's decision about school placement then they must consult with the school specified by the parents and the school must respond with its decision within 15 days. All responses from schools will be shared with the parents.

If by week 12 the LA decision was to not issue an EHCP then it must notify the parents of this decision and of their right of appeal; this must be done by week 16.



17-20 weeks

Between week 17 and week 20 the LA should issue the final EHCP. A copy should be sent to the parents and to the school named in the EHCP, where the child or young person will be attending.



The final EHCP will explain parental rights & the right to appeal to a tribunal

The 20-week deadline is a legal deadline and any extension beyond the 20 weeks is limited to specific exceptions.

What's next?

Assuming you've received your EHCP without a hitch, you can expect it to be reviewed yearly. For children under 5, the reviews are every six months. The annual review gives the parents, the child, the Local Authority, and the educational facility an opportunity to reflect on the last year and suggest changes.

Presented by:



Education, Health and Care Plans:

A parent's checklist of what to include when asking for a Needs Assessment

Your child now (in general)

- Health: eating, sleeping, illnesses, tiredness, depression, panic attacks
- Physical skills: walking, climbing, handwriting, using scissors
- Communication: hearing, gestures, eye contact, speech, talking to people, using the phone, taking messages
- Personal skills: dressing, washing, time-keeping, dealing with pocket money, remembering to pack their sports kit or pencil case
- Does any specific incident illustrate their difficulties? Are they getting worse?

Your child now (at home)

- Behaviour: Sharing, listening, fighting with siblings, moods, tantrums
- Activities: watching TV, reading, any hobbies, outside clubs, sports
- Relationships: parents, siblings, other adults, friendships
- Homework: any difficulty remembering what to do or finishing in the set time

Your child now (in school)

- Behaviour: showing anxiety, frustration, problems with concentration
- Lessons and activities they enjoy, friendships, relationships with teachers
- Problem areas: lessons, playtime, new teachers, change in routine
- Extra help: what has (or hasn't) worked before, what help you think they need

Your child's early years

- When did you first notice any problems, either big or small?
- Did you tell anyone about them? What help or advice did you get?

Your child's views

- Does your child enjoy going to school? What do they like best about it?
- What would they like to achieve? What makes it hard for them to do this?
- What help does your child think they need?