



Shropshire Parent and Carer Council Monthly Newsletter. September 2023

Welcome to PACC's monthly newsletter.

If you have any questions or require any further information, please email
info@paccshropshire.org.uk



Junior Buddies

Junior Buddies is a social network for families of children 8-14 years with special educational needs or disabilities, supported by PACC. The group provides an opportunity for young people with SEND to get together socially and develop friendships outside of their educational provision.

Following our successful pilot of Junior Buddies earlier this year at an Easter Activity Session, Junior Buddies recently held a session with Sal Tongue, and joined the "Buddies Social Network" for 14-25-year-olds for a walk and picnic at Attingham Park.

The next Junior Buddies event is being held on Friday 3rd November 2-4pm at The Wild Child Garden at The Cut, Abbey Foregate. Booking closes on Friday 20th October.

For more information, please contact Ruth@paccshropshire.org.uk



Spectrum Gaming- New Resource

Many autistic young people struggle with sleep, but also find that typical "sleep hygiene strategies" often aren't helpful.

Spectrum gaming have worked with The Sleep Charity to create a new Autism Sleep Guide

[Find out more](#)

SCOPE = Equality for disabled people

Navigate: emotional support for Parent Carers

Navigate is a national mentoring service, that provides online emotional support for parents and carers of disabled children who are finding out about their child's additional needs. Navigate is a programme of up to 6 sessions with a personal adviser, who will help you to talk about your feelings and concerns.

[Find out more](#)

Coffee and chat

with Autism West Midlands



Monday 9 October, 10am

Sunflower House,
Shrewsbury

[Find out more](#)

SHROPSHIRE BEAM

Emotional wellbeing drop-in
service for children and young
people under 25



Service provided by



Proud to be a part of



Website: www.childrensociety.org.uk/beamshropshire

Email: ShropshireBeam@childrensociety.org.uk

Instagram: @ShropshireBeam

HOW BEAM WORKS...

There is no booking required to use our services. However, you must be registered with us. You can register with Beam through our website: www.childrensociety.org.uk. Or you can register with us when you arrive. You must also be registered with a GP in Shropshire or Telford & Wrekin.

You only have to register with us once. If you have already registered with us online, or have registered with us when using our service before, you do not need to re-register.

Upon arrival, you will be greeted by a friendly member of our team who will sign you in. Then, a practitioner will see you as soon as soon as they are available.

Please note: Young people age 14+ can register and use our service independently.

Young people age 13 or under will need a parent/carer to register on their behalf and to use our service.

WHAT WE DO...

We will:

- Help you to understand your thoughts and feelings.
- Give practical suggestions and advice to help you manage your thoughts, feelings and emotions.
- Provide a listening ear and a safe space, which we know can make all the difference.

We won't:

- Assess or diagnose conditions.
- Automatically make referrals to other services.
- Necessarily have to tell anyone that you have spoken to Beam.

There may be times where we feel we need to speak to other people, services or agencies. We will try and speak to you about this before we do.

DROP-IN SESSIONS

When?	Where?	Time?
Mondays	Sundorne Youth Centre 218 Sundorne Road Shrewsbury SY1 4RG	12pm-4pm (last sessions held @ 3pm)
Tuesdays	Shropshire Beam 9 Market Square Wellington TF1 1BP	10am-6pm (last sessions held @5pm)
Thursdays	Shropshire Beam 9 Market Square Wellington TF1 1BP	10am-6pm (last sessions held @5pm)
Saturdays	Shropshire Beam 9 Market Square Wellington TF1 1BP	10am-2pm (last sessions held @1pm)

Early Help Services



Early Help services are services that can help you and your family as soon as problems come up. Their role is to support you, so things don't become worse, and also work with you to make things better.

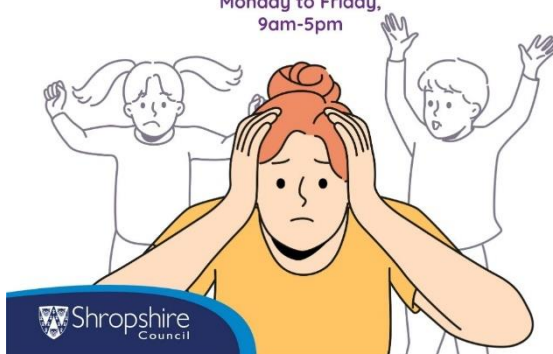
Early Help would love to hear from parent carers about what they could offer that would really help you. Whether you have used their services or not, have your say by filling in their short five-minute survey.



Shropshire Parents' Support Line

01743 250950

Monday to Friday,
9am-5pm



Shropshire Parents' Support Line

Being a parent of a child with special educational needs or disabilities can be tough sometimes. We are here for you with a friendly listening ear and practical advice on everything from challenging behaviour to sleep issues. No judgment, just support, through this anonymous and confidential service.

Call 01743 250950 anytime between 9am and 5pm, Monday to Friday, or email: parenting.team@shropshire.gov.uk

Local Offer feedback survey



The Shropshire SEND local offer sets out the local support available for children and young people with special educational needs or disabilities (SEND), and how to access it. We provide information on our website, on social media and in our family information directory.

This is where you come in.

Have you used the SEND local offer? What do you think?

Are there any gaps in the information?

Your feedback only takes a few minutes but makes a big difference so thank you!





SEND Donkey Therapy Sessions 0-17 Years

Individual and Group Sessions
Available
Pulverbatch, Nr Shrewsbury

Delivered by The Dinky Donkeys



www.actio.org.uk

Have you seen that The Dinky Donkeys Experience offers All In members exclusive individual and group sessions? You can book sessions at times to suit you... Suitable for most children and young people with SEND.

Families have said:

“Wonderful experience, there was no expectation or rush. She could just sit and be with the donkeys and slowly she took part. Really great.”

“A great activity to increase my sons confidence, Ceri is brilliant and was so patient with him. He didn't stop smiling and is very excited to go again!”

Find out more



Being Me

Each month we will be shining a spotlight on a young person in our SEND community. If your young person would like to share their story with us, please contact Abi@paccshropshire.org.uk



This month meet Alfie!



I live at home with my Mummy and Daddy and my beautiful dog Dottie! You might all be surprised to know that my favourite person is my Grandma. I really like spending time with her, she takes me to church so I can sing hymns. She also spoils me a lot, buying me cakes and treats and taking me to cafes around the County.

Claire is my PA and we do cooking when I go to her house, my favourite things to bake are cookies and brownies. I like to make an apple crumble with Grandma too!

I like it when Annie from PACC organises bowling on a Sunday and I get to see my friends at the weekend.

My other favourite thing to do is go on holiday. This year I went to Madeira, where I bought another bag to add to my massive collection!

This summer, I really enjoyed Disney sing-along and making afternoon tea at Aspirations which were part of PACC's Healthy Lives Programme. I also tried canoeing for the first time and I really enjoyed it.



I have two bikes at home- a tandem that I go on with my daddy for longer rides and a recumbent bike for just me.

My best quality is that I am kind and I like looking after people.



FAMILIES & PROFESSIONALS' DAY

WEDNESDAY 1ST NOVEMBER
1PM-3PM

In association with:



Would you like to find out more
about supported opportunities?

Come along to Oak Farm where we will be on hand to listen to the type of support or opportunities you are looking for and talk to you about the various options that may be available, including Day opportunities, Supported Living and Shared Lives.

Join our Families & Professionals' Day to learn more about what your next steps could be, what activities you can get involved in and other options to support your future.

Oak Farm is run by
Bethphage
where potential comes to life

Oak Farm, Station Rd, Ditton Priors, Brignorth, WV16 6SS
oakfarm@bethphage.co.uk
01746 712352



“ I feel like I belong to something, a family situation, not worrying and feeling better in myself ”
Monique Parry, supported by Shared Lives



What is Shared Lives?

Shared Lives is a different way of providing much-needed support to vulnerable adults, it's different to home care, supported living and residential care as it is provided by a shared lives carer and their network of family, friends and connections and takes place in the shared lives carers' home.

Shared Lives enables people to live with the family and experience family life, helping to develop relationships which they may not have access to through home care, residential and supported living services.

Shared Lives can be a long-term arrangement with a person living with a carer and their family and it is also short-term; one night or more as a respite function.

Live-in Shared Lives arrangements provide an individual with safe, stable and enjoyable home and family life, including their evenings and weekends. Shared Lives short breaks vary from an overnight stay to several weeks. Shared Lives

arrangements are set up and supported by Bethphage Shared Lives Scheme and the care and accommodation people receive is provided by ordinary individuals, couples or families in the local community. Individuals and their Shared Lives carers enjoy shared activities and life experiences.

Shared Lives carers provide support within their own home and share their family and/or community life with people who use Shared Lives. This is a very different way of working compared to other forms of adult social care services. The opportunities that Shared Lives has to offer are greatly valued by both people using the service and by family carers.










To find out more about by Shared Lives,
please contact:
sharedlives@bethphage.co.uk



Being supported by Shared Lives

Start your Shared Lives journey today!
Shared Lives can help you....

-  Make choices and decisions.
-  Understand the value of money and what you need to pay.
-  Have your own key and keep a tenancy/license agreement at 16.
-  Be independent and responsible about your accommodation.
-  Work on things that you think are important to you.
-  Help you move into your own home when you are ready.
-  You belong and become part of your community - you give as well as receive.



Who is Shared Lives for?

Shared Lives is for anyone with a care and support need, this includes: people with a learning disability, autism, mental health needs and older people. Shared Lives can also support people fleeing domestic violence and people leaving hospital who need a bit of extra support before going home.

Shared Lives can be a great first step to independence, or a way to try new things, with the support from a trained carer.



You learn skills and build confidence.



When 'everything changes', Shared Lives is consistent.



Whatever your personality, or needs, there'll be a Shared Lives carer to suit you.



What are Shared Lives carers like?

“ We do not make judgements, we want to provide a safety net to rebuild your confidence. **Ben** ”

“ It's OK to make mistakes, we all do - and that's part of growing up. **Carla** ”

Shared lives carers are supported by the Shared Lives scheme and have many different backgrounds and skills. They encourage you to reach your full potential and live independently when you are ready.



What do the people supported say?

“ It's new and scary, but I know I can talk to Pat, whatever my problems are. **Kenton** ”

“ It's home, where I don't feel like a lodger, but accepted for who I want to be. **Tani** ”

“ I feel valued and loved. **Daniel** ”



For more information about being supported by Shared Lives, please contact:
sharedlives@bethphage.co.uk



SCAN ME

Scan the QR code to visit the Bethphage website.

Preparation for Adulthood



What is Preparation for Adulthood (PFA)?

Our early life experiences help us to prepare for life as an adult and this should be recognised as early as possible, although there is an expectation that Young People with SEND focus on PFA 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.

What areas does PFA cover?

PFA covers all areas of your Young Person's life that will enable them to have the best outcomes as they enter adulthood, including:

- Further education
- Activity Plans
- Finances and Benefits
- Employment and Volunteering
- Annual Health Checks
- Staying Healthy
- Being Part of the local community



How does our PFA journey start?

Planning for transition into adulthood should start from the Year 9 annual review of the EHC plan. Each review thereafter must focus on preparing for adulthood- including the move between children's and adults services outside of education.

The transition towards adulthood review from Year 9 will start to gather information regarding the young persons and their families' aspirations for their future, including who needs to be involved, target planning and the support needed. The review will explore provision accessible to students in order for them to be healthy, participating in society, living independently, and accessing further education and/or employment where appropriate.



For more information, please contact our PFA Navigators



Abi@paccshropshire.org.uk
Denise@paccshropshire.org.uk

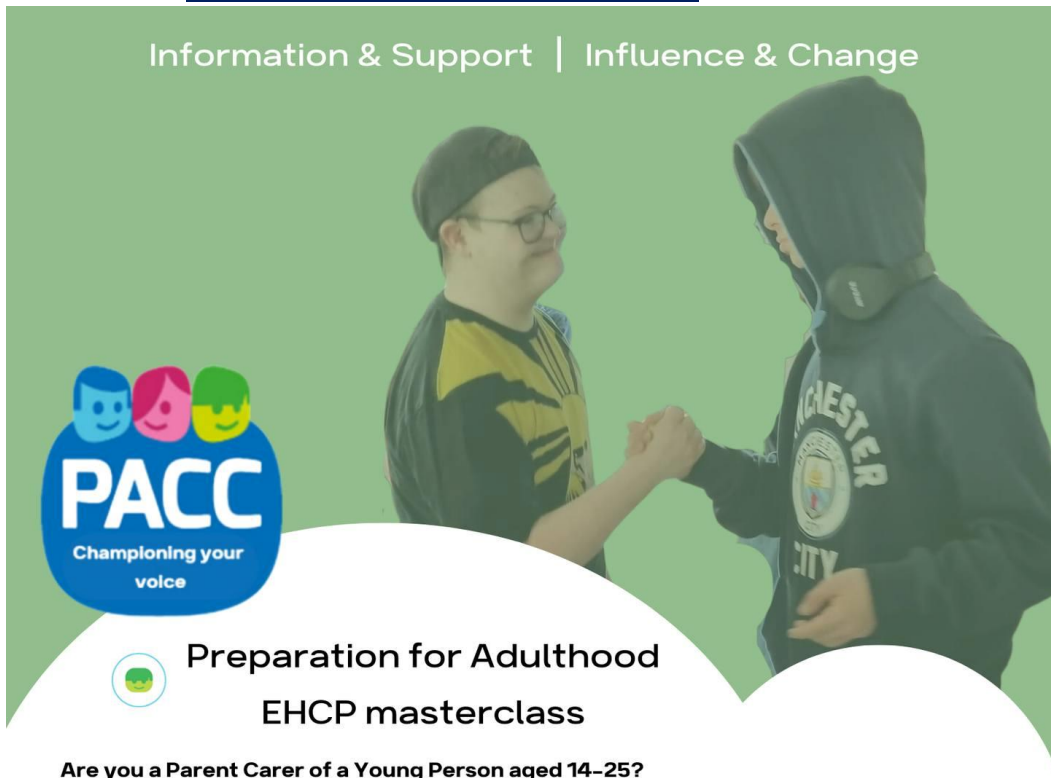


Preparation for Adulthood- EHCP Masterclass

Are you a Parent Carer of a Young Person aged 14-25 with an EHCP?

PACC's Preparation for Adulthood (PFA) Navigators are hosting an EHCP Masterclass with IPSEA, from looking at the information a plan should contain, through to how to achieve that through annual reviews, re-assessments and appeals to the SEND Tribunal, this training day will help you to navigate the system.

Spaces for this event are limited, and we are asking Parent Carers to register an interest by Friday 13th October: <https://forms.office.com/e/3Yv0jpfD1R>



Information & Support | Influence & Change

PACC
Championing your voice

**Preparation for Adulthood
EHCP masterclass**

Are you a Parent Carer of a Young Person aged 14-25?

PACC's PFA Navigators are hosting an EHCP Masterclass with IPSEA, for Parent Carers of young people with existing EHCP's.

From looking at the information a plan should contain, through to how to achieve that through annual reviews, re-assessments and appeals to the SEND Tribunal, this training day will help families to navigate the system.

This training day covers:

- What should an EHC plan look like?
- What information should it contain?
- What to do if you are not happy with an EHC plan
- Using the annual review
- Requesting re-assessment
- How to appeal to the Special Educational Needs and Disability Tribunal

Monday 6th November
9:30am-3:00pm
Location- Central Shrewsbury

Please note, places for this event are limited and we cannot guarantee that everyone who registers an interest will be allocated a space.

www.paccshropshire.org.uk
info@paccshropshire.org.uk
[@shropspacc](https://twitter.com/shropspacc)

