

Cheshire East Information Advice & Support

Autumn 2015 Newsletter

A confidential, impartial service for families living with Special Educational Needs & Disability

About our service

Cheshire East Information Advice and Support Service. This is the new name for the Parent Partnership Service.

This remains a free and confidential service which is available to all parents and carers of children aged 0 to 25 who have Special Educational Needs or Disability. The service will now be available directly to young people aged 16-25. All staff are trained and experienced in supporting parents and will work with parents to develop trusting relationships. The service is impartial and operates at arm's length from the Local Authority and Clinical Commissioning Groups.

- The service will listen to concerns from parents and young people and ensure their views are taken into account by professionals.
- The service can help parents and young people to prepare for meetings and to attend meetings with them as appropriate.
- The service will produce information that is accurate and relevant to the needs of the parents, carers and young people.

We are also able to :-

- Answer enquiries
- Support at meetings
- Write a record of your meeting outcomes and any actions (we do not record minutes)
- Help with paperwork preparation for annual reviews
- Help to prepare you for meetings with a positive outcome in mind
- Offer parents/carers and young people 16+ independent support with the new EHC needs assessment forms.
- Signpost you to other services or professionals for advice.

In addition, CEIAS can offer support to families and young people who are applying for an Education, Health and Care assessment and will provide information and guidance around the offer of a Personal Budget. We have a small team of fully trained Independent Supporters who will be available to work with families and young people to guide them through the changes and to assist with the completion of the new documentation.

How to get in touch:

E-mail: parentpartnership@cheshireeast.gov.uk Tel: 0300 123 5166

Post: CEIAS, FREEPOST RSSU-KCZX-HXSC, Floor 4, c/o Municipal Buildings, Earle Street, Crewe, CW1 2BJ

All details and events correct at time of print.

Welcome to CEIAS!

We're almost at the end of another school year and the summer holidays are here. This can be challenging as routines of school disappear and finding activities to fill the weeks until the Autumn term begins, can be daunting .

With this in mind, we have created a "activity club guide" for you to pull out and keep of some groups and clubs around Cheshire East. It's not a fully comprehensive list and more can be found on the Cheshire East Local Offer Website <https://ice.cheshireeast.gov.uk/> and from speaking to friends and other group users, you will come across many more. This is a flavour of what's out there for children and young people with additional needs/disabilities.

This academic year has seen much change, with the introduction of the Children and Families Act 2014 and the introduction of the new SEN Code of Practice. These have brought about changes to how support is delivered in educational settings with the introduction of a new band of support called "SEN support", replacing School Action and School Action Plus and statements being replaced with a new system of the education, health and care plan (EHC plan) . The team has been supporting families with the needs assessment process and also transferring from the old system, let us know if you feel that you might need assistance with any of these aspects from an Independent Supporter.

There are articles on all of these in this edition and also on exclusions, bullying and some lovely writing that has been sent into us from some young people living in Cheshire East sharing their views on SEND.

Our team has also seen some changes. We said a fond farewell to Liz Warham, who led the service very efficiently and worked for Cheshire East for a number of years. Liz was very well respected by her colleagues and our families alike. We miss Liz and her lovely warm and calming demeanour and wish her well for the future.

Ruby's Fund

Ruby Parr is a beautiful little girl with a rare chromosome disorder called IDIC 15. Due to a lack of inclusive and accessible family friendly facilities in her home town of Congleton, her parents and a family friend started to fund raise to provide the town with a sensory centre for children and young people with disabilities and additional needs. It was here that 'Ruby's Fund' was created. As the charity grew different avenues of fundraising were developed. One of these methods was making and selling bags. Volunteers made the bags and sold them at local events. The bag range became popular and the decision was made to develop a trading arm for Ruby's Fund called 'Rubydoos'. The family and friends have been working very hard towards opening the centre and after 6 years of fundraising Ruby's Fund finally opened in September 2014!

Families often have difficulty finding a safe and accessible place to meet, have fun and socialise. The centre offers a safe, stimulating environment, giving individuals and groups the chance to explore and develop in an inclusive setting, which is also ideal for therapy, relaxation, education

and most importantly friendship and fun. The sensory room at Ruby's Fund is a fantastic resource. It's a calming and non-threatening environment which has many features including a large bubble tube, ball pool, infinity panel, fibre optics and projector lighting. There are a variety of clubs and groups that meet at Ruby's fund, including a 'Lego' club!

Check out the website for more details www.rubysfund.co.uk
Ruby's Fund can be found at Meridian House, Roe Street, Congleton. CW12 1PG
T:01260 277666 E: info@rubysfund.co.uk

Worried about your children loosing learning over the summer holidays? Have you heard about the Summer Reading Scheme?

Every summer, libraries across the country encourage children to sign up and pledge to read six books through the holidays, about one a week. There is usually a theme and children can join in with additional activities, colouring competitions and quizzes in the library as well as collecting special stickers or tokens over the weeks. Every year the theme is different and the library has exciting and colourful displays of themed art work relating to the challenge. The children are able to add to the wall displays by colouring in items for staff to include. At the end of the scheme, children are invited to attend an "award ceremony" where they are presented with a certificate to celebrate their achievement. A simple, free, fun activity and a way to support reading at home, you could meet up with friends and make it a social activity too! Visit www.cheshireeast.gov.uk/libraries to find your nearest library.

What is the Parent Carer Forum?

Cheshire East Parent Carer Forum is led by parents for parents and carers of children and young people aged 0-25 with additional support needs and disabilities in Cheshire East. We work in partnership with commissioners and service providers across health, social services and education.

The aim of the Forum is to enable parents and carers to share their knowledge of what works and what doesn't work so well; and to help service providers and commissioners focus their efforts on effective, high quality support.

The Forum also aims to signpost parents to gather advice and information, to help them through their journey as carers of a disabled child or young person.

You can become a member of the forum and join us at parent events throughout the County ensuring your views and your child's voice is heard "Together is better" !

Cheshire East Parent Carer Form is delighted to offer a free max card to forum members. A max card is a discount card for families of children with additional needs to save money on great days out at castles, zoos, bowling alleys and more. To receive a max card just fill in an application to join the forum (existing members also need to complete a form) and start saving.

See our website : www.cepcf.org or email us : cheshireeastpcf@gmail.com with any thoughts or ideas for making a difference for all parents. You might have or something that you would like us to look into, recently we have been working with the commissioner for short breaks, to explain the sort of breaks our families would like to have.

Contact a Family is a national charity for families with disabled children. We provide information, advice and support. We bring families together so they can support each other. We campaign to improve their circumstances and for their right to be included and equal in society. We also host training/workshops for parents, please see our website for more information and how we can help individual families. www.cafamily.org

CAMHS— Autism research

A Cheshire East Mum, Karen Beech is currently carrying out a survey on behalf of the NAS (National Autistic Society). Karen would like to hear from families that have used the Macclesfield CAMHS as part of their child or young persons autism diagnosis pathway. Karen is collecting information to feed back to the NAS on how effective the process has been for families. Karen is a T.A. ,has a son with autism and is also an Ambassador for the National Autistic Society . If you would like to take part in the survey please contact Karen by email on karenmarieb40@gmail.com

My child has been excluded...help!

Hearing that your child is to be excluded can be a very upsetting experience and you will want to work out a way forward to support your child to re-engage with school again.

It is important that parents and school try to work together to support pupils back into school, with a re-integration meeting when the exclusion has ended. The aim of this meeting is to plan how a pupil can be supported by school to hopefully prevent the same incident from happening again. The plan should be reviewed to ensure that the support package is working and if not, reasonable changes should be made.

There are two types of exclusion—fixed term and permanent.

- A fixed term exclusion means an exclusion of any number days totalling up to 45 school days in one school year. After the exclusion period your child can return to school.
- A permanent exclusion is when your child will not be allowed to return to school unless the governors reinstate the pupil.

For both types of exclusion you will receive a letter from the school explaining the reason for the exclusion, the number of days and where to go for advice and support. While your child is excluded, work will be set by the school. They will let you know how to collect and return this.

For the first five days of an exclusion you must make sure that your child is supervised and not in a public place during school hours without good reason. Failure to comply could lead to prosecution.

Only the Head teacher of a school can exclude a pupil and this must be on disciplinary grounds. If the exclusion is **permanent** the Governing Body must meet to consider the reinstatement of the pupil whether you decide to attend or not. The clerk will write to you with their decision. If you do not accept the decision, you can ask for it to be reviewed by an Independent Review Panel. You can ask that a Special Educational Needs (SEN) expert attends this review if you think your child has SEN. The letter you receive following the governors meeting will inform you how to do this.

You have 15 school days from the date you are told of the Committee’s decision to confirm your child’s permanent exclusion in which to ask for an independent review. If this is not requested within 15 days the permanent exclusion will stand and cannot be changed Schools are expected to make a particular effort to avoid permanently excluding a child with Special Educational Needs.

You may wish to speak to the School SENCO and/or Head teacher to discuss better ways in which your child can be supported. Sometimes it is reasonable to arrange a managed move to an alternative setting for your child. This should be done in consultation with the school and the local authority if your child has a statement of SEN or a new EHCP to enable the best outcome for your child.

More information can be found on the Cheshire East website Fair access page - http://www.cheshireeast.gov.uk/schools/exclusions/exclusion_fair_access_protocol.aspx
Or refer to the DfE guidance - <https://www.gov.uk/government/publications/school-exclusion>
Fair Access Officer Anne Vaughan –Griffith can be contacted on– 01625 374987

CEIAS are able to offer parents advice in regard to exclusions please call us on 0300 123 5166 at the earliest opportunity. Sometimes, early communication can help with a more positive outcome for your children and young people.

Independent Support

In Cheshire East families are able to receive support with completing the needs assessment or transfer review paperwork for an EHC from Independent Supporters. They are able to explain the process, help with paperwork and support at meetings if required. There are two services available and families may choose which service they would like to use. Edge Inclusion partners or CEIAS. Both services have trained Independent Supporters that have received the same training. Information about Independent Support should be given to families / young people 16+ when asking for an application form a needs assessment or if a transfer review from the old SEN Statement is to take place.

Edge Inclusion Partners can be contacted on: 07947 100 727 or email is@edge.co.uk
For more information about what Edge Inclusion Partners can offer your family, please see their website www.edgeinc.co.uk

CEIAS can be contacted on 0300 123 5166 or email ceias@cheshireeast.gov.uk
Below is a sample of the leaflet advising how to access Independent Support.

The Petty Pool Trust: Having 'Happy Learners' are the main focus of our college!

The college offers a wide range of Entry Level courses to students from across Cheshire and Halton. Most students are aged between 16 and 25 and come from a wide variety of backgrounds. Some come straight from school, others from different colleges, day services or home. The Meaningful Opportunities, Realistic Employment (MORE) Project, is our bespoke employment programme, students work with the project staff during their third year to find a work experience placement and hopefully transition into work after leaving Petty Pool. Open 40 weeks a year, Monday to Thursday, 9am – 4pm. In most cases Petty Pool can help you find transport from home. Residential options are also available. Call: 01606 889097 for more information or visit www.pettypool.org.uk or find us on Face Book!

Anti-Bullying Workshop for Parents

On 26th March 2015 an anti bullying workshop for parents was held at Ruby's Fund, in Congleton. This was a collaborative event between Cheshire East Parent Carer Forum, Cheshire & Warrington Carers Centre and CEIAS. The workshop was led by Hannah Gallagher from the Mental Health Charity 'MENCAP'. A guest speaker, Jake Lynch, was kind enough to join us to share his personal experience of being bullied whilst living with a disability and how it affected him. He also shared how writing enabled him to get through this difficult period in his life and send him onto a more positive track. Parents were able to listen to advice, take part in some practical sessions about what bullying means and what can be done if it happens to your child / young person. **One of the parents that attended the workshop, Emma, has kindly written about her thoughts of the day...**

A parents view on Bullying... hard to spot, hard to support and hard to stop, that was my feeling, and due to the additional needs of my children the risks of bullying incidents are significantly higher.

However I have been given the opportunity to feel better prepared through the Anti-bullying workshop 'Blowing The Whistle On Bullying of Disabled Children and Young People' which brought together information and advice from the Anti-bullying Alliance, Mencap and Contact a Family.

Hannah Gallagher from Mencap was very welcoming to the parents and after sharing our reasons for attending directed the session to help address the concerns raised.

Having shared some rather shocking and upsetting statistics regarding the number of incidents of bullying occurring every year, we moved onto a more interactive session.

We identified possible signs of bullying both internal and external presentations, some of which were quite subtle and could be made more challenging to spot due to the needs of our children. Through group work looking at scenarios we then had to decide if the examples were incidents of bullying, the outcomes were divisive, but they highlighted and helped clear up some of the confusion in this tricky area.

I found the 'myth busting' very interesting and informative and the additional information to assist with finding further support, especially legislation was most helpful.

Following a lovely lunch and opportunity to mix and chat with other parents, which I find very supportive and useful, we reconvened.

An excellent presentation by a young man, from Nantwich, who came to share the difficulties he had experienced through bullying and how this had affected him brought us hope through the positive outcomes he shared.

Having left with a great booklet of resources and contact details for further support, I am pleased to say I now feel more empowered to identify and manage any bullying issues should they occur, as I am sure is a feeling echoed by the other attendees.

Thank you to CEIAS, Cheshire Carers Centre and Cheshire East Parent Carer Forum.

If your child is being bullied at school you can discuss this with your child's class teacher . Speaking to the Senco might help to get your child some extra support in school if that is necessary. The Head Teacher should be informed if incidents are ongoing and not being resolved or you think that they are pre-meditated and deliberate. Serious incidents involving physical violence should be reported to the police Pupils are the responsibility of the school until they have returned home at the end of the school day, therefore any incidents on the way home should be reported to them to investigate. Schools want to work with all pupils to support those being bullied and help children that bully to understand why it is unwanted behaviour. For more advice contact Jane Henry Cheshire East Anti-Bullying Co-Ordinator - jane.henry@cheshireeast.gov.uk or the **Anti-Bullying Alliance** at info@antibullyingalliance.org.uk www.antibullyingalliance.org.uk

Mental Health & Behaviour in schools

Behavioural difficulties do not necessarily mean that a child or young person has a possible mental health problem or a special educational need (SEN). Consistent disruptive or withdrawn behaviours can, however, be an indication of an underlying problem, and where there are concerns about behaviour there should be an **assessment** to determine whether there are any casual factors such as undiagnosed learning difficulties, difficulties with speech and language or mental health issues.

Only a medical professional should make a formal diagnosis of a mental health condition. Schools, however are well placed to observe children day to day and identify those whose behaviour suggests that they may be suffering from a mental health problem or be at risk of developing one. This may include withdrawn pupils whose needs may otherwise go unrecognised.

There are often two key elements that enable schools to reliably identify children at risk of mental health problems - effective use of data so that changes in pupils patterns of attainment, attendance or behaviour are noticed and can be acted upon, and an effective pastoral system so that at least one member of staff (eg a form tutor or class teacher or a named keyworker) knows the pupil well and can spot where difficult or unusual behaviour may have a root cause that needs addressing. Where this is the case, the pastoral system or school policies should provide the structure through

which staff can escalate the issue and take decisions about what to do next.

The DfE have developed advice and practical tools to help schools promote positive mental health in their pupils and identify and address those with less severe problems at an early stage and build their resilience. This advice will also help schools identify and support pupils with more severe needs and help them make appropriate referrals to specialist agencies such as Child and Adolescent Mental Health Services (CAHMS) where necessary. This non-statutory advice clarifies the responsibility of the school, outlines what they can do and how to support a child or young person whose behaviour - whether it is disruptive, withdrawn, anxious, depressed or otherwise - may be related to an unmet mental health need. If you would like to know more the guidance can be read in full here -

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/416786/Mental_Health_and_Behaviour_-_Information_and_Tools_for_Schools_240515.pdf

If you are concerned about the mental health and well being of your child, you should seek advice from your G.P. If the concerns raised are considered to be severe and usual low level strategies have no effect, it is possible for the G.P. to make a referral to CAMHS. The Referral should be detailed explaining fully all of your concerns and observations if possible from the GP. Waiting for an appointment can take a while so you may want to try relaxation techniques or try to engage with other organisations that offer counselling to children and young people such as Visyon, If that is appropriate.

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What is the 'local offer'?

The purpose of the Local Offer is to provide families with clear, comprehensive, accessible and up to date information about a range of support that is available to children and young people with special educational needs and/or a disability (SEND) and how to access it. You will find information on Education, Health, Care, Childcare, Money and Benefits as well as various other services. You can access the Local Offer at www.cheshireeast.gov.uk/localoffer or the dedicated website www.ice.cheshireeast.gov.uk

For over 40 years, Family Fund has helped families across the UK who are raising a disabled or seriously ill child or young person. We are the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people. We help ease the additional pressures families face. We can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together. We can help children up to the age of 17. Last year, we helped over 68,500 families with £33 million in grants. If this is your first application to the Fund, you can request or download an application pack and return it to us by post. If you have been helped before you can register for our Family Fund online account. You can find more information on the website - www.familyfund.org.uk

'I can't drive because I have Asperger Syndrome' Is a myth that Approved Driving Instructor with the Driving Standards Agency (DSA) Tracey Weaver often hears. With many years experience of working with children with Aspergers Syndrome, ADHD, Dyslexia, Dyspraxia, OCD Tracey is able to support learners with driving lessons and when ready, to take their drivers tests . Her driving school "**Purple Wheels**" covers Cheshire, Staffordshire Moorlands, Stoke on Trent, Buxton providing patient and friendly tuition to all pupils. For more information please contact Tracey via email on tracey@purplewheels.co.uk or call/text her on 07973 128590 The Purple Wheels Website has details on what you can expect from lessons and the drivers tests: www.purplewheels.co.uk

Charlotte's Tandems is a charity that will lend out for FREE tandems and tag-alongs to people with disabilities or additional needs unable to ride a bike safely on their own, so they can enjoy the wonders of cycling. The charity has about 100 tandems and about a dozen tag-alongs all over the UK. The bikes are out with borrowers for the vast majority of the time but are maintained by a team of volunteer helpers. They are available to hire for a couple of months at a time, although some families do have them for longer. If you would like to borrow a bike from the charity you can complete an application form available on the website - www.charlottetandems.co.uk

Visyon is a charity passionately committed to supporting children and young people's emotional health and well-being. We provide a range of services to enable them to live happier, more fulfilling lives, to build stronger relationships and to be able to cope with life's stresses. Based in Congleton, our aims are: the preservation and protection of good health and in particular good mental health of young people, children and adults the advancement of education for the public so as to increase their awareness of mental health and the associated issues and related problems; to relieve hardship, sickness and distress. Our service is free to children and young people. We are able to deliver 1:1 counselling, in Congleton or at other community buildings in towns /villages or in schools, in person, over the phone or as online support. We can give advice and guidance over the phone for young people/children/families/parents/carers and professionals. We can deliver group work, training and workshops. Please call us on 01260 290 000 for more information or visit our website where you can complete an enquiry form www.visyon.org.uk

Cheshire Blades FC is a Crewe based football team that aims to create a fun and safe environment for young people of all ages and abilities to enjoy playing the game. Children with assisted needs can attend a session that is specifically designed for them. Run by Coach Rob Dutton who is trained in disability coaching, the aim is to provide children with either physical or mental disabilities, a safe and welcoming environment to participate in sport & football. The coaches that assist are DBS checked and have the relevant safeguarding and first aid training. The coaching sessions are on a Saturday morning at the Peacock football ground (literally behind the Peacock Pub) on Crewe Road, Nantwich. For more information please contact Coach Rob Dutton on 07799 864 233 or via the club page <http://www.cheshireblades.co.uk/>

Buzz Youth Activity Group is a fully inclusive weekly youth group for disabled young people aged 8-18 years who live in Cheshire East. The Buzz Youth Activity Group enables disabled young people to: have fun and enjoy being involved in a range of activities, grow in confidence and increase their self-esteem while being able to socialise with appropriate peer groups in activities of their choice. Day trips and a holiday activity programme is available. Parents/carers are not required to attend with their young person; all individual requirements will be met by the staff team with dignity and respect. Contact: Melanie Hinde : 01606 331853 : melanie.hinde@cheshirecil.org or <http://www.cheshirecil.org>

The Oakhanger Project works with families, children and groups within the local Oakhanger village community and surrounding area to help provide a wide variety of activities including: Countryside walks, Adventure activity days, Canoeing and Kayaking, community events, Open Days, Burns Supper, Summer Fayre, Strawberry Teas, Christmas Carols For more details please see their website www.oakhanger.org or call 01270 882158, Mobile: 07999 932963, Email: info@oakhanger.org to find out about the holiday activities on offer.

CADS (Children's able and disabled sports) is run by the Seashell Trust. CADS offer fully inclusive sports, health and leisure activities for able and disabled young people. For information about summer courses and to book a place contact Gemma Lynch on 0161 610 0122 or visit the website and complete the online booking form www.seashelltrust.org.uk/content/cads-booking-form

The Cheshire Academy for integrated sports and arts provides sporting opportunities for children and young adults also offering support to their families. Youngsters can try gymnastics, sports acrobatics, football, badminton, martial arts, youth clubs, boccia, bocce and new age curling, preschool gymnastics, activities and play, music, dance and drama. Staff at The Cheshire Academy have extensive experience of working with children, young people and adults with a range of physical, sensory and learning disabilities as well as those with Autistic Spectrum Condition and those with challenging behaviour. We are happy to chat to you about your own or your child's specific needs and how we can best meet those needs in your chosen activity. Based in Broad Street ,Crewe CW1 3UD Call us on 01270 255355

More in our next issue on the experiences of the young people that have been chosen to be part of the Team GB Special Olympic squad, The Gymnastic team will be taking part in the Special Olympics World Games 2015 in Los Angeles during July /August GOOD LUCK TEAM!

Everybody Leisure Development Team provides a range of fun activities for children and young people to enjoy . The whole family is welcome to attend, space permitting as this is a way for families to meet up and enjoy a shared experience. Everybody Leisure also run **Activ8 Sessions** – soft play in Fun4All, Queens Avenue, Macclesfield SK10 2DG and Playworld 416 Newcastle Road, Shavington, Crewe.

The team also run regular sessions throughout the summer and half term holidays at various

locations throughout the County, including trampoline, soft play sessions, swimming, multi- sports, adapted bicycles, canoeing at Brereton Nature reserve.

Cygnets Swim is a session run in Alsager Leisure Centre on Hassall Road, Alsager ST7 2HP. Sundays once a month. ***NEW* Activ8 Adults** – This is a weekly multi- activity session for anyone over 16 with a disability. The concept of the sessions is to provide a fun, social, active multi-activity session for people. The session is usually 30 minutes in the gym and then the option to try a different activity, which is changed each week, such as tennis, kick-rounders, boccia, tri-golf, adapted bikes. When: Thursdays Where: Barony Sports Complex, Barony Road, Nantwich, Cheshire, CW5 5QY

Contact Alex Cartney on 07809 665 228 for more details. Email alex.cartney@everybody.org.uk or visit www.everybody.org.uk

ChAPS offer advice, practical support and services for all families with or without a diagnosis for autism across Cheshire. They offer a range of positive parenting courses, support and events such as annual Autism conference with guest speakers in November, annual 'Party in the Park' in August with a variety of autism service stalls. For children there is a range of activities including two weekly social clubs based in Northwich and Knutsford 'The Club'- a specialised socialisation group for children ages 7-11, there are also a variety of regular activity sessions including swimming, trampolining, sensory circuits and a youth club .

Contact Jo Garner 0844 850 8607 <http://www.cheshireautism.org.uk/>

Cheshire East Youth Theatre is for anyone aged between 5 and 25 who is interested in seeing, making and performing pieces of theatre .Four regular youth theatre groups hold weekly sessions :Lyceum Youth Theatre, Alsager Youth Theatre, Colshaw Youth Theatre and Sandbach Youth Theatre. We aim to develop theatrical techniques and fundamental life skills, such as teamwork and communication and building self-confidence. Each Youth Theatre group has the opportunity to perform at least once a year and also have the opportunity to perform on the Crewe Lyceum Stage. There are lots of exciting opportunities for young people and is extremely popular, with a reputation for imaginative performance work. No previous experience is necessary and there are no auditions to join. Just register!

Call 01270 368242 /07976 359676 or email ceyt@cheshireeast.gov.uk or see website www.cheshireeast.gov.uk/youththeatre to see how you can become involved.

The Purple Onion in Crewe is a unique drop in centre for young adults with SEND and offers free internet access, arts and crafts ,sewing, baking and even willow weaving amongst many other activities. Social evenings are organised weekly and include bingo, film and disco nights. Plus, there is a client user forum which meets once a month to discuss and plan new activities. A wheelchair accessible building with changing facilities and hoist, and kitchen.

Please contact Thalia Morris or Judith Fraser on 01270 256700 or 01270 253683 or email purpleonion@ladyverdintrust.com or <http://www.ladyverdintrust.org.uk/purple-onion.htm>

Space4autism run a variety of clubs, groups and special events for children and young people with autism and their families. The group also run workshops and events for parents/carers.

Space Hoppers Playgroup is a new group for pre school children with autism/awaiting diagnosis. **Space Hoppers** is for children aged 5-9/10

Space for Kids is for 5-10 year olds

Space for you is aimed at 13-19 year olds

Fun Fridays This is an intermediate club for children aged 10-13yrs getting them ready to move up to the next step of Space for You. We come together at our HQ for a fun session once every 2 weeks on a Friday 6.30-8.30pm.

Saturday Monthly Movie Night for the whole family

We will be showing various DVD's for all age groups the first Saturday of each month £1.00 per person 7.00-9.00pm; under 17yrs must be accompanied by an adult, no need to book just turn up!

For more information email : *info.space@hotmail.com* find us on face book—*SPACE East Cheshire ASC Parents Support* or view our website *www.space4autism.com*
We can be found on 1b Lowe Street, Macclesfield, SK11 7NJ

Looking forward is a group for young people 16-30 with learning disabilities. The group enables young people to meet new friends, socialise and learn new skills. Together they have been to ice cream factories, shopping at Cheshire Oaks, Ten pin bowling and so, much more! They meet most evenings in various locations across Cheshire East for dancercise, bowling, discos, crafts and much more. The group has recently been on a short holiday together which was enjoyed by all. Sometimes transport is included to come of the activities. Places are limited so you need to get in touch. Direct payments can be used to fund any of the sessions.

If you would like to join in any of our activities / groups or find out any more information regarding timing or costs please do not hesitate to contact Michelle on 07511 189331 or you can email her at ...looking.forward@btinternet.com www.lookingforwardactivities.co.uk

Crewe Sea Horses Swimming Club:

Swimming offers more to disabled people than almost any other activity. Swimming provides freedom, fun and challenge, which is so often denied to those who are unable to move freely. The club caters for a wide variety of abilities and all ages and the swimming ability of members is mixed. Many of the swimming members achieve a great deal in the water, whether it's swimming 5 metres or representing their country at swimming. We meet on a Thursday evening at Crewe Swimming Pool, Flag Lane, Crewe

Meeting times : Summer 6.00-7.00 or Winter 7.00-8.00

Please contact Gareth on 01270 629958 or email the secretary on: Gareth92@btinternet.com
www.spanglefish.com/SeahorseSwimmingClub

Central Cheshire Buddy Scheme (CCBS) is a voluntary organisation supporting children and young people with disabilities, through activity clubs, holiday clubs and residential breaks. They host a variety of different clubs for lots of age ranges and also provide a siblings groups. CCBS also offer trips and activity days though the school holidays. Clubs are based in Crewe, Shavington and Macclesfield. A youth club runs in evenings and a 1:1 club for children with profound and multiple difficulties runs once a month. Please contact: Stephanie Lawley: 07873423389 or Louise Bailey: 07938163103 email: cheshirebuddies@outlook.com or see their website for details of the clubs and activities www.cheshirebuddies.co.uk

Friends for Leisure arranges activities from one-to-one friendships through to group activities, such as drama and sports sessions, for disabled children & young people aged 5-21 who live in Cheshire East. We also help our children and young people access activities of their choice, with or without a volunteer friend. Young people could have learning disability, sensory, physical or a mental health issue, with or without a diagnosis.

There are a variety of groups that meet regularly including Youth Groups, Cookery & Craft, Tennis, Bowling and Drama. The group meets in a variety of locations across Cheshire East in Crewe, Congleton & Macclesfield.

Contact: 01260 275333 or email info@friendsforleisure.org.uk or <http://www.friendsforleisure.org.uk/activities/>

Good Company is a fully inclusive activity group run by disabled adults for disabled adults aged 19 – 65 in the Cheshire East locality in Handforth, Macclesfield and Crewe organised by Cheshire Centre For Independent Living.

The group provides disabled adults with a chance to meet old friends and new, and to participate in high quality leisure opportunities in their local community. Activities include aromatherapy, cooking, karaoke, disco, bowling, arts and day trips. The staff team will provide for all personal care needs so people can attend independently from family, carers, or personal assistants. Contact: Melanie Hinde : 01606 331853 Email: office@cheshirecil.org <http://www.cheshirecil.org/>

Stockport CP Society provides a wide range of activities and support for adults and children with physical and/or learning disabilities, and autistic spectrum conditions. The focus is on individuals with the most complex needs. Currently supporting over 900 people across the North West to live a more independent life. An exciting calendar of activities for children and young people to enjoy has been planned with the aim of groups being to enable everyone to make new friends, keep well and healthy, but most of all to have fun! Stockport CP Wheelers Cycle Project Summer Timetable, offering cycling with specially adapted bikes on Thursday and Friday mornings and on Saturday afternoons, is also on offer as well as short breaks for children and young people in activity centres and also city breaks. For more information on groups and short breaks please call 0161 432 1248 or email : enquiries@stockportcp.co.uk

The charities website has plenty of information on what they are able to offer to young people with complex needs. www.stockportcp.co.uk

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Education, Health and Care (EHC) plans

Some children or young people with more complex educational needs might need to receive support through an Education, Health and Care (EHC) plan after an appropriate 'Plan, Do, Review' process has identified a possible need. EHC plans started to replace statements of special educational needs and Learning Disability Assessments from 1 September 2014. This change has happened due to the reforms to SEN and the introduction of the Children and Families Act 2014 and the implementation of a new SEN code of practice.

What is an EHC plan? An EHC plan is a legal document that describes a child or young person's special educational, health and social care needs. It explains the extra help that will be given to meet those needs and how that help will support the child or young person to achieve what they want in their life. The plan is drawn up by the local authority after an EHC needs assessment has been carried out. An EHC plan can be issued to a child or young person between the ages of 0 and 25 years.

Who needs an EHC plan? EHC plans are for children and young people whose special educational needs require more help than would normally be provided in a mainstream educational setting (such as a college, school, nursery). Although the plan can include health or social care needs, your child will not get a plan if they *only* have health or social care needs that do not affect their education or training. There are other types of support available to support a child or young person's needs in these areas.

How do I get an EHC plan? EHC plans are drawn up by the local authority after an EHC needs assessment has been carried out and it has been agreed that an EHC plan is necessary to support the needs of the child or young person. You, your child's education setting or your child, if over 16, can ask the local authority to carry out an assessment. Some other professionals are also able to bring your child or young person to the attention of the LA if they think that a needs assessment might be appropriate.

What does the plan look like?

The plan has 12 sections labelled alphabetically:

A: The views, interests and aspirations of your child.

B: Special educational needs (SEN).

C: Health needs related to SEN.

D: Social care needs related to SEN.

E: Outcomes - how the extra help will benefit your child

F: Special educational provision (support).

G: Health provision.

H: Social care provision.

I: Placement - type and name of school or other institution.

J: Personal budget arrangements.

K: Advice and information - a list of the information gathered during the EHC needs assessment.

The plan should be written so that everyone can understand it. It should be clear and detailed

about the amount and type of support your child or the young person will get and how the support will help your child.

Do I have to fill in every section? No, families only need to fill in section A ,the 'our family' and 'my story' (views of the child/young person and family) sections and also the 'Circle of Support' as this helps to identify who is important to your child/young person. This can be done at home or school **or both for to help capture a detailed picture** .The rest of the information should come from any reports that are relevant and hold up to date information concerning the child/young persons needs, information held by the educational setting and any other relevant information.

How will I know if the plan is working? The plan must be reviewed at least once a year. This is a chance for everyone involved in supporting your child to check how well they are progressing and whether anything needs to be changed. At the end of the review the local authority may make changes to the plan, end it or leave it unchanged.

The plan will remain in place until your child/ young person leaves education or training or the local authority decides that your child no longer needs the plan to help them in their education or training. If you move to another local authority the plan will be transferred.

What is an EHC needs assessment? This is the first step to getting an EHC plan. It is a full investigation of your child/young persons educational needs. An EHC needs assessment is a legal process carried out by the local authority. It isn't to be confused with other assessments which teachers, your GP or other professionals may arrange for your child. Remember that a needs assessment is not the first area of support that your child/young person can receive. Discuss with the class teacher/SENCO your child's needs and how they can best be supported to make good progress. This will need to be recorded on a document such a School Focused Plan, to assist the educational setting with measuring how much support your child/young person is receiving, how often, by whom and is it making a difference. This tier of support is called SEN SUPPORT and replaces School Action and School Action Plus. This information helps to build a picture of the child's needs and support given and can be used in support of an EHC needs assessment.

Who should have an EHC needs assessment? The local authority must carry out an EHC needs assessment if they believe your child's special educational needs may require more help than a mainstream educational setting can normally provide. If your child/young person needs support that is additional to and different from other pupils and **cannot their needs cannot be met from** within the usual resources of the educational setting. For example, your child may need a lot of adult support for most or all of the school day. They might need a large amount of help from specialist services, such as speech therapy. They might need a lot more precision teaching, over learning or differentiated teaching methods than other children/young people in the class. Your child may need to go to a special school where staff have the training and expertise to support their learning.

How does the process start? You, your child's educational setting or your child, if over 16, can ask your local authority to carry out an EHC needs assessment. The local authority will want to see evidence that your child needs more support than a mainstream educational setting can normally provide. This may be recorded on School Focused Plans or a similar document as part of the Plan, Do, Review process .You should explain your child's difficulties, describe any extra support your child has already received and say why you feel your child needs more help. The local authority must tell you within six weeks if they are going to assess your child.

What happens during an EHC needs assessment?

The local authority gathers information about your child's needs from:

- you and your child/young person
- the nursery, school or college your child attends
- an educational psychologist
- health and social care services
- others whose views may be important

Families in Cheshire East can access support to complete the EHC Needs Assessment paperwork from CEIAS or from Edge Inclusion Partners from trained Independent Supporters. Independent Support is explained and how families can access this on **page 5**. Cheshire East Local Authority SEN team can be contacted on 01625 378046 or senteam@cheshireeast.gov.uk

Cheshire & Warrington Carers Centre have now changed their name to reflect their partnership with the national charity **Carers Trust**. We are now called **Cheshire & Warrington Carers Trust**. We remain an independent, local charity providing information, advice and support to unpaid carers across Cheshire. We work in partnership with lots of local agencies including **Carers Trust4All (previously known as Crossroads Care)** who are also network partners of the national organisation **Carers Trust**.

For details on our services please visit our website www.carers.org/cheshire or join our closed Facebook group for Carers "Cheshire & Warrington Carers Trust".

The charity provides lots of information, benefits advice, breaks, training, events, trips plus much more for carers and we also have a specialist service for parents and carers of children and young people age up to 19 years who have additional needs. It does not matter if your child does not have a medical diagnosis, they do not need to be in receipt of disability benefits or have special educational needs, if you feel your child has additional needs please get in touch!

The service offers regular support groups/coffee mornings in Congleton, Macclesfield, Crewe and a new group is soon to be launched in the Poynton area. They offer the opportunity to meet other parents and carers, share ideas and experiences, make new friendships and often enable parent carers to access support from other organisations and professionals who come to the meetings in order to be able to help parent carers in an informal setting. *** Please see the times, dates and locations on p.21 of this newsletter.**

We also manage the **Disabled Children's Database**, a disability register enabling you to have your child's needs recording whilst offering regular newsletters and 1:1 information, advice and support.

We are really pleased to also be able to offer **regular breaks** which will include lots of fun and relaxing sessions to be held across the borough including some evening sessions, and also a day we call Parent Carer Day which is usually held at a nice hotel/venue enabling a large group of parent carers to enjoy a full day of relaxation plus an inclusive Family Fun Day for all the family to enjoy.

If you would like to find out about any of our services please contact: Lisa Tydd on 01606 352834 email dcd@cheshirecarerscentre.org.uk

Youth Support Service (YSS) is for young people aged 13-19 or 13-25 (with additional needs). We provide Youth Work and Targeted Youth Support. We provide youth clubs and projects for young people to help them engage and participate through informal education. We also offer opportunities for young people to gain experience and develop skills in volunteering. Under our participation strategy we offer opportunities for young people to engage and be part of our youth voice forums and youth councils. We provide one to one support, advice and guidance for NEET young people aged 16-19yrs through one to one work, group sessions, focused interviews, CAF assessments and referral into learning and training.

We support young people with additional needs to ensure they engage in learning or training post 16, we attend annual reviews and support the completion of EHC plans for young people and attend the year 9 annual review which is the first steps to the preparing for adulthood.

Crewe Hub	01270 686923	23-25 Market Street, Crewe, CW1 2EW
Macclesfield Hub	01625 384320	Great King Street, Macclesfield, Cheshire, SK11 6PN

What does that mean? jargon busting!

The world of Special Educational Needs contains a large amount of jargon. Here are a few that you may come across...

ADHD—Attention Deficit Hyperactivity Disorder

ADD—Attention Deficit Disorder

PTSD –Post Traumatic Stress Disorder

ODD - Oppositional Defiance Disorder

OCD— Obsessive Compulsive Disorder

TS –Tourette's Syndrome

DX –Diagnosis

NEET– Not in education, employment or training

SALT – Speech and Language Therapy

CAMHS - Child and Adolescent Mental Health Services

CAMHS LD - Child and Adolescent Mental Health services for Learning Disabilities

CAF – Common Assessment Framework. A method of assessment of needs through multi agency involvement.

EHCNA– Education, Health Care Needs Assessment

EHC Plan – An Education, health and care plan as defined in section 37 (2) of the Children and Families Act 2014.

SEN Code of Practice 0-25—Statutory guidance for organisations who work with and support children and young people with SEND.

SEN –Special Educational Needs

SEND –Special Educational Needs and Disability

LDA—Learning Disability Assessment (to be replaced by the EHCp)

LSA – Learning Support Assistant. Teaching Assistant (TA)

SLD – Severe Learning Difficulty

SPLD – Specific Learning Difficulty

MLD – Moderate Learning Difficulty
PMLD – Profound and Multiple Learning Difficulties
ASC/ASD– Autistic Spectrum Condition/Disorder
EP – Educational Psychologist
IRP—Independent Review Panel
SENCO—Special Educational Needs Co-ordinating Officer—person responsible for SEN in schools
DfE - Department for Education
EWO—Education Welfare Officer
SFP –School Focused Plan—a document to plot provision and progress of children
VI –Vision Impaired
HI - Hearing Impaired
NAS—National Autistic Society
TAC —Team around the child—a meeting of relevant professionals to discuss with you a positive way forward for your child/young persons’ support in education.

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‘Out of the mouths of babes’

As adults, we worry about the children in our care with SEND. We spend a lot of our time meeting with professionals discussing our child's needs, getting the support in all aspects of their life that they need. We have many sleepless nights worrying are we are doing the right thing for them? Have we made the right choices? Are they thriving and making good progress? Do we really understand how some of our children feel about their disability or what it might be like to have a sibling that has a disability. The following articles have been written by young people from across Cheshire East who have kindly shared some of their thoughts with us....

We would like to thank Esmée, Collette, Abi, Seb and Callum for your fantastic contributions, hoping they explain a little of how life is for you to people that come into your lives.

**In our next issue we will be featuring articles from children and young people with SEND sharing some of their achievements.*

Hi I'm Esmée and this is a picture of me and my sister Colette who just happens to have PWS which stands for Prader-Willi syndrome. You've probably never heard of it before because it's quite rare and affects about 1 in every 15,000 people.

I decided to eat all of my meals for a whole week using only chopsticks to raise money and awareness of Prader-Willi Syndrome (pretty crazy don't you think?) Let me ask you all a question.... Do you usually feel full after eating a meal? I guess most of you will say yes. My sister and others with PWS don't get that feeling, they feel hungry almost all the time. To make things worse, people with PWS don't need as many calories as those without the syndrome. Also because of poor muscle tone, exercise is really difficult! So Colette is on a diet all the time which is very, very hard.

I think the thing I find difficult is when people stare at my sister when she gets upset, shouts and has a tantrum. She can't help it, this is part of PWS. Many people with PWS have behaviour problems and have problems with their emotions and learning difficulties too.

I want you to know that my sister is also funny at times, loving and an ace swimmer! She has 7 gold medals at her swimming club and I am very proud of her. She also loves animals just like me and we both have fun together on the trampoline.

So I hope that you now know a bit more about PWS. Why not look at the website for more information at www.pwsauk.com

I would like to say a BIG thank you to everyone that has donated to my chop-stick challenge so far, I will be donating everything that I raise to the PWSA.

Anyone wishing to donate should donate directly to PWSA through the website and quote "Esmée's Chop-Stick Challenge"

Hi, my name is Abi Johnson and I was diagnosed with Asperger's Syndrome when I was 3 years old.

I went to primary school and enjoyed my time there. I did very well in my SAT's and I had lots of friends. After that, I went to a mainstream high school with my best friend. She stopped talking to me and I found it very hard to make friends. I was bullied by a boy who pulled my hair and laughed at me whenever I did something wrong. I used to go home and cry myself to sleep. It got so bad that I didn't want to go to school at all. So I left in January 2012, and I was home tutored for a year. She taught me maths as that was my strongest subject and the one I enjoyed the most. I looked at lots of different special schools before coming here. I was very disappointed as none of them could help me fulfil my dreams. I was frustrated because I knew that I was capable of doing GCSEs, regardless of my Asperger's.

I came to WKRS in January 2013, I was very withdrawn and the transition took a long time. However,

I am grateful that WKRS gave me so much time to settle in as I found it very hard to be back in a school environment. I had Mrs. Black as my 1:1 for 2 years, and she was extremely helpful. After 2 years, I became much more independent and so I didn't need a 1:1.

Right now, I am focusing on my GCSEs and working hard. I will be applying to college soon, and preparing to leave WKRS. I am excited for the future and the independence that I will have. I hope to go to a prestigious university to study Computer Science.

Being in a special school, I have felt stifled, annoyed with the constant supervision and mollycoddling. I know some children need it, but surely every child should not be given the same treatment? I think staff should look at us as normal human beings, instead of looking at our diagnosis and treating us how they think we should be treated. We are all different, and we all have our own difficulties.

Lastly, I would like to say something about the word 'disabled'. I do not consider myself to be disabled. My Asperger's may be with me everyday, but I am not going to let it take over my life. If someone asks me if I'm disabled, I say no, because I'm not. You can do anything if you put your mind to it. You just need to work hard and believe in yourself. You are in control of your life and

your actions, and you don't need a label to say who you are. Thanks for reading.

As well as aspiring to computer science, Abi is a talented Irish Dancer and has also taught herself Japanese!

WKRS—West Kirby Residential School

I am ten years older than my younger brother, who is eight. I find it hard to communicate with him. He is non verbal and uses signs, gestures, vocalisations, his chat book and an app on his ipad to communicate.

My parents have to spend the vast majority of their time taking care of him. He can walk, but becomes tired easily as a result of his low muscle tone. I know I should spend more time with him but I often find it hard to interact with him. Having said that, when I do spend time with him, I find it is rewarding to see his responses and how fun it is to play games with him.

Having a disabled brother greatly affects our family life- from the amount of time we get to spend together, to the amount of arguments we have, which are often due to the fact that my parents are just so tired.

Hopefully in the future my brother will continue to show improvement in all aspects of his life and as a family we can continue to accommodate for his special needs.

I find it very worrying to imagine him needing care for the rest of his life. I hope that if someday I have to care for him, that I will have the ability to do so as well as parents are doing currently.

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What's On

If you have any events that you would like us to promote in future issues please email ceias@cheshireeast.gov.uk

Just so Festival at Rode Hall Estate, Church Lane, Stoke-On-Trent ST7 3QP—21/ 22 / 23 August 2015

Families are welcomed to play, dance and create together and see breath-taking theatre, dance and music. www.justsofestival.org.uk for more information and how to get tickets

Cheshire Blades Football Club Fun Day –Saturday 5th September 2015 at 1pm

Behind the Peacock Pub on Crewe Road, Nantwich. Join us for a disability fun session. We will be running a mini tournament for under 7's/12's/ & under 16's. Local clubs invited to put teams together and/or host stalls as part of the day. Please contact Coach Rob Dutton on 07799 864 233 for more information.

**Kidz Up North FREE Event for Parents. November 19th 2015
at Event City Manchester ,Barton Dock Rd. Manchester M17 8AS**

Visit the UK's largest event dedicated to children & young people with SEND with over 170 exhibitors and free seminars for parents. Call 0161 607 8200 for FREE tickets. Email info@kidzupnorth.co.uk Please see www.kidzupnorth.co.uk for more details.

Disabled Children's Database (DCD) monthly Coffee mornings in Crewe

Brierly Business Centre, Mirion Street, Crewe CW1 2AZ 10.30am-12.30pm
7th.September / 5th October / 2nd November 2015

Disabled Children's Database (DCD) monthly Coffee mornings in Macclesfield

Space4Autism 1b Lowe Street, Macclesfield, SK11 7NJ 10.30AM– 12.30pm
2nd September/ 7th.October/ 4th.November 2015

Disabled Children's Database (DCD) monthly Coffee mornings in Congleton

Ruby's Fund, Meridian House, Roe Street, Congleton CW12 1PG 10.30am-12.30pm
9th September /14th October 2015

Cheshire East Educational Psychology Team hold sessions for parents please book directly with the venues named below. If you would like to contact the EP team with any questions call 01625 374794 or via email: education.psychologyteam@cheshireeast.gov.uk

Oakenclough Children's Centre 7th October 2015 9.15-12.25 call 01625 374 180 to book

Knutsford Children's Centre 14th October 2015 9.15-12.15 call 01625 374904 to book.

Congleton & Holmes Chapel Children's Centre 11th November 9.15-12.15 call 01260 371 061

Hurdsfield Children's Centre 25th November 2015 9.15-12.15 call 01625 378 081 to book

Monks Coppellall Children's Centre 2nd December 2015 9.15-12.15 call 01270 371 240 to book

Sandbach Children's' Centre 9th.December 2015 9.15-12.15 call 01270 371 235 to book

Please send us your good news stories and items for the next edition by November 2nd 2015

Web: www.cheshireeast.gov.uk/ceias

E-mail: ceias@cheshireeast.gov.uk

Post: CEIAS, FREEPOST RSSU-KCZX-HXSC, Floor 4, c/o Municipal Buildings, Earle Street, Crewe, CW1 2BJ

Tel: 0300 123 5166