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PCF Newsletter Signup!



# NEWSLETTER

January 2026



## Happy New Year & Welcome back!

You are continuing to trust us with your experiences by filling out our PCF Survey 2026 "The Big One". The response so far have been amazing, a big thank you for taking the time to do it so that we can continue to bring your experiences to decision makers.

There is still time to fill it out and share far and wide so we capture as many families experiences as possible. Closing date 6th February 2026.

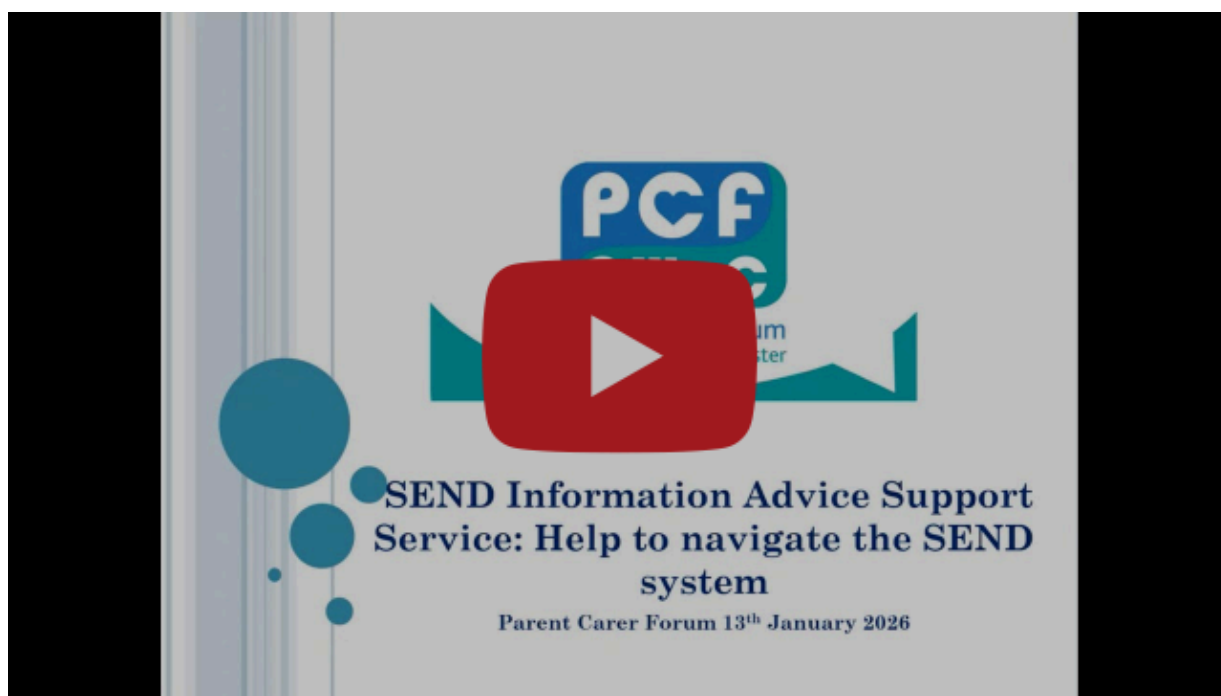
Tap the link below to fill out the Survey.

# PCF News & Events

*For all our upcoming events, visit: [Parent Carer Forum](#) | [Whats On](#)*

*To help keep you up to date with everything we're involved in, we've also created a **Blog & Noticeboard** area on our website, where you can find the latest news, updates, and insights from the PCF team.*

[PCF Blogs and Updates](#)



## Virtual Training Webinar

### SEND Information Advice Support Service

Thank you to everyone who joined our virtual training webinar this month. Here is the recording for anyone that could not make it. Below you'll find a summary of the session and useful links for further support.



Parent Carer Forum  
Cheshire West & Chester

**Parents /Carers of Cheshire West  
& Chester this event is for you !**

**Thurs 26th Feb 2026**

**9:30am – 1:30pm**

## **Preparation for Adulthood**

**Services in our marketplace, include:**

**Education & pathways • Health • Social Care**

**Day services & future living options**

**Benefits, trusts & information support**

**Presentations running throughout the day, covering:**

**Education, health & social care pathways**

**“Where will my young person live?”**

**Work, training & employment**

**Trusts, benefits, care and long-term support**

**At: Civic Hall, Civic Way, Ellesmere Port CH65 0AZ**

**FREE Event - Refreshments Included**

Book online on our website or use the QR code

**[www.pcfcheshirewest.org/whats-on](http://www.pcfcheshirewest.org/whats-on)**

**BOOK NOW! - All Welcome - Wheelchair Accessible**



### **Preparation for Adulthood Event**

We're excited to share that our Preparation for Adulthood event will be jointly held at  
the Civic Hall, Ellesmere Port!

- Explore what life looks like now, what changes as your child grows, and how to plan ahead with confidence
- Spaces are limited and this event is only open to parent carers in Cheshire West & Chester — so make sure to book your place!

[Preparation for Adulthood Booking!](#)



## Parent/Carer Coffee Events

Joanne Southall • January 22, 2026

### Parent/Carer Coffee Events

*There are a number of parent carer coffee events happening in Cheshire West and Chester, where our volunteers attend regularly including at the children centres, SPACE charity and Koala. Please keep an eye on our website where we will advertise them along with other SEND coffee events in the borough.*

[Parent Carer Coffee Events](#)







# PCF Cheshire West & Chester: National SEND Discussions – Brief Update

Lucy Kennerley • January 25, 2026

## **SEND National Discussions Update!**

We took part in national SEND discussions. These were hosted by the National Network of Parent Carer Forums (NNPCF) as part of the Department of Education's current work on SEND reforms. Read the latest blog to find out more.

[National SEND Discussions - Update!](#)



### **Parent Training Neurodiversity Profiling Tool “Knowing Me” Update**

Training for schools to use the newly co-produced neurodiversity profiling tool is well underway and now parent carers can get an insight to what that training looks like!

Parent/Carer training dates available now.

View the blog below to book on!

[Parent Carer “Knowing Me” Training](#)



### Inclusion of Neurodiversity in Schools)

The second year of the PINS project is now underway across three Cheshire West & Chester primary schools. We have a dedicated space on the website to keep you updated and share training materials from the project that school have undertaken.

Partnership for the Inclusion of Neurodiversity in Schools



Tap to get involved!

  
**Live Well  
Newsletter  
December 2025**



**Live Well Newsletter  
December 2025**  
[padlet.com](https://padlet.com)

The Live Well, Local Offer for Families/ carers with SEND children and young people age 0-25 years



# Cheshire West & Chester Council

## **The Autism Service** **Transition to High School Online Event** **(Via Microsoft Teams)**

**Date: 11.2.26 Time: 9.30am – 1pm**

**We are inviting all parents, carers and professionals supporting children in years 4, 5 and 6 to attend.**

### **What's happening?**

There will be opportunities to attend workshops via Microsoft Teams, and these will be delivered by the Autism Service teachers. Workshops will include:

- Supporting organisation and independence
- Developing strategies to address emotional well-being
- Supporting the communication needs of the young person

There will also be information provided by High school and Primary school SENCOs focusing on effective joint parent/school working. There will be regular breaks throughout the morning.

Following the event, you will receive a copy of the Autism Service Transition to High School Pack, and this will be a useful tool to use with the child you are supporting.

**To apply please click on the link below OR scan the QR code to complete the short application form.**

<https://forms.office.com/e/pZSPqgLiCi>



**Please note that the closing date for applications will be Friday 30th January 2026 You will receive your link and any visual pre course information by Tuesday 3rd February.**





**WINSFORD  
LIBRARY**

# DANCE ABLE

WITH CHESHIRE DANCE

**WEDNESDAYS  
FROM 7<sup>TH</sup> JAN 2026**

**Dance sessions  
for young people with  
learning disabilities  
age 11+, exploring dance,  
choreography,  
improvisation and creation!**

**5:30PM-6:30PM** 

**EVERYONE WELCOME**

**PAY £3, £5 OR  
£7 ON THE DAY**

**COME AND JOIN US!**

**For any questions or queries:**

**lesya@cheshiredance.org**

**Tel: 01606 861 770**

**[www.cheshiredance.org](http://www.cheshiredance.org)**



Supported using public funding by  
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and Chester**



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**Cheshire  
Dance**





# Cheshire Phoenix Wheelchair Basketball Club



## Come and play Wheelchair Basketball

Open to people aged 7+  
with or without a  
disability

Sports Wheelchairs  
provided



*Do you fancy trying something new or do you already play  
wheelchair basketball ?*

*Come and join us at Ellesmere Port Sports Village on  
Saturdays 5pm-8pm.*

*All sessions are led by qualified coaches and there are  
sessions for different abilities.*

Training fee:  
£7 per session

Venue -

Ellesmere Port Sports Village,  
Stanney Lane,  
Ellesmere Port,  
Cheshire, CH659LB

[www.cheshirephoenixwbc.co.uk](http://www.cheshirephoenixwbc.co.uk)  
email - [phoenixwbc@yahoo.co.uk](mailto:phoenixwbc@yahoo.co.uk)  
tel - 07711 356541



# Open mic

A monthly open mic for, by and with young people and adults living with a disability.

Wed 17 Dec 1pm

Thurs 15 Jan  
6.15pm

Thurs 19 Feb 6.16pm





# Club night

Once a month our Garret Theatre will be transformed into a club for accessible raving.

Fri 2 Jan 6pm

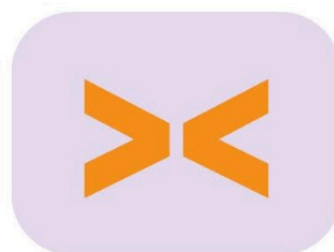
Fri 6 Feb 6pm



Autism Practical Support



# Fit For All



**Inclusive physical activities for autistic children and teenagers struggling or disengaging with Education or training**

Fit for All is a **free twelve-month programme** of physical and emotional wellbeing activities for autistic children and young people **aged 12-17 in Northwich and Ellesmere Port.**

The project is for young people who are not attending school or who are struggling to access education or training, aiming to improve their physical health, emotional wellbeing, confidence, and social connections.

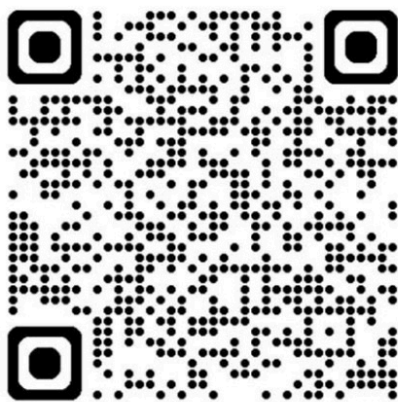




## Early Help Navigator Service

We know life isn't always easy. Sometimes you don't know where to go for help. You may need a bit of advice or support, or simply a friendly face to chat to about something that's bothering you.

**Early Help Navigators are here to help**



Scan this QR code for details of drop-in sessions in your area, or to request an appointment.

### We can:

**Provide help, support and advice with family life**

**Be a listening ear**

**Signpost you to local and national support**

**Help you fill out forms**

**Attend GP appointments with your family**

**Provide food and baby bank referrals**

Visit: [www.livewell.cheshirewestandchester.gov.uk/services/5751](http://www.livewell.cheshirewestandchester.gov.uk/services/5751)  
or phone 0151 556 8378



**Cheshire West and Chester**



# Have Your Say



## Join Us in Shaping Independent Living

Imagine a place where technology and smart equipment come together to make life easier, safer, and more independent.

We're building a hands-on demo hub where practitioners and people who draw on care and support can see, try, and experience the latest innovations designed to help people stay in their own homes with unobtrusive aids.

We need YOU to help design this future!

Be part of the team that shapes what our show home looks like



**Interested?  
Scan the QR code and share your  
details**

Made with PiccollaMyWall.com



# CYP Cheshire ADHD Service Feedback Questionnaire for parents and carers

We are inviting parents and carers to give us feedback on our Children and Young People's (CYP) ADHD service in Cheshire.

Your input will help us understand how to support you in the best way. It will also help to shape improvements to better meet the needs of young people, their parents, and carers across Cheshire.

CYP Cheshire ADHD Service  
Feedback Questionnaire



*Thank you for your feedback*

OUR VOICE MATTERS





Some development work taking place for our MyMind website.

This is the main landing page which goes through the step by step process of what happens once a referral is submitted:

Our children and young people's mental health referral pathway

[Our children and young people's mental health referral pathway :: Cheshire and Wirral Partnership NHS Foundation Trust](#)

This page (which sits below the main page and is linked from this page) talks through the CYPMHS referral criteria:

[Referral criteria for CYPMHS :: Cheshire and Wirral Partnership NHS Foundation Trust](#)

This page (also sits below the main page) talks through the THRIVE model and the services that sit under each of the THRIVE areas:

Our local service offer - the THRIVE model

[Our local service offer - the THRIVE model :: Cheshire and Wirral Partnership NHS Foundation Trust](#)

If you have any questions please Catherin Rudd Participation and Engagement Worker  
Cheshire Children and Young People's Mental Health Services (CYPMHS)

Formally CAMHS

Cheshire and Wirral Partnership NHS Foundation Trust

Contact number-07825 025436

For more information about how you can get involved visit-

Get involved [catherine.rudd1@nhs.net](mailto:catherine.rudd1@nhs.net)







## Join Our Growing Team at the Parent Carer Forum!

Are you a parent or carer of a child with additional needs or a disability in Cheshire West and Chester? We would love you to come and join our team, between us all we have a wealth of lived experience navigating the SEND system. There is someone in our team that understands and can help guide you in the right direction.

We are looking for enthusiastic individuals to join our team to help represent the perspectives of parents and carers in our community. Your feedback directly influences local services and SEND policies.

Call us on [07900840867](tel:07900840867) Visit our Facebook page, YouTube channel, website or email us to find out more.



**Information Advice and Support Service (IASS)****Tel [0300 123 7001](tel:03001237001)**<https://www.livewell.cheshirewestandchester.gov.uk/Services/1279>**SEN Team****Tel [0151 337 6505](tel:01513376505)**[senteam@cheshirewestandchester.gov.uk](mailto:senteam@cheshirewestandchester.gov.uk)**SEN Transport****Tel [01244973637](tel:01244973637)****Tel [01244 973564](tel:01244973564)**[sentransport@cheshirewestandchester.gov.uk](mailto:sentransport@cheshirewestandchester.gov.uk)**Starting Well**<http://www.startingwell.org.uk/>**Children's and Young Peoples Mental Health Services**<https://www.mymind.org.uk/services-and-contacts/cheshire-services/cheshire-cypmhs>**IPSEA- Call-in Helpline****Tel [0300 22 5899](tel:0300225899)**<https://www.ipsea.org.uk/Pages/Category/service-overview>**CONTACT Advice Line****Tel [0808 808 3555](tel:08088083555)**<https://contact.org.uk/>

Parent Carer Forum  
Cheshire West & Chester



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