



## Short Breaks Service



### For Children with Disabilities

#### Newsletter w/c 20<sup>th</sup> March 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.

### Upcoming activities with Halton SEND Parent Carer Forum

The poster features a dark blue background with a graphic of three overlapping speech bubbles in yellow, cyan, and magenta. The text is in white and yellow. It lists two events: a Parent Drop In Session on March 23rd and a Support for Young People to Progress from Education to Employment on March 30th. Both events include a Professional Zoom meeting at 7.30 PM. The contact email is Kelly.Dace@Haltonsendpcf.org.uk.

**UPCOMING EVENTS**

**MAR 23** PARENT DROP IN SESSION 9.30AM TO 11AM  
Lunts Heath - Wedgewood Drive Widnes WA8 9JG  
Professional Zoom - Halton Commissioning - Chatterbugs Update @ 7.30PM

**MAR 30** SUPPORT FOR YP TO PROGRESS FROM EDUCATION TO EMPLOYMENT  
Professional Zoom @ 7.30PM

EMAIL: [Kelly.Dace@Haltonsendpcf.org.uk](mailto:Kelly.Dace@Haltonsendpcf.org.uk)

Don't forget that Halton SEND Parent Carers Forum have several events coming up including their drop in session for parents at Lunts Heath Primary School Widnes on Thursday 23<sup>rd</sup> March, and several more Zoom meetings with professionals:

- Halton Commissioning updates with Julie Karmy  
– Thursday 23<sup>rd</sup> March 2023 7:30pm
- From Education to Employment with Paula Edwards and Tracy Wynne  
– Thursday 30<sup>th</sup> March 2023 7:30pm

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).

You can also visit [their Facebook page](#) or website: [haltonsendcarersforum.org.uk](http://haltonsendcarersforum.org.uk) to access the Zoom information.

## **Short Breaks Service Coffee Morning catch-up for parents and carers**



### **Short Breaks Service for Children with Disabilities Parents and Carers Catch Up morning**

**Wednesday 22<sup>nd</sup> March 2023  
10am till 12noon**

**Halton Lodge Children's Centre  
Grangeway Runcorn**

Join the Short Breaks Service for Children with Disabilities team for our regular opportunity to meet staff from the team and share your views and ideas in a relaxed and informal setting.



Following feedback from our recent catch-ups we'll also enjoy some crafting activities while giving you an opportunity to provide feedback alongside your views and suggestions for future events and ideas for the kinds of services you'd like to see in Halton. Plus we'll be sharing information on our latest family events with the chance to book your places!

Places are limited so for more information and to book your place please call 0151 511 6560 or email:  
[AimingHigh.forDisabledChildren@halton.gov.uk](mailto:AimingHigh.forDisabledChildren@halton.gov.uk)

Join the Short Breaks Service for Children with Disabilities for our next catch up and coffee morning on Wednesday 22<sup>nd</sup> March 10am-12noon at Halton Lodge Children's Centre. Spaces are limited at the Centre so please call 0151 511 6560 or email [AimingHigh.forDisabledChildren@halton.gov.uk](mailto:AimingHigh.forDisabledChildren@halton.gov.uk) to book on.

## **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 last 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** .

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.

## **SEN sessions at Ninja Warrior Liverpool (Speke)**



The Ninja Warrior UK Adventure Park based at Speke Retail park is a supervised activity and fitness venue inspired by ITV's hit programme Ninja Warrior UK. You can climb, balance, jump and swing across different obstacles using and developing your Ninja skills! It's a great place for supervised family activities and for keeping fit, with Ninja obstacles, a huge inflatable, Mount Sasuke to clamber up, and the Mini Ninjas soft play and the famous Warped Wall for every aspiring Ninja to conquer.

They are holding SEN friendly sessions every Sunday from 9am for young people over the age of 4 years, with capacity capped at 50 guests, 50% off for carers, lower music and no themed lighting, a sensory room with colouring books, sensory lighting and stress toys, and friendly autism awareness trained staff. Sessions start at £10 – **find out more on their website here** and **click here to book your places**.

## Halton Carers Centre – information for Young Carers



Did you know Halton Carers Centre provides free support and activities for Young Carers aged from 4 to 18 years? They have published their young carers trifold which has all the information and self-referral for parents as well as details for young people – a copy is attached to this week's newsletter.

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 \(age 17 or younger\)](#)

### Easter Holidays Activities



Halton Borough Council has secured additional funding to enable local providers to offer **FREE activities** during the Easter holiday period to school aged children, from **Reception to Year 11**, who receive benefits-related to free school meals.

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There are also a number of places available to other vulnerable groups of children and young people, such as SEND, Young Carers, and those not in Education, Employment or Training (NEET). Most of the Activities are 4 hours a day, over 4 days and include a **FREE Lunch each day**.

[Click here for a list of the activities and a google map](#) showing the areas in Halton, where activities will be taking place and the providers contact details. And look out for a special edition of our newsletter later this week where we'll highlight many of the activities available.

## MAX cards



As we approach the Easter holidays and 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 [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.

## 'If in doubt, check it out' campaign with Action Cerebral Palsy during March

Action Cerebral Palsy's 'If in doubt, check it out' campaign aims to raise awareness of the early signs of cerebral palsy amongst the general public and continues throughout March. Identification and intervention at the earliest opportunity provides the infant at risk of cerebral palsy with the best possible outcomes in terms of future progress and independence.








A dark blue graphic with a red target symbol in the top right corner. The text 'IF IN DOUBT, CHECK IT OUT' is written in large, bold, white and red letters. A red arrow points down from the word 'IT'. At the bottom left is the Action Cerebral Palsy logo, and at the bottom right is the website address 'www.actioncp.org/signs'.

**IF IN DOUBT,  
CHECK IT OUT**

**ACTION** | IDENTIFY  
CEREBRAL PALSY | INTERVENE  
IMPACT

[www.actioncp.org/signs](http://www.actioncp.org/signs)

**TYPICAL PHYSICAL DEVELOPMENT**

 <b>0-3 MONTHS</b> LEARNING HEAD CONTROL	 <b>3-6 MONTHS</b> LEARNING TO ROLL AND REACH
 <b>6-9 MONTHS</b> INDEPENDENT SITTING	 <b>9-12 MONTHS</b> CRAWLING AND PULLING TO STANDING
 <b>12-18 MONTHS</b> CRUISING AND WALKING	 <b>18-24 MONTHS</b> CONFIDENT WALKER
 <b>2-3 YEARS</b> CONFIDENT WALKER AND STARTING TO RUN	

**ACTION** CEREBRAL PALSY | IDENTIFY INTERVENE IMPACT

**IF IN DOUBT, CHECK IT OUT**  
[www.actioncp.org/signs](http://www.actioncp.org/signs)

It is important to remember that babies develop in different ways and at different rates, but you should trust your instincts. If you have **any** concerns about your child's movements or development, don't panic, but **check it out** and speak to your doctor or health visitor. You can find out more on [the website here](#).

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.

[Julie.Pennington@halton.gov.uk](mailto:Julie.Pennington@halton.gov.uk)

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