

#### **Short Breaks Service**



#### **For Children with Disabilities**

#### Newsletter w/c 24th April 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 <a href="Halton Local Offer page online">Halton Local Offer page online</a> or contact the Short Breaks Service for Children with Disabilities team too.

#### **Halton SEND Parent Carer's Forum**



Halton SEND Parent Carers Forum have lots of activities and events planned across April, including their also parent drop-in sessions on Thursday 27<sup>th</sup> April at both Oakfield and Brookfields schools in Widnes.

Plus, don't forget the next Zoom meeting with professionals:

- Support for young people and parents with Tourette's and Tics
  - Thursday 27<sup>th</sup> April 2023 7:30pm

You can also visit **their Facebook page** or website: **haltonsendcarersforum.org.uk** to access the Zoom information.

They have also announced their May activities and events calendar:



If you are not a member of the forum you can contact the team by emailing <a href="mailto:admin@HaltonSendPCF.org.uk">admin@HaltonSendPCF.org.uk</a> or <a href="mailto:Kelly.Dace@Haltonsendpcf.org.uk">Kelly.Dace@Haltonsendpcf.org.uk</a>.

## **Spring activities at Halton Children's Centres**



Our Halton Children's Centres are offering a whole host of activities throughout spring, including arts and crafts, and story time, as well as all their regular classes, activities and sessions.

Check out the timetables for both the <u>Runcorn</u> and <u>Widnes</u> centres on the <u>Halton</u> <u>Borough Council website</u> and check out the <u>Facebook pages</u> for each of the centres across Halton.

## Halton Carers Centre – latest newsletter now available

# HALTON CARERS CARERS TRUST CENTRE

Halton Carers Centre have published their latest newsletter with lots of useful information and resources (a copy is attached to this email). The latest Young Carers newsletter is also available – <u>click here to read the full version</u>.

If you are a carer living in Halton and not yet registered with the Centre you can do so by clicking on the following links:

- Adult carers
- Young carers (age 17 or younger)

## Play and Learn sessions with Rainbow Behavioural Therapies



Meadow's Rainbow Learn and Play Groups will be opening on Tuesday 2<sup>nd</sup> May at Whittle Hall Community Centre, Warrington. These groups are for toddlers and preschoolers (18 months-4 years) who have additional learning and/or behavioural needs. Children will get to play and learn new skills such as communication, play and group skills, whilst parents are supported by their expert team on how to increase these skills and support their child's learning.

Times and booking details will be shared in the next few days – **check out their Facebook page** for more details.

## **MAX** cards



As the weather hopefully starts to improve 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 <u>MAX Card website</u> for further details or check out <u>the Local Offer</u>. 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 <u>AimingHigh.forDisabledChildren@halton.gov.uk</u> or call 0151 511 6560 for more details

## Health, Wellbing and Fitness programme with The Sensory Hive

# TSH BOOTCAMP



## HEALTH, WELLBEING & FITNESS PROGRAMME

£30 for a 6 week block

Join The Sensory Hive's weekly bootcamp which aims to help you build strength and aerobic endurance, whilst also positively impacting mental health and self-esteem.

Delivered by Personal Trainer, Scott.

For all level of fitness including new starters.



## Wednesdays 11am

The Sensory Hive Weyman Avenue L35 2YW

0151 832 6915 hello@thesensoryhive.co.uk www.thesensoryhive.co.uk





PART FUNDED BY THE SENSORY HIVE

The Sensory Hive is starting a new round of Bootcamp and the invitation is extended to all ages (18+) and those who may not have done much exercise before. There are 8 spaces available - this will be a PT group where you'll get the amazing support and guidance from a fully qualified PT.

The classes work out at just £5 per class - email <a href="mailto:hello@thesensoryhive.co.uk">hello@thesensoryhive.co.uk</a> if you would like to reserve a space.

## Autism friendly session at Chester Zoo with The A World UK

12TH AUGUST 2023 | 5PM - 9PM

## THE A WORLD UK



## The A World UK Autism Friendly Take Over...CHESTER ZOO "Into The Night" Experience

The A World UK have organised an autism friendly takeover for Chester Zoo's 'Into the Night' experience on Saturday 12<sup>th</sup> August from 5pm-9pm. This is an opportunity to experience the zoo as the sun goes down and enjoy exclusive after-hours access, thrilling live entertainment, special guest appearances, and delicious food and drink. As always, the take over event will be of a low capacity compared to a standard operating day to ensure those attending have an enjoyable experience and to explore the zoo like never before.

For more information and to book your visit **go to The A World UK website here** or **check out their Facebook page**.

### **Autism friendly sessions at Flip Out Aintree**



Flip Out Aintree ASC and Disability sessions are available each Tuesday from 5.30pm and Sunday from 10am. They are dedicated less busy sessions with appropriate sound and lighting, perfect for those with specific needs plus Carers go free (1 carer per booking)

Check out **their website here** or visit their **Facebook page** for more details and to book your places.

Please note you must sign your waiver before you visit, watch the safety video within your waiver, and everyone must wear Flipout socks.

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.

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