

# FIND

## Welcome to the Autumn Issue of the FIND Newsletter, 2017

We hope you all had a lovely summer. Now that the days are becoming cooler you may be looking for somewhere indoors to go with your children. In this edition you will find some information on soft play centres. Do you have a favourite one? Let us know which one you would recommend. For those of you who visit the cinema, have you heard of the CEA Card? More information can be found on page 18.

This newsletter has a mental health theme to coincide with World Mental Health Day which falls on the 10th October. One in four adults and one in ten children are likely to have a mental health problem in any given year. It is hoped that raising awareness will help to remove the stigma associated with mental health problems.

Do you have an inspiring story? Have you had a good experience you would like to share? Can you recommend an activity/support group that can be featured in the newsletter? Send your letters and articles to [find@lancashire.gov.uk](mailto:find@lancashire.gov.uk).

**Finally, how can we improve the FIND Newsletter?** With this edition you will find a FIND Monitoring Questionnaire; please complete and return by the 30th September 2017. You can also complete this online at: [www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND)

Thank you for your continued support.

Norma O'Hagan  
Information, Advice and Support Team  
Special Educational Needs and Disability (SEND) Service

 [www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer)

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Think of all the beauty still left around you and be happy.  
**Anne Frank**

## SEND Service; Information, Advice and Support Team

Lancashire Special Educational Needs and Disability (SEND) Service have a new look Information, Advice and Support (IAS) Team.

Due to some overlap of the services provided, the SENDIASS team and the Child and Family Support Team merged earlier this year to become the IAS Team.

The same services will be delivered to parent carers and young people by a streamlined team in a more integrated way.

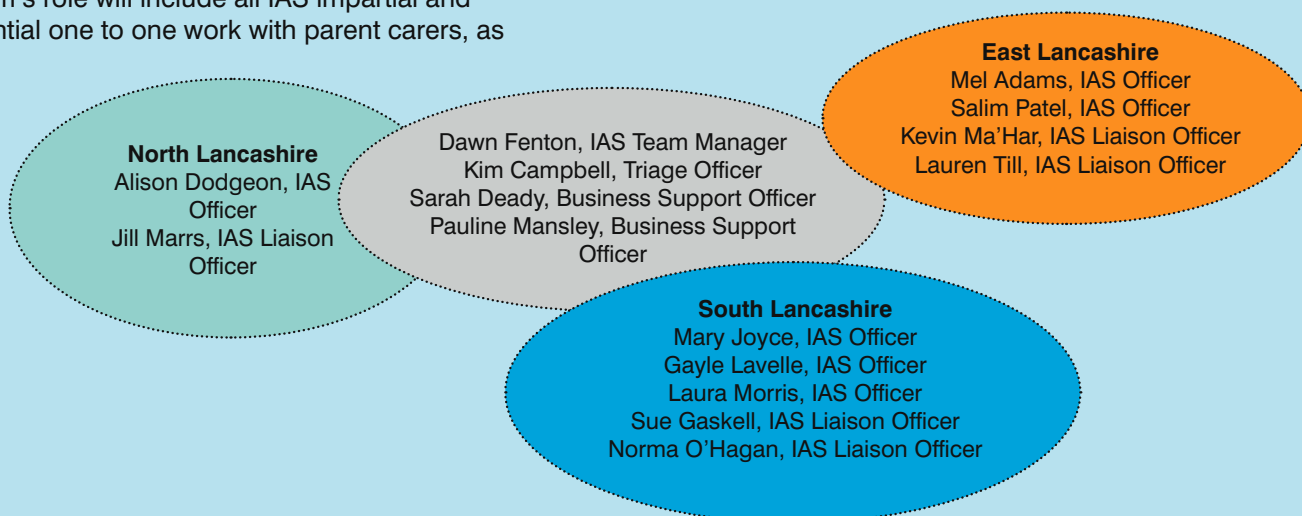
The team's role will include all IAS impartial and confidential one to one work with parent carers, as

required by the Code of Practice, along with the delivery of 12 local parent carer forums and the multi-agency Collaborative Workshop. We will also work closely with the Lancashire Parent Carer Forum and POWAR (the young person's participation group in Lancashire), and deliver the SEND Local Offer website, the FIND Newsletter and social media.

### Contact us

To speak to an IAS Officer or IAS Liaison Officer, please call **0300 123 6706** or email **information.lineteam@lancashire.gov.uk**

For enquiries regarding the FIND Service or the Local Offer, please call **01772 532509** or **01772 538077** or email **FIND@lancashire.gov.uk**



## Play4Uz2

Play 4Uz 2 hosted a Fundraising Family Fun Day on 27th May at Oak Hill Park in Accrington. There were stalls and activities, including circus skills training and crazy golf, and entertainment throughout the day. Thank you to everyone that came and supported us. The total amount raised was **£1383.55**.



**PLAY 4UZ 2**

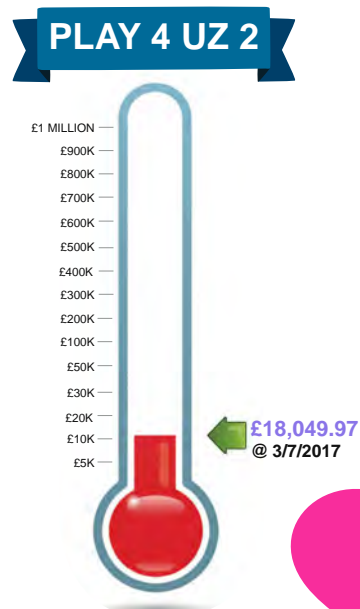
# VOLUNTEERS NEEDED!

**WOULD YOU LIKE TO BE PART OF A GROUNDBREAKING PROJECT?**

WE ARE LOOKING FOR VOLUNTEERS TO JOIN OUR PLAY 4UZ 2 TEAM. WOULD YOU LIKE TO JOIN OUR COMMITTEE, HELP US WITH MARKETING, PUT UP POSTERS IN YOUR LOCAL AREA, HELP US WITH DIFFERENT FUNDRAISING EVENTS, GATHER RAFFLE PRIZES? IF YOU FEEL YOU CAN SPARE A BIT OF TIME TO GIVE US A HELPING HAND PLEASE DON'T HESITATE TO CONTACT SARAH ON 07 908684 533 OR EMAIL: SLEWIS9353@HOTMAIL.COM ANY HELP WOULD BE MUCH APPRECIATED!

WWW.PLAY4UZ2.CO.UK    FACEBOOK.COM/PLAY4UZ2    @PLAY4UZ2

**HYNDBURN INCLUSIVE PLAY AREA**







## Evening and weekend classes for people with Special Educational Needs or Disabilities

Growing up with a sibling with severe learning difficulties as a result of microcephaly, I could see first-hand the struggles my parents faced in accessing madrasah education for him, in a mainstream setting. I vowed to myself at an early age that I would one day do something about this and with the grace of The Almighty my dream came to fruition in 2007 in the form of an after school club at Newfield – a school catering for children with special educational needs, where I was on placement during my teacher training. A handpicked team of enthused undergraduates joined me, in my mission to deliver a fun filled and engaging hour of activities, to meet the religious and cultural needs of students in our care, through a holistic approach. It was an instant success and we had a huge amount of fun along the journey – from bringing the hajj to life (re-enactment with ehrams and all!) to a trip to the central mosque where students were given their very own grand tour and a special party afterwards. For some students, particularly those that were wheelchair users this was their first ever visit to a masjid and my team and I were honoured to be a part of it!

Since its inception in 2007 much has changed at Tuyoorul Jannah; our original hand-picked team are no longer undergraduates, the number of learners we cater for is no longer just six, and our remit extends far beyond just delivering madrasah education. However, our vision and enthusiasm remains the same; that we work to empower the individuals we serve to achieve their full potential in every aspect of their lives (and we definitely still have just as much fun!)

At Tuyoorul Jannah we live by our slogan: special people need to be taught in a special way. Hence why our classes have a high staff to student ratio and each individual has a personalised curriculum tailored to their needs and interests. We don't only concentrate on giving pupils Islamic education but a holistic approach to life. We are part of their journey in developing their social skills, their independence and life skills, developing their fine & gross motor skills and preparing them for adulthood.

Along with supporting pupils, we at Tuyoorul Jannah also provide support to parents through our parents support groups and professional advice.

We leave you with a few testimonials from parents: Parent of Abdullah "One of my best choices I have made is to enrol my child to Tuyoorul Jannah. The one hour where I know my child is in safe hands, an organisation that understood his needs as well as understanding my daily struggles. Abdullah really enjoys the sessions, he can thrive and achieve and be with children of similar needs"

Parent of AK "They also believe that the best outcomes for children and young people with special educational and additional needs are secured by working together in partnership with other organisations. My son was able to learn to ride a bike for the first time after 10 years through one of the linked services".


Parent of MH (1) "The madrasah is being run by people who are passionate in this field. These teachers also have full time jobs as professionals but provide extra valuable time at the end of the day or weekends".

Parent of MH (2) "both my daughters have attended Tuyoorul Jannah. I have found the support and methods of teaching extremely helpful".

Rubena Mangera  
Co-founder

"Because Special People Need To Be Taught In A Special Way"

Registered Charity: 1144208



### A MADRASAH FOR PEOPLE WITH SPECIAL EDUCATIONAL NEEDS OR DISABILITIES

Personalised syllabus to meet the religious & cultural needs of individuals • Innovative & creative ways of teaching & learning

Highly qualified staff • 1:1 or group settings


- Developing social, independence and life skills.
- Preparing for adulthood • Parents support group


Web: [www.tj4senmuslims.co.uk](http://www.tj4senmuslims.co.uk)


Tel: 07825 581 444 (Zubair) • 07725 866 561 (Rubena)


Email: [tuyoorul\\_jannah@hotmail.co.uk](mailto:tuyoorul_jannah@hotmail.co.uk) • [birdsofparadise2007@hotmail.com](mailto:birdsofparadise2007@hotmail.com)


Little Harwood Children's Centre • Robinson St • Blackburn • BB1 5PE



  
Tuyoorul Jannah

  
birds\_of\_paradise\_tj

  
@tj4senmadrasah

  
07954 025 602

# Local Parent Carer Forums

Do you have a child/young person with additional needs? Come along to your local forum, it is an opportunity to raise any issues/concerns, chat to other parents and meet the guest speaker. Although the forums follow an agenda it is a relaxed, friendly atmosphere. You are also welcome to bring a friend along for support.



The dates and times for your local forum can be found below. If you require more information contact a member of the team. Details are subject to change – please check the Local Offer website [www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND) or facebook page [www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer) for updates.

Parent/carers are able to attend any of the local forums, please feel free to contact us for more information.

## East Lancashire

Kevin Ma'Har on **07500 065505** or [kevin.mahar@lancashire.gov.uk](mailto:kevin.mahar@lancashire.gov.uk)

Lauren Till on **07557 030839** or [lauren.till@lancashire.gov.uk](mailto:lauren.till@lancashire.gov.uk)

### Burnley

Holly Grove School Barden Lane, Burnley BB10 1JD	Mon 11 September	1:15pm – 2:45pm
	Mon 2 October	1:15pm – 2:45pm
	Mon 13 November	1:15pm – 2:45pm

### Hyndburn

White Ash School, Thwaites Road, Oswaldtwistle BB5 4QG	Fri 22 September	9:45am – 11:45am
	Fri 20 October	9:45am – 11:45am
	Fri 17 November	9:45am – 11:45am

### Pendle

Pendle View Primary School, Gibfield Road, Colne BB8 8JT	Thur 28 September	1:30pm – 3pm
	Thur 26 October	1:30pm – 3pm
	Thur 30 November	1:30pm – 3pm

### Ribble Valley

Community Room, Clitheroe Fire Station, Princess Avenue, Clitheroe BB7 2AL	Thur 7 September	1pm – 3pm
	Thur 5 October	1pm – 3pm
	Thur 9 November	1pm – 3pm

### Rossendale

Maden Centre, Rochdale Road, Bacup, OL13 9NZ	Mon 18 September	1pm – 3pm
	Mon 16 October	1pm – 3pm
	Mon 20 November	1pm – 3pm

Coming together is a beginning. Keeping together is progress. Working together is success.

- Henry Ford

## North Lancashire

Jill Marrs on **07825 755513** or [jill.marrs@lancashire.gov.uk](mailto:jill.marrs@lancashire.gov.uk)

### Fylde

Oak Tree Children's Centre, Sydney Street, Lytham St Annes FY8 1TR	Wed 20 September	1pm – 3pm
	Wed 18 October	1pm – 3pm
	Wed 15 November	1pm – 3pm

### Lancaster

Forums to be confirmed		
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### Wyre

Red Marsh School, Holly Road, Thornton-Cleveleys FY5 4HH	Tue 19 September	1:15pm – 2:45pm
	Tue 28 November	1:15pm – 2:45pm
Great Arley School Holly Road, Thornton Cleveleys, FY5 4HH	Wed 25 October	9:30am – 11:15am

## South Lancashire

Sue Gaskell on **07584 217661** or [susan.gaskell@lancashire.gov.uk](mailto:susan.gaskell@lancashire.gov.uk)  
Norma O'Hagan on **07557 030837** or [norma.ohagan@lancashire.gov.uk](mailto:norma.ohagan@lancashire.gov.uk)

### Chorley & South Ribble

Community Room, Chorley Fire Station, West Way, Chorley PR7 6DH	Thur 7 September	6:30pm – 8:30pm
	Thur 9 November	10am – 12noon
Broad Oaks Child Development Centre, Balcarres Road, Leyland, PR25 3ED	Wed 4 October	10am – 12noon

### Preston

Sir Tom Finney School, Ribbleton Hall Drive, Preston PR2 6EE	Thur 7 September	10am – 12noon
	Fri 6 October	10am – 12noon
	Wed 8 November	10am – 12noon

### West Lancashire

Eavesdale Neighbourhood Centre (formerly First Steps Children's Centre) Tanhouse, Skelmersdale, WN8 6AU	Thur 14 September	9:30am – 12noon
The Grove Neighbourhood Centre Station Approach, Burscough, Ormskirk, L40 0RZ	Tue 10 October	1pm – 3pm
Jollies Barn, The Gravel, Mere Brow, Tarleton, PR4 6JX	<b>Family Event</b> Tue 14 November	4:30pm – 6:30pm

# There is no need to book, just turn up!

All the dates and information on guest speakers can be found on Eventbrite:  
[www.eventbrite.co.uk/o/lancashire-local-offer-send-10708547763](http://www.eventbrite.co.uk/o/lancashire-local-offer-send-10708547763)



# Minecraft Club



In association with Lancaster and Morecambe  
National Autistic Society  
Lancaster University Campus

Every other Thursday 18:30-19:30  
Free of charge | Places limited

To find out more and book a space please email [sciencehunters@lancaster.ac.uk](mailto:sciencehunters@lancaster.ac.uk)

Science Hunters is a Lancaster University outreach project which uses Minecraft to help children explore science topics. For more information please see [www.lancaster.ac.uk/sciencehunters](http://www.lancaster.ac.uk/sciencehunters)

## Top Tips For Internet Safety

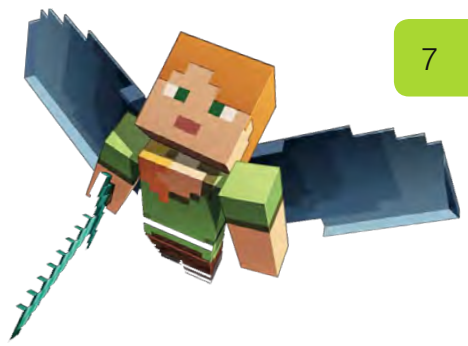
If your youngsters seem permanently "connected" online and you don't know where to start a conversation with them, heed these tips from the Lancashire Safeguarding Children Board.

- Don't be put off by technology - you have wisdom
- Agree some ground rules about your expectations when they can go online and for how long
- Talk to your child about the online world, what they like, what worries them and what to do if something goes wrong
- Let your child teach you about the internet and its new vocabulary
- Consider parental controls - filters on the home internet connection can screen inappropriate content
- Don't jump to conclusions - some sites may include clickbait content to generate advertising income; also everyone can make mistakes
- Ensure privacy settings are set up on apps/sites and gaming consoles. We all need to be careful what we share
- Keep an open dialogue with your youngster - problems can go unreported if they fear losing access to treasured technologies
- Don't forget the positives - the internet provides immense opportunities and benefits
- See the Lancashire Safeguarding Children Board's web page on Online Safeguarding - access via [www.lancashiresafeguarding.org.uk](http://www.lancashiresafeguarding.org.uk)

There is also a page on Staying Safe Online with Pokémon GO at [www.lancashiresafeguarding.org.uk/online-safeguarding/focus-on](http://www.lancashiresafeguarding.org.uk/online-safeguarding/focus-on)  
The Board's Staying Safe Online handout lists useful websites including [www.internetmatters.org](http://www.internetmatters.org) and [www.saferinternet.org.uk](http://www.saferinternet.org.uk)



# Staying Safe Online: Digging into Minecraft?



Minecraft worlds can be very simple or immensely complex

Minecraft is a hugely popular 'virtual world' game amongst children of all ages and abilities. Often described to the unfamiliar as '**virtual-lego**', it provides a '**sandbox**' platform for creative expression through in-built characters including animals and monsters and the building of virtual environments. Players can play individually or in multiplayer environments, construct items such as buildings, create towns and dig (mine) for materials with different properties which can be used to 'craft' items such as tools - if you have not already seen Minecraft, take a look at the Minecraft trailer video [www.youtube.com/watch?v=MmB9b5njVbA](http://www.youtube.com/watch?v=MmB9b5njVbA) to get an idea of what is involved. To suggest Minecraft is a popular game is something of an understatement – almost any child will be familiar with the game which first appeared around 6 years ago and according to reports, is the **2nd best-selling video game of all time**.\*

Minecraft was bought from its original creators (Mojang) by Microsoft in 2014 and has a number of versions with a variety of different modes such as Creative, Adventure and Survival modes, growing in popularity ever since (an Education version of Minecraft was released in 2016).

"Griefing" ... has been linked to online bullying

Minecraft is age-rated by PEGI as 7+ and unlike many other popular video games, part of its enduring popularity over the last 6 years is no doubt helped by its ability to engage with **children's own creative talents** and that it has an **open-ended basis** – that is, the game does not have pre-determined environment or a set conclusion – Minecraft worlds can be very simple or immensely complex and players can play for as short or as long a time as they choose, which gives us an insight into two of the most commonly reported issues. The immersive nature of Minecraft can lead to enormous amounts of time spent online which, if left unchecked, can lead to frustration when asked to switch off and tiredness the following day.

## So what can we do as Parents and Carers?

As highlighted above, agreeing some ground rules, particularly around time limits and what is / isn't appropriate behaviour, is a good start. Having 'the online safety conversation' may seem awkward at times but Minecraft is often a useful place to begin and can allow us to begin to talk to our children about some of the possible online risks such as online strangers, bullying and who they need to tell. These topics can often be easier to introduce when combined with asking our children to teach us about their Minecraft world such as asking who the different characters are (e.g. is that another player, do you know them in real life?). The NSPCC and O2 have teamed up to produce some useful information around playing Minecraft safely which can be found in the dedicated **Parents & Carers** pages of the LSCB's **Online Safeguarding website**: [www.lancshiresafeguarding.org.uk/online-safeguarding](http://www.lancshiresafeguarding.org.uk/online-safeguarding)

Agreeing some ground rules ... is a good start

The site also contains a variety of other useful news and information about online issues including links to the highly recommended **NetAware** resource, where you can find out more information about Social Networks and the common apps that children use.

## Graham Lowe

Online Safeguarding Advisor  
Lancashire Safeguarding Children Board

*\*...and just in case you were wondering, the No.1 best-selling video game is...Tetris – another building block game!*



In shared environments players can destroy as well as create.



**Anti-Bullying Week is coordinated by the Anti-Bullying Alliance and takes place this year from 13th - 17th November and is supported by SafeToNet.**

Anti-Bullying Week shines a spotlight on bullying and encourages all children, teachers and parents to take action against bullying throughout the year. The theme this year is 'All Different, All Equal' with the aims:

**This Anti-Bullying Week we want to:**

- empower children and young people to celebrate what makes them, and others, unique
- help children and young people understand how important it is that every child feels valued and included in school, able to be themselves, without fear of bullying
- encourage parents and carers to work with their school and talk to their children about bullying, difference and equality
- enable teachers, school support staff and youth workers to celebrate what makes us 'all different, all equal' – by celebrating difference and equality and taking individual and collective action to prevent bullying, creating safe environments where children can be themselves

**[www.antibullyingweek.co.uk](http://www.antibullyingweek.co.uk)**

## **Tips for building confidence and self-esteem**

- Emphasise your child's strengths, being specific where possible. Help them to understand their strengths. When your child feels a sense of accomplishment and pride in their ability to do something, they will have more confidence to persevere when they face challenges.
- Give your child a chance to contribute – to a conversation, to family chores, or to planning a fun family activity. This communicates your faith in their abilities and helps to give them a sense of responsibility.
- Make sure your child has time to look after themselves (for example, eating, sleeping, exercise, relaxing).
- Put a picture of your child with family members on a wall in their room, to remind them that they are part of a family.
- Tell them you have confidence in them. For example, "tying laces is hard, but I know you'll get there in the end".
- Spend time with them and take time to listen.
- Work on social and communication skills – how to take turns, how to introduce themselves. You can do this through play and in day-to-day family life.
- Reassure your child that you love them and being bullied is not their fault.
- Help them to make friends, invite other children into your home.
- Talk about what a good friend is – a good friend is kind, shares and listens, not someone who hurts others or makes them sad.
- Encourage your child to be a good friend too.
- Treat your child's mistakes as learning experiences.
- Encourage your child to solve problems and make their own decisions.





Depending on the nature of the crime or incident you may need support to come to terms with what has happened to your child. We can provide help and support to family members of children and young people who have been through a traumatic experience.

If you are unsure about what to do for your child or for yourself, please get in touch. We can talk you through the support we can provide and how we can help you and your child move forward.

#### Contact us

**[www.nestlancashire.org](http://www.nestlancashire.org)**

Call: **0300 111 0323**

Text: NEST and your number to **60777**

Email: **[info@nestlancashire.org](mailto:info@nestlancashire.org)**

If you are over 18 you can access support through Lancashire Victim Services:

**[www.lancashirevictimservices.org](http://www.lancashirevictimservices.org)**

Call: **0300 323 0085**

Email: **[info@lancashirevictimservices.org](mailto:info@lancashirevictimservices.org)**

#### Useful links

The thinkuknow website contains lots of useful information for parents and carers to help keep children safe online. You can find practical guides around setting up parental controls for use of the internet, reporting incidents to social media sites and information to help you understand whether your child is using the internet safely. To find out more, visit: **[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)**

The website also provides age-appropriate resources for children and young people to help them learn about internet safety:

**[www.thinkuknow.co.uk/5\\_7](http://www.thinkuknow.co.uk/5_7)**

**[www.thinkuknow.co.uk/8\\_10](http://www.thinkuknow.co.uk/8_10)**

**[www.thinkuknow.co.uk/11\\_13](http://www.thinkuknow.co.uk/11_13)**

**[www.thinkuknow.co.uk/14\\_plus](http://www.thinkuknow.co.uk/14_plus)**

Nest Lancashire has been set up to support young people aged 10 to 18 who have been affected by crime or subjected to bullying, threats or harassment. You can talk to us in confidence and all of our services are free of charge. Our aim is to help you recover from whatever it is you have experienced and our trained, friendly staff will be able to help you move forward and feel safe again.

Experiencing or witnessing a crime can be really frightening. Being hassled, bullied or threatened is not ok. It is normal to feel upset, angry, frightened or scared following the experience. You may feel fine one moment and overwhelmed the next. Everyone deals with things differently and whatever you are feeling, we are here to support you.

It doesn't matter if you haven't told anybody or if the incident happened a long time ago. Even if you are unsure of whether what has happened to you is classed as a crime, we are here to help. There is no incident too small or too big for us to be able to support you.

#### Support for parents

If your child has suffered as a result of crime or incidents like bullying, threats or harassment, it is likely that you have been affected as well. Parents often try to remain strong for the sake of their children but seeing your child upset is extremely difficult to deal with.

## LANCASHIRE WELLBEING SERVICE

### A FREE SERVICE OFFERING PRACTICAL, SHORT-TERM SUPPORT TOWARDS A BETTER QUALITY OF LIFE

If you are aged 18 years or over, and often feel anxious, stressed, isolated or simply overwhelmed, the Lancashire Wellbeing Service is here to help you.

One of our dedicated Wellbeing Workers will support you to set yourself realistic, achievable goals and take practical steps to improve your happiness and health.

Over a series of sessions we will help find solutions to the causes that might be affecting your quality of life and encourage you towards achieving the goals you've set.

Support from Lancashire Wellbeing Service will not affect any on-going care programmes or financial benefits you are receiving or applying for.

Call **03450 138208** between 8am and 6pm, Monday to Friday  
or e-mail us on **[info@lancswellbeing.co.uk](mailto:info@lancswellbeing.co.uk)**  
**[www.lancswellbeing.co.uk](http://www.lancswellbeing.co.uk)**

*Lancashire Wellbeing Service is funded by Lancashire County Council and delivered by a consortium of three established charities: Age Concern Central Lancashire, Richmond Fellowship & n-compass*

**LANCASHIRE**   
**WELLBEING**  
**SERVICE**

# Mindfulness and Children

**Mindfulness is simply the art of paying attention. It requires that we slow down and learn to bring stillness to our busy minds.**

When we are mindful we are paying attention to what is happening right here and now. We can choose where we direct our focus, placing it on something helpful and moving it away from distracting thoughts or activities. We can use any of our senses to help us focus on the present moment. We taste our food more, listen more closely, work more efficiently and notice more about ourselves, each other and the world around us. We are engaged and connected to our own lives and the lives of our children. It can be difficult for children to switch from their hectic daily schedule to the quiet mindful state that their growing brains and bodies need, but there are loads of good reasons to slow things down a bit and get used to being still.

## Here are a few Benefits of Mindfulness for Children

**Observational skills:** Helping our children tune in and notice their inner and outer world sets them up for greater success and a richer experience of all life has to offer. They can pick up on greater subtlety in conversation, gather more information for problem solving and respond to situations with greater skill.

**Concentration:** Developing their ability to sustain their focus for longer is so important for learning. Their teacher's will appreciate it too!

**"Rest and Relax" brain state:** Kids are often exhausted at the end of a long school day. It's important for their learning and growth that they have the opportunity to regroup and give their brains and bodies time to renew. This shouldn't only be happening at night when they sleep.

**Safety:** A child cannot explore and learn when they are under stress or threat – so we need to ensure children feel safe for optimal development to occur. Mindful activities help create a steady and safe feeling for children of all ages.

**Soothe the Emotions:** Children have so many demands on their emotions during the day. And they are still learning how to understand and manage them! Learning how to recognise and soothe their own emotions takes time but is a life skill worth investing in. It helps develop resilience. And it offers protection from stress, anxiety and depression in the future.

**Feeling Kind and Connected:** Children who are "tuned in" to their own emotions – and don't feel overwhelmed by them – are more likely to notice and feel empathy towards others. This reduces the occurrences of bullying and challenging behaviour, enables stronger friendships and develops advanced social skills. It supports caring, kindness, generosity, gratitude and enjoyment of other people's happiness.

**Winding Down Before Sleep:** Introduce a soothing night time routine that helps children wind down before sleep. A good sleep routine also develops that kind and connected feeling – not just in them but in parents.

Whilst many schools are now teaching Mindfulness to children, there are many Mindful games you can play at home from a very early age. They are fun and also foster the benefits listed opposite.

**Blowing bubbles:** This is a lovely way to slow things down. Encourage your kids to breathe in deep..... and out slowly..... Watch as they become engrossed in the slow, gentle movement of the bubbles they blow. If your children are too young to learn how to blow bubbles, you do it for them and watch them follow them as they float away. This is a sensory experience for body and mind and takes them away from the analytical mode of learning.

**Pinwheels:** Watching spiralling visuals like the exercise above, this is used as breathing practice that also captivates their visual senses and slows things right down. Easier and more colourful than blowing bubbles, it galvanizes their focus, develops concentration and encourages stillness.

**Playing with balloons:** This looks like a slow motion movie to watch. Play with just one balloon per child and pop them gently into the air with your hands, trying to keep them afloat. This is a good way of slowing down more active kids who still might need a little more movement to keep them engaged in Mindful games. Their whole body and mind is engaged on a single focus. You can help keep the game going by keeping the balloon in play if it floats out of their reach.

**Texture bag:** This is a tactile guessing game that engages their attention and curiosity and you can change the items each time you play. Place a collection of small, familiar objects of various textures into a bag (a rock, stick, leaf, marble, a squashy and fluffy toy etc.). Have each child reach into the bag and feel something without taking it out of the bag. Have them describe it and guess what it is.

**Blindfolded taste tests:** Do this with a variety of foods: vegetables, fruit, and dried fruit. Investigate one food item, such as a raisin, or a cranberry, using all of the senses, (sight, hearing, touch, smell, taste), as if you have never experienced it before. It's best not to use any tastes that they would dislike – like salt or chillies! If you can bring a gentle, light-hearted approach to these games your kids are more likely to want to do them again and again. and you will be able to develop their mindfulness habit more efficiently.

Hope you enjoy being Mindful with your Kids.

Tom Harrison  
Community Specialist Practitioner Nurse  
Lancashire Care NHS Trust

# Stress Busters

Are you feeling stressed?  
Unable to switch off?  
Or does worry affect  
your sleep?

Our 6 week course will help you:

- Sleep better • Feel better
- Worry less • Learn to relax
- Restore balance.

Sessions are held at Colne Asda community room.

Mindsmatter provide a range of courses and one to one therapies aimed at helping people to improve their emotional wellbeing.

If you are 16 or over and are registered with a GP in the Burnley or Pendle area please contact:

**Burnley: 01282 657268 - Pendle: 01282 657927**

In order to book on stressbusters or enquire about our other therapies.



## Mindsmatter

Talking Therapies provided by Lancashire Care

We promote increasing access to psychological therapies (IAPT) and work with adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression



### Contact Us

<b>PRESTON</b> 01772 773437	<b>CHORLEY AND SOUTH RIBBLE</b> 01772 643168	<b>FYLDE AND WYRE</b> 01253 955943	<b>WEST LANCASHIRE</b> 01695 684177
<b>HYNDBURN</b> 01254 226007	<b>ROSSENDALE</b> 01282 657792	<b>RIBBLE VALLEY</b> 01200 420499	<b>BURNLEY</b> 01282 657268
<b>PENDLE</b> 01282 657927	<b>LANCASTER &amp; MORECAMBE</b> 01524 550552	<b>BLACKBURN AND DARWEN</b> 01254 226037	<b>ST HELENS</b> 01744 647100

## How To Access The Service

There are many ways to refer to the service:

- Telephone referral, contact details for local teams above
- GP referral
- Health Visitor referral or any health professional
- By post, please contact your local team for a referral pack

If the referral is made by a GP or health professional please be aware that we use telephone numbers given by them; if we are unable to get through we may leave a message. If you do not want to receive a message please let the referrer know.

I believe that the greatest gift you can give your family and the world is a healthy you.

- Joyce Meyer





## Motivated Younger People Looking After Community Environments

Young people in Lancashire can get involved in an exciting project that will boost their mental health and physical wellbeing whilst improving green spaces in the local community.

Myplace is an exciting and innovative collaboration between Lancashire Care NHS Foundation Trust and The Lancashire Wildlife Trust and is funded by close to £1m in Big Lottery Funding that is administered by the national 'Our Bright Future' campaign for young people.

The Myplace project encourages young people aged 13 – 24 years old to explore the environment by offering opportunities to participate in eco-therapy based activities where they can develop new skills, increase their self-esteem, build resilience and improve their own self-confidence.

By getting involved in activities outdoors young people can reduce their stress levels, prevent mental health problems and improve their concentration and mood.

Sue Moore, Chief Operating Officer at Lancashire Care NHS Foundation Trust said:

*"There is evidence to suggest that getting outdoors has a positive impact on mental health and physical wellbeing and the Myplace project is all about embracing that."*

*"We really want to give young people the opportunity to connect with each other and their local environments to explore the outdoor elements of childhood that are often missed out on. This partnership is extremely special and I'm really looking forward to watching it develop."*

The Myplace project is delivered throughout Chorley, Preston, Blackburn, Skelmersdale and East Lancashire, running a variety of environmental activities to improve urban community greenspaces.

For more information on this project please contact Mike Winstanley, Senior Project Officer on:

**T: 01772 872000**

**E: [mwinstanley@lancswt.org.uk](mailto:mwinstanley@lancswt.org.uk)**

**W: [www.lancswt.org.uk/myplace-project](http://www.lancswt.org.uk/myplace-project)**

Lancashire Care  
NHS Foundation Trust



# Reading for Health

Lancashire Libraries contribute to the health and wellbeing of local communities.

**Just ask us about...**

## Book Schemes

Self-help books for adults and young people experiencing common mental health conditions, including depression and anxiety.



## Shared Reading Groups

is reading together in a group setting, where literary text allows a socially shared experience - if you would like to part please talk to a member of staff.

**Health Events**

Customers can visit their local library or go on-line to find out more [www.lancashire.gov.uk/libraries](http://www.lancashire.gov.uk/libraries)  
Telephone: 0300 123 6703

## Home Library Service

is provided to all customers who have difficulties visiting a local library because of poor health, disability, caring responsibilities or mobility problems.

## Computer Access

providing free internet access to a range of useful health websites

## Memory Boxes

Contain objects to stimulate memories of experiences, people and places.  
Please ask if interested!

## Early Years

Little Issues is a set of specially selected books you can read with young children to help them share new situations, worries or problems.

## YOUNG PEOPLE Reading Hacks

Is for young people to devise Hacks - ideas and activities.  
Get noticed - Get volunteering - Get Hacking!

## DIGITAL Reading & Audio

Health and wellbeing books are also available as e-books or audio books via BorrowBox

**Lancashire**  
County Council



# FREE

## West Lancashire Family Information Evening

**Do you have a child or young person with Special Educational Needs and/or Disabilities?**

Come and join us at a drop-in fun information evening.  
All family members are welcome, height and age restrictions removed.

**Tuesday 14th November 2017  
4.30pm – 6.30pm**

**Jollies Barn, The Gravel, Mere Brow, Tarleton, Lancashire, PR4 6JX**

If you would like to attend this event, please book your place with:-  
Sue Gaskell on **07584 217661** or **[susan.gaskell@lancashire.gov.uk](mailto:susan.gaskell@lancashire.gov.uk)**

**Lots of  
Information  
Available**



**Please note:**  
Jollies Barn ask that parents are responsible  
for their children and young people while  
visiting the play centre at all times.



### **Lancaster and Morecambe Deaf Children's Society**

We are a local group that  
provides activities and  
support for families with

deaf children in Lancaster and Morecambe and  
surrounding area.

We are led by a voluntary group of parents and  
professionals who form a committee to ensure  
accountability and oversee provision.

#### **Aims and Activities**

Our main aim is to promote the inclusion of deaf  
children through the provision of various activities.  
We are really proud of our family group, which  
meets monthly and focuses on the needs of  
children in the early years and their families. Here

we welcome children with any degree of hearing  
loss or at any stage in the diagnostic process.  
Remember – we have all been through this with  
our own children and understand the importance  
of support.

We also organize events at Christmas, summer,  
and pretty much any other time we can!

#### **News**

We are in the process of developing a wider range  
of activities for older children too, and are seeking  
to develop a youth group – so watch this space!

#### **Get in Touch**

We have a Facebook group for parents and carers;  
through this we offer support and encouragement  
to each other, and also share the successes and  
proud moments too! Look us up and put in a friend  
request: **[www.facebook.com/groups/LMDCS](https://www.facebook.com/groups/LMDCS)**  
Email: **[lancasterandmorecambedcs@gmail.com](mailto:lancasterandmorecambedcs@gmail.com)**  
Website: **[www.ndcs.org.uk](http://www.ndcs.org.uk)**



# The Clown's Invisible Tears

As she sat looking at her sad, pale, and tired reflection in the large round mirror, she did not recognise herself. Who was she? Would anyone recognise her? Would anyone even care?

Coco let out a huge sigh, and picked up her makeup sponge. She carefully evened out the complexion of her blank canvas and took a moment to ponder over which colour to paint her eyes today, was she in a blue mood, or green or maybe grey? She used her finest brush to add ever so slightly raised eyebrows to frame her painting. Then to finish her masterpiece she added bright red lips.

There, done. She smiled back at the perfect 'mask' she had created. Ready to face the public, she chuckled!

Coco loved to create, it was her talent to make things look good, something she enjoyed. After pouring two small glasses of milk she arranged a smiley face on each plate using grapes for eyes, a strawberry nose and slices of banana for the mouth. She laid them out on the table. Ok, my stage is ready she said to herself out loud and set off to work.

Coco entered the playground and looked around for her two children. She spotted them and smiled a huge smile. "Hi guys, how was your day?" she said cheerily! Without replying the children thrust their coats, lunch boxes, sweatshirts and book bags at her, as she juggled to keep them up in the air the children asked impatiently "what have you brought for our snack". "I've got your snacks ready at home for you" she said. It was soon apparent that this was not a good idea as the children shouted angrily "WHAT? I WANT IT NOW....." and lashed out at her, kicking her hard.

They stopped abruptly, as they turned the corner from the playground they suddenly noticed a teacher standing near the entrance. Uhoh, who's got a custard pie in their face now! They walked past.... Quietly! As they left the school grounds the children continued shouting angrily "What is it anyway?" "It's a surprise" said Coco. (oops, mistake number two!) "We hate surprises, we are going to the shop NOW" and with that they ran off in the direction of the shop.

Coco caught up with the children quickly, as she knew that with only one thing on their mind they would not

be stopping to consider; how to safely cross the road, jumping into the road to get around other parents more quickly, getting distracted by stones on peoples driveways and having an uncontrollable, impulsive urge to throw them at passing cars, climbing up and over cars and shouting silly swear words at passers-by.

"Phew" Coco thought, "meltdown one avoided"

As she caught up with them, she told the children for the millionth time that they must NOT run off without her. The boy protested and dropped down on the pavement, refusing to get up, oblivious to everyone walking around him. Against her better judgement and without a safety net.... Coco took a chance and decided to allow the children to pop into the local shop and let them choose a snack. Coco wasn't stupid, she knew she should stick to her guns but today she just couldn't face the consequences of saying no! Last time this had happened the children's meltdown went on for over an hour. Cups got thrown, chairs got flung, tables were turned over, threats were made, homework got ripped, fights were started, scratches hurt, bruises turned blue, tears ran out, and Coco's mask got broken.

Before they entered the shop, Coco laid out some rules;- "we are going to buy one item each, no running or climbing, no shouting or fighting, if you do we will leave the shop with nothing", she asked the children to repeat the instruction. They did. Good she thought, they understood.

They entered the shop, the first challenge was that both children wanted a trolley. They settled for a basket on wheels each. Phew Coco thought "meltdown one avoided". However the urge was just too strong, after sitting still in class and then assembly, they just needed to run and climb. Indoor voices had been left at school and the nightmare began.

The children started to run up and down the aisles, crashing into the glass doors of the fridges, freezer doors were flung open one by one, shelves were rearranged, as people started to turn and stare the children thrived on their audience's attention. They played to the crowd all right, shouting rude words, lifting their t-shirts, pushing each over, knocking over displays, climbing in freezers, wrestling on the floor. Coco caught a glimpse of her reflection in the glass as she closed the fourth freezer door and stooped to pick up the pile of biscuits that were strewn across the aisle. Her mask was slipping, she started to panic. She was determined that people must not see her without her clown mask. It was her protection, her armour.

Coco was used to walking a tightrope, but still couldn't quite master walking on egg shells



She took a deep breath and picked up the children with one hand under each arm and briskly guided them both out of the shop. This was no easy task as the children were big and strong now and with their resistance it was almost impossible. Surprisingly the audience did not applaud or cheer for an encore, in fact a few tuts could be heard, along with shaking heads. Despite the prior warnings the children were still surprised that they were leaving the shop without their snacks. They screamed, fought, cried, and called anyone who may be listening horrid names.

She was determined that people must not see her without her clown mask

They arrived home and the anger continued. Coco tried to distract them with their funny fruit faces... They got thrown across the room, the milk was knocked to the floor, doors slammed, worktops climbed on, cupboards rummaged in, toilet rolls strewn around the house. Wooden spindles on the stairs broken in rage, doors dented, tables scratched.

Coco's heart was heavy. She picked up the little girl and sat her down on her knee. The girl resisted and fought with her at first, calling her names, biting, scratching and kicking. But Coco held tight and kept her safe, eventually the girl's breathing slowed down, the tears stopped flowing, the anger submerged and reason forgotten.

To some people it may appear that the children were spoilt, that Coco needed to show more discipline, but to others they could see that that wasn't the problem at all....

"I'm sorry, I can't help it....I have to hold in my feelings all day"

The same reaction would occur if the children were asked to do a little homework, to put

on their shoes, to brush their hair or teeth, to pick up their school bags ready to leave for school, to read a page in their book, to close a door behind them, to fasten their coat, in fact even if a compliment was given, a question asked, an enquiry made about their day.... Coco was used to walking a tight rope but still couldn't quite master walking on egg shells.

Coco stared at the mirror... Oh dear, time for a quick repair. It was "perfect children parents evening". Coco reapplied her mask and set off to see the children's teachers. She took a deep breath and entered the

room. Of course there was no need to worry at all. The feedback was all positive, the children had settled in well, they had lots of friends, sat still on their seats, did all their work conscientiously and behaved impeccably. "Sorry," Coco said, bemused.... "Who are you talking about again? The teacher looked a little worried and checked down her list of names, confirming who she had been talking about. Coco nodded that these were indeed her children, thanked the teacher and made her way home.

The little girl had been waiting up for Coco and peeked out from under her covers as she got to the top of the stairs. Coco sat down next to her on her pink bed. "What did my teachers say?" she asked? "They said you were doing really well and are doing some great work".

"Can I ask you a question" Coco said cautiously. The little girl nodded. "I don't understand that your teachers say you are wonderfully behaved at school, and sit nicely doing all your work, BUT when you come home, you often get angry and shout and throw things". Coco explained that she just didn't understand why that happened. The little girl looked sad and said tentatively "I'm sorry, I can't help it, it's so difficult you see, I have to hold in my feelings all day until I get home".

Coco held her close and kissed her forehead. "Good night" she said and turned off the light.

Coco sat down in front of her large mirror, the room was dark and the one light shining on her face showed all the flaws in her mask. She wiped the cotton wool across her face, carefully removing her mask. She sat there staring back at her vulnerably naked face. The clown had gone, no more laughing, smiling, or fun. The pain was deep and now shone through, and the invisible tears ran free..... as a river bursting its bank.

We all know only too well that what you see on the surface is not always what is happening underneath. We all have to fight to obtain what our children need and deserve. It's a good job we wear our masks every day and soldier on for the sake of our children, and it's a good job we support one another.

By Gaynor Adkins  
Parent Carer.

Alone we can do so little, together we can do so much  
- Helen Keller

# Barnardo's Lancashire Break Time Activities....What's been happening?



Barnardo's Include me 2 have been busy delivering Lancashire Break Time Activities both term time and in the school holidays here is a snapshot of what has been going on.



Activities have been well received with parents commenting:

*"Honestly can't thank you all enough for tonight. Lucas has come home beaming and said he has had so much fun with his friends!! Something he hasn't said for a very long time!! He is super excited to come again next week. Thank You" Angela*

*"My Son absolutely loves coming to Barnardo's. He really enjoys it when they go out and gets really excited about going. He feels at ease when he's there and there are no expectations from him. It's like a second family for him and he feels so relaxed and at home. Thank You!" Sue*

We will continue to deliver Lancashire Break Time Activities over the Autumn term so please get in touch for more information about what is happening in your area. Contact us on 01772 629470 or email [lancashirebreaktime@barnardos.org.uk](mailto:lancashirebreaktime@barnardos.org.uk) or find us on Facebook @barnardosincludeme2

## Sir Tom Finney Community High

Thanks to the funding we receive from Lancashire Break Time, we can organise fun activities for young people aged 11-18 with additional needs in the school holidays.

We also receive funding to help run after school activities such as Swimming, Dance & Sports clubs

This summer we had lots of great outings and activities:

Windermere Boat Cruise

National Football Museum in Manchester

Martin Mere Wetland Centre

Clitheroe Castle

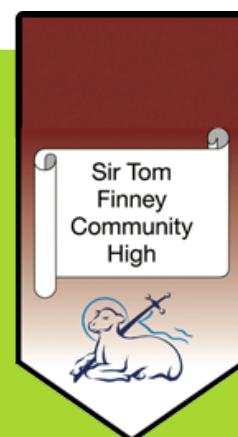
Happy Mount Park, Splash Park & KFC

Supporting Students who attended the NCS Challenge with PNE

Plus lots more

We are very grateful to Lancashire Break Time as without this funding our young people wouldn't have these fantastic opportunities.

**Sarah Leaman, Family Liaison Officer**  
Sir Tom Finney Community High School





# LANCASHIRE BREAK TIME

**Lancashire Break Time activities will be running throughout the Autumn term and school holiday periods.**

Lancashire Break Time provides an opportunity for children/young people with special educational needs and or/disabilities to attend a fun activity, whilst also providing a break for the main unpaid parent/carer. The break is for a period of at least two hours.

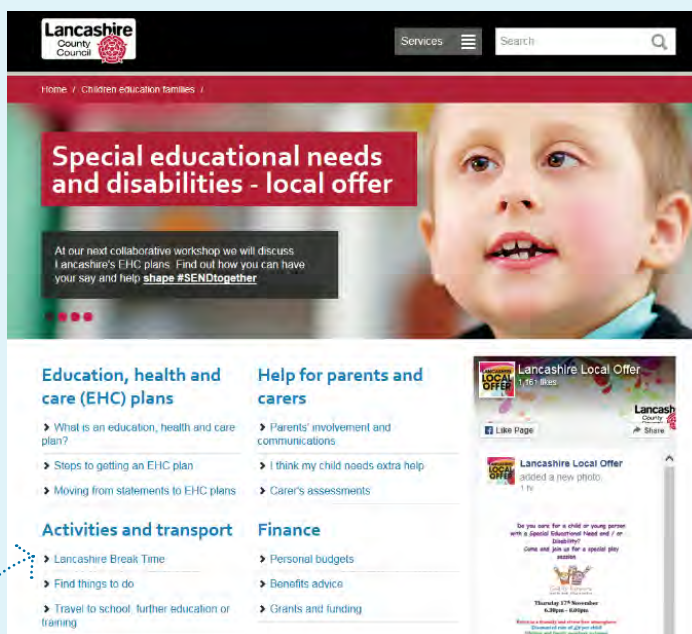
The criteria to qualify for Lancashire Break Time short breaks is to be the primary carer of a child or young person with special educational needs and/or disabilities, aged 0 to 18 years and with difficulty accessing universal services. The child/young person must live in Lancashire.

Parents must contact the provider direct for details and to book a place.

There is a minimum cost of £1 per hour for the activities.

To find out what is available in your area, check out the information on Lancashire's Local Offer:

[www.lancashire.gov.uk/send](http://www.lancashire.gov.uk/send)



**Lancashire Break Time**

## Piccadilly Garden



Piccadilly Support Services is based at Piccadilly Garden, Scotforth, Lancaster.

We run school holiday activities funded by Lancashire Break Time during every holiday for young people aged 11-18yrs with additional needs.

We have a variety of activities on offer; this summer we have done bushcraft skills, trampolining, horse riding, dog walking, chocolate making, sensory centre, farm and nature reserve visits.

We have very small groups and children are supported on a 2:1 ratio.

"Our son asks every morning in the holidays if he's going to Piccadilly today, he loves it" - parent

"We had the best summer in years since we found Piccadilly, he loves it and we get a break without worrying" - parent

"Best day ever" - twins

"She loves being outdoors and being active, so the activities at Piccadilly are perfect for her" -parent

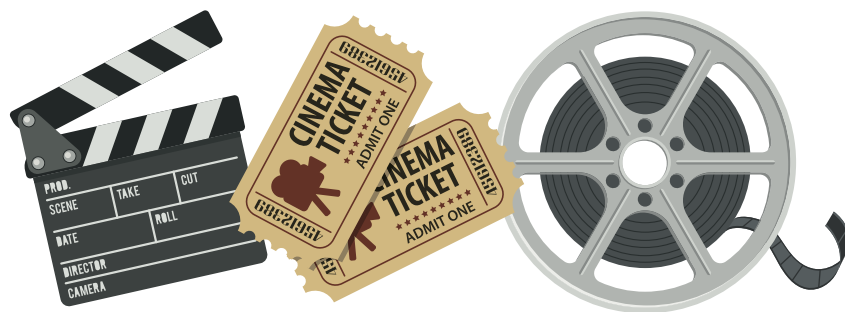
"The staff are great" - parent

"I love Piccadilly, I like the horse riding and taking dogs out to the park" - child

[www.piccadillygarden.com/holiday-clubs](http://www.piccadillygarden.com/holiday-clubs)







**The CEA Card** is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA), formerly the Cinema Exhibitors' Association (CEA).

The scheme was introduced in 2004 and is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them.

You don't need to have a CEA Card for a reasonable adjustment to be made and cinemas still have to make reasonable adjustments. If you require an adjustment to visit a cinema because of your disability, the UKCA's policy is cinema staff should make them for you.

The card's development was overseen by the UKCA's Disability Working Group, whose members included people from the major circuits and film distributors, independent exhibitors and several national disability charities such as Action on Hearing Loss, the RNIB and the National Deaf Children's Society, along with the UKCA's specialist disability advisers.

If you have a Visual Impairment, many cinemas are equipped with a system that delivers audio description (AD) through a headset, which is provided when you collect your ticket. The audio description runs each time the film is shown and is undetectable to anyone not wearing a headset. [www.rnib.org.uk](http://www.rnib.org.uk)

If you are Deaf or have a Hearing Loss, there are two types of equipment that are commonly used which will make your cinema accessible – hearing loops and infra-red systems. It should be made clear whether these types of equipment

are available at your chosen cinema so you know what to expect when you arrive. Subtitled screenings enable people with hearing loss to follow the dialogue and background soundtrack to a film. Some cinemas refer to these as captioned screenings. [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

For those with Autism or a Learning Disability, Dimensions work with ODEON, Cineworld, Vue and Showcase to host Autism Friendly Screenings at over 250 cinemas nationwide. On Sunday mornings throughout the month, films suitable for all audiences are screened in a sensory friendly and inclusive environment. [www.dimensions-uk.org](http://www.dimensions-uk.org)

### Eligibility

The eligibility criteria are kept under review and maybe updated from time to time; currently people who receive one of the following benefits are eligible:

- Disability Living Allowance (DLA);
- Attendance Allowance (AA);
- Blind Persons Registration;
- Personal Independence Payment (PIP); and
- Armed Forces Independence Payment (AFIP).

Additionally, limitations placed on Cinemas by their local licenses require children and young people under 8 years of age to be accompanied by a responsible person; consequently applications for cards can only be considered for people who are 8 years of age or older.

There is a £6.00 annual fee to cover admin costs.

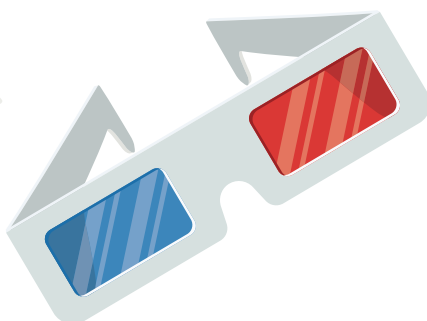
Apply by post or online: [www.ceacard.co.uk](http://www.ceacard.co.uk)

CEA Card, PO Box 199, Deeside. CH5 9BW

Telephone: **01244 526 016**

Textphone: **18001 01244 526 016**

Office Hours 9am to 5pm Monday to Friday excluding Bank Holidays. Calls charged at standard UK Landline rates.





## Participate, Opportunity, Win, Achieve, Respect

POWAR is Lancashire's Council for Children and Young People with Special Educational Needs and Disabilities. We hold regular meetings which are informal and fun. These meetings are open to secondary aged young people up to the age of 25. We also meet 6 weekly with primary aged children. Here is a description of our regular monthly meetings.

**Media group:** a meeting where young people help to write the newsletters for POWAR and update the participation website, internet pages and Facebook page.

**Young Inspectors:** we visit different services for children and young people to inspect them and then come up with ways that they can improve. The meetings are an opportunity to find out about upcoming inspections and write up reports for recent inspections.

**POWAR Combined:** All members of POWAR from all parts of Lancashire are invited to attend this meeting. Visitors from different services and organisations often attend to speak to young people to gain their views about different topics.

The meetings are held either at County Hall, Preston or at our centre in Lostock Hall, Preston. Please also note that these meetings are held term time only. Please get in touch to find out what meetings and activities we have during half terms and holidays. Please contact the Participation Service on **01772 629470** for more information or if you would like to attend.

### POWAR Meetings

#### September

**Media Group:** Tuesday 5th September 6-8pm

Young Inspectors: Tuesday 12th September 6-8pm

POWAR Combined: Tuesday 19th September 6-8pm

#### October

**Media Group:** Tuesday 3rd October 6-8pm

Young Inspectors: Tuesday 10th October 6-8pm

POWAR Combined: Tuesday 17th October 6-8pm

#### November

**Media Group:** Tuesday 7th November 6-8pm

Young Inspectors: Tuesday 14th November 6-8pm

POWAR Combined: Tuesday 21st November 6-8pm

## Speed interviews by young person

In the speed interviews the young person thinks of a question, any question. It can be a fun or serious question and you have a social worker and for three minutes you ask your question that you thought of. They answer you and you can pick a number from 1 to 5 depending on how good or bad they were or if you like the answer or not. There are different numbers of social workers to interview each time. I enjoy the speed interviews, they want to do more, and it is a good way to get their voices heard to new professionals and influence workers within Lancashire County Council.





# SENSORY ROOMS

For all ages and abilities



## Awaken or Calm The SENSES



## SEE ~ HEAR ~ SMELL ~ TASTE ~ TOUCH

At Twinkle House, we provide a therapeutic non-clinical, non-threatening, calming, safe environment with a variety of sensory rooms that can be set to your individual requirements including music and lighting of your choice.

### Sensory Room Information

Sensory rooms offer people of any age and ability a safe space to enjoy recreation, exploration, stimulation of the primary senses or for total relaxation to help unwind and become calm.

A relaxing sensory session can also help reduce high anxiety or agitation and may reduce reliance on medication, especially in the case of Dementia sufferers, those with other Mental Health or Special Needs conditions, or anyone with stress.

### Some of the many Benefits of Using a Sensory Room

- \* Stimulating the primary senses with Hi-Tech Sensory equipment
- \* Encourages interaction and discovery
- \* Promoting emotional well-being for those with anxiety or stress
- \* Promoting Positive Behaviours through safe play
- \* Improves balance and co-ordination
- \* Stimulating speech, language and communication
- \* Provides a safe and effective therapeutic learning environment
- \* Drug free relaxation therapy for those in pain or chronic conditions
- \* Drug free relaxation for those in Palliative Care
- \* Drug free relaxation for those with Mental Health difficulties
- \* Enabling relaxation to help opening up to discuss worries



## TO BOOK A SENSORY ROOM

# Tel: 01695 455625

Twinkle House, 2 Gorsey Place, East Gillibrands, Skelmersdale, Lancashire, WN8 9UP

[www.twinklehouse.co.uk](http://www.twinklehouse.co.uk) Follow us on Twitter: @TwinkleHouse2





**£2**  
Per Child

## Wyre and Fylde Parent/Carers Nights

Play sessions for children with  
additional needs

**The last Tuesday of  
every month 6-8pm**

Millennium Court, Furness Drive,  
Poulton-le-Fylde, FY6 8JS



Find us on Facebook



High Five is a play and support  
group run by volunteer parents,  
providing activities for  
severely disabled children  
and their families.

Charity Number - 1164321

## 'Meet and Play'

Together with ADHD Lancashire, we invite you to join us  
for our private soft-play session!

There is no need to book, just turn up on the night.



### Cheeky Monkeys

Kern Mill Lane, PR6 7YA

Wednesday 13th September ~ 6pm till 7.30pm

Wednesday 11th October ~ 6pm till 7.30pm

Wednesday 8th November ~ 6pm till 7.30pm



**£1**  
per child  
Ages 0-12



*Café open till 6.30pm. Parents must stay to supervise!*

For more information - [www.facebook.com/HighFiveLancashire](http://www.facebook.com/HighFiveLancashire)



High Five is a play and support  
group run by volunteer parents,  
providing activities for  
severely disabled children  
and their families.

Charity Number - 1164321

We invite you to join us for a private soft-play session!



## 'Meet and Play'

@ **Play Mates**

Coppull Mill, PR7 5BW

Ages  
0-8

Tuesday 19th September ~ 4.15 till 6pm

Tuesday 17th October ~ 4.15 till 6pm

Tuesday 21st November ~ 4.15 till 6pm



**£2** per  
child  
Party food  
included.



*Parents must stay to supervise!*

Please book this event - [www.facebook.com/HighFiveLancashire](http://www.facebook.com/HighFiveLancashire)

## Energy Soft Play



### Salt Ayre Sports Centre Energy Soft Play Area

Exclusive session for Children/young  
people with additional needs  
and siblings

Ages 0-12 max height 148cm

**5.45 - 7.00pm**

£2.50 per child (under 1's free)

Pay on the day

Tuesdays

Doris Henderson Way,

Lancaster, LA1 5JS

No need to book, just turn up



# Family Sessions

For families with children who have a disability/additional needs.

Ring **01772 760403** to book a place.

**Space 1** 1st and 3rd Saturdays @ 10.15 - 11.15 am  
and every Sunday @ 2.30-3.30pm  
Prices - £3.00 per child  
£1.00 per adult

**Space 2** 2nd and 4th Sunday @ 10.45 - 11.45 am  
and every Saturday @ 1.30-2.30pm  
Prices - £4.00 per child  
£1.00 per adult



10 Pedders Lane, Ashton-on-Ribble, Preston, PR2 2TH  
[www.thespacecentre.org](http://www.thespacecentre.org)

## Warrington Play and Sensory Centre

**A purpose built centre for disabled children and adults or those with additional needs**

An exciting centre to support children and adults in meaningful and enjoyable activities.  
Our sensory facilities draw on a combination of skills including:

• **cognitive** • **physical** • **social** • **emotional** • **sensory**

all of which to help to promote a sense of well-being.

We run structured groups and activities for different age groups and abilities as well as open play sessions, check out our website or social media platform for more information.

**Membership: FREE Pre-school: £2.50**  
**Child £3.75 Adult £4.50**



**Woolston Neighbourhood Hub,**  
**Warrington, WA1 4PN Tel: 01925 817 347**  
[www.warringtonsensorycentre.org](http://www.warringtonsensorycentre.org)



Follow us on facebook



**Kidz to Adultz North**  
**Thursday 16th November 2017**  
**9.30am—4.30pm**  
**EventCity, Barton Dock Road,**  
**Manchester, M17 8AS**



**One of the largest FREE UK events supporting children & young adults up to 25 years with disabilities and additional needs, their families, carers and the professionals who support them.**

- **FREE Entry**
- **Easy Access**
- **FREE Parking**
- **FREE CPD Seminars**
- **130+ Exhibitors**
- **Children Welcome**



**Win  
£250**

**worth of vouchers! Register online & attend an event in 2017 to be entered into the draw. The winner will be announced on our website December 2017.**

**Register for your visitors' FREE entry tickets from our NEW website [www.kidzexhibitions.co.uk](http://www.kidzexhibitions.co.uk) Or simply contact Disabled Living: Email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk) or Tel: 0161 607 8200**  
**Tickets are not compulsory, you can register on arrival.**

**Sponsored by:**



**Organised by:**





## Light at the end of the tunnel

My name is Joanna Short, I am a mother to six children. One of which has pervasive development disorder. He is now 20, lives independently with help and tells me he loves me.

However it was not always this way. I knew from the age of about 1 that George was different. He didn't like looking in the mirror and had lots of food intolerances. Then when he turned four his anxieties became very evident. He would kick the nursery teacher if she tried to point attention to him. Then as his school years went past, it was evident he also had a learning difficulty. He was not diagnosed with dyslexia until he was 14. In year 4, he would run home from school after being registered in. He was given the biggest mainstream school statement he could be given. I felt like the school just registered him for the money and then let him run home.

He was very violent to myself and would try to smash things in the house. Sometimes I would have to send my two other children at the time to friends' houses, when he was particularly violent. His teenage years were a mixed bag. If I had a penny for every time he told me he hated me, I'd be rich. He was in special needs school by

then and I would get a rest in the day, however at night he was very disruptive. We did as much outside activities as a family as possible as he thrives outside and in nature.

Long story short, George is now 20 and after a year living in an assisted living flat, through the charity Mind. It was decided that as he gets so much family support he was ready to live in a housing association flat with only our support. I have power of attorney and do all his bills, however he does his own money management after bills are taken out.

He has started to decorate his flat and does all domestic chores himself. He lives close and feels comfortable to drop by a few times a week. He tells me he loves me and kisses me goodbye every time he leaves to go home. He appreciates all I do for him. We have had some very painful chats about how he felt as a teenager and even though I do not see the events the same way, I have found acknowledging how he feels without getting defensive has changed everything for us.

He does all domestic chores himself

He kisses me goodbye every time he leaves

He thrives outside and in nature



**Web: [www.advocacyfocus.org.uk](http://www.advocacyfocus.org.uk)**  
**Tel: 0300 323 0965**

## Free drop-in session to support with NHS & Social Care Complaints

Advocacy Focus is a local charity that helps people to have a voice in matters relating to their health and social care. We have been providing free and confidential advocacy support to vulnerable people since 1998 and we are completely independent from NHS or Social Services. As part of our NHS & Complaints Advocacy service, we give individuals the support they need, when making a complaint about the NHS or Social Services.

We now offer free 'drop-in' sessions in locations across Lancashire where you can meet our highly trained Advocates. They will explain how they can help you through the whole complaints process, be it before or whilst you are making a complaint. The regular events are held at:

- Carer's Link Lancashire - Melbourne House Eastgate, Accrington, Lancashire. BB5 6PU
- Bootstrap - 27-29 Manchester Road, Burnley. BB11 1HH

- Cleveleys Community Centre - 15 Beaumont Gardens, Poulton-Le-Fylde. FY6 7NX
- Urban Exchange - Theatre Street, Preston. PR1 8BQ
- Lancaster District Community & Voluntary Solutions (LDCVS) - The Cornerstone, Sulyard Street, Lancaster. LA1 1PX

Come and talk to us in confidence about how we can help you. This service is open to residents of Lancashire and is free, confidential and independent of the NHS or Social Services.

For more details on how Advocacy Focus can help with your complaint and for a list of dates and times, please visit our website:

**[www.advocacyfocus.org.uk/nhs-social-care-complaints-advocacy](http://www.advocacyfocus.org.uk/nhs-social-care-complaints-advocacy)**

In addition, we provide a range of other advocacy support services to assist you with health and social care services, including Mental Health, Mental capacity and Care Act Advocacy.

# The Learning Rooms At Four Seasons



Four Seasons



The Learning Rooms are a non profit, CIC organisation situated within Four Seasons garden centre in Southport, that provide a day service for adults with Learning difficulties, disabilities and additional needs.

*"I like helping with the plants."*

We have a small café with garden and small animal section, florist and gift shop open to the public and we support our service users to run these as their own business.

On the premises we deliver tailor made courses appropriate to individual interests and ability levels, including training in floristry, horticulture, small animal care, catering and hospitality and customer service. We run sessions in signing (signalong) and also offer arts and crafts and sports. Photography and pottery are firm favourites, and for the budding journalists out there we are always looking for people to help out designing, researching, writing and publishing our monthly newsletter. Off the premises we also have an allotment.

*"I get on well with the staff and clients."*

Our provision is fully inclusive and support is tailored around individual needs and requirements.

*"I enjoy working in the shop and doing office work."*

## PROVISION

- Four Seasons serve individuals from age 16 with learning disabilities/additional needs with no upper age limit.
- Full and half days are available as well as holiday provision.
- We offer up to two free taster days
- Free transport can be arranged
- Lunch and snacks provided

To discuss individual requirements or to book taster days please contact us or call in for further information.

## Four Seasons

224a Liverpool Road, Southport, PR8 4PD

Tel: **01704 551521**

E mail: **info@fourseasonssouthport.com**

Website: **www.fourseasonssouthport.com**

Also find us on Facebook and Twitter



At Willow House Care we support people with disabilities to live independently, in their own place or sharing with others. We enable them to take control of their lives and live the life they choose, making sure that they feel happy, safe and secure. We adopt a

person centred approach and work with families, carers, advocates and other agencies to support people to achieve their goals.

## Our Services

At Willow House Care we listen to our service users and tailor our care and support to individual needs to provide bespoke plans. Below are just some of the services we are able to offer and are regularly requested. Please do not hesitate to contact us to discuss what Willow House Care can offer you.

- Community based support
- Independent travel programmes
- Benefits and Welfare
- Transitional support
- Supported living
- Domiciliary services

'Supported living or housing' are schemes designed to provide both housing and support to help vulnerable people live as independently as possible in their community. These schemes are designed to meet the needs of particular client groups, such as people

with mental health issues, learning or physical disabilities.

*"I practice cooking and help with cleaning and keeping the house tidy."*

## Location

Willow House Care currently provides support in Banks, a small village on the outskirts of Southport, with transport links to Southport and Preston.

We believe that everyone with a learning disability, whatever the nature or severity, should be empowered through appropriate support and care to exercise their right to choice, opportunity, respect and dignity. Our business is built on the belief that we ensure we can provide the very best service for each person.

**Telephone: 07988418880**

**Website: [www.willowhousecare.co.uk](http://www.willowhousecare.co.uk)**

**E-mail: [ruthwareing@willowhousecare.co.uk](mailto:ruthwareing@willowhousecare.co.uk)**



*"I have a keyworker."*



*"My family can visit and I have my friends round for tea."*

## Pantomimes

If you're planning a Christmas visit to the theatre, remember to speak to them about your child's additional needs. Many have special performances, and some also offer a free companion ticket for those who are unable to attend without a carer.

### Aladdin

24 November – 6 January  
BSL performance: 30 December, 2pm  
Audio described performance with touch tour beforehand:  
29 December, 7pm  
Relaxed performance: 2 January, 2pm  
**The Dukes**, Moor Lane, Lancaster, LA1 1QE  
Wheelchair access, Assistance dogs welcome  
[www.dukes-lancaster.org](http://www.dukes-lancaster.org)  
[tickets@dukes-lancaster.org](mailto:tickets@dukes-lancaster.org)  
01524 598500

### Dick Whittington

A Lancaster Footlights Production  
2 - 29 December  
**The Grand Theatre**, St Leonardgate, Lancaster, LA1 1NL  
[www.lancastergrand.co.uk](http://www.lancastergrand.co.uk)  
[tickets@lancastergrand.co.uk](mailto:tickets@lancastergrand.co.uk)  
01524 64695

### Beauty and the Beast

7 - 10 December  
**Marine Hall**, The Esplanade, Fleetwood, FY7 6HF  
Wheelchair access  
[www.wyretheatres.co.uk/marinehall](http://www.wyretheatres.co.uk/marinehall)  
[marinehall@wyre.gov.uk](mailto:marinehall@wyre.gov.uk)  
01253 887693

### Dick Whittington

8 – 30 December  
**Lowther Pavilion**, Lytham St Annes, FY8 5QQ  
[www.lowtherpavilion.co.uk](http://www.lowtherpavilion.co.uk)  
[boxoffice@lowtherpavilion.co.uk](mailto:boxoffice@lowtherpavilion.co.uk)  
01253 794221

### Cinderella

5 December – 7 January  
Audio Described and BSL performance –  
9 & 16 December, 2pm  
**The Grand Theatre**, 33 Church Street, Blackpool, FY1 1HT  
Wheelchair access  
Induction loop, Registered assistance dogs welcome  
[www.blackpoolgrand.co.uk](http://www.blackpoolgrand.co.uk)  
[box@blackpoolgrand.co.uk](mailto:box@blackpoolgrand.co.uk)  
01253 290190

### The Wizard of Oz on Ice

Presented by BIDCA – Children Helping Children  
10 – 27 December  
**Pleasure Beach Arena**, Blackpool, FY4 1EZ  
[www.childrenhelpingchildren.co.uk](http://www.childrenhelpingchildren.co.uk)  
[thearena@bpbltd.com](mailto:thearena@bpbltd.com)  
Arena: 01253 341707  
Box office: 0871 2229090



### Peter Pan

16 December – 7 January  
**Blackpool Opera House**, Church Street,  
Blackpool, FY1 1HW  
Wheelchair access  
[www.wintergardensblackpool.co.uk](http://www.wintergardensblackpool.co.uk)  
[info@wintergardensblackpool.co.uk](mailto:info@wintergardensblackpool.co.uk)  
0844 8561111

### The Wizard of Oz

1 - 9 December  
**It's a Wonderful Life**  
15 - 16 December  
**Civic Arts Centre**,  
155 Union Road,  
Oswaldtwistle, BB5 3HZ  
Wheelchair access  
[www.civicartscentre.co.uk](http://www.civicartscentre.co.uk)  
[info@civicartscentre.co.uk](mailto:info@civicartscentre.co.uk)  
01254 398319



### Beauty and the Beast

10 - 31 December  
BSL performance - check with Box Office for date and time  
**King Georges Hall**, Northgate, Blackburn, BB2 1AA  
Wheelchair access  
Personal Assistant tickets available free of charge, please  
check with the Box Office  
Pre-show visits can sometimes be arranged, please check  
with the Box Office  
Registered assistance dogs welcome, water supplied on  
request  
[www.kinggeorgeshall.com](http://www.kinggeorgeshall.com)  
[events@kinggeorgeshall.com](mailto:events@kinggeorgeshall.com)  
01254 582579

### Cinderella

1 December – 4 January  
**The Empire Theatre**, Aqueduct Road, Blackburn, BB2 4HT  
[www.thwaitesempiretheatre.co.uk](http://www.thwaitesempiretheatre.co.uk)  
[boxoffice@thwaitesempiretheatre.co.uk](mailto:boxoffice@thwaitesempiretheatre.co.uk)  
01254 685500

### Alice in Wonderland

8 – 24 December  
**Darwen Library Theatre**, Knott Street, Darwen, BB3 3BU  
Wheelchair access  
Induction loop available, Guide dogs welcome, water  
supplied on request  
[www.darwenlibrarytheatre.com](http://www.darwenlibrarytheatre.com)  
[dlt@blackburn.gov.uk](mailto:dlt@blackburn.gov.uk)  
0844 8471664

### Aladdin

7 December – 3 January  
**Charter Theatre**, Preston Guild Hall, Lancaster Road,  
Preston, PR1 1HT  
Wheelchair access, Assistance dogs welcome  
[www.prestonguildhall.co.uk](http://www.prestonguildhall.co.uk)  
[info@prestonguildhall.co.uk](mailto:info@prestonguildhall.co.uk)  
01772 804444

### Whittington! The Panto

8 – 16 December  
**Chorley Little Theatre**, Dole Lane, Chorley, PR7 2RL  
Wheelchair access, Hearing loop  
[www.chorleylittletheatre.com](http://www.chorleylittletheatre.com)  
01257 264362





# Lancashire County Council – contact details

[www.lancashire.gov.uk/council/get-involved/contact](http://www.lancashire.gov.uk/council/get-involved/contact)

Email: [enquiries@lancashire.gov.uk](mailto:enquiries@lancashire.gov.uk)

High level Service:	Service:	Number:
Corporate Services:	Signposting / General enquiries	0300 123 6701
	Libraries	0300 123 6703
	Library Service Automated Renewal Line	0300 123 6704
	Registration and Certification Service	0300 123 6705
	School Admissions	0300 123 6707
	School Appeals	0300 123 6708
	Lancashire Adult College	0300 123 6709
Care Connect	Social Care	0300 123 6720
	Safeguarding Adults	0300 123 6721
	Emergency Duty Team	0300 123 6722
County Benefits Service	Care And Urgent Needs	0300 123 6735
	Blue Badges	0300 123 6736
	NoW Card	0300 123 6737
	Schools Transport	0300 123 6738
	Welfare Rights	0300 123 6739
Environment	Anti-social behaviour on buses	0300 123 6782
Local SEND Offices	South (Preston, Chorley, South Ribble, West Lancashire)	01772 531 597
	East (Hyndburn, Ribble Valley, Pendle, Burnley, Rossendale)	01254 220 553
	North(Lancaster, Fylde, Wyre)	01524 581 200
Other Useful Numbers	Family Information Service	0300 123 6712
	Carers Lancashire	0345 688 7113
	Information, Advice and Support Team, SEND Service	0300 123 6706
	Wellbeing, Prevention and Early Help Service	0800 511 111

## Independent Support for the Education Health Care Plan process

**Barnardo's have been commissioned** by National Children's Bureau (NCB) on behalf of the Department for Education (DfE) to provide Independent Support for families going through the Education Health Care Plan (EHCP) process. Our support is fully funded and free of charge. Any young person and/or parent/carer living in Lancashire will be eligible for support as outlined below.

We have an experienced team of staff able to:

- provide support for parents and young people through the process where families are transferring from Statements to Education Health Care Plans
- provide support where families are applying for a new needs assessment
- And, new for 2017, Independent Support is available for the Annual Review process.

As part of our support we can offer your son / daughter either 1:1 support or group sessions looking at their goals and aspirations for the future. We also provide support for parent / carers, so should you want more information about Education Health Care Plans or would like any help with any part of the process, including how to apply, support with completing paperwork and in any relevant meetings, please contact the Independent Support team on:

**[IndependentSupporters@barnardos.org.uk](mailto:IndependentSupporters@barnardos.org.uk)**

Lorraine Moody  
Barnardo's Include Me 2 Team Manager  
**01772 629470**



## Your Help Is Essential

We would welcome contributions from Children, Young People, Parent Carers, Voluntary and Statutory Agencies:

- Are you involved with a new project or group you would like to promote
- Details of forthcoming diary dates
- Opportunities for Children and Young People with SEND
- Any ideas, views, letters, poems, etc, you would like to share
- Do you know of any useful websites to include in FIND

Contributions for future issues – please contact FIND. Remember, this is FREE to use.

E: [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk)

T: 01772 538077 or 01772 532509



## Editorial Group

### Information, Advice and Support Team

Norma.ohagan@lancashire.gov.uk Tel: 07557 030837

Sarah.deady@lancashire.gov.uk

Pauline.mansley@lancashire.gov.uk

### Parent Representatives

Chorley – Nannette Holliday

Lancaster – Lucy Ellis

Preston – Caroline Donnelly

Parent carers from other areas interested in joining the group, please contact FIND.

### Voluntary Organisation – Julia Johnson,

Face 2 Face/Scope

**Health** – Tom Harrison, Lancashire Care Trust

Winter issue – deadline for articles  
13th October, published December 2017

If undelivered, please return to:  
Room CH1:53, County Hall, Preston,  
Lancashire PR1 8RJ

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[FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk) to update  
your details.

We also have a facebook page. For regular updates, please 'like' our **page at:**  
[www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer)

### Get this free newsletter sent to your door

If families would like to have a free copy of FIND delivered to their home 4 times a year, please complete this slip and send it to the address shown. We will then send you a membership form.

Or you can register online at: [www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND) Click on: Help for parents and carers; Family Information Network Directory; Sign up to the FIND database

Professionals – please contact FIND, details above.

Name

Address

Postcode

Tel. No.

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