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Parent Carer Forum
Cheshire West & Chester

NEWSLETTER

May 2025

PCF NEWS

In order to keep you up to date on all of the works we are involved in to ensure that your experiences are heard, we have created a new BLOG area on our website here <https://www.pcfcheshirewest.org/pfc-stories>

Here are some of the latest updates.....

A graphic for the 'Survey 2024 Results Summary'. It features a cluster of colorful smiley faces at the top left, the PCF CWaC logo, and the text 'Survey 2024 Results Summary' in a large, bold font.


In May 2024, we published the results of our latest Parent Carer Survey — and what we heard was powerful. Families told us, once again, that the system is still not working for them. Communication, co-production, and access to timely support remain major challenges. But this time, something shifted...

It's been a year since we published our May 2024 survey, and we've taken some time to reflect on everything that's happened over the past 12 months.

The Parent Carer Forum has been involved in a wide range of work to help shape and influence local services. From sharing lived experiences to co-producing solutions with professionals, it's been a year of challenge, progress, and learning. As we look back, I want to take a moment to acknowledge every volunteer who has been part of this journey. Whether you've shared your story, attended a meeting,

Read Our Blog: 12 Months On From PCF Survey 2024


Culture Change In Action -Your Invited!



Our Pledge

We know what is important to you regarding culture and communication, so now we need you to help **set the tone** for **how we communicate** with you, **how we value** your contribution and how you can **expect to be treated**.

Please tell us below the change you want to see. What should be [our Pledge to you](#)?



Guiding Principles – what matters to you the most

| | |
|---|--|
| Accessible information | Relationships built on trust |
| Parents/carers are equal partners | Proactive rather than reactive culture |
| Transparent decisions made in partnership | Personalised communication |
| Empathy and understanding | Jargon free, accessible language |
| Joined up thinking | Managed expectations |
| Clear processes, adequately explained | Information sharing |

Culture Change in Action – Help Shape the Co-Production Charter”

Your feedback to date and results from the 2024 PCF Survey make it clear that professionals from all sectors sometimes miss the mark in terms of coproduction, culture and communication across our SEND community. The Council knows you want meaningful change, and are committed to developing a ‘Coproduction Charter’, detailing a series of ‘Pledges’ (in your own words), which are a shared commitment to values like trust, empathy, accessible language, and genuine partnership.

We would love for you to be part of developing this important set of ground rules on how parents/carers, children and young people, and wider families can expect to be treated. Meetings will be held online and face-to-face in communities across the borough so please register your interest here if you would like to be part of it.

In you cannot make any of the sessions you can still contribute by contacting us at info@pcfcheshirewest.org and/or katy.ellison@cheshirewestandchester.gov.uk

| You said... | We did... |
|---|--|
| Information on EHCP and SEND law | Two ' Sip and Learn ' coffee events with the Information Advice and Support Service (IASS) |
| Information on mental health services | An in-person forum on mental health with professionals and lunch |
| Information on autism in girls and masking and PDA | An online training event for autism in girls, masking and PDA |
| Understand the EHCP panels and decision-making | A virtual forum titled "What is panels and how decisions are made" |
| Learn more about neurodevelopment conditions and pathways | Hosted a neurodevelopment forum in person |
| Learn about short breaks and wraparound care | Two coffee events bringing the short breaks and wraparound care team along |
| Find out more about health services | A coffee event bringing health services along such as sensory processing service, speech and language |
| Find out more about charity support | A coffee event bringing the charities along |
| Information on preparation for adulthood | In person preparation for adulthood event |
| You were unsure what the PCF stands for and what we do | Launched the blog page to educate, inform, amplify and communicate all that we do! |

🌟 You said... We did! 🌟

This time last year, we gathered your feedback through our Parent Carer Survey and a Facebook Poll to help shape our PCF Annual Planning!

A huge shout out to all our parent carers volunteers that has made this happen!

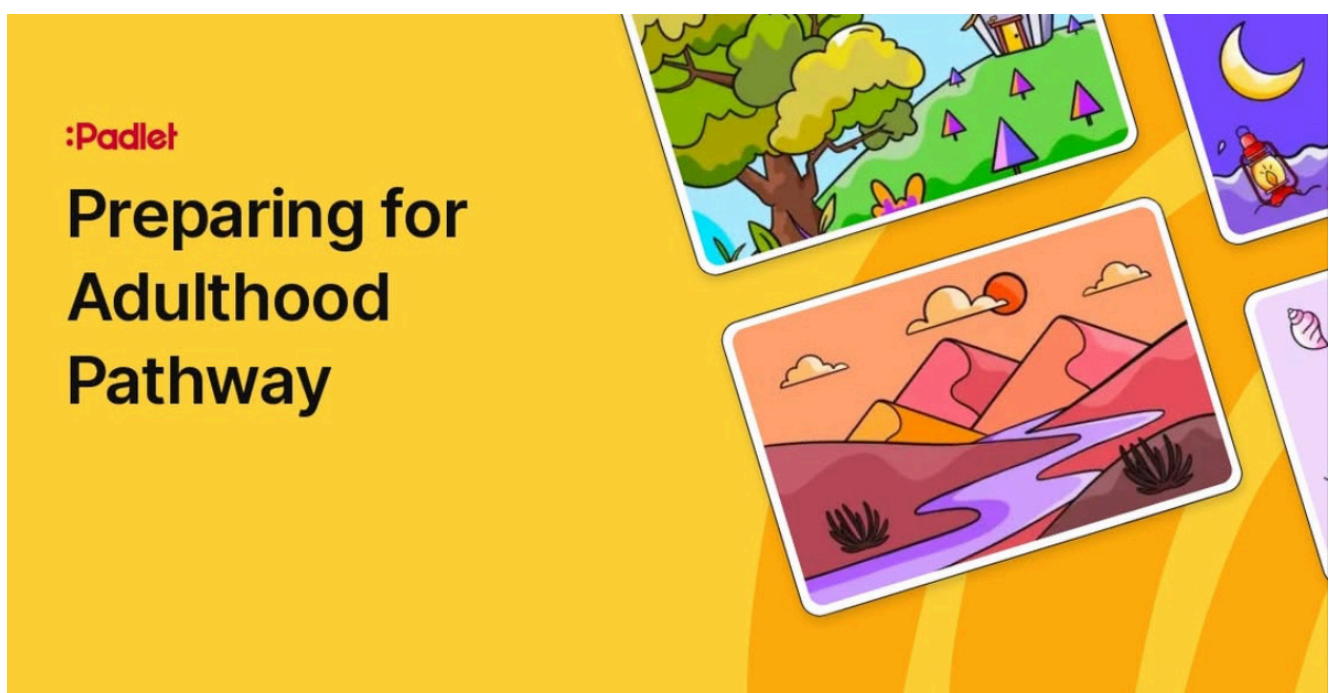


A huge thank you to everyone who attended Preparing for Adulthood event!
We're so grateful to all the incredible speakers who shared their time, expertise, and experiences — but most importantly, to our young people, who were the true highlight of the day!

There powerful speeches moved us, inspired us, and reminded everyone why this work matters so deeply

Please visit the blog and find out more and to view all the presentations from the day.

Preparation for Adulthood Highlights



Explore the New Preparation for Adulthood Padlet in Progress!

developing the Padlets on the Local Offer. Your feedback is helping us shape easier access to support and information!

Got questions or feedback? Anything that should be added?

☐ Contact the Livewell Co-Ordinator -

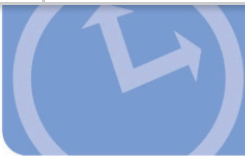
emma.walker@cheshirewestandchester.gov.uk

Preparation for Adulthood Padlet



We recently hosted a powerful webinar led by Rhiannon Gogh—carer, Chartered Financial Adviser, and founder of the Carers Academy. Rhiannon shared invaluable insights on financial planning for parent carers,

Explore the webinar highlights here!



PCF Events





Parent Carer Forum
Cheshire West & Chester

PCF Event - Online

Wed 16th July
10am - 11.30am

Transport update and AGM

**Stay Informed on New Transport
Arrangements & Progress Updates!**

Join us online on Wed 16th July at 10am

**Join us to learn about the latest transport
arrangements and reflect on the progress
made over the past 12 months since the
publication of our PCF Survey.**

**Stay updated, get involved, and help
shape the future!**

[Book your place here!](#)



Parent Carer Forum
Cheshire West & Chester

Drop-In Session

Sip & Learn

17th July

All Welcome
10am - 12pm

Topic: Planning for the Future

Plan for the Future with Expert Financial Guidance!

Join us for an informative session with financial experts from **Co-Op**, covering **Wills, Trusts, and financial planning** for you and your child with **SEND**. Gain peace of mind by preparing for the future today.

Chance to catch up with other parents and carers in an informal setting.



DOWN SYNDROME
CHESHIRE

Venue: DSC Hub, Denton Drive, Northwich CW9 7LU

www.pcfcheshirewest.org/whats-on

Community Updates

Cheshire West & Chester Council

SEND Newsletter

Special Educational Needs and Disabilities Newsletter

Amanda Perraton, Executive Director for Children and Families shares the latest update in the Cheshire West & Chester Newsletter

[Read the CWAC SEND Newsletter Here!](#)

SEND SUMMIT-SAVE THE DATE!

**Building in last year's Summit, the Council will hold a second SEND Summit on 30th June, 9:30am -1pm at Northwich Memorial Hall!
Limited Spaces!**

[Book your place here!](#)

SEND Mediation & Disputes Resolution-Engagement

Cheshire West and Chester Council is gathering feedback and thoughts from people with lived experience regarding the commissioned service for the SEND Mediation and Disagreement Resolution commission. Please share your view by booking onto

Strategic Commissioning People **Cheshire West and Chester Council**

Email: wendy.johnstone@cheshirewestandchester.gov.uk

Telephone: 0151 356 6558

[Book your place here!](#)



“There is still time to fill out my survey which looks into child and adolescent mental health services.

I am keen to hear directly from people who have accessed, or tried to access, these services to understand more about your experiences.

I often hear from families who have struggled to gain access to vital care for their children. I know how difficult and exhausting this can be for young people struggling with their mental health and for parents trying to get help for their child.

I am determined to see improvements to this system.

Your feedback from this survey will help me with my campaign to fix child and adolescent mental health services to ensure everyone has access to the care they need.” Andrew Cooper, MP

The survey can be found here!



Thriving Families Ellesmere Port Chester

Koala North West's Thriving Families programme offers one-to-one, tailored support for parents, carers, and children aged 0–19 (or up to 25 with SEND). Whether it's parenting guidance, mental well-being, or strengthening family relationships, we're here to assist you in a way that works best for you.

[Find Out More Here!](#)



Signposting News



Cheshire West &
Chester Council

YOUTH
SERVICE

Special Educational Needs and Disabilities (SEND) can be a challenge. That's why the Cheshire West and Chester Youth Service provides free, inclusive, and engaging youth provisions across the borough.

[Find out More Here!](#)

Carefree



Need a Break? Carefree Can Help!

Through *Carefree*, hundreds of hotels across the country donate short stays to unpaid carers — giving you the chance to rest and recharge. You can book a 1–2 night hotel stay with a companion, at a time and place that suits you.

[Find out more and book your break here!](#)

SUPPORT FOR PARENTS OF CHILDREN WITH ADDITIONAL NEEDS

**CARERS
TRUST**Cheshire and
Warrington

*We offer the following support in rural areas around
Tarpotley, Tarvin, Kelsall, Tattenhall & Malpas for parent
carers of a child aged 4-11 years:*

- SEND Guidance, Support & Info.
- Benefits Information
- Emotional Support
- Group Information and Training
- Self Advocacy
- Family Activities
- Support Groups
- Confidence Building

For more information contact:
clareg@cheshireandwarringtoncarers.org
or 07871797342



*This service is funded by
The Westminster Foundation*



**Westminster
Foundation**

Cheshire & Warrington Carers Trust is a trading name of Cheshire and Warrington Carers Centre. Registered Charity Number 1092606 and a Company Limited by Guarantee No 4172914 Registered office: 146 London Road, Northwich CW9 5HH

May Half Term Activities

inclusive kids multi sports



scan to
book online or
book in-centre!

suitable for SEND kids and their siblings, up to age 17.
all children must be accompanied by an adult.

Wednesday 28 May 

Pool Play 10.30am - 11.30am

Hall Multi Sports 12.30pm - 1.30pm



HEALTH AND WELLBEING ACTIVITY CAMP

Queens Park High School, Queen's Park Rd
Handbridge, Chester CH4 7AE

FREE TO ALL
FAMILIES WITH SEND
CHILDREN

SUITABLE FOR 4 - 14
YEAR OLDS

CARERS WELCOME

Activities Included:

Activities - Agility games, carousel activities, non contact sports, dance and gymnastics

Creativity - Lego, Art, Jig Saws, Chill time, Sensory Play

Key info: one to four staff to child ratio, parents / carers welcome to attend

TUES 27TH MAY
WEDS 28TH MAY
THURS 29TH MAY

9.30AM START
1.00PM FINISH



FOR BOOKING AND FURTHER INFO VISIT -

<https://seanbaileywellness.com/community-camps-chester/>



Department
for Education

FREE HALF-TERM GAMES AND CONNECTING SESSION



26TH MAY
3:00-4:00PM

FREE Half-Term Fun & Games!

Monday 26th May | 3:00–4:00pm

Soul Space, Chester

Just turn up, no booking needed.

Playful activities and group games to:

- Boost attention and focus
- Build confidence and social skills
- Encourage turn-taking & teamwork
- Help children feel safe, included & free to be themselves

Followed by our Glow and Grow yoga session at 4:15pm!

You're welcome to book both and make a whole afternoon of fun, connection and calm!

Book Here! 

<https://goteamup.com/p/9618149-soul-space-chester/e/86409472-glow-and-grow/>



24th May

Northwich – Lostock Gralam Community Centre – Ages 12-18

Come along and join our Inclusive Children & Youth Groups Here are Endorphins we create engaging and inclusive group sessions where SEND children and young people can play, learn and...

11:00 am – 2:00 pm

Stubbs Lane

CHESTER

 24th May

Winsford – Saturday Sessions – Ages 4-11

Come along to our safe and supportive inclusive sessions for SEND young people to have fun, make friends and flourish. Join our fun and inclusive sessions for: A chance to...

 10:00 am – 1:00 pm Nixon Drive

WINSFORD - CHESHIRE



24th May

Chester – Dorin Park School Sessions – Ages 4- 11

Come along and join our Inclusive Children & Youth Groups Here are Endorphins we create engaging and inclusive group sessions where SEND children and young people can play, learn and...

10:00 am – 1:00 pm

Wealstone Lane

CHESTER

Volunteers Needed!



Join Our Growing Team at the Parent Carer Forum – Vacancies Available

Are you a parent or carer of a child with additional needs or a disability in Cheshire West and Chester? The Parent Carer Forum is looking for enthusiastic individuals to join our team!

Why Join Us?

Amplify Your Voice: *Represent the perspectives of parents and carers in your community. Your feedback will directly influence local services and SEND policies.*

Make a Difference: *Be part of a team that shapes positive changes for children and young people with SEND.*

Flexibility: *You can get involved at a pace that works for you—whether attending meetings, gathering parent feedback, or simply being a point of contact.*

[Find out more about being a PCF Representative here!](#)

USEFUL CONTACTS

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

Information Advice and Support Service (IASS) - Tel [0300 123 7001](tel:03001237001) <https://www.livewell.cheshirewestandchester.gov.uk/Services/1279>

SEN Team - Tel [0151 337 6505](tel:01513376505)
senteam@cheshirewestandchester.gov.uk

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

West Cheshire 0-16 CAMHS Tel - [01244 393200](tel:01244393200)
<https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/>

IPSEA- Call-in Helpline Tel- [0300 22 5899](tel:0300225899)
<https://www.ipsea.org.uk/Pages/Category/service-overview>

CONTACT Advice Line -Tel-0808 [808 3555](tel:8083555)
<https://contact.org.uk/>



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