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March 2022
Members Newsletter
News • Updates • Information
Dates for the Diary

Endorphins

Inclusive Children & Youth Groups

We provide safe and supportive inclusive sessions for SEND children and young people with additional needs to have fun, make friends and flourish.

CONTACT AND BOOKING INFORMATION

To book one of our taster days or sessions please contact us on -

The Endorphins Group
T: 0330 1332642
E: bookings@endorphins.uk

You can also find us online at - endorphins.uk





TASTER SESSIONS

The group taster sessions will be at

St Mary's Creative Space, Chester on Fri 25th March

Lostock Gralam on Sat 26th March

Vicars Cross Community Centre, Chester on Tues 5th April

**Seashell**

Toileting Workshop

Thursday 24th March 2022, 9.30am to 1pm

The tailor made workshop will be delivered over zoom by a continence nurse from the charity and will cover:

- How to keep bladder and bowels functioning properly.
- Barriers to toilet training.
- Focus on why toilet training may be delayed for children with additional needs
- Strategies for successful toilet training.

Full details seashelltrust.org.uk



Thursday 24th March 9.30am -1pm, Zoom.

Does your child have a disability and wears pads or has issues around toileting?

We are really excited to be able to offer families this workshop from the specialist continence charity ERIC.

Following feedback from parents at the beginning of the year that a toileting workshop would be helpful we have had lots of talks with ERIC to create training specifically for families. We have explained to them the issues that children and young people commonly have with toileting and they have been able to put together a workshop focusing on these areas and strategies for successful toileting. We have ensured that this training is relevant for children and adults and both those using pads or not.

This workshop is completely FREE to parents, please make sure you book on by emailing familyservices.webinar@seashelltrust.org.uk in advance to receive the link.

Night Out In Nature by Frozen Light Theatre at Now Northwich Festival – 30th April 2022

*Free – But Ticketed **

NIGHT OUT IN NATURE

FREE AT THIS YEAR'S NOW NORTHWICH

An outdoor sensory installation show for audiences with profound and multiple learning disabilities (PMLD) and their carers/family

Free but booking required

SAT 30TH APRIL
10am, 12PM & 2PM

Bookings at:
WWW.NOWNORTHWICH.CO.UK/FREE-SESSIONS

NOW NORTHWICH

Night Out In Nature is an outdoor sensory installation show especially designed for audiences with profound and multiple learning disabilities and their carers/family. It is being performed as part of [Now Northwich](#) Festival on Saturday 30th April 2022.

Night Out In Nature by [Frozen Light Theatre](#) will take place in **River Park in Barons Quay, Northwich on Saturday 30th April**. There are three performances: **10am, 12pm & 2pm**

Tickets are FREE but booking is ESSENTIAL as places are limited to 6 people with PMLD per performance (plus carer/family/friends – more details on booking page)

Disabled parking can be found close by behind the Odeon or in Asda car park.

There will be a mobile Changing Places toilet on site at Night out in Nature during the festival (<https://www.mobiloo.org.uk/>)

About Night Out in Nature:

Enter a beautiful biodome and immerse yourself in a cosmic, floral experience with Night Out in Nature from Frozen Light Theatre. Meet 4 scientists who have lived inside the magnificent ecosystem for over a decade, nurturing and tending to a Blostma – a plant so powerful it only flowers every 12 years. The Blostma might be what we've all been waiting for this year, but only if it blossoms under the full moon!

Step into the biodome and ponder... after 12 years of waiting, will the Blostma reveal its buds?

Loved by young children and adults alike, this unique experience from Frozen Light Theatre is magically enchanting.

To book please visit: <https://www.ticketsource.co.uk/cheshire-dance/e-epjlyb>

NB: To ensure that this performance can reach the audiences it has been created for, please **ONLY** book tickets if your party includes an individual with PMLD.

We would love you to come along to the rest of the festival too so check out the full programme here: <https://www.nownorthwich.co.uk/> - it's all free and accessible for everyone.

CALLING ALL... HOME based HEROES

Always wanted to foster?
Life more flexible now?
Now you're finding yourself at home more, you could foster.

Join Cheshire West and Chester, Halton and Warrington's thriving community of **over 450 foster carers**.

If you're great with children and young people, have a spare bedroom and have time in your life to support a child or young person, (even if you have a 'day job' too), we'd love to hear from you.

You'll receive exceptional training, support and allowances circa **£300** per week, for each child in your care.

Find out more about the role, what we offer and when our next info session is taking place at:
foster4.co.uk/enquire
And on social media @foster4cheshire

to children with additional needs.
open their home to babies and toddlers.
brothers and sisters.

MEET SOME OF OUR EXISTING CARERS HOME based HEROES

Catherine opens her home to teenagers.
Mel and Mike open their home to young parents and their newborn babies.
Ishrat and Ansar open their home to Unaccompanied Asylum Seeking Young People.

You could too! We're looking for home-based heroes from all walks of life. Come and join the family.

F4OSTER
Cheshire West and Chester | HALTON Borough Council | WARRINGTON Borough Council

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Enquire today at:
@foster4cheshire

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Foster 4 - Click Here



The training sessions below which are due to run for CCG Parent Training attendees, can now be booked by ChAPS members. You can book your place and see more information about each of the courses via the links below:

Masking in Winsford - Monday 14th March, 6-8pm - <https://www.eventbrite.co.uk/e/287797749817>

Masking in Crewe - Wednesday 16 March, 10.30am-12.30pm - <https://www.eventbrite.co.uk/e/290282902977>

Sleep in Northwich - Friday 18th March, 1-3pm - <https://www.eventbrite.co.uk/e/287793296497>



May webinars are now open for booking!

Want to learn more about your own mental health and how to support others?

The Charlie Waller Trust are now taking bookings for free webinars and we're excited about the wide variety of topics coming up!

Webinars in May 2022

Join Dr Christine Curl as she talks to us about sleep and our young people's physical and mental health. Or talk with Alex Cochrane as he explores how we might help a young person to cope with loneliness and find something or someone to connect with.

Eating Disorder Awareness Week

To mark this week, why not book as we look at [the common questions that arise when supporting young people with eating disorders and normal teenage brain development](#) with parent, author and trainer Jenny Langley!

Our webinars are primarily aimed at parents and carers but are also perfect for young people, youth workers, employers, healthcare workers, psychology students and anyone interested in mental health.

[For Upcoming Webinars - click here](#)

Supporting Online Justice: Enhancing Accessibility, Participation, and Procedural Fairness

[Supporting Online Justice Project and the SEND Tribunal](#)

Five films have been produced by the Supporting Online Justice project as resources to help lay users of the justice system access and participate in online hearings. This project is a partnership between the Centre for Socio-Legal Studies at the University of Oxford, Oxford Brookes University and HM Courts and Tribunals Service with the support of the Judiciary.

These accessible films have been developed using an extensive process of consultation and testing with a range of lay users. The films include a generic film designed to be useful across a range of courts and tribunals, along with jurisdiction specific films for: the Special Educational Needs and Disability Tribunal; the Social Security and Child Support Tribunal; the Employment Tribunal (England & Wales/ Scotland) and the Family Court (Private). They are available with subtitles in six languages along with a British Sign Language version of each.

More information can be found on the Supporting Online Justice Project Website at:

Special Educational Needs and Disability Tribunal Film

Link: <https://youtu.be/SPEMtWWYAZ8>

BSL Link: <https://youtu.be/PNrguwNen64>

BOOK NOW for our next online event



Parent Carer Forum
Cheshire West & Chester

Wed 21st April 2022

7.00 - 8.00pm Zoom Meeting

Ofsted results & recommendations

Hosted by SEN Professionals:

Debbie Murphy - Virtual School Head Teacher

**Gill Tyler - Designated Clinical Officer for SEND
NHS Cheshire Clinical Commissioning Group**

**Debbie Freeman - Senior Manager SEN
Cheshire West and Chester**

Visit: www.pcfcheshirewest.org/whats-on

[To Book - Click Here](#)

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 secretary.pcf.cwac@gmail.com

or join us for one of our meetings.

We hope to see you soon!



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