

SEND

Welcome to the Autumn issue of the SEND Newsletter, 2025.

As autumn settles across our beautiful county, we're pleased to bring you the latest updates, resources, and stories from our SEND community in Lancashire.

With the new school term now well underway, it's a time for fresh starts, renewed connections, and continued collaboration.

We have a brilliant article written by one of our parent carers in Lancashire to increase awareness of Foetal Alcohol Spectrum Disorder (FASD). She writes about her and her daughter's own experience. We're certain you will find the article as informative and powerful as we do.

In this edition, we have lots of updates to give you – an overview of our 4th SEND Partnership Development day, how we are delivering the SEND Priority Action Plan and a little about the SEND Capital Plan.

We also have the results of the recent Local Offer website survey – this includes what you told us and the next steps we will be taking to make the website even more useful for those who use it.

We have some exciting news about upcoming "Let's Talk" events which will give parent carers and children and young people the opportunity to attend online sessions delivered by practitioners about specific topics. We have listened to your feedback and sessions will be planned for mornings, afternoons and evenings.

We hope you enjoy reading the newsletter and you may even be inspired to share your own story as a parent carer. This can be to raise awareness of something specific or to share information which may be useful to others – if so, please email us at:

find@lancashire.gov.uk.

Anna Burkinshaw

Policy, Commissioning and Children's Health

 www.facebook.com/LancashireLocalOffer



Try to learn something about everything and everything about something.

Thomas Huxley



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What makes me feel Included?



BOWERHAM KIDS' CLUB

Break Time Sessions



Break Time!

At Bowerham Kids' Club, we are pleased to offer Break Time sessions alongside our holiday club service. Break time sessions run on Tuesday, Wednesday and Thursday, 10-4pm during October, February, Easter and Summer Holidays.

There is a wide range of activities and resources for children to access. We aim to be inclusive and to provide a positive play experience for children. We strongly recommend a visit before booking to ensure that we can meet your child's needs.

If you'd like to book a visit or session, please email:

bowerhamkidsclub@gmail.com



What our parents say....:

"You go above and beyond..."

"There is a genuine air of happiness in the setting"



IT'S SLIME FOR FUN SEN SESSIONS



Break Time Sessions
Child / Young Person with SEN only

WHO
Children & Young People with SEN

US
Experienced Team
- Fellow SEN parents

School Holiday sessions
Saturdays in Term Time


35, Burnley Road East
Waterfoot
BB4 9AG

Call Klair on
07841744020
or email
slimeforfuninfo@gmail.com

TIME
Break Time and Break Time Plus Provider

VENUE

BOOK





STARS

MONDAY TO FRIDAY

(during school holidays, excluding bank holidays)

11AM - 3PM

Stars School Holiday Camp

For children with a disability aged 7 to 18 from Blackpool, Fylde and Wyre.

Enjoy a variety of activities including sports, dance, gymnastics, arts & crafts, Lego, games room, and more!

Education and Community Centre,
Bloomfield Road Stadium,
FY1 6JJ

Stars School Holiday Youth Group

For young adults with a disability aged 15 to 25 who are still in education.

To find out if you are eligible please get in touch.

Four LCC Break Time hours per day can be used. Concessions available.

North Stand Community Hub,
Bloomfield Road Stadium,
FY1 6JJ



Blackpool Council







BREAK TIME

Multi-Activity CAMPS

Designed to offer SEND children **engaging & enjoyable** experiences.


 Scan to book!

EVERY MONDAY 5-7PM
 BROOKFIELD PARK PRIMARY, SKEM
 EVERY TUESDAY 4-6PM
 LORDSGATE PRIMARY, BURSCOUGH
 EVERY THURSDAY 5-7PM
 BUCKSHAW PRIMARY, CHORLEY
 EVERY SATURDAY 10AM-2PM
 COPPULL PRIMARY, CHORLEY



Indoor games, outdoor sports, challenges, arts & crafts, interactive activities, prizes to be won, etc



Email us: learn.active@outlook.com | Call Us: 07593 312734



Break Time provides fun group activities to children and young people aged 4-18, living in Lancashire, who have a special educational need and/or disability (SEND). Activities take place after school, at weekends and during school holidays and give parents and carers a short break from their caring role.

Summer holiday activities

Lots of Break Time members enjoyed the fabulous activities on offer at Break Time clubs during the summer holidays. If your child took part, we would love to hear about the activities they enjoyed, and your views on the service generally. A survey will be shared very soon – please take a few minutes to complete, as your feedback will help to further develop the service to meet the needs of as many children and young people as possible.

New Break Time Providers

We had two new providers from summer 2025 – Bowerham Kids' Club in Lancaster and Cribden House School in Rossendale. Both were really well-attended and we look forward to more from them during future school holidays!

A procurement exercise is currently taking place for Short Breaks in Lancashire and we hope to introduce more new providers over the coming months.

Additional benefits for Break Time members

Spectrum Gaming offer online activities to autistic young people aged 10-17 who are Break Time members. This service can be accessed in addition to the 78 hours of face to face activities.

Families that have a Break Time membership can also request a FREE Max Card which offers discounts on family days out – see the poster on the next page for more details. Discounts are offered per family, so you only need to apply once, even if you have two or more children with Break Time membership.

How do I register for Break Time?

Registrations take place each year, for both new and existing Break Time members. The form will be open from **Monday 27th October 2025**, for membership starting in April 2026.

The form will be available to complete on the Local Offer at: <https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/break-time/>

If you need some help to complete the form, please ask at your child's school, your local library or Family Hub who can offer support.

Certificate in Inclusive Practice for Short Breaks Providers

Following feedback from families, we have worked with a training provider, the Therapeutic Forest CIC, to develop a training programme for all Break Time providers. The training is designed to help create inclusive, safe, and supportive environments for children and young people with SEND, to enhance understanding of inclusive practices and to foster a sense of belonging for all children.



This logo indicates that the Break Time provider has completed the Inclusive Practice training programme.

Contact Us

For any queries on the Break Time service, please contact us at **breaktime@lancashire.gov.uk**

If you feel your child needs more support than Break Time provides, you can request a Child & Family assessment, so we can fully understand and identify the best way to meet their needs. Call **0300 123 6720** to request an assessment.

If you have any feedback on Break Time, or any short breaks service in Lancashire, please complete the online form at www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do/short-breaks-feedback



SPECTRUM GAMING



in partnership with:



A community created by autistic adults, for autistic young people ages 10-17 who live in Lancashire and have a Break Time membership

Spectrum Gaming is an autistic-led UK based charity that supports autistic young people. We aim to create a world where every autistic child knows that who they are is ok and they can be themselves, whilst still developing meaningful relationships and achieving their personal goals.

We do this by providing spaces where they feel safe and accepted, amongst others with similar shared lived experiences, and opportunities to explore who they are. As well as our community provision, we are also involved in a wide range of advocacy work, which you can read more about on our website.

A summary of what we offer young people:

- Access to the Spectrum Gaming Minecraft server, which is open 10am-10pm every day.
- Regular online events around young people's interests, both gaming and non-gaming events.
- Open access to our online community on Discord, open 10am-10pm every day. This is an accessible space to connect with other young people through text, voice chats, video calls and gaming. The servers also have local area chat spaces too.
- Access to events and information around autistic understanding and wellbeing.
- Lots of joy, laughter and connection.



"I have had proper friends and a community for the first time in my life."

How to join:

1) Submit an application form on our website, including your Break Time membership number.

2) Arrange verification of your young person's identity, either via a video call with us, or an email from a professional.

3) Once verified, further instructions on how to join our servers will be emailed out to you.



Further information on who we are, what we do, and how the community works is available on our website!

www.spectrumgaming.net

info@spectrumgaming.net



INSPIRE
an OnSide youth zone

Sunday InClub Sessions Every Sunday 2:30 til 5:30pm

FOR MORE INFO EMAIL INCLUSION@INSPIREYOUTHZONE.ORG

Places are limited and on a first come first serve basis, which are bookable online

£3 FOR BREAKTIME MEMBERS
£6 FOR NON BREAKTIME MEMBERS

Activities range from...

- | | | | |
|--|---------------|-------------|--------|
| | Rock climbing | | Dance |
| | Games | | Baking |
| | Arts & Crafts | | Music |
| | Football | and more... | |

JOIN IN THE FUN!

Inspire Youth Zone, Chapel Street, Chorley, PR7 1BS
Registered Charity No. 1167309

FRIENDS OF RIDGEWOOD AFTER SCHOOL CLUB

We provide a high quality inclusive environment. All activities are adapted to meet individual needs.

After School Club

Arts and Crafts, Drama, Sports and Forest School

Monday, Tuesday and Thursday
3pm-5pm

MORE INFORMATION

07841590318
Ridgewood Community High School, Eastern Avenue, Burnley



If you're a **Break Time member**, you can now get a free **Max Card**, giving you reduced or free entry to many UK attractions.

The **Max Card** is a discount card for families of children with additional needs. Families can save money on great days out at castles, zoos, bowling alleys, trampoline parks and many more.

Visit www.mymaxcard.co.uk to find out where you can use the **Max Card**.

Request a card at www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/things-to-do

You will need your child's **Break Time membership number** to request a **Max Card**.



Celebrating Collaboration: Highlights from Our Fourth SEND Partnership Development Day

We were thrilled to welcome over 70 partners to our fourth SEND Partnership Development Day—an inspiring event that showcased the shared determination of our SEND Partnership to make things better for children and young people with SEND in Lancashire and their families.

The day brought together a wide range of voices, including representatives from the Lancashire Parent Carer Forum, parent carer support group leads, a SEND Young Adviser from the POWAR SEND Youth Forum, and colleagues from SEND services, SENDIAS, the Local Offer, Short Breaks, Educational Psychology, and Education Improvement. We were also joined by education providers spanning Early Years to Post-19 colleges, health commissioners and providers such as the ICB, 0–19 Service, and Pathway Navigators, as well as social care professionals from the Child and Youth Justice Service, Early Help, and the Multi-Agency Safeguarding Hub.

Throughout the day, there was a real energy and shared commitment to strengthening how we communicate and collaborate as a partnership. Discussions focused on our collective roles and responsibilities in supporting children and young people with SEND and their families, fostering a sense of belonging within the SEND Partnership, and amplifying the voices of young people—particularly through the growth of POWAR.

A key highlight of the afternoon was our review of the Four Cornerstone Model of Co-production for Lancashire. We're excited to share that the group unanimously agreed to adopt this model as the foundation for our new Communication and Engagement Strategy.

Next steps include analysing the valuable feedback gathered during the day to refine our SEND Strategy 2025–2028. We'll also be working on a visually engaging design for the strategy, alongside the accessible version and development of our Communications and Engagement Strategy, protocol, and forward plan.

A huge thank you to everyone who attended and contributed to such a meaningful and productive day. Your passion and dedication are what make the SEND Partnership truly special.

If you are a parent carer and would like to be involved in the Lancashire Parent Carer Forum, please email: **secretarylpcf@lancashireparentcarerforum.org.uk**

If you are a young person, or know of a young person who would like to represent children and young people with SEND up to the age of 25, please contact: **suliman.hussain@lancashire.gov.uk** to find out more about joining POWAR.



COME ON, LET'S RIDE

INCLUSIVE CYCLING ALL AGES, ALL ABILITIES

For more information email
Clairenewton@britishcycling.org.uk

**THOMPSON PARK,
CYCLING HUB,
Burnley,
BB11 3QW**

**Weekly
Cycling sessions
Thursday
Mornings
10.30 - 12.00.**

#OutdoorTown

VARIETY OF BIKES AVAILABLE TO BORROW ADAPTED BIKES, TRIKES OR BRING YOUR OWN

BRITISH CYCLING

Burnley
leisure & culture

Saturday

Family Fun Event
0-11's with parents and carers
10am-12PM
@Rawtenstall Family Hub

Saturday 06/09/2025

Saturday 04/10/2025

We're excited to be part of the Fun Palace celebration, in collaboration with Haslingden and Rawtenstall Libraries!
Saturday, 10am-2pm
Haslingden & Rawtenstall Libraries

A vibrant day of arts, crafts, science, and tech, all about getting involved and doing something fun together.

Saturday 01/11/2025

Family Fun Event
0-11's with parents and carers
10am-12PM
@Rawtenstall Family Hub

Saturday 06/12/2025

Av Very Merry Family Day
0-11's with parents and carers
10am-12PM
@Rawtenstall Family Hub
Christmas themed fun, crafts and play!

Book via the QR!

WeCare WeSupport WeBelieve

The Annexe – a safe space where children, young people and their families receive support for their emotional and mental health needs.

A Community Mental Health Hub

The Annexe provides low to medium emotional health and wellbeing interventions for Burnley and the surrounding areas.

THE ANNEXE

new era enterprises

www.neweraburnley.co.uk | 01282 435302

New Era, Chapel Annexe, Chapel Place, Hammerton Street, Burnley, BB11 1LE

COMMUNITY FUND

Connect with us

WeCare WeSupport WeBelieve

The Annexe works alongside parents, organisations and existing provision by 'being there' in the heart of the community.

Improving local children & young people's wellbeing.

What does The Annexe have to offer?

- Training and support for all community organisations
- Parent workshops around development, behaviour & neurodiversity
- Wellbeing workshops
- Joint 1:1 intervention Child & Parent
- Worry/ Anxiety / Low mood/ Self esteem workshops/ Group sessions – 8-11 yrs, 12-16 yrs
- Direct mental health 1:1 Intervention
- Family Courses – Handling Anger in the Family, ASD, ADHD, The Teenage Years
- Family advice & support sessions
- Development of youth panel
- Peer to peer support groups
- Parenting Hub

THE ANNEXE

new era enterprises

www.neweraburnley.co.uk | 01282 435302

New Era, Chapel Annexe, Chapel Place, Hammerton Street, Burnley, BB11 1LE

COMMUNITY FUND

Connect with us

DID YOU KNOW?



**LOTS OF OUR LIBRARIES IN LANCASHIRE
HAVE SATURDAY MORNING LEGO CLUBS.**

**They are completely free and there is no need to book.
All you need to bring is your imagination!**

**Visit <https://www6.apps.lancashire.gov.uk/w/webpage/all-events>
and use the keyword "Lego" to find your nearest one.**

Calling all book-loving teens!

**Some of our Lancashire libraries now run
book clubs for teens who love to read.
Join the clubs in a relaxed, inclusive space
to share recommendations and discuss all
things bookish.**

**You can take reading at your own pace and there is no
pressure to finish books to a deadline. You'll meet other
young people and chat about your recent reads
and favourite fiction.**

**Drinks provided. All events are free with no booking required – just turn up!
Visit <https://www6.apps.lancashire.gov.uk/w/webpage/all-events> for more details.**

Kirkham Library, Fylde
Rawtenstall Library, Rossendale
Chorley Library, Chorley
Burnley Library, Burnley
Whitworth Library, Rossendale
Ormskirk Library, West Lancs

Every Wednesday (4pm to 5pm)
Last Thursday of every month (4pm to 5pm)
Last Friday of every month (3:30pm to 4:30pm)
First Monday of every month (4:30pm to 5:30pm)
Last Friday of every month (3:30pm to 4:30pm)
First Saturday of every month (2:30pm to 4:30pm)



SEND Priority Action Plan

– Update for Parents and Carers

We know many of you have had difficult experiences, and we're doing all we can to make things better. This update will bring you up to speed on our progress.

Working together and leading change

In March, Kathryn Boulton joined us as Independent Chair of our new Improvement Board. Kathryn is helping guide improvements and making sure your voices are heard. You can read her updates on the Local Offer Facebook page and website.

We're also creating a new SEND Strategy, many of you have been involved in shaping this and we'll share the final version later this year.

To work better with professionals across health, education, and social care, we're improving how we communicate and are offering more training to staff.

Keeping you up to date

We're trying to respond to your messages within a week

We know we're not always meeting these times right now, and we're sorry.

We now share complaints with our leadership boards to help us learn and improve.

You can find out how we handle feedback and the annual report at:

<https://www.lancashire.gov.uk/council/getinvolved/compliments-comments-complaints/how-we-handle-your-compliments-commentsand-complaints/>

Hearing from children and young people

We've launched a new participation plan to make sure children and young people have their voices heard.

The POWAR Youth Forum is growing, with more in-person and online sessions starting soon.

Later this year, we'll work with children and young people to update the SEND Survey so it's easier and more meaningful for them to take part.

Listening to parents and carers

The Lancashire Parent Carer Forum are playing a big role in shaping services. We're supporting the new Forum Chairs and helping improve their website and Facebook page.

We're also attending regular Parent Carer Forum events to hear directly from you.

Getting the right support

We know it's frustrating when caseworkers change. We're working on a system so that someone else can step in when needed, and we're making sure handovers are clearer and better explained.

We're improving the Local Offer website with help from families and young people to make it more accessible.

We're hiring more staff for our Information, Advice and Support service (SENDIAS) so you can get advice and support when you need it.

We're also looking into a central contact system to:

- Make it easier to follow up on enquiries
- Help caseworkers step in when needed
- Make support more consistent and reliable

Looking Ahead to Adulthood

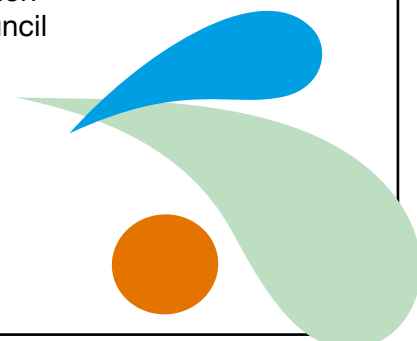
We're reviewing how young people move from children's to adult services. Our goal is to make this process clearer, more supportive, and focused on what's best for each young person.

We know there's still a long way to go, but we're committed to making real improvements — and we're grateful for your continued feedback and patience.

Best wishes

Cerys Townend

Head of Service, Inclusion
Lancashire County Council



Let's Talk! Coming soon...

Families have told us that the SEND Partnership in Lancashire needs to improve how we communicate and engage with them. We listen and we're taking action.

Improving communication is a key part of our Priority Action Plan which you can find here: <https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/lancashire-send-partnership/publications/send-priority-action-plan/>.

One of the ways in which we are responding is by launching a new series of events called "Let's Talk".

The sessions will take place online with options in the morning, afternoon and the evening to allow as many people as possible to access them. Each session will feature a short presentation on a chosen topic followed by a question and answer session.

Topics will be shaped by feedback from parent carers via the Lancashire Parent Carer Forum. Areas include: transitions and preparing for adulthood, the EHCP process and annual reviews, the neurodivergence pathway and many more! We are planning around 12 sessions between September 2025 and August 2026.

In response to further feedback, the SEND Partnership is also exploring a series of podcasts covering the same subjects, so you can listen your own time.

Stay updated by visiting the Local Offer website (www.lancashire.gov.uk/SEND) or follow us and the Lancashire Parent Carer Forum on Facebook (search "Lancashire Local Offer" "Lancashire Parent Carer Forum") for further details of the upcoming Let's Talk sessions and podcasts. Let's talk and work together to make SEND services better for everyone.

Lancashire has been awarded £57 million of funding from the Department for Education to spend on projects that will create more places for young people in special schools and in SEND Units. The Local Authority can now also use this funding to build new special schools and to improve the inclusivity of mainstream school buildings.

There are already lots of projects happening in 2025 and we now also have a plan for what we want to achieve in the next 3-5 years using this money.

This plan has been developed based, not only on the data that we hold, but also as a culmination of all the feedback we've had via the SEND Partnership engagement events over the past 18 months. It is so important that the SEND Capital Plan helps to deliver one of the important aims of the SEND Strategy and Priority Action Plan - **to make sure that every child and young people can access the right school for their needs, as close to home as possible.**

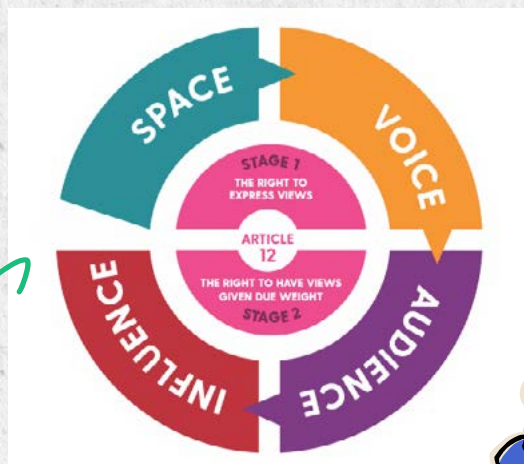
The proposed Capital Plan includes a mix of creating new special schools, expanding existing special schools, continuing to develop more SEND Units and making a fund available for mainstream schools to work on their buildings to make them more inclusive.



During June and July we shared the proposals for the SEND Capital Plan with parent carers, schools, Early Years settings and wider services such as Social Care and Health. We shared some of the key information and data that had been used to develop the Plan, including the growing number of children and young people needing an independent special school because of not enough Local Authority or Academy special school places. We asked people to share their views on the Capital Plan through a short survey. Thank you very much to everyone who attended and shared their thoughts!

All the feedback from summer events is currently being looked at and the Capital Plan will be reviewed to assess if and what changes are needed. The final SEND Capital Plan will go to Cabinet for approval in the Autumn Term and then the projects will begin.

Hello, we're the Participation and Co-production Team



What is Participation and Co-production?

These words are all about children and young people's rights (as well as the adults in their lives) to be involved in decisions and issues that affect them. It's all about working with those with lived experience to make positive changes and more effective decisions for the future!

WE USE THE LUNDY MODEL

YOU CAN LEARN MORE ABOUT IT HERE

OR:

<https://www.lancashire.gov.uk/media/938423/children-and-young-people-s-participation-strategy.pdf>

Where do we work?

We are based in Policy, Commissioning and Children's Health within the Education and Children's Directorate of Lancashire County Council.

We can support teams across the Directorate and work across our partnerships ensuring children, young people and adults are involved in how services are developed and strategies are designed and delivered.

Our main areas of focus



Children and young people with SEND

Children, young people and young adults with care experience



Supporting projects involving those with lived experience

Interested in working with us?

We help involve children, young people and adults in recruitment, consultations, events and longer-term projects.

If you have an opportunity you'd like to work with us on, we ask that you request support through this form.

OR: <https://tinyurl.com/yc48apb6>

We will then get in touch with you to discuss details.



Meet the team!



I'm Adam

Adam Riley

Participation and Co-production
Worker (those with care experience)

About Adam

Since the age of eight, I have been actively involved in youth work as either a young person or a worker.

I am passionate, kind and caring and will always argue for the rights of our young people.

My role is to represent the voice of our care experienced young people across Lancashire and I take great pride in that.

My favourite things

- ★ Gaming(Overwatch)
- ★ Preston North End
- ★ Movies/Anime



My favourite things

- ★ Pizza
- ★ Lego
- ★ Photography

About Suli

I set my sights on youth work at 19 and haven't looked back. I believe in the power of informal education to give young people space to be heard, challenge systems, and shape their own futures.

Seeing young people flourish and have confidence is what keeps me turning up, every time.

I'm Suli



Suli Hussain

Participation and Co-production Worker
(those with SEND)



I'm Clare



Clare Smith

Strategic Participation and
Co-production Lead

About Clare

I've worked with children, young people and families for over 20 years - always in roles that aim to listen to, work with and value them to make things better!

The highlight of my work life is still seeing children and young people all the time and learning from them as well as being creative and supporting people to express themselves in different ways.

My favourite things

- ★ Pizza
- ★ Rita, my campervan
- ★ Walking
- ★ Growing flowers

We also have Ripley as Assistant Support Worker. their details coming soon!



To reach us, contact: participation@lancashire.gov.uk



As the weather gets colder (and probably wetter!) you may be looking for indoor activities for your family. Lancashire is home to a wide range of inclusive indoor centres designed to support children and young people with special educational needs and disabilities (SEND). Whether you're looking for sensory rooms, soft play, or trampoline parks, there's something for everyone this autumn.

We have listed a small selection on this article but you can find lots more ideas by searching the internet or following "Lancashire Local Offer" on Facebook.

Please do check times, dates and sessions with the venue – information can quickly go out of date!

Creative Space Centre – Preston

The UK's largest multi-sensory environment, offering immersive rooms with bubble walls, vibrating chairs, and fibre optics. Ideal for families and professionals supporting children with SEND.
10 Pedders Lane, Preston PR2 2TH
<https://www.creativespacecentre.org/>

Twinkle House – Skelmersdale

A sensory and wellness centre with hydrotherapy, soft play, and immersive rooms. Designed for all ages and abilities, with a focus on emotional wellbeing.

Twinkle House, Skelmersdale
<https://www.twinklehouse.co.uk/>

AllThrive – Leyland

A purpose-built multi-sensory play centre offering a calm, inclusive environment for children and young adults with additional needs. Facilities include a Sensory Gym, Playroom, Zen Den, and Sensory Room.

1–3 King Street, Leyland PR25 2LE
<https://www.allthrive.co.uk/>

Sensation – The Sensory Gym – Accrington

A family-run, teacher-led sensory gym designed specifically for children with sensory differences and SEND. Facilities include sensory swings, ninja rings, monkey bars, rope bridge, sensory roller slide, mini trampolines, climbing wall, balance blocks, and a sensory lights room. Sessions are pre-booked with a maximum of 10 participants

Age-specific groups and private hire available
Inclusive birthday party packages offered
43a Market Street, Church, Accrington BB5 0DP
<https://www.sensationgym.co.uk/>

INDOOR ACTIVITIES IN LANCASHIRE

Curiosity Corner – Tarleton

A beautifully designed role-play centre for children aged 0–5, offering small-group SEND-friendly sessions in a calm, creative environment. Activities include imaginative play, construction, storytelling, and sensory exploration using natural materials.

Three daily sessions (9:30am, 12:30pm, 3:00pm)
Limited to 14 children per session for a relaxed experience

Ends with a story and song to help children wind down

194 Hesketh Lane, Tarleton, Preston PR4 6AT
<https://curiositycornerplay.co.uk/>

Fusion Trampoline Park – Leyland

Offers Autism & Sensory Sessions every Tuesday from 5–6pm. Features reduced capacity, no music or flashing lights, and quiet rooms.

Lancashire Business Park, Leyland PR26 6TZ
fusionparks.co.uk/

Jump Rush – Morecambe

Hosts Disability-Friendly Sessions every Thursday 4–5pm. Includes dimmed lights, quiet rooms, and access to all trampoline zones.

Northumberland Street, Morecambe LA4 4BU
<https://www.jump-rush.com/>

The Jump Works – Accrington

Offers Autism-Friendly Sessions with trained staff and a safe, sensory-aware environment.

Unit 1, The Globe Centre, Accrington BB5 0FL
<https://jump-works.co.uk/>

Orbital Trampoline Park – Blackburn

Runs Adaptive Sessions for children with autism, sensory, or physical disabilities.

Haslingden Road, Blackburn BB1 2NG
<https://www.orbitaltrampolinepark.co.uk/>

AirHop Trampoline Park – Blackpool

Offers Autism/Disability Friendly Sessions alongside parties, fitness classes, and holiday camps.

Cornford Road, Blackpool FY4 4QQ
<https://www.airhop.co.uk/blackpool-adventure-trampoline-park/>

**Information correct at time of publishing*

What's On...

Preston Children & Family Wellbeing Service September - December 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RIBBLETON FAMILY HUB Ribbleton Hall Drive Ribbleton Preston PR2 6EE Tel: 01772 539444	Development Matters (Messy Play) 0-5 yrs 9:30 - 11:00am Infant Massage Birth to Crawling 1:00 - 3:00pm (Booking required) Inside Out 5-11 yrs 3:45 - 4:45pm (Booking required) Development Matters Stay & Play 0-5 yrs 3:30 - 5:00pm	Baby & You (pre-walkers only) 9:30 - 11:00am NCT Breastfeeding Peer Support Group 10:00 - 11:30am One Stop Shop Last Tuesday of the month 2:00 - 4:00pm	HCRG Baby Weighing Clinic 9:15 - 11:15am Infant Massage Birth to Crawling 9:30 - 10:30am (Booking required) Speech & Language Advice Walk-In 11:00 - 11:45am BBB - Sept 2025 (Booking required)	Chat, Play and Read 9:30 - 11:00am Parents To Be and Positive Relationships, Stronger Families 1:00 - 2:30pm (Booking required) Family Stay and Play All Ages 3:30 - 5:00pm	Story Session 0-5 yrs 10:00 - 11:30am Development Matters Stay & Play 0-5 yrs 1:00 - 2:30pm
RIVERBANK FAMILY HUB Brieryfield Rd Preston PR1 8SR Tel: 01772 531948	Mini Move and Groove 0-5 yrs 1:00 - 2:30pm	Baby Sensory 0-1 yrs 1:00 - 2:30pm	Development Matters (Messy Play) 0-5yrs 9:30 - 11:00am	Mini Move and Groove 0-5yrs 9:30 - 11:00am HCRG Baby Weighing Clinic 1:00 - 3:00 pm Family Nurture 3:30 - 5:00 pm	Development Matters, (Stay & Play) 0-5yrs 1:00 - 2:30pm
MILLBANK COURT Edmund Street PRESTON			Development Matters, (Stay & Play) 0-5yrs 9:30 - 11:00am	Dad's Group 3:30 - 5:00pm	
PRESTON WEST FAMILY HUB Ashton Primary School Site Ainsdale Drive Preston PR2 1TU Tel: 01772 536419	HCRG Baby Weighing Clinic 9:15 - 11:15am Baby & You (pre-walkers only) 9:30 - 11:00am Development Matters, (Messy Play) 0-5 yrs 9:30 - 11:00am	Mini Move & Groove 0-5yrs 9:30 - 11:00am Music Group 1:00 - 2:00pm 0-5 yrs Inside Out 5-11 yrs 3:45 - 4:45pm (Booking required)	Development Matters (Stay and Play) 0-5 yrs 10:00 - 11:30am	One Stop Shop Second Thursday of the month 2:00 - 4:00pm Baby & You (pre-walkers only) 1:00 - 2:30pm	Mini Move and Groove 0-5 yrs 9:30 - 11:00am
MOOR NOOK FAMILY HUB & YOUTH ZONE Burholme Road Ribbleton PRESTON PR2 6HN	Crafty Club 10-12 yrs 3:30 - 5:00pm	SEND Family Inside Out 3:30 - 5:00pm	Flourishing Together 5 - 11 yrs 3:30 - 5:00pm Move & Groove 5-11 yrs 3:30 - 5:00pm	NO GROUPS HERE TODAY	
Stoneygate CFW Services Stoneygate Walk PRESTON PR1 3XU		Triple P – Sessions running morning and afternoon (Booking required)			
PRESTON EAST CFW SERVICES Brookfield Primary School Site Watling Street Rd Preston, PR2 6TU Tel: 01772 539420	NO GROUPS HERE TODAY	NO GROUPS HERE TODAY	Development Matters Stay & Play 0-5 yrs 9:30 - 11:00am	Development Matters Stay & Play 0-5 yrs 9:30 - 11:00am	Development Matters (Messy Play) 0-5yrs 9:30 - 11:00am



What's on at our centres?

Autumn 2025



Morecambe Central (Library)/Other

LA4 5DL

Monday

School's Out at
Morecambe Central
3.30-4.45pm

Tuesday

Early Explorers at
Sandylands
Community Hub
9.15-10.15am

Thursday

Coffee & Connect at
Morecambe Central
9.30-11.30am (1st
Thurs of the month)

Ready, Steady, Go!
Salt Ayre Leisure
Centre 1pm-3pm
starting November.

Carnforth

LA5 9LS

Monday

Triple P Group (Pre-book)
9.30-11.30am

Babbling Babies
1.00-2.00pm

School's Out
3.30-4.30pm

Friday

Food Club
2.00-4.00pm
(Egg club)

Westgate

LA4 4XF

Tuesday

Separated
Families (Pre-
book)
9.30-11.00am

Baby & You
10.00-11.00am

Wednesday

Chat, Play &
Read with
Welcomm
9.30-11.00am

Infant Massage
(Pre-book)
1.00-2.00pm

BBB (Pre-book)
5.30-7.30pm

Thursday

New Horizons
(Pre-book)
9.30am-
2.30pm

Friday

Development
Matters
9.30-11.30am

Babbling Babies
1.00-2.00pm

Poulton

LA4 5HR

Monday

Development Matters
9.30-11.00am

Infant Massage (Pre-
book)
1.00-2.00pm

Wednesday

Group Triple P (Pre-
book)
1.00-3.00pm

Thursday

Baby & You
Sensory Time
1.00-2.00pm

Friday

NCT Infant Feeding
10.30am-12.00pm

Monday- Friday

Sensory Room (1 hour slots)
9:30am-4:30pm
Call 01524 581280 to book

Monday

Baby & You
10.00-11.00am

Tuesday

Little Saplings
10.30-11.30am

Infant Massage
(Pre-book)
10.00-11.00am

Infant Massage
(Pre-book)
10.00-11.00am

Infant Massage
(Pre-book)
11am-12pm

Chat, Play & Read
1.00-2.30pm

Lune Park

LA1 2LN

Wednesday

Development
Matters
9.45-11.15am

Thursday

Triple P Group (Pre-book)
9.30-11.30am

Colourful Footsteps
1.00-2.30pm

BBB (Pre-book)
5.30-7.30pm

Friday

Mini Move & Groove
9.30-11.00am

SEND Support
Group
1.00-3.00pm (1st
Friday of the
month) Starts
October

01524 581280

Lancasterfamilyhub@lancashire.gov.uk



Lancaster and Morecambe
Family Hubs

Children and Family
Wellbeing
Service

LANCASHIRE
**FAMILY
HUBS**
NETWORK

Lancashire
County
Council





A Personal Journey of FASD & the importance of raising awareness



What Is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong neurological disability caused by prenatal alcohol exposure. FASD primarily affects the brain, leading to a range of neurodevelopmental challenges including attention and memory difficulties, hyperactivity, social and emotional difficulties and poor impulse control. Individuals with FASD often possess many positive traits and strengths and may excel in areas like art, music or hands-on activities.

FASD is preventable, early diagnosis, support and understanding of FASD are crucial for maximizing positive outcomes and helping individuals with FASD reach their full potential.

Raising Awareness & Advocacy

My awareness of Fetal Alcohol Spectrum Disorder (FASD) began over a decade ago during my time as a foster carer for the local authority, and later through the adoption process of my daughter. It was then that I began the journey of seeking a diagnosis and appropriate support for her. However, I quickly realized that knowledge and understanding of FASD in my local area were severely lacking especially among professionals in education, health, and social care. I was often met with blank expressions or comments of "FASD, what's that?"

Motivated by the urgent need to support my daughter, I dedicated all my spare time to researching FASD, learning effective parenting strategies, and trying to understand her unique needs. Unfortunately the lack of awareness we encountered has undoubtedly had an impact on my daughters education and on our family's well-being.

But it also ignited in me a deep determination to raise awareness, campaign for change, educate others, and offer support to families in Lancashire who are facing similar challenges.

Hopes for the Future and the Need for Change

While searching for inclusive and supportive activities for my daughter, I discovered Basically Cheer CIC in Burnley. I found it to be a warm, welcoming space with a true sense of community. It was there, through their monthly SEN parent support network, and with the support of Lancashire Parent Carer Forum, that the idea for Lancashire FASD was born.

Having witnessed first hand the significant impact that the lack of FASD awareness and training can have on children and their families, I am more committed than ever to being a voice for change. My hope for the future is simple: that no parent or carer feels as isolated as I once did – and that every professional working with children understands what FASD is, how it presents, and how best to support those affected. The future for my daughter and our family is now looking brighter and I aim to continue to work closely with Basically Cheer CIC to raise the profile of FASD in Lancashire and to urge services to listen to individuals affected by FASD, through lived experience they are the experts!

Cathy Parkinson
Devoted parent and FASD advocate

MUSIC SESSIONS FOR YOUNG PEOPLE



MONDAYS

UNIQUE BEATZ musicmaking with learning disabled and disabled 14-25 year olds
ECO COLLECTIVE young producers group 14-25



TUESDAYS

BAYBEAT STREETBAND Join the vibrant samba streetband 8 years+



WEDNESDAYS

VOCAL NIGHT/SING IT OUT - Singing, beatbox and rap 11-18
BAY YOUTH VOICES Singing group 6-11



FRIDAYS

STAGES Band and songwriting night 11-18

More Music

The Hothouse, 13-17 Devonshire Road,
Morecambe, LA3 1QT
info@moremusic.org.uk

M.A.T.C.H

Men And Their CHildren

Calling all Dads, Grandads, Uncles and Male Carers
Starting October 2024, every first and third Saturday of the month 10am-12pm
Join us for a hot breakfast, activities and games. Suitable from birth to 11 years
Morecambe Central Family Hub (Morecambe Library), LA4 5DL

Free to attend

We look forward to seeing you



Multi-Sensory Play Centre

All Thrive



Explore Play Regulate



Sessions for 0-5's and Exclusive SEN age 12 and Under

www.allthrive.co.uk



allthriveleyland@gmail.com



Sumner Street
Leyland
PR25 2LD

Parties,
Schools Private hire

POWAR Programme; September to December 2025



POWAR is the youth voice forum for young people with SEND, aged 11-25, in Lancashire. POWAR provides a space for young people to explore issues related to them and to challenge and advocate on the services they receive.

We are here to make changes across Lancashire - to improve services for young people with SEND and to have fun!

Where, when, and what time

POWAR East: Burnley Central Family Hub and the Zone
Whittam Street, Burnley, BB11 1LW.

Tuesdays
2nd, 16th and 30th September
14th October
13th November, 25th November
9th December
From: 18:00 - 20:00

POWAR Central: Ribbleson Family Hub,
Ribbleson Hall Drive, Preston, PR2 6EE.
Thursday
Weekly from 4th September onwards
From: 18:00 - 20:00

POWAR North: Whitecross Neighbourhood Centre (Mill 14),
Quarry Road, Lancaster, LA1 3SE.
Friday
19th September, 24th October, 21st November and 19th December.
From: 18:00 - 20:00

Contact Us

Suliman Hussain (Suli)

Participation and Co-production Worker

Participation and Co-production Team;

Policy, Commissioning and Children's Health

T: 01772 537481

M: 07775 221214

E: suliman.hussain@lancashire.gov.uk



Introducing the Designated Social Care Officer (DSCO)

At Lancashire County Council, we are committed to ensuring that every child and young person with special educational needs and disabilities (SEND) receives the support they need to thrive. A key figure in making this happen is our Designated Social Care Officer (DSCO), Richard Johnson.

What is a DSCO?

The DSCO is a senior professional who plays a vital role in shaping how social care supports children and young people with SEND across Lancashire. They work strategically across the council and with partner agencies to make sure that social care is fully integrated into the Education, Health and Care Plan (EHCP) process.

Why does this role matter?

EHCPs are designed to bring together education, health, and social care support into one clear plan. The DSCO ensures that the social care element of these plans is robust, timely, and tailored to each child's needs. This helps children and young people not only achieve their educational goals but also enjoy a good quality of life, feel safe, and grow in independence.

How does the DSCO make a difference?

- **Championing best practice:** The DSCO leads improvements in how social care teams understand and respond to SEND, ensuring services meet their legal duties under the Children and Families Act 2014.
- **Building partnerships:** They work closely with social care, early help, schools, health professionals, families, and voluntary organisations to promote joined-up working and co-production.
- **Supporting professionals:** By offering expert advice, training, and guidance, the DSCO helps social care staff feel confident and equipped to contribute meaningfully to EHCPs.
- **Listening to families:** The DSCO ensures that the voices of children, young people, and their families are heard and used to shape future services.

A collaborative approach

The DSCO is not just a role—it's a bridge between services. By fostering collaboration and driving continuous improvement, the DSCO helps ensure that Lancashire's approach to SEND is inclusive, responsive, and focused on achieving the best outcomes for every child.

Certificate in Inclusive Practice for Community Settings

Lancashire County Council have arranged some training in Inclusive Practice for local organisations and businesses. The training will be delivered by the Therapeutic Forest Community Interest Company (CIC) and the aim is to make Lancashire more accessible and inclusive to everyone.

The Inclusive Community Provider badge will be displayed by organisations that successfully complete the training, to provide assurance of inclusion within their setting.

Look out for this symbol at businesses across Lancashire, and if you know of any who could be eligible to take part, please ask them to get in touch with us.

Are you a business or organisation in Lancashire?

If you deliver activities or services in Lancashire to children and young people who have special educational needs and disabilities (SEND), this training is for you!

This free, one-hour online training will give you practical, evidence-based strategies to make your setting truly inclusive for people with SEND. It is available to all staff at your setting and can be completed at a time of your choosing.

Earn a CPD-accredited certificate and the Inclusive Community Provider badge which can be displayed to indicate you are an inclusive setting.

Contact us for more information: cyp-shortbreaks@lancashire.gov.uk



As the school term gets underway, you or your child may have concerns about bullying.

The Council for Disabled Children have produced an information toolkit for parents and carers about bullying. It aims to empower parent carers with information and strategies to help address bullying effectively, ensuring your child receives the support and protection they deserve.

It outlines key legal duties, school responsibilities, and practical steps you can take if your child is experiencing bullying. While this guide aims to offer general guidance, it is not a legal document and does not constitute legal advice. The information provided is for reference only and should not be relied upon as a substitute for professional advice or legal consultation.

Bullying can happen anywhere, at any time, and can be verbal, physical, or psychological. Bullying can take many forms, including hitting, shoving, poking, taunting, mocking, humiliating, threatening, bribing, name-calling, making offensive comments, stealing or taking and hiding personal possessions, sending unkind messages, throwing things, telling untrue or unkind tales about people, and spreading malicious rumours (this is not an exclusive list). The person bullying may target aspects about what makes a person who they are - this could include disability, race, faith, gender, sex, sexuality, poverty, talent, appearance, hobbies, or situation at home. For more information about the definition of bullying, including an online training course visit:

<https://anti-bullyingalliance.org.uk>.

<https://buff.ly/fXGKtYn>



The Cygnet programme was developed by Barnardo's with the support of parents and/or care givers, FOR parents and care givers!

The course aims to create a supportive environment of carers who may be experiencing similar challenges, and to present information on autism that provides opportunities for you to consider and adapt and/or reinforce the way you support your child's needs.

Content:

- Session 1 - Introduction
- Session 2 - Overview
- Session 3 - Thinking & Sensory
- Session 4 - Social Interaction & Communication
- Session 5 - Understanding and supporting behaviour
- Session 6 - Analysing behaviour

Upcoming blocks 2025:

September - October:
Colne Library,
47-55 Market St, Colne,
BB8 0AP

November - December:
The Maden Centre
(Rossendale Family Hub),
Rochdale Rd, Bacup,
OL13 9NZ

Wednesdays
10.30am - 1.30pm

More locations
to be announced for 2026.
BOOKING ESSENTIAL
Call us to book!

 info@carerslinklancashire.co.uk  **01254 387444**



Learn more about autism

Autism Central is delivered by parents and carers, for parents and carers, to help you learn more about autism and the services available.

autismcentral@gmt.team



What can I access?

- **Resources:** find information from partners and other trusted sources.
- **Find help:** one-to-one sessions with information and services available in your area from your regional hub.
- **Events:** talk to people who share similar experiences.
- **Online learning:** sign up to access further learning resources.

www.autismcentral.org.uk/Northwest



Celebrating National Inclusion Week 2025: 'Now is the Time' to Empower Young People in Lancashire



National Inclusion Week 2025

(15–21 September) arrives with a powerful theme: **#NowIsTheTime**. This year's focus is on urgency, resilience, and embedding inclusion into everyday practice—especially in the face of economic pressures and social challenges.

It's a call to action for organisations to move beyond awareness and take meaningful steps toward sustainable inclusion.

In Lancashire, one shining example of inclusion in action is the Supported Internships Programme led by Lancashire County Council. This initiative is designed for young people aged 16–24 with an Education, Health and Care (EHC) plan, helping them transition from education into employment through real-world experience and tailored support.

What Are Supported Internships?

Supported internships offer:

- **Work placements** with local employers tailored to each intern's interests and strengths.
- **Employability and independent living skills** taught by education partners like Preston's College and Runshaw College.
- **Personalised support** from job coaches who help interns set and achieve goals around employment, wellbeing, and independence.
- **Access to Work grants** to cover practical support needs during placements.

Before starting, interns attend an assessment day to explore their aspirations and match them with suitable placements. The programme is inclusive, empowering, and deeply aligned with the values of National Inclusion Week.

Project SEARCH: A Flagship Collaboration

One standout initiative is Project SEARCH, a partnership between Lancashire County Council, Preston's College, and the charity Hft.

It supports young people with learning disabilities and autism, combining classroom learning with hands-on experience in real business settings. Interns develop skills, confidence, and a clear pathway to employment.

Why This Matters During National Inclusion Week

National Inclusion Week is about making inclusion **real**—not just in policy, but in practice. Lancashire's Supported Internships Programme exemplifies this by:

- **Creating opportunities** for young people who face barriers to employment.
- **Engaging employers** in inclusive hiring and workplace support.
- **Building community resilience** through collaboration and shared purpose.

As we celebrate #NowIsTheTime, Lancashire's commitment to supported employment reminds us that inclusion is not a one-week event—it's a year-round mission.

You can find out more about Lancashire's Supported Internships programme by visiting <https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/young-people-and-adulthood/supported-internships/>

If you are a young person, parent carer or employer you can even book some time in to speak with Hannah, our SEND Employment Officer: <https://outlook.office.com/bookwithme/user/030c8459dab14178b1434c645f332b88%40lancashire.gov.uk?anonymous&ismsaljsauthenabed=true>

Active Hive

Movement and Games

 The Hive - Next to Padiham Leisure Centre BB12 8ED
Every Tuesday 10am-12pm - Starting 8th July 2025

Active Hive is designed to help you **move more and make friends**.
Something for everyone - Various **games and activities** will be offered each week.

Health and Wellbeing Coaching will also be available - This will be provided by the Burnley West Health and Wellbeing Team.

It is a **FREE** session - A voluntary donation can be made to help support the running of the Hive.

REFRESHMENTS PROVIDED



blcgroup.co.uk

Tel: 01282 664444



Burnley
leisure & culture

#OutdoorTown



Spring
into action

For adults 18+ with
learning disabilities
and autistic adults

£5
ENTRY
Carers free
Ticket only
event

SPRING IN DA CLUB

Club Night

PRESTON

December 5th

Popworld 13 Church St,
Preston PR1 3BQ

BLACKPOOL

**September 12th
November 14th**

Popworld 120-122 Promenade,
Blackpool, FY1 1RA

FRIDAYS, 6PM-9PM

www.spring-projects.co.uk
www.meet-n-match.co.uk



Preston



Blackpool



IN PARTNERSHIP WITH
POPWORLD



Spring
into action

OPEN MIC & DISCO NIGHT for Autistic Adults

Wednesdays

**September 10th
December 10th**

6.30pm-9.30pm



Come along to sing,
play an instrument,
share a poem or
just take part
in our disco.

Free
Ticket Only
Event



For more details contact
Samantha, Events &
Marketing Manager
01254 457026
events@spring-projects.co.uk

Alta, 16 Accrington Road,
Whalley, BB7 9TD

www.spring-projects.co.uk
www.meet-n-match.co.uk



Scan QR code to
book



Advice Café #1 General Information and Advice Session

**Disability
Equality^{nw}**

disability-equality.org.uk

twitter.com/DisabilityNW

facebook.com/DisabilityNW

ADVICE CAFÉ - 1st Thursday of every month.

All sessions to take place at:
Disability Equality (nw) Ltd. Community Hub
23 Sedgwick Street, Preston, PR1 1TP

Subjects to include:

- **Online Scams**
- **Money Matters**
- **Warm and Well**



Our 1st Advice Café will be Thursday 4th September.

The session will run from 1:00pm - 3:00pm.

Disability Equality Community Hub
is open every weekday 9:30am - 4:00pm



Charity Number: 1114622

Company Number: 05506903

www.disability-equality.org.uk



Back in September 2024, a group of interns from the Lancashire County Council Supported Internship Programme in partnership with Preston College and DFN Project SEARCH, took part in a series of creative workshops led by local artist Gosh Art by Gosha Gibek. The sessions were delivered in partnership with Community Rail Lancashire and aimed to celebrate the vibrant, historical and diverse city of Preston through collaborative art.

During the workshops, the young people explored Preston's most iconic landmarks through painting and printmaking. The first session involved creating individual artworks and contributing to a large-scale sketch prepared by the artist, showcasing three recognisable landmarks from the city centre. In the second workshop, the interns experimented with printmaking, learning to think in reverse and exploring new techniques to create vibrant and expressive work.

Their collective effort and creativity have now been transformed into a stunning mural which is now proudly displayed on Platform 7 at Preston Train Station.

This artwork is not only a celebration of local heritage but also a reflection of the talent, teamwork and imagination of the interns involved. The workshops gave participants the opportunity to build confidence, learn new skills and express themselves in a fun and engaging environment.

A huge well done to all involved and next time you're catching a train from Preston Station, be sure to stop by Platform 7 to see the mural for yourself!



MURAL AT
PRESTON STATION

Do you care for
someone with
Neurodiversity?



Monthly Peer Support Groups:

Hyndburn:
1st Thursday of the month
10am - 12 noon
Carers Link Accrington
Community Facility,
Blackburn Road, BB5 1LE

Burnley:
1st Friday of the month
10am - 12 noon
Downtown, Charter Walk
Shopping Centre (2nd floor),
BB11 1PY

Ribble Valley:
1st Wednesday of the month
1pm - 2.30pm
Clitheroe Family Hub,
Wesleyan Row,
Parson Lane, BB7 2JY

Pendle:
2nd Friday of the month
12.30pm - 2.30pm
Colne Library, 47-55
Market Street, BB8 0AP
(starting September '25)

Rossendale (starting November '25):
2nd Thursday of the month 10am - 12noon
The Maden Centre, Rochdale Rd, Bacup, OL13 9NZ



01254 387444



info@carerslinklancashire.co.uk



www.carerslinklancashire.co.uk

Our amazing
ASD Support
Officer is here
to help!



DIABETES Peer Support Group

For anybody living with, or supporting somebody living with
diabetes of any type!

TIPS & TRICKS, EMOTIONAL SUPPORT, DIET, MOVEMENT,
TRAVEL HACKS, MOOD AND CONVERSATION WITH PEOPLE WHO
'GET IT'



FIRST TUESDAY OF THE MONTH 2-3.30PM.
(2025 DATES - 5TH AUGUST, 2ND SEPTEMBER, 7TH OCTOBER,
4TH NOVEMBER AND 2ND DECEMBER)



CANAL AND RIVER TRUST, LOWERHOUSE LANE, BURNLEY,
BB12 6HU

Free to attend. No need to book.
Contact Mel at 07535331152 for any more details



The Peer Advice to Transform Health and wellbeing (PATH) is a peer support group where parents and carers can connect and share experiences, whilst accessing guidance for children and young people with emotional or mental health needs.

Providing a safe space to discuss a range of topics, tools and coping mechanisms for managing:

- Low mood
- Stress
- Anxiety
- Depression
- Sleep difficulties
- Self-harm
- Eating disorders
- Obsessions and Compulsions
- Social exclusion
- Other undiagnosed support needs

Attending our accessible and flexible sessions can provide you with a sense of belonging, a social connection, gaining links and access to services that can offer long term support, interactive workshops, guest speakers and much more!

Whether you prefer a chat over a coffee, a walk in the park, or a virtual session in the evening, our groups can meet your needs.

Our groups will be held in various venues across East Lancashire and will be held in relaxed and confidential spaces in community venues and through virtual delivery.

To find out more, and register your interest for our future sessions, please register your interest click [here](#)

Evolve:
PATH
CHILDREN AND YOUNG PEOPLE



Do you live in **East Lancashire**?

Do you have a child with **emotional wellbeing needs**?

Would you benefit from **meeting other parents or carers**?

Join one of our **free peer support workshops**!

FOR MORE INFORMATION SCAN THIS QR CODE

Groups will consist of face to face and online, if preferred.

We have many groups across East Lancs and can guarantee we will have a group that fits into your schedule!



PAC Positive Action in the Community



PARENT & CARER PEER SUPPORT FOR CARERS OF NEURODIVERGENT YOUNG PEOPLE

Supporting YOU to support your Young Person with their Mental Health, Wellbeing & Neurodiversity.

12:30pm - 2pm

Every 2nd & 4th Tuesday of the Month

September 9th and 23rd

October 14th and 28th

November 11th and 25th

Key Unlocking Futures, Unit 2, Balfour Court, Leyland,
PR25 2TF

Connect with others, share experiences, exchange practical advice, mutual support and signposting. Groups are professionally supported and held in relaxed & confidential spaces.

For more information contact: niki@keycharity.org.uk

Join our Facebook
Community



For details of other groups
and support in Central
Lancashire, visit our website:

www.keycharity.org.uk
Registered Charity Number 115477



Lancashire Positive Minds Parent/Carer Support Group

Supporting a child, whatever age, with Neurodiverse and Mental Health difficulties and needs can be really challenging, isolating, emotionally, physically and mentally exhausting.
You are not alone!

Join our parent-led support group and connect with other parents and carers in similar situations, and receive peer support in a confidential, safe environment. Get advice, guidance, practical tips, and enjoy listening to guest speakers, all while having a cup of tea or coffee.

Difficulties may include Anxiety, Obsessions and Compulsions, Depression, Self Harm, Eating Disorders, Psychosis, Suicidal Thoughts, Autism, Low Mood, Attention Deficit Hyperactivity Disorder (ADHD), Borderline Personality Disorders, Self Esteem and confidence issues and many more.

Leyland Group meet - First Monday of the month from 6.30 - 8.30pm
Preston Group Meet - Third Monday of the month from 6.30 - 8.30pm
Chorley Group - Second Thursday of the month from 6.30 - 8.30pm
Contact the below number or email for further details.

Email: Lancashirepositiveminds@gmail.com

Telephone- 07824 042908/07713 337182

Instagram: Lancashire_Positive_Minds

Twitter: Lancashirepositiveminds@lancashireminds

www.Lancashirepositiveminds.co.uk

Facebook Closed Group: Lancashire Positive Minds

** All Facebook requestors will receive a message in messenger prior to approval, please check your spam messages.*

SEND support GROUP

SUPPORTED BY SCHOOL AGE
AUTISM PATHWAY NAVIGATOR

MEET OTHER
PARENT/CARERS

GAIN SUPPORT AND ADVICE,
NO DIAGNOSIS NECESSARY

INFO AND ADVICE FROM
SEND SERVICES

FIRST FRIDAY OF THE MONTH
1-3PM
LUNE PARK FAMILY HUB

NHS
Lancashire County Council

SEN PARENT SUPPORT NETWORK

Looking for a friendly and fun way to connect with other SEN families?

Join our monthly parent support network coffee morning for an informal drop in and chat with like minded people.

Parenting is better with a bit of laughter and great company!

What's included:

- FREE refreshments
- Sessions delivered by external agencies
- Share stories
- Swap tips in a relaxed, supportive atmosphere
- Signposting & support

**Monthly on a Wednesday
9:15AM - 10:30AM**

Dates for your diary:

- 23rd April - Let's get brushing (Oral Health Training)
- 21st May - New Era
- 18th June - Parent Led Session
- 16th July - Lancashire Mind
- 10th September - Sendias
- 8th October - Parent Led Session
- 5th November - ADHD Northwest
- 10th December - Carers Link

Basically Cheer CIC, Cog Lane, Burnley,
Lancashire. BB11 5AH
Mobile: 07766743934
Email: HELLO@BASICALLYCHEERCIC.COM

Local Offer survey 2025 - the results are in!

Earlier this year we published a survey to gather views about the Local Offer website. The purpose of this was to ask the people who use it how we could make the information more accessible and easier to find.

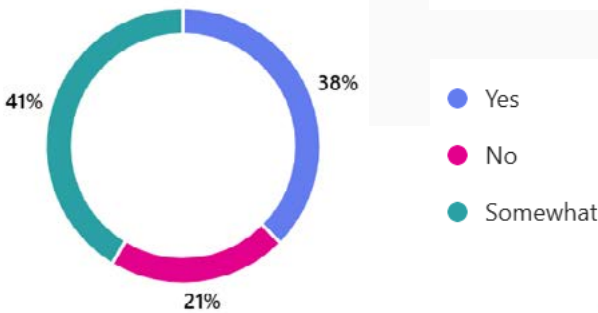
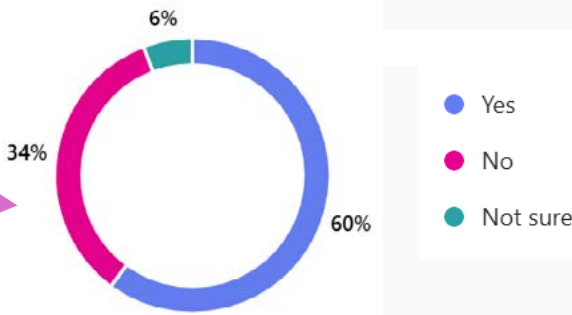
Thank you to everyone who took part in the survey. Your feedback helps us improve how we support children and young people with SEND, their families, and professionals across Lancashire.

We had a good response from lots of parent carers and practitioners. You can find the questions below and a summary of responses and next steps.

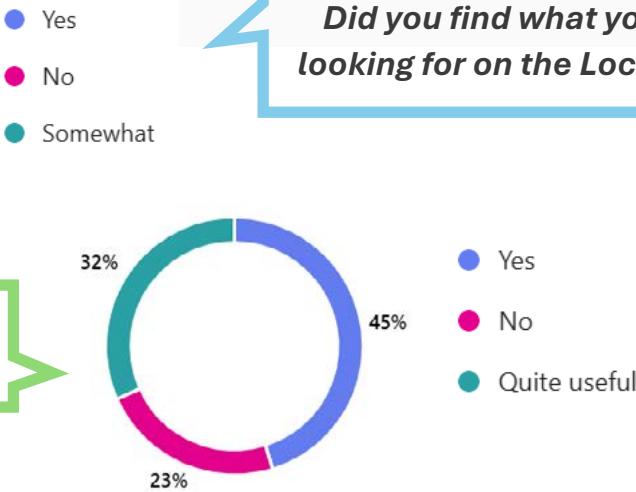
Who Responded?

- Over 170 responses were received.
- The majority were parent carers, staff from Lancashire County Council and education practitioners.
- A mix of health professionals, voluntary sector workers, and young people also contributed.

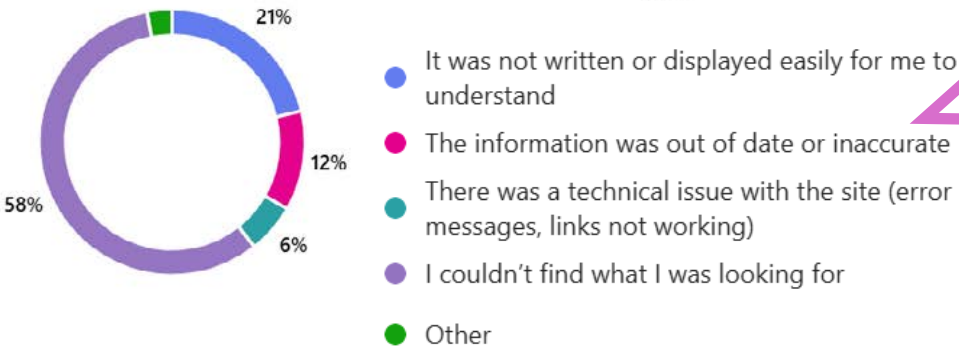
Have you visited the Local Offer website in the last 12 months?



Did you find what you were looking for on the Local Offer?

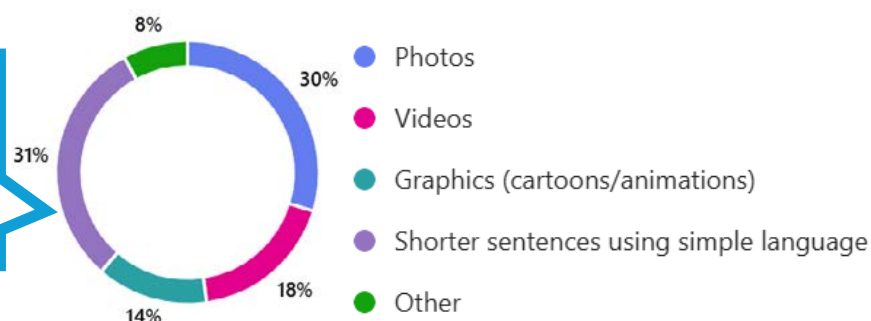


Did you find your visit to the Local Offer website useful?



If not, why did you not find your visit useful?

What helps you to have a positive experience when visiting a website?



What would you like to see on the Local Offer website? (Wordcloud)



Summary and next steps:

Planned improvements:

- Shorter sentences and simpler language (most popular)
- Photos, videos, and graphics
- Clearer signposting and navigation

What You Told Us:

- **Support, activities, navigation, local services, and clear information** were the most frequently mentioned asks.
- Many asked for **more up-to-date content, district-specific resources, and easier access to help**.

Next steps:

- Over the next few months we will be refreshing our website content, taking into account the feedback received.
- We will be creating and sharing podcasts as an alternative form of communication.
- We will seek out useful videos to share on the Local Offer website (If you know of any video content you think would be useful to parent carers or children and young people, please email us at find@lancashire.gov.uk)
- Plans for a new Lancashire County Council online service finder are in place which will make it easier to find activities, groups and services near to you. Watch this space!

Kidz to Adultz.

North

Wednesday 3rd Dec 2025
ACC Liverpool, King's Dock
Port of Liverpool
9:30am - 4:00pm

- ✓ Free entry
- ✓ 100+ exhibitors
- ✓ Fun zone
- ✓ CPD seminars
- ✓ Accessible facilities



kidxexhibitions.co.uk

For children and young people with disabilities and additional needs, and the people who support them

Phab

Inclusive Clubs and Adventures for Disabled Children

We believe **all children** should have the opportunity to take part, make friends, and feel included.

Our **Phab clubs in Southport and Walley** offer safe, supportive spaces where **disabled children and their families** can join in fun activities, build confidence, and enjoy being part of a group.



We also offer a range of **Phab Adventures**, designed to build confidence and create lasting memories.

From relaxed outings with a picnic to more **adventurous experiences like skiing, sailing or even flying a plane**, there is something for everyone to enjoy.

We're now **looking to expand across the North West** and are **keen to connect** with organisations, families, and individuals who **share our commitment to inclusion**.

If you're based in the North West and want to get involved **we'd love to hear from you**.

✉ jacqui.sutton@phab.org.uk

☎ 07875 140898

🌐 www.phab.org.uk

Inclusion starts with opportunity. Let's create it together.

Lancashire SEND Roadshow

2025/2026

The roadshows are for families and practitioners to find out more about support and services available for Children and Young People with Special Educational Needs and Disabilities (SEND) and their parents and carers.

These Roadshows are happening across Lancashire bringing the SEND Local Offer to your area.

The SEND Local Offer brings together all services in Lancashire for children and young people aged 0-25 with SEND, and their families.



Lancashire
SEND
Roadshow

Dates across Lancashire are:

25th Sept 2025 9:30 – 1 pm	Kirkham Family Hub
22nd Oct 2025 9:30 – 1 pm	Skelmersdale Family Hub and The Zone
3rd Dec 2025 9:30 – 1pm	Pendle and Burnley 1882 Lounge Burnley Football Club
28th January 2026 9:30 – 1 pm	The Park Family Hub Accrington
4th February 2026 9:30 – 1 pm	Inspire Youth Zone Chorley
26th March 2026 9:30 – 1 pm	Clitheroe Family Hub
15th April 2026 9:30 – 1 pm	Lune Park Family Hub Lancaster
6th May 2026 9:30 – 1 pm	Rawtenstall Family Hub and the Zone
16th June 2026 9:30 – 1 pm	Fleetwood Library
1st July 2026 1:30 – 4:30 pm	Moor Nook Ribbleson Family Hub

Please scan the following QR codes for more information:



Local Offer



Family Hubs

For organisations that would like to book a stall at one (or more) of these events, please complete the form at
<https://forms.office.com/e/yvJR4rwppk>

Lancashire County Council – contact details

www.lancashire.gov.uk/council/get-involved/contact Email: enquiries@lancashire.gov.uk

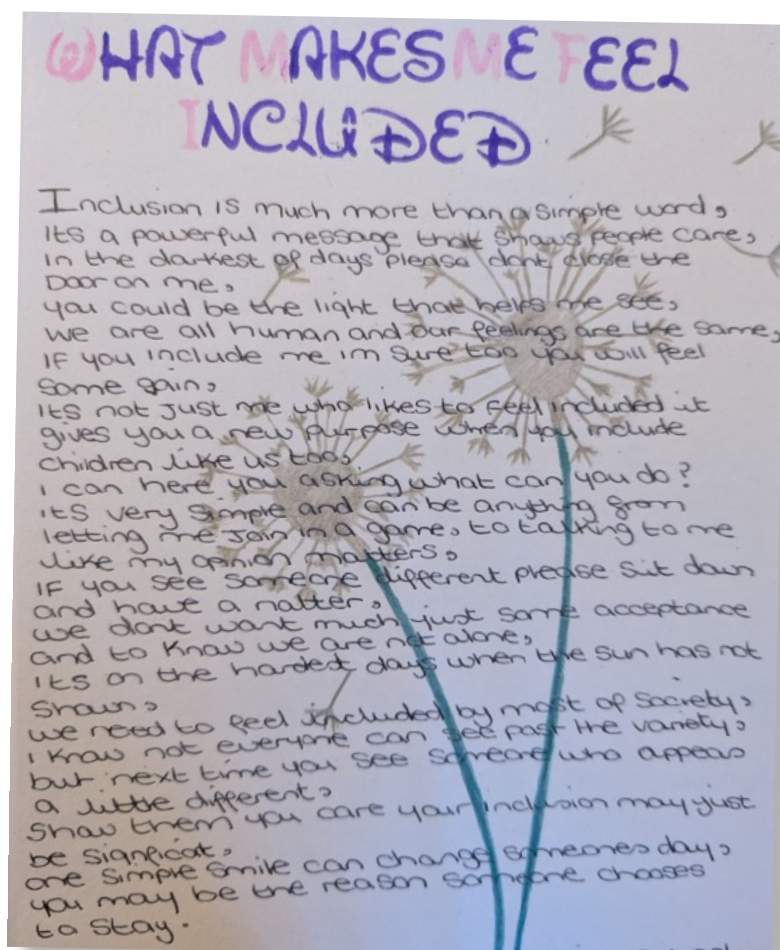
	Service	Number
Corporate Services	Signposting / General enquiries	0300 123 6701
	Libraries	0300 123 6703
	Library Service Automated Renewal Line	0300 123 6704
	Registration and Certification Service	0300 123 6705
	School Admissions	0300 123 6707
	School Appeals	0300 123 6708
	Lancashire Adult College	0300 123 6709
Care Connect	Social Care	0300 123 6720
	Safeguarding Adults	0300 123 6721
	Emergency Duty Team	0300 123 6722
Travel and Transport	Blue Badges	0300 123 6736
	NoW Card	0300 123 6737
	Schools Transport	0300 123 6738
Local Inclusion 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
	SEND Helpline	01772 533 900
	SEND Information, Advice and Support Team	0300 123 6706
	Children & Family Wellbeing Service	0800 511 111

What Makes me feel Included?

A poem by Megan, aged 14

Did you see the wonderful entries submitted for the Children and young people's SEND Design Competition in the summer edition of the SEND newsletter?

Megan provided two wonderful entries – one was published in the last newsletter and here is her powerful poem – What makes me feel Included?



Your Help Is Essential

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

- Are you involved with a 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
- Useful websites that you would recommend to other families

Contributions for future issues – please contact us.

Email: **FIND@lancashire.gov.uk**

Tel: **01772 538077**



Do you have anything to share in the SEND Newsletter? We would love to hear from you!

Editorial Group

Lancashire County Council

Anna.burkinshaw@lancashire.gov.uk

Sarah.deady@lancashire.gov.uk

Parent Representatives*

Lucy Ellis – Lancaster

Amy Blackburn – Pendle

*Parent carers from other areas interested in joining the group, please contact us (details above).

Voluntary Organisation

Miranda Hyman – Fylde

Health

Clair Martin – Designated Clinical Officer, North Locality

Winter issue – deadline for articles 3rd October, published December 2025

Spring issue – deadline for articles 9th January, published March 2026

Summer issue – deadline for articles 3rd April, published June 2026

If undelivered, please return to:
Room CH1:42, County Hall, Preston,
Lancashire PR1 8RJ

If you would prefer to receive the newsletter in a different format, or if you no longer require a copy, please call **01772 538077** or email **FIND@lancashire.gov.uk**



We also have a facebook page.

For regular updates, please 'like' our page at: www.facebook.com/LancashireLocalOffer

Get this free newsletter sent to your door

If families would like to have a free copy of the SEND Newsletter delivered to their home 4 times a year, please register online at: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/send-newsletter

To Professionals – please email **FIND@lancashire.gov.uk**

You are welcome to photocopy, display and distribute this newsletter

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