



# Shropshire Parent and Carer Council Monthly Newsletter. January 2024

Welcome to PACC's monthly newsletter.

If you have any questions or require any further information,  
please email:



[info@paccshropshire.org.uk](mailto:info@paccshropshire.org.uk)



## PACC Annual Report

PACC has been working hard to improve how it shares information with the Shropshire SEND Community, as part of this the PACC Annual Report for the period November 2022 to October 2023, has taken on a new look. Our Annual Report is now structured around our three new work area headings;

- Influence & Change
- Information Provision
- Community Support

Each work area is has a specific colour reflecting PACC's branding and to help identify in broad terms what the information is about.

Our hope is that this brings more clarity to our role and ensures that the Shropshire SEND Community's has a good understanding of what we do and how we work. We have also taken the opportunity to share some of the lovely photographs we have to celebrate the amazing children and young people who are at the heart of our community.



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[ONLINE SURVEY](#)

## SEND Transport Update

SEND Transport is currently under review by Shropshire Council. PACC have shared several updates over the last 12 months about this, and have made representations to Shropshire Council encouraging coproduction throughout the process. They have now announced engagement sessions are to be delivered where families can present their views on SEND Transport options and inform the process further.

We would encourage families to consider how **not** having SEND Transport would impact your lives, how the provision can be improved, and how the process of applying and accessing transport can be delivered so that families feel supported and cared for.

Included in our article is a survey from Shropshire Council to help them arrange the engagement sessions and a survey from us to help shape our ongoing input and what we say to Shropshire Council to inform and influence the process.



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## The right medication at the right time



People with a learning disability, autism or both are more likely to be given medication (including psychotropic medication) than other people. 'Psychotropic medication' is medication which affect behaviour, mood, thoughts, or perception.

Many individuals from the Learning Disability and Autism communities are given such medication when they do not have a diagnosed mental health condition. Sometimes these medications are given to individuals, including children and young people because of behaviours that challenge others and that others are struggling to understand.

In Shropshire PACC provides parent carer representation on the STOMP/STAMP work group. There are two subgroups which report to this work group. One is developing improved clinical pathways for the prescribing and monitoring of medication use. This includes ensuring that those with a Learning Disability and / or Autism, who are taking psychotropic medication, receive regular health checks and that clinicians include individuals and their family in decision making relating to medication. The other subgroup, which is co-chaired by PACC, is focused on improving information provision about this issue, promoting an improved understanding of alternatives to medication use and supporting system/culture change in regard to the use of medication as a response to behaviour which challenges.

[READ MORE](#)

[ONLINE SURVEY](#)

## Healthier Together Website



NHS Shropshire, Telford & Wrekin have funded a new website providing information about a range of health topics for parents, children and young people and pregnant women. Healthier Together was an approach developed in Wessex, which has now been adapted and launched in other parts of the country to meet local needs. As well as providing information on common childhood illnesses for both physical and mental health, including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely to last, it gives information on local services that SEND families specifically might want to know about. PACC has supported the development of the Healthier Together website, using feedback from Shropshire parent carers about key information needed. The site currently provides information on SEND in Shropshire, Neurodiversity, including Autism, ADHD, Tics and Tourettes, child development and the support available for SEND families locally and nationally. Pages are also being developed on Foetal Alcohol Syndrome and supporting the health of anyone with a Learning Disability, links will be shared when these are available.

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## 6-month Review of the Shropshire SEND Accelerated Progress Plan



The Shropshire SEND system was required to produce an Accelerated Progress Plan (APP) after the SEND Inspection revisit last year. This plan focuses on areas that were identified as continuing to need improvement;

- Significant waiting times for large numbers of children and young people on the ASD and ADHD diagnostic pathways
- Significant waiting times for those needing assessment and treatment from the speech and language therapy service
- Inconsistency in the quality of input from education, health and care into EHC assessment and planning

PACC provides parent carer representation on the groups working on the areas identified as in need of improvement and the APP has been a significant focus of our work. The experience and feedback of parent carers has been shared and has informed much of the activity that has happened.

[READ MORE](#)

# DO YOU LOVE DANCING?

Ready to take your dance to the next level?  
Why not join Darwin Dancers!  
Led by Shropshire Inclusive Dance


£10 per workshop

Darwin Dancers is a creative contemporary dance group for young people aged 16 – 32 yrs. It is open to disabled, neurodivergent, D/deaf and non-disabled people, with some dance experience.

- Theatre trips
- Dance workshops
- Guest dance teachers
- Socials
- Chance to perform at Theatre Severn
- Fun, focused, creative!
- Learn new dance skills
- Perform

Saturdays once monthly from  
Feb 2024 Starting Saturday  
24th Feb, 10.30 – 2.30pm

And weekend rehearsals  
nearing performances.

 Roam Dance, St Mary's  
Community Hall,  
Shrewsbury, SY1 1DL

 rachelsidance@gmail.co.uk

 0788577040

Rachel Liggitt, Co – Artistic Director of Shropshire Inclusive Dance  
or information about the project and to book your place.



UNITED BY 2022  
LEGACY CHARITY

FABRIC





# Preparation for Adulthood (PFA) Navigators

Our early life experiences help us to prepare for life as an adult. For children and young people with SEND this should be recognised in the support they receive from the earliest point. For those with an EHCP, there is a particular focus on Preparation for Adulthood from year 9.

Conversations about a young person's future should involve themselves, their parent carers, their teachers and anyone else who works with them.

We know how difficult it is to navigate the SEND system and how challenging it can be to find relevant information for your child or young person.

Abi and Denise work with Parent Carers of 14-25 year olds with SEND providing signposting and information to support and services in Shropshire to help navigate your child/ young persons journey.

For more information, or to schedule a call, please contact our PFA Navigators:  
[Abi@paccshropshire.org.uk](mailto:Abi@paccshropshire.org.uk)  
[Denise@paccshropshire.org.uk](mailto:Denise@paccshropshire.org.uk)

## What can I talk to PFA Navigators about?

- Further education
- Education, Health and Care Plans
- Annual Reviews
- Activity Plans
- Finances and Benefits
- Employment and Volunteering
- Annual Health Checks
- Staying Healthy
- Mental Health Support
- Being Part of the local community
- Housing Options
- Support for Parent Carers

### Mayfair's 44Bs Activity Menu

For adults with learning disabilities or autism



**MONDAY**

**Get Cooking!**

Group cookery sessions in Mayfair's fully accessible kitchen, promoting healthy eating, cookery skills and sociable eating.



**TUESDAY**

**Get Creative!**

Themed Arts and Crafts in Mayfair's Art room. Fortnightly visit to the library. Work experience in our training café.



**WEDNESDAY**

**Build Life Skills!**

Opportunity for practical tasks such as personal shopping, paying bills as well as getting the food for the Monday cookery.



**THURSDAY**

**Get out and about!**

Litter picking - Doing our bit for the community. Sampling sports like croquet, crazy golf, pétanque, bowls. Cook, chat, chill and colour.



**FRIDAY**

**Have fun!**

Monthly film club with fish and chips. Monthly yoga. Shows, walks and outings, including visits to other groups for social events.

#### Be part of the community EVERY DAY

- Travel training and road safety
- Supported work placements within Mayfair or elsewhere in the town
- Exercise classes
- Singing group
- Wellbeing skills
- Baking and lite bite cooking
- Attend appointments such as chiropody, hairdresser etc
- Personal shopping
- Socialise, share ideas and activities
- Local walks, dog walks and nature walks
- Social activities with other centres/services and friends
- **Your Choice!** - If you want to try something else, chat to us and we'll see if we can make it happen

#### Get in touch:

To find out more, contact Helen Crumpton or the 44Bs team on 01694 722077  
**Mayfair Community Centre**, Easthope Road, Church Stretton, SY66BL  
[www.mayfaircentre.org.uk](http://www.mayfaircentre.org.uk)  
[information@mayfaircentre.org.uk](mailto:information@mayfaircentre.org.uk)

Charity no. 1061049 Company no. 3307951

Mayfair Community Centre is a community and healthy living centre in Church Stretton. We provide services, facilities, and activities to support the health, wellbeing and independence of people living in the Stretton's and surrounding areas. As well as providing care services, we put on arts and crafts and fitness activities, and offer access to complementary health, befriending support and social prescribing. With the help of more than 250 active volunteers, we take a leading role in the development of a strong, thriving and supportive community.

[READ MORE](#)





**Oswestry SEN parents was created by a group of Parent Carers in September 2022.**  
"We realised the support for parents and families with children who have SEND needs in Oswestry was almost non-existent. So we decided to do something about that. We believe that the isolation parent carers feel can be reduced by meeting others in very similar situations, we get together to chat, have a little whinge and share advice and support. Everyone is welcome, no diagnosis is needed."

We have grown hugely since that little idea and that first morning sat in a cafe wondering if anyone would come and if the idea was even needed, they did and it was!

As well as our Facebook group and page, We now hold weekly coffee and natter parent meet ups, a monthly family SEN session at the funhouse in Oswestry as well as meet ups and activities during the holidays. As a parent supporting parents community we are here to support each other. You are not alone.



**Shelley** - We are a friendly and welcoming group of parents that just "get it" when it comes to SEN children.

We are all here to support all our families, whether that's sharing information we may know from personal experiences, being that listening ear or even giving a parent that hug they didn't know they needed.

Being a SEN parent can be a very isolating journey, so this is why we have our weekly meet-up's and also our brilliant monthly SEN exclusive session at the Fantastic Funhouse.

We don't judge, we just listen and care 💜

**Vicki** - Oswestry SEN parents is an amazing group for me. Firstly I attended as a parent. I felt for the first time there was somewhere I could go and was understood. No judgement just offers of support and advice. Since attending I am now part of running the group and it brings me so much pleasure to be there and support/listen to other parents. It can be isolating being a parent with a child that has additional needs, I don't feel isolated anymore.

**Helena** - The Oswestry SEN parents Group has been a wonderful comfort for my family. Meeting parents with similar challenges and experiences has been a great support and made life seem less lonely.

**Kate** - Being a part of Oswestry SEN parents means a great deal. To have people who make me feel a sense of belonging, to have places to go where me and my children are accepted, to know I'm not alone in my darkest hours. These are things that were not existent or accessible prior to Oswestry SEN parents creation. To say I am grateful is an understatement, to say it is essential is an understatement, the need for this goes far beyond what may be believed. This group has been my saving grace.



Oswestry SEN Parents

Parents coffee and  
natter meet up



Exclusive  
SEND Session

At the fantastic funhouse Oswestry



**Tuesday 6th February**  
**11:30-12:30**

Coffee at d'Arcy's  
45A High Street  
Bridgnorth  
WV16 4DX



## **Bridgnorth- Coffee & Chat with PACC Reps**

Join the PACC Rep Team for our Coffee & Chat drop-in session. We welcome Parent Carers to pop in and catch up with our team, to share your experiences, or simply to say hello.

These will be held at various locations across Shropshire.

No need to book, just pop along if you have chance.



Each month, we will be shining a spotlight on a child or young person in our SEND community.

## **This month meet Arabella.**

Arabella is 11 years old and attends mainstream Primary School, she is moving to Secondary school next year!



I love my Reborn baby doll, she's so lifelike. I like to dress her up and look after her like I would a real baby.

I love going on holiday! My granny has a house and boat in Greece, and I love spending time there!

I like being on a boat and helping sail and playing in the sand.

I love all animals and one day would like to work with animals too.

I'm looking forwards to starting horse riding through the Cavalier Centre this year.

My favourite thing is Cocoa my chocolate Labrador. She's my best friend!



If your child or young person would like to share their story with us and appear in "Being me", please email [abi@paccshropshire.org.uk](mailto:abi@paccshropshire.org.uk)





**DID YOU  
KNOW?**



***LITTLE RASCALS FOUNDATION  
OFFERS PA CARE FOR SEN CHILDREN  
IN SHROPSHIRE***

***OUR DEDICATED TEAM OF PERSONAL ASSISTANTS  
ARE AVAILABLE AFTER SCHOOL, DURING THE  
WEEKENDS AND DURING SCHOOL HOLIDAYS.***

***TAKING SEN CHILDREN OUT  
INTO THE LOCAL COMMUNITY  
TO EXPLORE, BUILD  
CONFIDENCE AND SKILLS***



***TO ENQUIRE EMAIL  
MANAGEMENT@UKLITTLERASCALS.COM***

***REGISTERED CHARITY  
NO: 1166955***





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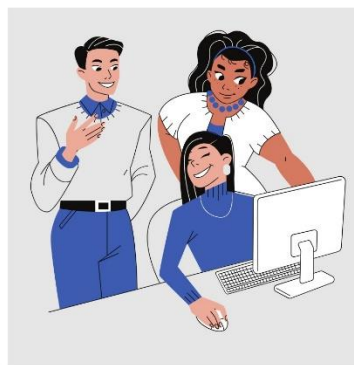


# Taking Part Group Digital Skills Sessions

## Are you an adult with a learning disability?



Would you like to feel more comfortable using your phone, tablet, Kindle or laptop?



Would you like to develop your skills in a friendly setting?



Join our block  
of group sessions!

Location

Themes



Mondays 15th, 29th January  
5th and 12th February 2024,  
11am - 12pm\*.

Shrewsbury Library,  
Castle Gates,  
Shrewsbury, SY1 2AS

Scam awareness,  
social media, emails,  
photos and more.

\* Please note we will promptly start at 11am. If possible we will try to meet you before the first session.



Volunteers working  
alongside Taking Part  
staff to support you.

Please bring your device with  
you.



If you have not got a device we might be able to help you to get one.

We are also delivering one-to-one support please let us know if this would interest you.



Please contact us on 01743 363399 or



email [takingpart@takingpart.co.uk](mailto:takingpart@takingpart.co.uk) to book your place or to find out more.



Future dates will be added to our Facebook page and website.  
[www.takingpart.co.uk](http://www.takingpart.co.uk)

free health check <sup>NHS</sup>

for  
over 14's



get  
checked  
out

Check up



- Do you have a Learning disability?
- Are you over 14?

Ask for a **free** learning disability **health check** at your local GP practice.

[www.yourhealthmatters-leeds.nhs.uk](http://www.yourhealthmatters-leeds.nhs.uk)

be body

positive 

**NHS**

Building a positive relationship  
with food and your body



# SHREWS ABILITY Run



**FOUNDATION**  
The Club's Official Charity

**YOUR RACE**   
**YOUR WAY** 

No matter your age or ability, our fully flat, 600 metre ShrewsAbility Run allows you to race your way, so take up the challenge today!



**SATURDAY,  
2ND MARCH**  
THE GROUD MEADOW, SY2 6ST  
**10AM MEET**



**SIGN UP  
TODAY**

