



PACC Newsletter

September 2022

Welcome to the September Issue of PACC's monthly newsletter. We hope that you have had an enjoyable summer, and the transition has gone smoothly if your young person has returned to education.

Meet the Team

PACC have recently made some changes to the job roles of existing members of the team. Abi and Denise will now be responsible for the role of Preparation for Adulthood Navigators. Contact details for all of the team and their job titles can be found below:



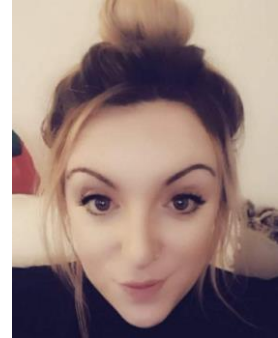
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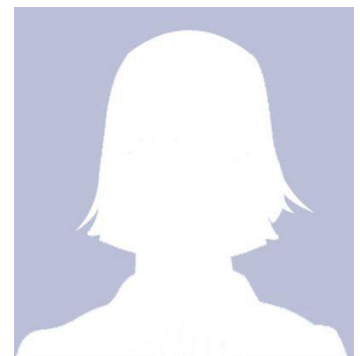
Cathy Williams

Administrator
cathy@paccshropshire.org.uk



Denise Glover

Preparation for Adulthood Navigator,
Community Volunteer



Annie Taylor

Community Volunteer



Preparation for Adulthood Healthy Lives Programme

Establishing healthy habits in childhood is important for adult health, but data shows that children and young people with SEND are more at risk of having lower activity levels, unhealthy diets, being under or overweight or suffering from poor mental health.

One of the challenges faced by SEND families is finding opportunities for their children and young people to participate in the community-based activities that others take for granted.

With all of this in mind PACC worked with Adult Social Care and in particular Shropshire Day Opportunities Service to create the PFA Healthy Lives Programme, which ran over summer.

A total of 55 Young People attended activities on the programme, taking part in a variety of sessions including a launch event at Derwen College; Making music and Telling Tales at Arty Party; Multi-sports and gym at Sundorne Sports Village; a disco and saying thankyou to others with an afternoon tea at Aspirations; Crafts and a trip to the farm at Avalon; A trip to the farm at Greenacres; Baking and Scavenger hunts at Bethphage; Cooking at Wayfairers; Disney sing-along at Albert road and lots more activities!

PACC will be using all the learning from the PFA Healthy Live Programme in our ongoing discussions with local services and decision makers about how best to support the health and wellbeing of young people with SEND, along with how best to support young people's transition to adult services.





Transport

PACC are currently collecting feedback from Parent Carers about SEND transport and how you have found the process. We would appreciate you taking a few minutes to complete the survey on the link below:



Parent Carer Wellbeing Survey

Shropshire parent carers have told us that there are a number of areas that issues that impact on their wellbeing, these are;

- Loneliness
- A lack of understanding by services of their lives
- A lack of a break from caring responsibilities
- A lack of mental health support for parent carers
- The difficulty in accessing services
- The difficulty in understanding and navigating the system

PACC are currently collecting information on what support you would find helpful, and feedback on your wellbeing. We have put together a survey and would appreciate your feedback



Healthy Parent Carer Programme

PACC will be delivering the Healthy Parent Carer Programme from October, initially focusing on Parent Carers of Young People who are currently at the stage of preparation for adulthood (14+).

The programme is designed to improve parent carers' health and wellbeing by promoting empowerment, confidence, and resilience. The programme is led by parent carers and involves working with others in a group to encourage behaviours associated with better health and wellbeing. The behaviours are called CLANGERS: Connect, Learn, be Active, Notice, Give, Eat well, Relax and Sleep, and are based on a book by Dr Phil Hammond.

The programme will be delivered online and will begin in January. If you would like more information or are interested on signing up for the programme, please email Abi@paccshropshire.org.uk or visit [Parent and Carer Council Shropshire \(PACC\) \(paccshropshire.org.uk\)](http://Parent and Carer Council Shropshire (PACC) (paccshropshire.org.uk)) for updates.

Action For Children Half-Term Holiday Support

Bookings are now being taken for Action for Children (AFC) Shropshire Community Short Breaks October half term activities. AFC provide short break holiday support to children and young people 4-18 yrs who are registered with All In. Sessions will consist of sporting activities, sensory play, arts & crafts, local walks and play parks and local outings i.e. Cinema, Attingham Park, Ironbridge Museums, using worker's cars /mini bus.

To book a place please [complete this form](#). Please note this form will close on Monday 26th September 2022 at 5pm



Specialist Shortbreaks Services

Specialist Short Breaks Services in Shropshire are due to be re-commissioned in April 2024, when the current contracts end. PACC is working with Shropshire Council to co-produce this process and to ensure that the service continues to reflect the needs of SEND families who use this service. More information about this work is available on the PACC website <http://www.paccshropshire.org.uk/specialist-short-breaks-re-commissioning>

Join us to discuss Preparation for Adulthood at the PACC AGM

05/10/2022 9.30AM-2.30PM AT
UNIVERSITY CENTRE,
SHREWSBURY

We will be joined by Katherine Slade, who will talk about her research on 'Transition for young people with profound and multiple learning disabilities (PMLD)'. Katherine is a Shropshire parent carer who has worked with and supported PACC for several years, she will share her experience of both practitioners and families around the transition of children and young people with profound and multiple learning disabilities to adult services.

PACC will launch our new PFA Navigator Project which will support families on their PFA journey, providing information, guidance, and peer support.

Please join us to hear about other work PACC has been doing and our plans for the future.

Parent Carers, practitioners, and anyone with an interest in our work are welcome to join us.



To book your place please follow the link to Eventbrite:

<https://www.eventbrite.com/e/annual-general-meeting-2022-tickets-419495120197>

PACC AGM

Bookings for the AGM will close on Monday 3rd October. To register for the event: <https://www.eventbrite.com/e/annual-general-meeting-2022-tickets-419495120197>

What's on?

MYCOLLEGE

AGES 16 - 35 | INTERESTED?
Find out more!
Email: tom@hiveonline.org.uk

VIDEO MAKING Autumn 2022
Dates and times TBC

THEATRE Autumn 2022
Dates and times TBC

THE FIRE INSIDE Starting October 2022
Fridays 1 - 3pm
Group sessions exploring next steps and empowering you to move forward

ART CLUB Weekly on Wednesdays
4 - 6pm (term-time only)

MUSIC CLUB Weekly on Tuesdays
1.30pm - 3.30pm (term-time only)

THE HIVE COMMUNITY FUND

KIDS

SUNDAY SEN SESSIONS

9.30AM-12PM

EXCLUSIVE FOR
SEN CHILDREN
AND THEIR FAMILIES

the Flamingo LOUNGE Under 18's bring adult!

FLAMINGO SOCIAL!

Inclusive socials for people with learning disability / neurodiversity

7-9PM

£5

on the door-
cash or
contactless

- *Disco
- *Sing-along Karaoke
- *Licensed Bar
- *Raffle
- *Supporters/carers free

at Ellesmere Comrades Club Victoria
Street, Ellesmere, Shropshire. SY12 0AB

7th October
4th November
3rd December

YOU ARE THIS PARTY!

POKÉMON TCG

1ST & 3RD
THURSDAYS

6.30PM
AGE 12+

PICK UP THAT POKÉDEX AND
JOIN PROFESSOR GEORGE FOR
AN EVENING OF POKÉMON

NORMAL PLAY FEES APPLY

NERDY COFFEE, 49 MARDOL

*Autumn
Activities*

Actio

Positive Inclusion for Everyone

Identity school of dance

Inclusive dance school for children & adults with SEND

TIMETABLE

Tuesday

- 5pm - 5.45pm Kids Street dance (5+)
- 5.45-6.30pm Young Adults Street dance (14+)
- 6.30-7.30pm Senior Contemporary (14+)
- 7.30-8.30pm Senior Street dance (16+)

Thursday

- 5pm-6pm Mini's Musical Theatre (5+)
- 6pm-7pm Senior Musical Theatre (14+)
- 7-8pm Street Dance MEGA CREW (16+)

Saturday stage school

- 9.30-11.30am Mini's (5+)
- 11.30-1.30pm Senior (14+)

Join today!

Email: Enquiries.isod@outlook.com

Identity_schoolofdance

Identitieschoolofdance

www.Identityschoolofdance.com

HALLOWEEN AT EXOTIC ZOO

VISIT
OUR HAUNTED
WOODS FOR
**PUMPKIN
PICKING**

Pumpkin
carving
competition
and find the
pumpkin trail

VISIT OUR CRITTERS CAVE FOR A
CREEPY CRAWLY EXPERIENCE AND
TRY OUT SOME BUG EATING IF YOU
DARE!

POP IN TO OUR NEW JUNGLE CAFE
FOR SOME HALLOWEEN AND
PUMPKIN THEMED TREATS!

22nd- 31st October



Derwen Charity and The Flamingo Lounge Gang presents



Spooky Halloween Day Party

Monday 31 October, 2pm-4pm
at The Venue, Park Hall, SY11 4AS

For adults (16+) with learning disabilities, and their friends and families
Featuring DJ Callum

Disco, licensed bar, hot food menu, fun and games and raffle



**Derwen
Charity**



Funds raised will support a new social Hub space at Derwen
College for adults with learning disabilities.
Carers / supporters please attend to support any care needs.

For further information, please contact Anna Evans:
anna.evans@derwen.ac.uk 01691 661234 ext. 395

SCAN ME

£5 on door,
or book online
(booking fee applies)

Education

Derwen College Open Evenings

We have open evenings coming up this term for our sites at Ludlow, Telford and Walford.

The open evening events give opportunity to parents and carers of young people with SEND to view our facilities.

Find out how we challenge and empower students to learn vocational and independence skills.

Our sites at Ludlow, Telford and Walford are open to day students from Shropshire, Telford and the surrounding area.

Book now:

<https://www.derwen.ac.uk/parents.../admissions/open-days/>



Health Outcomes for young People throughout Education (HOPE) Survey

The aim of this England-wide survey is to document how Special Educational Needs and Disability (SEND) identification and provision varies by Local Authority.

For more information please click the link below.



Complete the Survey

LEAVING SCHOOL IN 2023?

Explore options at your local Post 16 Options Roadshow

Sponsored by SHREWSBURY COLLEGES GROUP

Post 16 Options Roadshow

If you're unsure of your next step after leaving school next summer don't worry, these events are perfect for you. And if you've already got a good idea of your future, these are fantastic opportunities to meet with the colleges and organisations that you are looking to join.

As well as presentations spotlighting the different routes open to you; A Levels, BTECs, T Levels, Apprenticeships, we will have all the main providers of post 16 education in the region - whether you are looking to go on to university or employment; **come and speak to the experts.**

Our events feature **all** the main providers of post 16 education in our region

· Shrewsbury Colleges Group · NHS Trusts · Hereford Sixth Form College · The Thomas Adams Sixth Form · Haberdashers' Abraham Darby · Royal Navy · Newport Girls' High School · Bridgnorth Sixth Form · North Shropshire College · Derwen College · And Many More...

Virtual Expo	22 September	6.00pm-7.30pm
Shrewsbury	26 September	4.00pm-8.00pm
Telford	8 October	9.30am-12 noon

Find out more information or to book your place at futurestudy.co.uk

Ask Abi

Do you have a SEND related question? Each month, we will be answering questions that we are frequently asked. Please email your question to abi@paccshropshire.org.uk (all questions will be posted anonymously)

A number of Parent Carers have contacted us about school refusal and anxiety. Therefore, this month we decided to share a number of coping strategies and resources that may be helpful.

It is completely normal for young people to feel worried about school life occasionally, especially at the start of a new school year or during transition. In some cases this can build up so much that young people are reluctant to go to school and are unable to attend.

It is important to recognise the problem and work with your young person, to get them the right support as soon as possible. They may be worried about things like settling into a new school, friendships difficulties, exam pressure, finding the work difficult, feeling pressured or bullying.

How can I help my young person with school anxiety?

- Ask your child what is worrying them
- Think about what changes could be made
- Reach out to school
- Set a daily routine
- Create a worry box
- Discuss coping strategies

Strategies to help reduce anxiety

- Identify a 'safe person' at school your young person can talk to
- Ask school to 'buddy up' or provide a mentor
- Ensure your young person have a safe space at school they know they can go for break or difficult times
- Find ways to make them feel more involved- clubs, seeing peers outside of school
- Flexible start time/ timetable or extra time to transition between lessons
- Time out cards if lessons become overwhelming

Helping your young person with school refusal

- Validate their experience
- Try to keep calm
- Give strategies time to work
- Recognise small achievements
- Stick to a routine
- Encourage social contact and activities
- Seek professional support
- Make sure you look after yourself

How can we work with school?

- Organise a meeting as soon as you can
- Work to identify triggers and changes with the school and your young person
- Try and maintain an open and positive relationship with school

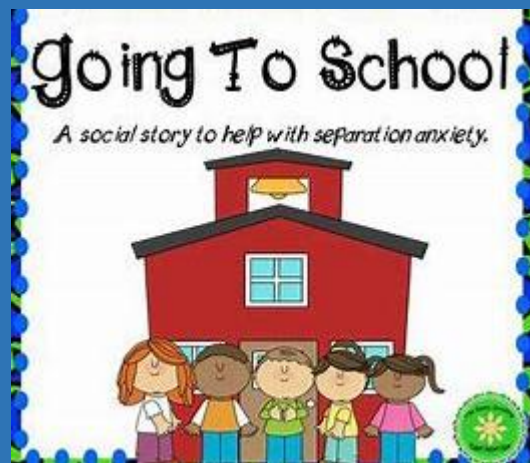
Returning to school

- Set small achievable goals- such as visiting school or attending one lesson
- Ask for a reduced timetable
- Request a home visit from a school staff member



What makes me feel anxious?

- ☀ Meeting new people
- ☀ Need to be perfect
- ☀ Playing with kids
- ☀ Handwriting
- ☀ Taking a test
- ☀ Being different
- ☀ Being away from mum
- ☀ Talking out loud
- ☀ Doing new activities
- ☀ Different teacher
- ☀ Family being sick
- ☀ Worksheets/handouts
- ☀ Change
- ☀ Recess
- ☀ Eating
- ☀ Using the toilet
- ☀ Catching a bus
- ☀ Going in the car
- ☀ Being sick
- ☀ Reading
- ☀ Loud noises
- ☀ Getting hurt
- ☀ Asking question
- ☀ New classroom

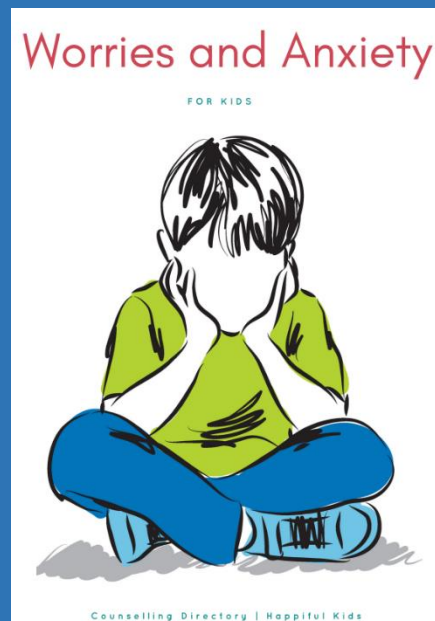
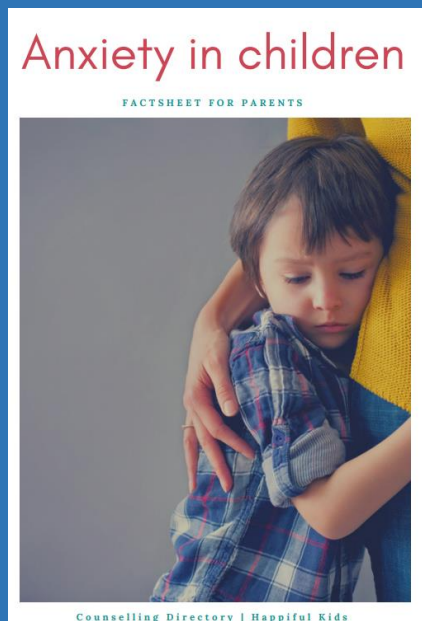


Useful resources:

- Worry Monster
- Social Stories
- Visual Timetable

- Fidget toys
- Worry box
- Feelings journal
- Relaxation/ breathing techniques

Useful guides for explaining anxiety



Useful Links

- [Beam](#)
- [Kooth](#)
- [Autism West Midlands](#)
- [Healios](#)
- [BeeU Urgent helpline](#)
- [Shropshire council school attendance information](#)

- [“Let’s get our children back into education”](#)
- [IASS](#)
- [IPSEA](#)