



## Disabled Children's Service – Short Breaks Service



Newsletter 16<sup>th</sup> March 2022

This newsletter contains events and updates from various services around Halton and also other general information which you may find useful.

### ❖ HALTON SEND CARERS FORUM EVENT:



### Information and Support Surgery

## SATURDAY 19th March 2022

(12.00 noon to 16.00pm)

MoonMeadow Scout Hut, 21 Farnworth Street, Widnes, WA8 9LH.

Come along and hear about the strategic groups of Halton, their structure, their aims and objectives.

#### The strategic groups selected at this Particular event are:

- Halton Sendclass Team
- HBC SEN Team (EHCP)
- Gateway Community
- Fusion Inclusion
- HBC Short Breaks Team
- HBC 14-19 Education and Inclusion Team
- HBC Preparing for Adulthood
- Halton Disability Childrens Services
- Recharge and Restore
- HBC Independent Travel Training
- WellBeing Enterprise
- Sleep Nurse Specialist
- Chaps
- ADDvanced Solutions
- HBC MentalHealth Team

If you need General Advice in any of the above areas, then just pop along and see us at this event.

(Bus and Train fare will be reimbursed by the forum for travel to event)

#### We have lots of Fun Activities for the Children:

Hula Circus Tricks FacePainting Craft Table Sweet Table Raffle Basket  
Refreshments and More.



Halton SEND Carers Forum believe that informed parents are empowered parents and our aim is to make sure services in Halton meet the needs of disabled children and their families.

Tel: 07784240160/07784240161 FaceBook: HaltonSENDcarersforum Email: Haltonsendcarersforum@gmail.com

❖ **FRESH BEGINNINGS - HALTON FAMILY COOKING SESSIONS:**

## Halton Family Creative Cooking Sessions

Family creative cooking sessions for families who live in Halton and have children with autism, a learning difficulty or ADHD

AT PALACE FIELDS COMMUNITY CENTRE  
STARTING ON THE 19TH OF MARCH FOR 4 WEEKS  
19TH MARCH, 26TH MARCH, 2ND APRIL 9TH APRIL  
1:30PM - 4PM  
ALL FOOD, EQUIPMENT AND APRONS PROVIDED

come and join us and have fun to brush up on your cooking skills and learn to cook from scratch! no experience needed

INTERESTED?  
PLEASE CONTACT BARBARA  
mobile: 07921579213  
email: barbara@fresh-beginnings.co.uk

[www.fresh-beginnings.co.uk](http://www.fresh-beginnings.co.uk)

your adventure awaits

FIND US ON SOCIAL MEDIA


 FRESHBEGINNINGS COOKERY

 FRESH BEGINNINGS



## ❖ FREE TASTER COOKING SESSIONS:


 <p><b>FREE TASTER COOKING SESSION</b></p> <p><b>St Michael with St Thomas church (meeting room)</b> Ditchfield road, Widnes WA8 8HY 23rd, 30th March or 6th April 9.30 am - 12.00pm <b>Book now limited places available</b></p> <p>Why not join us for a one off cookery session - no experience necessary! All food, equipment and aprons supplied</p>  <p>Free slow cooker and cookery book also included</p> <p>Interested? Please contact _barbara@fresh-beginnings.co.uk 07921579213</p>	 <p><b>FREE TASTER COOKING SESSION</b></p> <p><b>St Bert's Church</b> Windmill Hill Runcorn <b>18th April FULL</b> We still have a few places for 25th March, 1st and 8th April <b>Book now limited places available</b></p> <p>Why not join us for a one off cookery session - no experience necessary! All food, equipment and aprons supplied</p>  <p>Free slow cooker and cookery book also included</p> <p>Interested? Please contact _barbara@fresh-beginnings.co.uk 07921579213</p>
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**FREE TASTER COOKING SESSION**

**at**  
**Ditton Library**  
**Queen's avenue Widnes**  
**4th April**  
**1.00 - 3.30**

Why not join us for a one off cookery session - no experience necessary!  
All food, equipment and aprons supplied



Free slow cooker and cookery book also included

Interested?  
Please contact  
\_barbara@fresh-beginnings.co.uk  
07921579213

## ❖ RECHARGE AND RESTORE WELLBEING SESSIONS:

 <h3>Recharge Your Self</h3> <p>relaxation sessions &amp; workshops helping you with stress, anxiety, poor sleep, confidence and self esteem</p>  <p><b>STRESSED OR ANXIOUS?</b> Learn a self-help relaxation technique that can help you to reduce your stress and anxiety.</p> <p><b>NEED HELP WITH SELF ESTEEM OR CONFIDENCE?</b> Sign up for one of our workshops Get in touch to book your place</p> <p>We are offering two workshops and you can attend one or both</p> <p><b>Workshop 1</b> - We will teach you a self-help relaxation technique that you can use for yourself and also share with family and friends.</p> <p><b>Workshop 2</b> - We will share techniques that can help you to reduce your stress and anxiety, help you to think more clearly and be in a better frame of mind to deal with your day to day challenges.</p> <p>Please get in touch for more information Mob: 07808 160315 / 07533 044283</p>	 <h3>Recharge Your Self</h3> <p>relaxation sessions &amp; workshops helping you with stress, anxiety, poor sleep, confidence and self esteem</p>  <p><b>Venues, dates and times</b></p> <p><b>Brookvale Community Centre, Northwich Road, WA7 6EP</b></p> <p>Tuesday 15th March 10-12 Wednesday 16th March 10-12 Tuesday 22nd March 10-12 Thursday 24th March 10-12</p> <p><b>Halton Womens Centre, Pendennis Court, WA7 2SW</b></p> <p>Friday 18 March 10-12 Thursday 31st March 10-12 Friday 8 April 10-12</p> <p><b>Upton Community Centre, Hough Green Road, WA8 4PF</b></p> <p>Monday 28 March 12-2 Tuesday 29 March 12-2</p> <p>Please get in touch for more information Mob: 07808 160315 / 07533 044283</p>
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## ❖ CONTACT CHARITY: FUEL BILLS ADVICE:

### Help with fuel bills

There is [help available](#) so make sure you are getting all the help with fuel bills you are entitled to. It is worth checking to see if you can [decrease the amount of energy you use](#). And if you are struggling with finances and debt, try our [online benefits calculator](#) or our [online grants search](#). (<https://contact.org.uk/help-for-families/information-advice-services/money-debt/help-with-utility-bills/>)

### Worried and need someone to talk to?

We know this is a worrying time so if you need to talk to someone who understands, please do [book an appointment with our listening ear service](#). (<https://contact.org.uk/help-for-families/listening-ear/>)

## ❖ CAFT EASTER HOLIDAY CLUB:



Lots of time to play in our accessible activity areas

Mud Kitchen,

Water play

Digging /Climbing

Quiet zone

Access to animals and wildlife

### WELCOMES HALTON FAMILIES TO EASTER HOLIDAY CLUB ON THE FARM

Friday April 8th 10am-1pm 3 hour self led family visit including drop in Forest School

Friday April 8th 1pm-4pm 3 hour self led family visit including drop in Forest School

Monday April 11th 10am-1pm 3 hour self led family visit including drop in Forest School

Monday April 11th 1pm-4pm 3 hour self led family visit including drop in Forest School



**TO BOOK ON PLEASE CLICK THIS LINK**  
[CAFT Halton Family Visit Application \(google.com\)](#)



**To book fill in the form on the link below-**

[https://docs.google.com/forms/d/e/1FAIpQLScapIqHSM6qLFa8syAt04k7kpuwzc6rq6Qc5J4obRD\\_WtoF2A/viewform](https://docs.google.com/forms/d/e/1FAIpQLScapIqHSM6qLFa8syAt04k7kpuwzc6rq6Qc5J4obRD_WtoF2A/viewform)

### ❖ VELOCITY AUTISM AND DISABILITY SESSIONS:

A Trial SEND session will be taking place on **Wednesday 23<sup>rd</sup> March 6pm-7pm** at Velocity Widnes. The cost is £10 per person + 1 free carer. Previously they have had trouble filling these spaces, so if this session gets a good number attending they will be able to open this up to a weekly session. All disco lights will be switched off, all music will be turned off and this will be a private session limited to 70 spaces per session. Please call 0151 424 8613 to book.

### ❖ BUILDING THE BASICS SEND STAY AND PLAY SESSIONS:

See website for more info... <https://www.buildingthebasics.co.uk/upcoming-play-and-stay-sessions>

**UPCOMING STAY AND PLAY SESSIONS**

**NEW AUTISM / SEN STAY & PLAY SPECIALS**  
Following the huge success of the Stay & Play sessions and the great feedback we are pleased to announce another set of sessions

www.buildingthebasics.co.uk  
07305591299  
buildingthebasics@outlook.com

£15 per session or £70 for all 5 sessions

April 24th - Dino Land  
May 1st - Wheels  
May 15th - People who help us  
May 22nd - Going on a bear hunt  
May 8th - Under The Sea

Book now as places sell fast

**JUST ANNOUNCED NEW SESSIONS**

**SPRING HAS SPRUNG STAY AND PLAY SESSIONS**  
Building The Basics is hosting another termly package of Stay and Play sessions.

The Stay and Play sessions will run at The Shining Lights Centre, St. Helens, for five consecutive weeks. The session times will be 10.00a.m - 11.30a.m.

**Dates of the sessions**  
April 24th, May 1st, May 8th, May 15th, May 22nd

**THE STAY AND PLAY SESSION SPECIALS**  
This set of Stay and Play sessions are run as session specials. As such parents / carers are able to choose whether to sign up for the whole term priced at £70 or just choose the specials that they wish to attend. Each individual session is priced at £15 per child. All sessions will involve a range of structured stories, games and activities, as well as a range of sensory experiences.

### ❖ DEAFNESS RESOURCE CENTRE SPORTS SESSIONS:

**DRC Sport Sessions**  
**EVERY MONTH**

\*Starting Wed 16th March 2022

Age 5—9 @ 5.30pm—6.30pm  
Age 10—16 @ 6.30pm—7.30pm

£4.00 PER SESSION OR  
BLOCK BOOK 4 SESSION FOR £15.00  
(Speak to staff about payment options)

For more information or to book your place  
Email: [ICAN@deafnessresourcecentre.org](mailto:ICAN@deafnessresourcecentre.org)  
Deafness Resource Centre | 32-40 Dentons Green Lane | St Helens | WA10 2QB

❖ **FLIP OUT CHESTER – SEND SESSIONS:**

Our ASD & Disability sessions run weekly on Tuesday evenings between 6pm-7pm. During this session there's low level music and no disco lights. Admission costs just £5 per person, carers and siblings welcome. See website for more information: <https://www.flipout.co.uk/detail/flip-out-sandwell/asd-and-disability-sen-sessions>

❖ **LIVERPOOL INDOOR FUNFAIR QUIET SESSIONS:**

Our Quieter Sessions for Liverpool Indoor Funfair are scheduled for...

-Saturday 9th April at 10am-1pm

-Wednesday 20th April at 10am-1pm

Get your tickets to these sessions and all other sessions via our website [www.indoorfunfair.org](http://www.indoorfunfair.org)



The graphic features a background image of an indoor funfair with various rides and a large sign that reads "LIVERPOOL INDOOR FUNFAIR". The text is overlaid on a blue and white geometric design.

**Saturday 9th April**  
10am- 1pm

**Wednesday 20th April**  
10am-1pm

UNLIMITED RIDES  
**£10.99**  
When Booking Online  
UNLIMITED RIDES

**Quieter Sessions**

Doors will open 30 minutes prior to the session start time.

Music will be lowered dramatically.

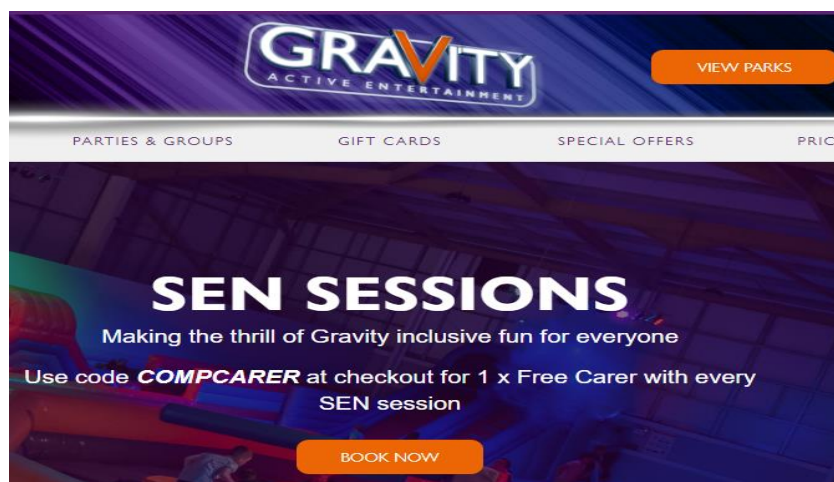
Rides will be slower where possible.

Ride lights will be turned off where possible.

### ❖ GRAVITY WARRINGTON – SEN SESSIONS:

Trampolining has been shown to help with a wide range of sensory, developmental and physical disabilities. In our SEN sessions, the whole park and its facilities are made exclusively available to members of recognised disabled groups and societies and caters for a wide range of disabilities.

<https://www.gravity-uk.com/time-square-warrington/activities/sen-sessions>



This newsletter provides general information and resources, though not all of it will be relevant to everyone included in the mailing list. If there is some specific information you would like to see more of, or information from a certain service please let me know and I will try to include next time. If you do not wish to continue receiving this newsletter, please let me know.

[Victoria.Meadows@halton.gov.uk](mailto:Victoria.Meadows@halton.gov.uk)

Disabled Children's Service – Short Breaks  
Halton Borough Council