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As we start the 2023/24 academic year we hope you have all had a lovely summer and a smooth transition back to school/college.

PCF CWaC are excited to share with you our calendar of events for this academic year, we hope you will be able to join us whether that be online, at one of our in-person Forum events or for a cup of coffee.

Don't forget that you can keep up to date with the latest PCF news and signposting information by checking our website and following us on Facebook.



Run by parents, for parents.
Free events. Opportunities to have a voice. Ask questions. Meet other parents and professionals from Special Educational Needs and/or Disability (SEND) Services, in Health, Education & Social Care...

PCF in Cheshire West & Chester 2022-2023

- 595 total members
- 21 school reps
- We have grown 10% → 65 new members
- 10 Parent Management Group members
- 300+ Parents attended PCF Forums
- over 5,800 reach (Facebook)
- YouTube Channel Launched
- over 115 meetings attended by parent reps
- 785 pieces of feedback
- 1 National Consultation
- 5 Focus Groups
- PCF reps at 25 working groups
- 15 newsletters distributed
- 6 new coffee events
- over 2,000 volunteer hours
- 15 Charities represented at Third Sector meetings

PCF CWaC
Parent Carer Forum Cheshire West & Chester
4,195 website visits | 7,681 page views
www.pcfcheshirewest.org

Come along to any of our free events or register on our website to receive news and updates.
www.pcfcheshirewest.org | www.facebook.com/pcfchwac | youtube.com/pcfchwac6168

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The aim of the PCF...
 Be the voice of as many parents/carers as possible
 Influence decisions about gaps in services
 Provide info & signposting to Professionals and Voluntary Organisations
 Co-produce improvements to SEND services.

In-Person Events

2023
Wed 22 Nov, 10:00am - 02:00pm
Vicars Cross Golf Club, Chester
 SEN Team
 Attendance & Exclusion
 Alternative Provision - What is it

2024
Wed 7 Feb, 10:00am - 02:00pm
Hartford Golf Club, Hartford
 Live Well - Meet the professionals who support your child
 Mental Health Services Update

Wed 22 May, 10:00am - 02:00pm
Holiday Inn, Ellesmere Port
 Preparation to Adulthood
 Supported Internships - What happens when my EHCP ceased?
 Social care - Supported Living/Direct Payments
 Transitioning to Adulthood services

Virtual Events

2023
Wed 11 Oct, 10:30am - 11:30am
 Where do I go for support?
 IASS
 Carers Trust

2024
Wed 20 March, 10:30am - 11:30am
 Short Breaks and Wrap around care update.
 ETOS – Education other than at School – What is it?

July - Date TBC
 AGM
 2023 Parent Carer Survey results

Coffee Events ☕
2023-24
Schools, Charities, etc.
 List of dates will be on our website, new dates added throughout the year.

Check our website for more information, previous events, or watch again on our YouTube channel.

To book any of our events or for more information, scan the QR code, or visit our website.
www.pcfcheshirewest.org

English

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Afrikaans

беларуская мова

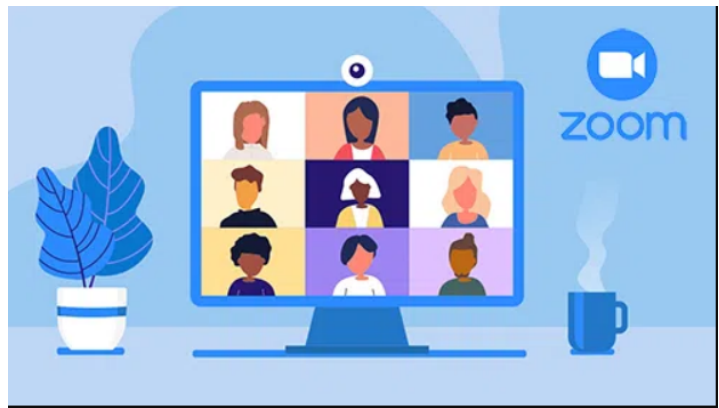
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PCF October 2023 Events



PCF Zoom - Support (where do I go?)
 Wed, October 11 2023
 10:30am - 11:30am

TOPICS:

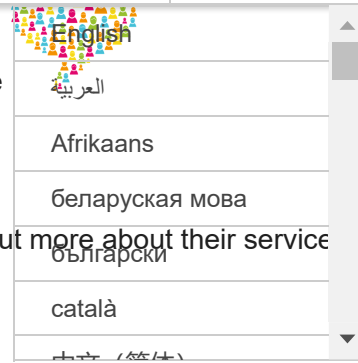
Where do I go for support?

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Information, Advice and Support Service

Cheshire and Warrington Carers Trust - Find out more about their service

[Click Here to Book Now...](#)



One-day face to face training on SEN Law

on Wednesday 18th October 2023

at Down Syndrome Cheshire, Denton Drive, Northwich CW9 7TU.

Specifically designed for groups of parents and those advising parents who want a general overview of the SEND framework.

The training covers children/YP on SEN support and school/college duties, EHC needs assessments and EHC plans. The training also explains rights when requesting a particular education placement and what parents/YP can do if the local authority refuses to name the placement they want in the EHC plan.

Delivered by Claire Jackson from SENETA – Special Educational Needs Expert Training and Advocacy. Claire has 19 years experience in SEND which includes advising parents of children and young people with SEN and representing them at tribunal.

To fit within school hours - start at 10am and finishing at 2.30pm.

We will finish with a Q&A session.

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Return to school Transport Feedback

The Parent Carer Forum has been working with Cheshire West and Chester Council to feedback your transport issues during the 2022/23 academic year. We would now like your feedback of issues families have been experiencing when returning to school this academic year. In order to improve ongoing and future services we would like you to complete the following form that we will share with the LA for them to make improvement to services.

[Click Here to complete the Transport Feedback Form](#)

Signposting News

USEFUL LINKS & INFORMATION


Parent Carer Info Morning

20th October 10am-12pm

An opportunity to meet & find out more about organisations providing (social) activities for young people, including:

- Live!
- Bridge Wellness Gardens
- Endorphins Group
- Disability Positive (Community Connections)
- Parent Carer Forum

The Cafe will be open for refreshments.
 Find out more about SPACE at www.spacecheshire.org

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CANDDID STAKEHOLDER CONFERENCE 2023

Join us at this year's FREE event in developing research projects on areas that people with lived experience said are important to them. Help us become effective co-production partners in research.

Date: Friday 13 October 2023

Time: 9.30am-3.00pm

Crowne Plaza, Trinity Street, Chester CH1 2BD



To register visit www.canddid.nhs.uk/csc23 or scan the QR code below:



Discuss priority topics identified by people with lived experience:



Unmet Needs and Experience of Care - Explore improvements in the transition of care, enhancing the care experience, meeting the needs of families, early identification, and interventions, and more.



Effectiveness of Services and Care Provided - Delve into measuring outcomes, leveraging data to understand service needs, effective needs assessment and management.



Abuse and Trauma - Gain insights into understanding trauma and trauma-based care, domestic abuse, and aggression towards individuals with disabilities.



Sexuality and Gender (or Intersectionality Theme) - Gender identity and autism and sexuality and autism.



Mental Health and Behaviour That Challenges - Discuss critical topics such as suicide and self-harm in autistic people, diagnostic overshadowing, and the availability and effectiveness of psychological therapies for autistic people.

To learn more visit:
www.canddid.nhs.uk/csc23

Email:
cwp_canddid@nhs.net

Follow us: @CANDDID1

www.canddid.nhs.uk

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**BRAND NEW VENUE
ELLESMERE PORT**

**From Saturday 9th September
For our Ellesmere Port
Saturday Groups**




JOIN US AT:
Westminster Community Centre
Church Parade, Ellesmere Port CH65 2ER



Energise
by Endorphins

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Live! All Stars
3.30-5.30pm

Monday - Arts & Crafts
Tuesday - Lego Club
Wednesday - Sports Club
Thursday - Sensory Session
Friday - Movie Club

Ages 11-16 years

For further info please contact the office on 01244 320479 or email admin@livecheshire.org.uk £12 per session





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Free webinars

Join us for our free webinars

We run live webinars for anyone who looks after children and young people - parents, carers, educators - as well as young people themselves and anyone interested in psychology or mental health.

All of our webinars are presented by our mental health trainers, speakers and guest speakers who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing. Past topics have included: the teen brain, sleep, supporting a highly sensitive child, and perfectionism.

The webinars explore practical, evidence-based strategies for maintaining positive mental health, whether that's paying attention to our own wellbeing, or how to support those around us.

Supporting young people: Transitioning to university life

Mark Fudge

This webinar is for parents or carers who want to help a young person adjust to life and learning at a university.

We will:

- Talk you through adjustment and homesickness
- Explore the transition to a different way of learning
- Give you tips on helping navigate university support systems
- Help you think about the complexity of the academic journey and how you can support this.

Tuesday 10 October, 6:00 - 7:30pm

Barriers to speaking out

Gemma Howard and Alice Palmer

This session is perfect for teachers, parents and carers of young people.

Young people often face barriers when it comes to seeking help for their mental health. Join us to understand these issues and the ways in which we can prevent and overcome these barriers.

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- The importance of seeking help for our mental health
- The barriers that young people face when it comes to seeking help for their mental health
- How we can prevent and/or overcome these barriers
- Signposting to support and resources.

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This session is based on the research conducted by the [CoRAY](#) project, and it uses ideas and resources they have created for young people and their families to help reduce or overcome barriers to seeking help.

Thursday 05 October, 12:00pm - 1:30pm

Thursday 19 October, 12:45pm - 2:15pm

Charlie Waller Free Webinars



Live Well
Cheshire West



NEW FEATURE.... Discover Live Well Cheshire West

Your new look PCF Newsletter will take you into "Live Well".

Let us help you explore what's on offer. S

We are starting this off by introducing you to the Early Years Road Map.

Co-Produced with the PCF. This Roadmap has been put together with parents, carers and professionals. The Roadmap includes links to services, information, support and a parent experience from pre-natal and birth to school age and ongoing support.





Click on the link below to enter "Live Well" and view the full PowerPoint presentation of the Early Years Road Map with links to useful resources

Live Well Cheshire West and Chester. Early Years Road Map

USEFUL CONTACTS



Live Well Cheshire West - <https://www.livewell.cheshirewestandchester.gov.uk>

Information Advice and Support Service (IASS) - Tel 0300 123 7001 <https://www.livewell.cheshirewestandchester.gov.uk/Services/1279>

SEN Team - Tel 0151 337 6505
senteam@cheshirewestandchester.gov.uk

Starting Well - <http://www.startingwell.org.uk/>

West Cheshire 0-16 CAMHS Tel - 01244 393200
<https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/>

IPSEA- Call-in Helpline Tel- 0300 22 5899
<https://www.ipsea.org.uk/Pages/Category/service-overview>

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Get Involved with the PCF

We are always looking for new parents and carers to join us. You can attend meetings, give feedback to influence the services your child or young person uses or help us to identify the gaps in services. Also, a chance to meet other parents and learn about what's on offer in Cheshire West & Chester.

To contact us.....visit our website www.pcfcheshirewest.org

email contact.pfcwac@gmail.com

or join us for one of our meetings.

We hope to see you soon!



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