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Parent Carer Forum
Cheshire West & Chester

October 2026

HALF TERM EVENTS : SEND SUMMIT 2026 : PCF EVENTS & TRAINING

Message from our Chair

Hello everyone!

Welcome to this month's Parent Carer Forum update.

Well, we haven't stopped since returning from the Summer break!

In this edition you'll get a recap on our SEND Summit in Chester; an intro to some of the other key players in the PCF team and a host of activities that you can enjoy with the family this October half term.

I hope you find this month's update informative and helpful. As always, we welcome your feedback and encourage you to contact us if there are issues, challenges or successes you would like us to hear about.

Together, we can continue to make a difference for SEND families across Cheshire West and Chester.

Lucy Kennerley
Parent Carer Forum
Cheshire West & Chester💜

our six-week Parent Volunteer Training Programme! It's been designed to equip parent carers with the knowledge, skills, and confidence to work alongside professionals, advocate for families, and influence real change.



Voices that Shape SEND



What an event! 250 attendees, a whole lot of information, questions and genuine, honest debate and knowledge sharing. The whole day was centred around the three 'c's of **Culture, Communication and Co-production**. That's what the session delivered by our chair Lucy was about, and it's what the SEND Our Commitment is built on. Seven promises that define how we want SEND services to feel and work.

"It's a SEND partnership commitment"

There are many positive examples of individual professionals going above and beyond, but too many families still experience a system that is failing them. During the SEND summit we were able to bring together professionals and families so that we could facilitate open, honest communications about what is already embedded in services, and which ones still need work on. Some of the most valuable moments came from parents and professionals hearing each other's experience at the same

View blog



Upcoming PCF Events



Who is this for?

This event is for parent carers of children and young people (aged 0–25) with SEND in Cheshire West and Chester. It's a chance to hear from professionals, ask questions, and get practical strategies to support your child at home and in school.

Book Here

Social Care, Family Support
Wednesday 25th November 2026
9:30am – 1:30pm
Venue - Hartford Golf Club

Preparation for Adulthood
Tuesday 9th February 2027
9:30am – 1:30pm
Venue - Civic Hall Ellesmere Port

Education, Health and Inclusion
Tuesday 16th March 2027
9:30am – 1:30pm
Venue - Vicars Cross Golf Club

Support for Me as a Carer
Monday 10th May 2027
9:30am – 2.00pm
Venue - Brio Northwich

Our events are free and inclusive. Details of all events will be shared on our website and socials so please follow us. Drop in to say hello!

Who We Are and What We Do
Tuesday 15th September 2026
10:00am – 11:30am

Children and Young People's Mental Health
Thursday 22nd October 2026
1:00pm – 2:30pm

Technology & Digital Resources
Friday 29th January 2027
10:00am – 11:30am

Short Breaks
Monday 14th June 2027
10:00am – 11:30am

AGM/Transport/ Summer Holiday Provisions
Tuesday 13th July 2027
10:00am – 11:30am

Parent Training

ADHD Online - *Date / Time TBC*

See all our events online

Meet Jayne!
Our new secretary...



I am also what's called 'a special guardian', which means I'm like a foster carer within the family. I look after my 15-year-old nephew who has ADHD. He's on the pathway for an autism assessment and developmental trauma but he's doing really well. He wants to take up photography in college. He's now 15 and in his last year of school and he can't wait to get out of the school environment. He wants to be treated like an adult. He doesn't want to wear a uniform anymore and he wants to go to college, so he's quite excited about that, as am I!

organise a lot of the meetings and forums - as well as being the first point of contact for many families across our region.

might not be covered on our website. You can reach me on info@pcfcheshirewest.org

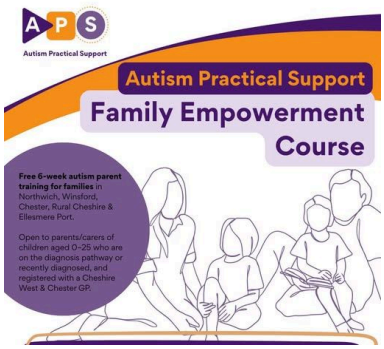
Free Programmes

Funded by Active Cheshire and **Cheshire Police and Crime Commissioner**, Active Futures is a daytime programme for neurodivergent young people aged 12-17 who are not currently in education.

Participants can stay active, build confidence and connect with others through weekly boxing, gym sessions and a weekly Connect Hour. To register, please click here.



APS has been commissioned to offer **FREE autism parent six week training programmes** for residents in Northwich, Winsford, Chester, Rural Cheshire and Ellesmere Port, on behalf of the NHS Cheshire and Merseyside Integrated Care Board (ICB). The parent training sessions are created by parents, for parents, offering practical strategies, guidance, and a space where you feel understood and supported every step of the way. Find out more here.



What's On



October Half-term Activities and Events for Children and Young People with Special Educational Needs and Disabilities 2026 🎃👻🦇

Check out all the SEND half-term activities on Padlet - CLICK HERE!

THE CHILDREN'S ADVENTURE FARM TRUST

Enjoy a **2-hour family visit** packed with Halloween-themed activities, including a spooky trail through the woods, seasonal crafts and sensory activities, time to enjoy the playpark, and special timeslots to **feed the animals and toast marshmallows**. Click on the image to book your visit.



Deafness Support Network (DSN) has opened its YOUTH VIBE – October Programme (8-18years). Activities include climbing walls, cooking, film nights and a Hallowe'en party. Click on the image above to find out more.



This October half-term new Family Hubs are opening all across our region. Locations include Northwich, Wharton, Stanlaw Abbey, Over and Blacon.
Discover a range of fun acivities and supportive sessions for families.
Click on the image above to find your nearest venue.

Share your voice!

might interest you as a parent carer. Make sure your voice is heard!



Share Feedback

Creating a consistent and recognisable look and feel will help families quickly identify trusted SEND information, make connections across different channels and become increasingly familiar with the Commitment and what it represents.
Give them your feedback on the current brand design!



View

Check out all the latest updates and information across the borough for parents and carers.

You also have an opportunity to get involved, have your say and improve the Live Well/Local Offer Cheshire West Website.

Live Well Newsletter October 2026



Help shape disability football!

Humankind Research is working with the FA to help develop disability football provision for young people aged 11-16 years old. If you have experience and views to share you could also secure £100 which you can donate to a charity of your choice.

Down Syndrome Awareness Month

📘 Want to make your voice heard this Down Syndrome Awareness Month?

The National Down Syndrome Policy Group (NDSPG) has created an Easy Read pack to help people with Down syndrome write to their MP about the Down Syndrome Act and its guidance.

It's simple to take part:
📖 READ the letter.
✍️ SIGN it if you agree — add today's date and your name.
📘 POST it to your MP.
You can ask someone you trust to help you too.
Every letter helps show MPs that people with Down syndrome want their voices heard.

#DownSyndromeAwarenessMonth
#DownSyndromeAct
#FourYearsStillWaiting #ActIntoAction



And if you post your letter, send us a photo — we'd love to celebrate you!
❤️

📩 Download the Easy Read pack from their website:
🔗 https://ndspg.org/october-campaign/

View it here…

PARENTS AND CARERS NEEDED FOR RESEARCH

Have you supported a young adult with a disability through the move from child to adult services? Your experiences could help improve support for future families.

ABOUT THE STUDY

This study explores the experiences of parents and carers whose young adult with a disability has moved from child to adult services. It seeks to understand:

How support changes during transition

The impact of these changes on parents and carers

Experiences of navigating adult services

How support for families can be improved

WHO CAN TAKE PART?

- ✓ Aged 18 years or over
- ✓ A parent, carer or guardian of a young adult with a disability
- ✓ Experience of transition to adult services
- ✓ Experienced changes, delays or loss of support
- ✓ Able to be interviewed in English

WHAT IS INVOLVED?

- One confidential interview (approx. 60-90 minutes)

  Online or by telephone or in person
- A brief demographic questionnaire
- Entirely voluntary — you may skip questions, pause, or withdraw at any time

WHY TAKE PART?

- ✓ Share your experiences
- ✓ Help improve future support services
- ✓ Contribute to important research
- ✓ Ensure the voices of parents and carers are heard

YOUR PRIVACY

With your consent, interviews are audio recorded and transcribed. All identifying information is removed and data stored securely in line with university research procedures.

To take part in the above 'Holding it Together' transition to adulthood services research scan the QR code here →

Scan to email

Other Parent Carer SEND News

differences in Cheshire — and across the UK?

There are children living with limb differences in Cheshire who, just like children anywhere else, may one day need emergency care after an injury.

Their parents know what is normal for their child's anatomy. But an A&E clinician seeing them for the first time would not.

Without a baseline X-ray on the child's NHS record, it can be difficult to know what is their usual anatomy and what is a new injury. That can mean additional investigations, uncertainty and delays at an already stressful time.

We're supporting a petition calling on the NHS to offer a baseline X-ray for children born with a limb difference at diagnosis, stored securely and accessible if they later need emergency treatment.

There are children and families in our own Cheshire communities who could benefit from better continuity of information when they need urgent care, however, a change in policy could help children with limb differences across the whole of the UK.

We currently have 3,660 signatures and need 10,000 by 16 December to receive a formal Government response.





Every signature brings us closer to making sure that, when a child with a limb difference arrives in A&E, clinicians have the information they need to understand what is normal for that child — and what isn't.

Sign the petition here!

Cauldwell Children Sensory Boxes have landed! 🤩🎉

Each box is packed with everyday items and activities, designed to support disabled, autistic and neurodivergent children aged 3–18.



Sensory Boxes are currently available for pre-applications

through play.
🧠 Calming Box - Helps to manage feelings by finding ways to feel calmer and more regulated.
⚡ Get Ready Box - Supports routines and helps children feel more alert and ready to move from one activity to another.
💤 Bedtime Box - Helps with relaxation and building calmer, more settled bedtime routines.

Pre-applications are now open, deliveries starting December 2026! 🎉
If you're eligible and haven't received equipment from Cauldwell Trust in the last 12 months, they'll fund 80% of the total cost of your Sensory Box.

Apply today and if your application is approved, deliveries will be dispatched from December 2026.

Apply Here

6 sources for carers

Our parent carer community has found that the six support services below have been a useful source of information, advice and support along their parenting journey. Click on the logos to visit their websites and find out more...

Early Help Navigator Service

Available to families with children from pre-birth – 18 years (25 if there is identified Special Educational Needs and Disability (SEND). ENS can Help Families Navigate what support is available.

Contact: the charity for families with disabled children can help you with the best possible guidance for your child. From benefits to early years education, social care and legal advice - all in one place.

disability positive

Disability Positive provide services, opportunities and a voice to people with lived experience of disability and long-term health conditions, and their families.
They are commissioned by the Council to support families in accessing funding for short breaks and activities for children and young people.

Inclusive, accessible, high-quality learning, personal development and social activities for children, young people and adults with disabilities.

Live Well Cheshire West provides a directory of mental health support services for children and young people. These include telephone, text and online services, as well as face to face services to make these support services as accessible as possible.

Need someone to talk to? Listening Ear offers 1:1 telephone appointments for emotional support—because sometimes being heard makes all the difference.



Our Aims



VOICE **Be the voice of as many parents/carers as possible!**

people in the Borough with SEND are given the chance to achieve the best possible outcomes

Work in **partnership** with providers of Education, Health Care and Social Care services to influence decisions about gaps in services

Provide feedback, **advice and information links** to Professionals and Voluntary Organisations

SEND US YOUR NEWS!

GET INVOLVED!

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