



## Short Breaks Service



### For Children with Disabilities

### Newsletter w/c 28<sup>th</sup> August 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.

### Halton SEND Parent Carer's Forum – September events and activities



Halton SEND Parent Carer's Forum re-opens after the summer break on Wednesday 6<sup>th</sup> September and has lots of events planned throughout the month including their popular **coffee cake and check-in on Thursday 21<sup>st</sup> September 11.30am-1.30pm** at the Community Shop in Runcorn, and the latest **parent drop in session on Thursday 28<sup>th</sup> September 9.30am-11.30am** at St. Bede's Junior School in Widnes.

The Forum also has three of their online Zoom parent information workshops planned throughout September:

- **Thursday 14<sup>th</sup> September 7.30pm Healthwatch Halton** – join Dave Wilson to find out information about health and social care services available locally. Dave will be with us to talk about what help and support from Healthwatch Halton is available to residents of Halton.
  - <https://us02web.zoom.us/j/85999528028?pwd=L1Jud1VDIb3dGWXFLbFhhUWlrdk1HQT09>
  - Meeting ID: 859 9952 8028 Passcode: 818122
- **Thursday 21<sup>st</sup> September 7.30pm Autism and ARFID (Avoidant restrictive food intake disorder)** – join Emma Eager from The Autism Wellbeing Project who will share her in depth knowledge of autism and ARFID and the challenges that can bring to young people with autism and their parents, and give parents and carers an insight on how best to support through the challenging times.
  - <https://us02web.zoom.us/j/87076897797?pwd=ZVV3cHZLbIpMNHc1RGZwak9ncnBpUT09>
  - Meeting ID: 870 7689 7797 Passcode: 627915

- **Thursday 28<sup>th</sup> September 7.30pm Halton SENDIASS Service overview with Sharon English.** SENDIASS provides impartial and confidential information and support for parents of children with SEND. They can also work directly with young people with SEND aged 16 to 25 to offer them support. This workshop is a very informative and informal way to ask your questions to the professionals and seek support easily.
  - <https://us02web.zoom.us/j/85912769782?pwd=bmVNcEcwWUIES09TZXR0bkxHV3ArZz09>
  - Meeting ID: 859 1276 9782 Passcode: 613917

If you are not a member of the Forum and want to join any of these zoom workshops, just email Jen on [info@haltosendpcf.org.uk](mailto:info@haltosendpcf.org.uk) for a membership form.

Date	Event	Time	Venue	Information
Wednesday 6 <sup>th</sup> September	Forum reopens after summer	9.30am - 1.30pm		The forum reopens after summer.
Thursday 14 <sup>th</sup> September	Dave Wilson -Healthwatch Halton Zoom	7.30pm -8.30pm	Zoom	<a href="https://us02web.zoom.us/j/85999528028?pwd=L1Jud1VDb3dGWXFLbFhhUWlrck1HQT09">https://us02web.zoom.us/j/85999528028?pwd=L1Jud1VDb3dGWXFLbFhhUWlrck1HQT09</a> Meeting ID: 859 9952 8028 Passcode: 818122
Thursday 21 <sup>st</sup> September	Coffee, Cake and 'Check in'	11.30am-1.30pm	Community Shop, Priory House, Northway, WA7 2FS	We would love to welcome our parents back after a long summer break! Come have a drink and chat, get some advice and support from other parents in the same boat!
Thursday 21 <sup>st</sup> September	Autism and ARFID Parent Training Workshop Delivered by – The Autism Wellbeing Project	7.30pm-8.30pm	ONLINE (Zoom)	<a href="https://us02web.zoom.us/j/87076897797?pwd=ZVV3cHZLb1pMNHc1RGZwak9ncnBpUT09">https://us02web.zoom.us/j/87076897797?pwd=ZVV3cHZLb1pMNHc1RGZwak9ncnBpUT09</a> Meeting ID: 870 7689 7797 Passcode: 627915
Friday 22 <sup>nd</sup> September	Hummingbird Art session, with Pizza.	5pm -7pm	Hummingbird Art Studio The Village Hall, 12 Main St, Halton, Runcorn WA7 2AN	Bookable event – <b>Fully booked.</b>
Thursday 28 <sup>th</sup> September	Parent Drop-In Session	9.30am-11.30am	St Bede's Junior School, 16 Appleton Village, Widnes WA8 6EL	A chance to register with the forum, gain support, advice, and signposting in your child's own school. Meet other parents in your child's school experiencing the same issues.
Thursday 28 <sup>th</sup> September	SENDIASS Overview – Sharon English	7.30pm – 8.30pm	ONLINE (Zoom)	<a href="https://us02web.zoom.us/j/85912769782?pwd=bmVncEcwWUIES09TZXR0bkxHV3ArZz09">https://us02web.zoom.us/j/85912769782?pwd=bmVncEcwWUIES09TZXR0bkxHV3ArZz09</a> Meeting ID: 859 1276 9782 Passcode: 613917

## **The Autism Wellbeing Project**



The Autism Wellbeing Project is a new non-profit organisation dedicated to supporting autistic adults in Halton and the surrounding areas. They support anyone aged 16+, whether diagnosed or not, and are based in Runcorn, although their online support can be accessed from anywhere.

They believe in taking an innovative and holistic approach to support, and by combining their expertise in mental health, social care, and inclusive education, they strive to create a supportive environment where autistic individuals can thrive. They are led by a highly experienced specialist teacher, so you know you will always be getting high quality, evidence-based support and they are registered with the BACP and the ACCPH. And as a Community Interest Company (CIC) any profits made are put back into supporting as many autistic people as they can.

A copy of their latest newsletter is attached, and you can find out more by visiting [their website here](#) or check out [their Facebook page here](#).

## **Back to School time – support and guidance**



As the school holidays draw to a close, many children can find it unsettling heading back to school, but it can be especially worrying for children with additional needs or disabilities.

There are lots of resources online that offer help, advice and guidance – such as [this article from TheSchoolRun.com here](#).

## **Money Matters session with SEND R US**

SEND R US in collaboration with Citizens Advice Halton are holding a Money Matters advice session on **Monday 4<sup>th</sup> September between 12pm and 2pm** at Ditton Library, Widnes.

The drop-in session is an opportunity to get advice, information, and support for all money matters whether it's debt, housing costs or energy bills. There will be free refreshments available plus an arts and crafts table to keep the children occupied.

Find out more or contact the SEND R US team through [their Facebook page here](#)

# Money Matters

Money, debt and general  
advice session in collaboration  
with Citizens Advice Halton

Come along to our drop in session anytime from  
12pm to 2pm for all money matters.  
Whether it's debt, housing costs or energy bills,  
there will be information available

Free refreshments & a table with arts  
and crafts if you bring children along

Monday 4th September  
12pm-2pm

Ditton Library  
11 Queens Avenue  
Widnes, WA8 8HR



## Creative Hangout

# CREATIVE HANGOUT



**A PROJECT FOR YOUNG ADULTS FROM HALTON WITH DISABILITIES OR AUTISM TO MEET NEW FRIENDS AND TRY CREATIVE ACTIVITIES**

Age: **16 - 25**

Location: **Ashley High**

**School, Widnes, WA8 7HG**

Date: **Mondays**

**11.09.23 - 23.10.23**

Time: **3.30 PM - 5.30 PM**



# BOOK NOW

Call: **0151 433 2223**

Email: **[info@digitalartsbox.org](mailto:info@digitalartsbox.org)**

or scan the QR code



The team at Digital Arts Box are launching a new project for young adults aged 16-25 with disabilities or autism. It offers a welcoming and supportive environment where young people can try a whole host of creative activities including coding, graphic design, crafting and much more, as well as an opportunity to socialise with friends old and new.

The sessions will take place **each Monday from 3.30pm-5.30pm** for seven weeks **starting on 11<sup>th</sup> September** at Ashley High School Widnes, and the first session begins with one of our most popular topics: stop-motion animation!

Call **0151 433 2223**, email **[info@digitalartsbox.org](mailto:info@digitalartsbox.org)** or **[click here to book your places](#)**.

## Free Cookery Courses with Four Estates

### Runcorn

# FREE COOKERY COURSES

*All ingredients and equipment supplied*



FREE OF CHARGE!

SUITS ANY ABILITY

**Halton Brook Community Centre,  
Meadway, Runcorn WA7 2DX**

**10am until 12 noon every Thursday for 4 weeks**

**Starting Thursday 14th September 2023**

**To Book:**

**Call 01928 568 536**



Another community initiative brought to you by Four Estates  
Charity No 1090795

**Cadent**

**Riverside**

The team at Four Estates are offering free cookery courses every Thursday for four weeks starting on **14<sup>th</sup> September from 10am-12 noon** at Halton Brook Community Centre. The courses suit all abilities and all ingredients and equipment are supplied!

**Call 01928 568 536 to book your place or check out [their Facebook page here](#).**

## Faraday Inclusion and Sensory Zone



Faraday Inclusion and Sensory Zone is based in the Faraday Mobility Centre in Runcorn Old Town. Their sensory room is open 10am – 4pm every weekday and 10am – 2pm on a Saturday, plus they have Thursday evening bookings available by appointment only. Located in the Faraday Mobility Centre which is directly behind Wetherspoons, in Runcorn Old Town.

Prices are £3.50 per child for children over 12 months. Under 12 months price is £1.50. [Book online through their Facebook page here](#) or call the team on **01928 564697**.

## Accessing Short Breaks information on the Halton Local Offer

Halton Local Offer



Don't forget you can access our Short Breaks page on the Local Offer by scanning this QR code here or [click this link](#).

Here you'll find lots of useful information and resources, while [the Leisure page here](#) has details of activities and events across Widnes and Runcorn



And your feedback and suggestions help us to keep improving the Halton Local Offer for families across our borough – [click here to share your feedback!](#)



## Cheshire Autism Practical Support - ChAPs



Cheshire Autism Practical Support (ChAPS) is a registered charity who offer practical advice, support and services across Cheshire for families of young people with Autism Spectrum Condition or Asperger's Syndrome whether diagnosed or not.

They run monthly parents meetings, positive parenting courses helping with behaviour, anxiety etc., activities for children, young people and adults on the spectrum, and lots more.

You can read their regular newsletters which include details and information on all their activities. A copy of the September newsletter is attached to this email.

For more information on ChAPS you can [check out their website here](#), or call **0344 850 8607**, or drop them an email at [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk) .

You can also request to [join their Facebook page](#) where you'll find support, advice and signposting – please note this a private group and only parents will be given access once you are a ChAPS member; no professionals will be admitted.

## MAX cards



The summer holidays may be coming to an end but don't forget that Max Cards are available for our families in Halton all year round.

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](mailto:AimingHigh.forDisabledChildren@halton.gov.uk) or call 0151 511 6560 for more details.

## Summer Holiday activities across Halton



The summer holidays may be coming to an end for another year but you can still [click on this link](#) for a full up-to-date list of the activities and a google map showing the areas in Halton where the remaining activities are taking place along with the providers contact details and information on accessibility for children and young people with SEND (the table with the list of SEND keys is below).

[Visit the Halton Borough Council website here](#) to see the flyers for the activities, and you can [click here to find out more about the services available for children and young people across Halton](#).

You can also find out more information on the [Halton Local Offer page online](#) or contact the [Short Breaks Service for Children with Disabilities](#) team too.

Halton Local Offer

### SEND Keys – Youth Provision

**Want to find out if the provision offers activities for children and young people with SEND?**

Check out the table below for the SEND Keys guide

Activities can offer SEND specific and SEND accessible activities for children and young people across the youth programme

<b>SS – SEND Specific:</b>	Solely for children and young people with SEND and their families
<b>S – SEND Friendly:</b>	Venue or event where providers have general SEND awareness and small adjustments can be made
<b>SA - SEND Accessible:</b>	Physically accessible venue or event
<b>F – Family Friendly:</b>	Accessible for all families

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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Short Breaks Service for Children with Disabilities Halton Borough Council

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