



## Short Breaks Service



### For Children with Disabilities

Newsletter w/c 5<sup>th</sup> June 2023

This newsletter contains events and updates from various services around Halton, as well as other general information which you may find useful. You can find out more information on the [Halton Local Offer page online](#) or contact the [Short Breaks Service for Children with Disabilities](#) team too.

# We're supporting Carers Week!



**5-11 June 2023**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

Halton Carers Centre are running lots of activities across the week to support and recognise all the carers in our local area. They will be out and about across Halton identifying residents who have a caring role but don't realise there is support available.

If you are not a carer yourself you will more than likely have a relative or friend who is please let them know Halton Carers Centre are here to support them and they can [register by completing this link here](#).

You can also [visit their website here](#) or check out their [Facebook page](#) for all the latest updates.

We're supporting Carers Week!

# 2023



**5-11 June 2023**

## Tuesday 6th June

- > Carers Mental Health Support Group (Runcorn)



## Wednesday 7th June

- > Carers Health Checks
- > Outreach at Halton Hospital
- > Carers Afternoon Tea @ HCC (Runcorn)
- > Podiatry appointments for carers

## Thursday 8th June

- > Outreach at Hough Green Health Park
- > Carers Mental Health Training
- > Young Carers RTime Group
- > Reflexology & Podiatry appointments for carers

## Friday 9th June

- > Outreach at Asda Runcorn
- > Carers Cake decorating session
- > Relaxation appointments for carers



For more information on any of our activities please call the office on 01928 580182



Halton Carers Centre is registered in England & Wales as a Registered Charity Number: 1124493

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## Halton SEND Parent Carer's Forum



**Halton SEND PARENT Carer's Forum**  
Your voice counts

# UPCOMING EVENTS

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**JUNE 07** **CHAPS PDA PART 1 - 19.30PM - 20.30PM**  
HSPCF zoom about Autism and PDA  
Join Zoom Meeting.

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**JUNE 08** **WALK AND TALK - 9.30AM - 11.30AM**  
Victoria Park Widnes, Birchfield Rd, Widnes WA8 7SU.  
Meeting at the Bandstand at 9.30am  
**HSPCF JUST BEE YOU CIC - 7.30PM - 20.30PM**  
Relax kids and other calming methods explained  
Join Zoom Meeting.

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**JUNE 15** **PARENT DROP IN SESSION - 10.00AM - 11.30AM**  
Brookfields School, Moorfield Road, Widnes, Cheshire, WA8 3JA.  
**WILLS AND TRUSTS - 7.30PM - 20.30PM**  
HSPCF Vulnerable Beneficiary Webinar - Join Zoom Meeting.

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**JUNE 22** **PARENT & CARERS COFFEE CAKE & RELAX MORNING**  
**9.30AM - 11.30PM**  
Runcorn Community Shop - Priory House, Northway, Runcorn, WA7 2FS  
Email us for the carpark code

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**JUNE 29** **PARENT DROP IN SESSION - 9.30AM - 11.30AM**  
Oakfield Community Primary School, Edinburgh Road, Widnes, WA8 8BQ  
**HSPCF WHINE & WINE Q&A ZOOM**  
Team Q&A for parents who work and cant come coffee mornings.  
Join Zoom Meeting.

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**JUNE 30** **HUMMINGBIRDS - 17.00PM - 19.00PM - FULL**  
Hummingbirds Art Studio, 12 Mainstreet, Halton. Runcorn WA7 2AN.

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Made with PosterMyWall.com [www.haltonsendcarersforum.org.uk](http://www.haltonsendcarersforum.org.uk) E: [info@haltonsendpcf.org.uk](mailto:info@haltonsendpcf.org.uk)

Halton SEND Parent Carers Forum have plenty of activities during June, including their parent drop in sessions, and the regular Zoom meetings with various professionals.

Visit [their Facebook page](#) or website: [haltonsendcarersforum.org.uk](http://haltonsendcarersforum.org.uk) to find out more. If you are not a member of the forum you can contact the team by emailing [admin@HaltonSendPCF.org.uk](mailto:admin@HaltonSendPCF.org.uk) or [Kelly.Dace@Haltonsendpcf.org.uk](mailto:Kelly.Dace@Haltonsendpcf.org.uk).

Plus they have released dates for their popular Family Craft and Pizza nights – see the dates below and email [Claire.collins@haltonsendpcf.org.uk](mailto:Claire.collins@haltonsendpcf.org.uk) to secure your places!



# HALTON SEND PARENT CARERS FORUM



## FREE FAMILY CRAFT & PIZZA NIGHT



**Friday 14th July 2023 – 5PM TO 7PM – Spaces**  
**Friday 22nd Sept 2023 – 5PM TO 7PM – Spaces**  
**Friday 20th Oct 2023 – 5PM TO 7PM – Spaces**  
**Friday 24th Nov 2023 – 5PM TO 7PM – Spaces**

**At Hummingbird Art Studio**  
**Village Hall, 12 Main Street, Halton Village WA7 2AN.**

**To Join us on the night:**

Email: [Clare.Collins@haltonsendpcf.org.uk](mailto:Clare.Collins@haltonsendpcf.org.uk) and book your place.

Parents, Carers, Children and Young People, all members are welcome, but you need to book your place by email.



 Halton Send Parent Carers Forum  
Contact: 07784240161

[WWW.Haltonsendcarersforum.org.uk](http://WWW.Haltonsendcarersforum.org.uk)  
Email: [info@haltonsendpcf.org.uk](mailto:info@haltonsendpcf.org.uk)



## Sensory sessions for toddlers and pre-school children at Rebounders



<https://bookwhen.com/reboundertherapy> to book. Ten places available. One child place per family.

### **SENSORY SESSIONS AT REBOUNDEERS**

**EVERY FRIDAY MORNING FROM  
10-11:30AM  
TODDLERS/PRE SCHOOL AGED  
18MONTHS-3YEARS**



In partnership with [Autism Adventures Training](#), Rebounders will be offering sensory sessions using different sensory toys/ activities to support a child's sensory regulation for toddlers aged 18 months to 3 years.

There are only ten spaces available on a first come first serve basis and parents to be responsible for their child accessing all activities. [Click here to book](#) or visit the [Rebounders Facebook page](#) for more information.

**Healthy Minds course with ICAN at the  
Deafness Resource Centre**



# Healthy Minds

**A 4 week course exploring  
positive mental health,  
wellbeing & deaf identity in  
deaf children & young people**

**Starting  
Wednesday 21st June 2023  
For 4 weeks**

**5pm - 6pm**

**BOOKING IS REQUIRED**

For more information please contact:  
E: [ICAN@deafnessresourcecentre.org](mailto:ICAN@deafnessresourcecentre.org)  
T: 01744 23887

Deafness Resource Centre, 32-40 Dentons Green Lane, St Helens, WA10 2QB



The Deafness Resource Centre are running a new four-week course **beginning on Wednesday 21st June** about exploring positive mental health & wellbeing as well as deaf identity in deaf children and young people.

If you are interested in booking a place or if you would like more information please contact [ICAN@deafnessresourcecentre.org](mailto:ICAN@deafnessresourcecentre.org) or check out [their Facebook page](#).



## Mako Create Coding club

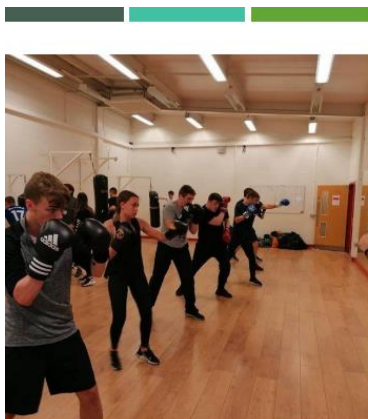


Mako Create's free monthly Coding Club is a fun and supportive place for young people from Halton to get together to enjoy learning coding skills, completing challenges and meeting new people.

Their next session is on **Thursday 15<sup>th</sup> June 4pm-6pm** at **Grangeway Community Centre Runcorn**.

The sessions are open to young people aged between 10 and 16 living in Halton, and while they should have an interest in learning coding skills they do not need any prior experience! [Click here for more information about the club and to book your places.](#)

## AFA Sports College Open Day



AFA Sports College will be hosting an open day on **Wednesday 28th June from 1pm** at Runcorn Boxing Club in Runcorn Shopping City.

It's an opportunity for anyone interested in sports coaching qualifications, or anyone who is interested to hear what they deliver as a Further Education Provider.

Young people, parents and carers are welcome and will have the opportunity to speak to members of staff, boxing coaches, other students, career advisors, and support workers.

To register your interest and to find out more please email [Gary@enhancebrightenimprove.co.uk](mailto:Gary@enhancebrightenimprove.co.uk) or call Gary on **07572 795392**. Or you can simply drop-in on the day to speak to one of the team.

## Beach Wheelchair rental at New Brighton



If you fancy a trip to the beach but are worried about access then Beach Wheelchair Rental is available at the Floral Pavilion New Brighton beach with three types of beach wheelchairs:

- Sand Cruiser (push-assisted)
- Hippocampe (push-assisted)
- Extreme X8 All Terrain (electric powered)

Most rentals are free and you can book by visiting the Box Office counter, calling the Box Office on **0151 666 0000** or visiting [their website here for more information](#). Wheelchair hire is also available at West Kirby beach too – details are on the website.

## Calderstones Park Beach and Fun Fair returns this summer

**NEIL PONTS URBAN BEACH EVENT**

**CALDERSTONES PARK  
BEACH & FUN FAIR RETURNS**

**Saturday 22nd July - Sunday 3rd September**

**DISCOS, CHARACTERS,  
DINO DAYS AND MORE!**

**Calderstones Beach**

The popular beach and fun fair returns to Calderstones Park Liverpool this summer from Saturday 22<sup>nd</sup> July through to Sunday 3<sup>rd</sup> September. They will be holding dedicated sessions for children and young people with additional needs – the dates will be announced closer to the time so keep an eye on [their Facebook page](#) for all the latest updates and more information on how to book on to the sessions.



## **Splash World Southport re-opens**



Splash World in Southport has now re-opened after refurbishments. With the summer holidays on the horizon it's a great place for a fun-filled day out.

Their 'Quiet Nights' for children and young people with additional needs will offer dimmed lighting, reduced noise and specialist equipment to aid and increase enjoyment without overstimulation

During their inclusive nights sessions, access is also given to the child's parents, carers, family and friends so they can all enjoy the Splash World facilities together.

More information and dates will be announced soon, check out [their website here](#) and [Facebook page](#) for the latest updates.

## **Calm your Mind – men's mental health support in Halton**



Calm Your Mind aims to give men practical tips to get back to a better place so they can manage their mental health and wellbeing.

There are first-hand stories from other men who have experienced challenges and overcome them as well as valuable guidance on the actions you can take to look after yourself as well as specialist support available in Halton.

The campaign is sharing information specifically for men helping them to understand why they react the way they do to certain situations and problems, raising awareness of positive practical things men can do to calm their minds and think more clearly, and giving details of support available for specific problems to help them get back on their feet.

The website will also raise awareness of support available via text, web chat and face to face to help men offload in confidence as we know they don't like worrying their family and friends. [Visit the website here](#), or check out their social media including [their Facebook page here](#).

## **MAX cards**



As summer holidays start to approach don't forget that Max Cards are available for our families in Halton.

The card is designed to help families save money on great days out at castles, zoos, bowling alleys and more.

You can visit the **MAX Card website** for further details or check out **the Local Offer**. Cards cost £2.50 and can be collected from Warrington Road Children's Centre in Widnes, or Glendale Family Centre in Runcorn (available Monday to Friday 9am to 4.30pm – please note, it is cash payments only).

You can email **AimingHigh.forDisabledChildren@halton.gov.uk** or call 0151 511 6560 for more details

This newsletter provides general information and resources for parents and carers of young people with SEND, and for professionals who support them. Please note, while we take every care to ensure the information we share is accurate the information provided is not a direct recommendation from the Short Breaks Service and we recommend that you complete your own research about the information and events we signpost.

We recognise that not all of the information in this newsletter will be relevant to everyone included on the mailing list. If there is some specific information you would like to see more of, or information from a certain service that you'd like to share 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.

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