



# Shropshire Parent Carer Council Monthly Newsletter. May 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)



## Update on Short Breaks Recommissioning in Shropshire



PACC has previously shared information about the recommissioning of specialist Short Breaks services in Shropshire. This work originally focussed on the overnight and specialist community sessions and groups delivered by Action For Children on behalf of Shropshire Council, however due to staffing changes and restructuring at the Local Authority, this recommissioning work now includes the All In programme, currently delivered by Actio. This means that new contracts will need to be in place for non-assessed Short Breaks (All In) and the two assessed Short Breaks offers from the 1<sup>st</sup> April 2025.

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## Shropshire Community Health Trust Training and resources



Shropshire Community Health Trust have been working on improving their website and have recently uploaded some videos to their training and resources section. These videos explore the identification of, and support available for, a variety of Speech and Language Disorders, Communication Needs, and other concerns that may impede speech, language, and communication development. While they seem to be targeted at practitioners working with children, these videos are also suitable for Parent Carers and other trusted adults that may benefit from having a better understanding of these topics. To see the range of resources available, please click on the link. We would welcome feedback on how helpful the resources are, if there are topics you feel may be useful to include, or extra resources needed, please let us know so that we can feed this back to the Speech Language and Communication working group.

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## Mental Health Awareness Week – Supporting Parent Carer Wellbeing



We started mental health awareness week with the joint PACC and Autism West Midlands Conference, 'Living Positively with Neurodiversity'.

We opened the conference by considering what it means to be a parent carer, and how many extra balloons we have to hold!

A parent carer is legally defined as “a person aged 18 or over who provides or intends to provide care for a disabled child for whom the person has parental responsibility.” This can include foster carers and kinship carers. There is increasing amounts of research that being a parent carer can have a significant impact on wellbeing and mental health. Parenting is a difficult enough job, but if you are providing care and support over and above what might normally be expected for a child of a similar age, you may have additional practical, emotional and financial pressures and worries. This may in turn have an adverse impact on your own well-being, physical health, social connections and relationships.

### Parent Carer

\*never used separately or with a /

#### noun

A person aged 18 or over who provides, or intends to provide, care for a disabled child or young person for whom the person has parental responsibility.



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# PACC Conference 2024 Reflection



The conference focused on how we live positively with difference, which is something SEND families know a lot about. We used the term 'Neurodiversity' in its widest sense to encompass all SEND families, who typically consist of a range of individuals with differing needs, strengths, and ways of interacting with the world. The challenge for parent carers is meeting the needs of that range of people, whether they identify as neurotypical or neurodivergent.



We believe that the information shared at the conference was relevant and useful to all SEND families, regardless of the actual diagnosis of family members. When we spoke about 'disabled children' we meant any child or young person who lives with a diagnosis that has a long term and significant impact on their daily life. This includes those who are physically and learning disabled, and others who are neurodivergent due to Autism, ADHD, Tourette's, and other similar diagnosis.



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**contact** *For families with disabled children*

## “Participation Matters”

**PACC’s PFA navigators were recently interviewed by Contact for Disabled Children to discuss their role, the support services they offer, feedback from Parent Carers so far, and the difference having this role has made to the Shropshire SEND community.**

**The interview can be watched in full on the posted link, and if you would like more information or would like to schedule a call, please email [info@paccshropshire.org.uk](mailto:info@paccshropshire.org.uk)**

### **SEND and Alternative Provision Change Partnership Programme May 2024- an update from Julie Johnson**



We are pleased to announce a further opportunity for dialogue and collaboration regarding the new EHCP (Education, Health, and Care Plan) templates. Further details of this face to face opportunity will be confirmed shortly.

During this session, we aim to:

- **Explore the New Templates:** Familiarise ourselves with the updated EHCP templates, including the changes and improvements.
- **Collect Feedback:** Your insights and perspectives are invaluable. We encourage open discussions to gather feedback on the templates.
- **Enhance Collaboration:** By providing you with the opportunity to meet and share their thoughts, we can collectively contribute to the ongoing development of the EHCP templates.

Your active participation will directly impact the quality and effectiveness of these documents. The feedback received during our discussion will be channelled back to the Department for Education through the SEND (Special Educational Needs and Disabilities) and AP (Alternative Provision) Change Programme.

[READ MORE](#)

# Surveys



PACC regularly share surveys to collect feedback from the SEND community. Below are links to active surveys created by PACC or surveys that influence the wider SEND system

**PACC Mad, Sad, Glad Survey**- We need Shropshire Parent Carers to tell us what makes you Mad, Sad and Glad about your lives caring for children and young people with disabilities and additional needs. Your snap-shots of family life and family issues are valuable as they give an appraisal of what may have been disappointing or frustrating about services and service delivery - as well as the positive experiences you've had.



**PACC Education, Health and Care Plan (EHCP) Survey**- PACC are currently collecting feedback on the EHCP process in Shropshire and how accurately you feel your child/ young person's EHCP reflects their needs.



**Short breaks survey**- This survey has been designed to find out more about the views and experiences of families who have a child with a disability and how they may benefit (or have benefitted in the past) from short breaks provision. There are different versions of the survey to help us gather feedback from as many stakeholders as possible.



13 June  
2024

#rarechromoday  
[www.rarechromo.org](http://www.rarechromo.org)

We support  
Rare Chromosome  
Disorder Awareness Day

## Mad, Sad, Glad Survey Now Live!



We need Shropshire Parent Carers to tell us what makes you Mad, Sad and Glad about your lives caring for children and young people with disabilities and additional needs.

Your snap-shots of family life and family issues are valuable as they give an appraisal of what may have been disappointing or frustrating about services and service delivery – as well as the positive experiences you've had.

**HAVE YOU GOT YOUR  
ACCESS CARD?**



Get your access requirements recognised at thousands of events, attractions, venues, and locations across the UK and beyond.

# Healthy PARENT CARERS



A 12 week online programme, designed to improve parent carers' health and wellbeing by promoting empowerment, confidence, and resilience.

PACC's Preparation For Adulthood (PFA) Navigators will be delivering the next programme from September. The programme is delivered by Teams and is one 2 hour session a week for 12 weeks.

For more information please email:

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

A colorful poster for Walford College's Open Day. It features a yellow background with a sunburst pattern and two cartoon characters holding pencils. The text includes: 'Walford College', 'COME ALONG TO OUR OPEN DAY', '15TH JUNE 2024', '10AM - 12.30PM', 'SEE WHAT WE HAVE ON OFFER', 'COME AND MEET OUR TUTORS', and 'BOOK ONLINE OR TURN UP ON THE DAY'.

Walford College  
COME ALONG TO OUR  
**OPEN DAY**  
15TH JUNE 2024  
10AM - 12.30PM  
SEE WHAT WE HAVE ON OFFER  
COME AND MEET OUR TUTORS  
**BOOK ONLINE**  
OR TURN UP ON THE DAY

A vibrant, comic-style poster for 'Street Festival THE HIVE'. It features a yellow background with a blue banner and a blue circle. The text includes: 'COME ALONG TO OUR Street Festival', 'THE HIVE', 'MONDAY 27TH MAY', and 'FREE'.

COME ALONG TO OUR  
*Street Festival*  
**THE HIVE**  
MONDAY 27TH MAY  
**FREE**



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



## This month meet Tinky!

My name is Olivia but everyone calls me Tinky (my brother was into Peter Pan when I was born). I am 17 years old and live at home with Mum, Dad and my big brother Cam. Cam is at university but I get really excited when he comes home to see us. I go to sixth form at Walton Hall Academy in Staffordshire. Along with Maths and English I do Performing Arts and Hospitality. I love going to school and socialising with all my friends.

My hobbies are dancing, golf, playing pool at home, cooking, baking and going away in the motorhome. I really like going to the theatre and have been to lots of musicals and pantomimes. I dance at Identity School of dance and have recently been the fairy in the Shrek production, which was great fun. I am in the contemporary dance team and we have won a lot of trophies at events in Cannock and Bristol.

I like going to the golf driving range and playing crazy golf with my Mum, Dad, big brother Cam and my friends.



I like going on my trike, and making Mum run fast alongside me, and I am getting used to going on the back of the tandem with my dad. We go away in the Motorhome which I love. We go to beautiful towns and I really like the seaside where I can run around and paddle in the sea.



I have recently started going to My Aspirations where I have made new friends and am doing new things. I am hoping to go to Derwen College next September to carry on Performing Arts and Hospitality, I love cooking, and laying the table and helping out.

One day I want my own home and be able to choose what I can do.







**Healthy Lives  
Programme:  
Booking Now  
Open**

Our Healthy Lives Programme offers all age family activities, community based activities suitable for ages 14-25, and a selection of activities suitable for those with complex needs.

**Activities for children & young people with SEND in Shropshire**

For more information email [info@paccshropshire.org.uk](mailto:info@paccshropshire.org.uk)



### **14-25 Yrs Activities**

Our activity offer for 14-25 is about making community-based activities accessible to this group, bringing together activity providers into one co-ordinated programme that offers meaningful opportunities to learn new skills, build confidence, make friends and get active. This year we have some returning providers as well as a number of new providers.



### **Family Activities**

Including all age family activities; including swimming, sensory disco and soft play, activities for 5+; including swimming, pool party, soft play, sensory disco and tennis, activities for 8+ including swimming, pool party and cycling. Please note that children attending these sessions will require a PA/ Parent Carer to support them during the session, and siblings are welcome to attend.



### **Complex Needs Activities**

Offering activities for young people with more complex needs including sensory story time, soft play, 1:1 trampolining and singing sessions.





# SEND Rock Music School Sessions 13-17 Years

## **Tuesdays**

5.00pm - 6.00pm

Richards Castle Village Hall, Ludlow

&

## **Sundays**

5.00pm - 6.00pm

Morda & Sweeney Village Hall, Oswestry

Delivered by Rock Music School



[www.actio.org.uk](http://www.actio.org.uk)

Join us for Guitar, Keyboard, & Drum lessons in a Rock Band Group Session. We offer easy and accessible tuition in small groups, followed by whole group jam sessions.

Workshops are suitable for all skill and ability, even if you have never played an instrument before!





### *Carers Week 2024*

Shropshire Council's carers support team has organised a range of events and competitions to recognise and support unpaid and family carers in the community.

Shropshire Council is inviting carers to join in the celebrations of Carers Week 2024, an annual campaign to raise awareness of unpaid carers, and to help people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

[READ MORE](#)



## **A Summer Dance Celebration**

Saturday 13<sup>th</sup> July. 7:30PM- Theatre Severn

A wonderful evening of live dance and film celebrating the creativity, power and joy of inclusive dance, performed by SiD's cast of dancers with and without disabilities.

Every week, dancers at SiD's classes and members of Contact Dance Company explore dancing together, creating moments of joy, artistry, and togetherness. Shropshire Inclusive Dance has crafted these moments into an evening's entertainment not to be missed!

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