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PCF Monthly Roundup

It's been a busy month for the Parent Carer Forum (PCF)! We attended 18 meetings, hosted five coffee events, and held our first virtual forum, meeting many new parents and carers.

We shared parent carer experiences in an Local Government Association (LGA) Peer Review, receiving fantastic feedback as a strong, robust PCF for Cheshire West and Chester – more details to come once the full report is out.

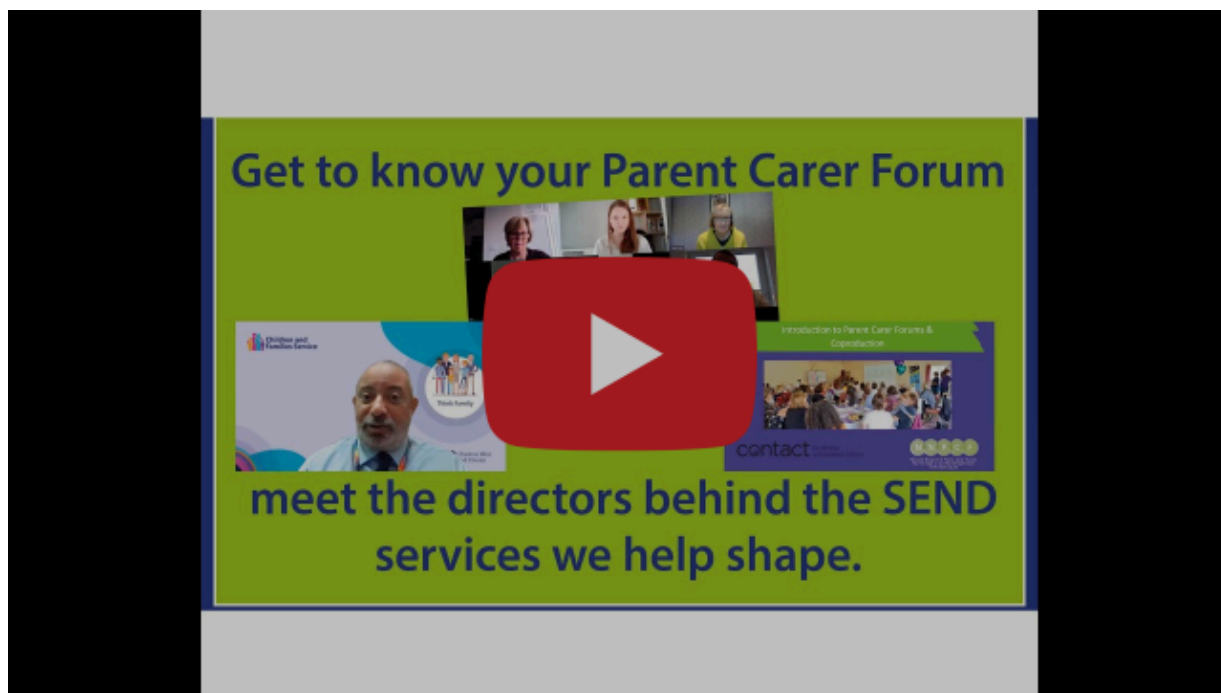
Our first Steering Group set priorities for the year, and we've contributed to Educational Health Care Plans (EHCP) Quality Assurance, Partnerships for Inclusion Neurodiversity in Schools (PINS), and SEND Strategy Delivery Groups – making sure your voices are heard.

Next up: the relaunch of the PCF Survey 2025/26 – The Big One!



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 brand-new **Blog & Noticeboard** area on our website, where you can find the latest news, updates, and insights from the PCF team.

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Thank you to everyone who attended our first forum!

Missed it? Catch up anytime!

Grab a cuppa, pop your headphones in, and catch up in your own time.

Watch it back while: walking the dog, doing the dishes or having a quiet moment to yourself!

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The banner features the PCF CWAC logo on the left, which includes the text 'Parent Carer Forum Cheshire West & Chester'. To the right, a green header contains the text 'NEW DATE RELEASED!' in a pink box, followed by 'Mon 3rd Nov 2025' and '10am – 11.30pm'. The main body of the banner is yellow and contains the title 'Empowerment & Communication' in large blue letters. Below the title, it says 'Be empowered to **advocate confidently** and **communicate effectively** with professionals **supporting your child** or young person **to achieve the best outcomes** with our **FREE online training**.'

Virtual Parent Training
Communication & Empowerment Workshop
Monday 3rd November
10:00am – 11:30am

Virtual session (link will be sent the day before)

This interactive training is designed to give parent carers the confidence and tools they need to communicate effectively with professionals. We will share practical tips and real-life examples to help you prepare for meetings and be assertive in challenging conversations.

Whether you're new to navigating SEND systems or looking to strengthen your existing skills, this session will help you feel **more prepared, empowered, and heard**.

[Book your place here!](#)



Thurs 13th Nov 2025
9:30am – 1:30pm

Neurodiversity Forum

Explore the latest developments in
supporting neurodivergent children
across SEND and discover where to
access the right support.

Marketplace: Stands & Information on support, groups
and services in your area will also be available.

Neurodiversity Forum **Understanding Neurodiversity &** **Support Services in** **Cheshire West and Chester**

We have a fantastic line up of professional and services to offer support on all things neurodevelopmental. Limited spaces, book now to save your space!

[Book your place here!](#)

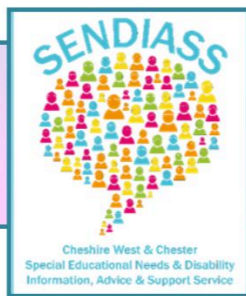
Support for Employment

We're excited to share this fantastic video about the CWAC Supported Employment Scheme!

This scheme helps people with a Learning Disability or Autism to find and keep meaningful work.

- Ongoing support is provided to the individual for as long as they need it.
- The team also supports employers, making sure everyone can work well together.

Watch the video below to learn more!

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SEND Information, Advice, and Support Service

Free Information Sessions

Do you have concerns that your child may have some additional needs?

Would you like to know a bit more about who can help you and your child?

Free Information Sessions for Parent Carers

Do you have concerns that your child may have additional needs?

Would you like to know more about who can help you and your child?

The SEND Information, Advice and Support Service is running a series of free sessions across Cheshire West and Chester this November.

More Information can be found on our “Whats-On Page” in the link below



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](#)





Big Survey - Bigger Change 2025/26

PCF Survey 2025/26 - “The Big One”!

As we prepare to relaunch our Parent Carer Survey 2025/26 – The Big One!, we’re inviting feedback from parents and carers before the questions are finalised.

We plan to keep the core questions the same so we can compare responses with previous years and see what’s changed, what’s improved, and what still needs to be done. This will be used as a way of measuring progress from the PCF Survey 2024 which is embedded in the SEND Strategy 2025/26 and will help shape the SEND priorities 2026/27. You can get a snapshot of how that looks here

[Parents’ Voices Shaping the SEND Strategy ...Now & Next!](#)

If you have suggestions or ideas for the next survey, we’d love to hear from you! Together, we can make The Big One even more meaningful and ensure every parent carer’s voice continues to shape local SEND services.

You can revisit the last the survey results along with the survey questions on the link below.

Please contact us with any suggestions at info@pcfcheshirewest.org

PCF Survey Results & Questions

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Get Involved

Tap to get involved!

You're invited!

Triangle of Care North West Regional Meeting

NHS
Cheshire and Wirral
Partnership
NHS Foundation Trust



Monday 10 November 2025



10am – 3pm



Sycamore House, Cheshire Oaks Business Park,
Lloyd Drive, Ellesmere Port CH65 9HX

scan the QR code to register your attendance

For more information, or if you need any
reasonable adjustments to enable you to attend,
please contact the Patient & Carer Experience
Team at Cheshire and Wirral Partnership NHS
Trust: cwp.pace@nhs.net



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All Age Autism and Neurodivergence Partnership Board



Join our Subgroups

Here's what is on offer...

Lived experience subgroup

The Lived Experience Subgroup, facilitated by Katy Ellison, is a welcoming, action-focused community of autistic and neurodiverse individuals and their carers, working together to tackle real-life challenges and drive positive change across the council.

Service mapping subgroup

The Service Mapping Subgroup has been formed to create an inclusive, digital directory that makes it easier for people across the borough to find and access autism and neurodiversity support services, with input welcomed from all community members.

Strategy subgroup

The Strategy Subgroup aims to create an inclusive Cheshire West and Chester where Autistic and Neurodivergent people of all ages are understood, supported, and empowered to thrive, and invites input to help shape its draft strategy.

Made with PosterMyWall.com

Scan here to
sign up



**Emotional wellbeing and early mental health support is
delivered for children and young people aged 5–25
across our region**

It's a short survey (just 10–15 minutes) that will directly influence how support is
funded and shaped for the future.

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Board – all coming together to develop a new youth strategy that reflects what matters most to families and young people.

Your voice matters! Please take a few minutes to complete the survey and share it widely so we can hear from as many parents, carers, and young people as possible.

Take the CYP survey below.

[Children's and Young Peoples Survey](#)

Live Well
Cheshire West



Did you know?

One of the key aims of the Local Offer is to give you the chance to feedback directly to service commissioners.

Have your say by tapping the image above!



Tap the images below to find out more!



Endorphins October Holiday Sessions

Looking for something fun, inclusive, and confidence-building for your child this October half term?

Endorphins Group UK are running their popular Holiday Club sessions in Winsford and Chester, offering engaging activities for children and young people of all abilities.

Winsford - October Holiday Sessions - Ages 4-11 -
Endorphins Group UK

<https://endorphins.uk/events/winsford-summer-holiday-sessions-ages-4-11-25/>

Chester - October Holiday Sessions - Ages 12 - 18 -
Endorphins Group UK

<https://endorphins.uk/events/chester-october-holiday-sessions-ages-12-18-2/>

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Group UK <https://endorphins.uk/events/chester-october-holiday-sessions-ages-4-11-2/>

Chester - October Holiday Sessions - Ages 12 - 18 -

Endorphins Group UK

<https://endorphins.uk/events/chester-october-holiday-sessions-ages-12-18-2/>

Activities and Short Breaks

Find organisations that offer things to do and short breaks here!

Live Well Cheshire West

<https://www.livewell.cheshirewestandchester.gov.uk/Information/Details/5577?categoryId=5498>

School Holidays Activities

School holiday activities | Cheshire West and Chester

Council <https://preview-cwcc->

[qwest.cloud.contensis.com/news-and-views/campaigns/school-holiday-activities](https://preview-cwcc-qwest.cloud.contensis.com/news-and-views/campaigns/school-holiday-activities)

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kids inclusive multi-sports

Wednesday 29th October

10:30am - 11:30am pool play

12:30pm - 1.30pm multi-sports & activities

suitable for SEND kids and their siblings, ages 5 to 17.
all children must be accompanied by an adult.

£4.70 per session
book online/in center
or call 0151 659 1010

brío ellesmere port

T&Cs apply.



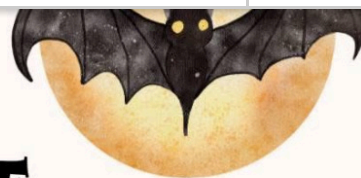
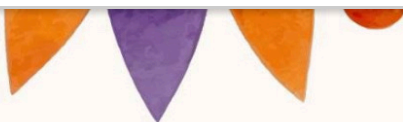
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OCTOBER HALF TERM ACTIVITIES



HOCUS POCUS RELAXED FILM SCREENING

Monday 27th October 6-8pm
Chester Storyhouse CH1 2AR

£2.50 for a member, £6 for a non-member.



MINI GOLF AT PARADISE ISLAND ADVENTURE GOLF (13-18 YEARS OLD)

Tuesday 28th October 6-7.30pm

Coliseum Leisure Park, Ellesmere Port CH65 9HD

Open to teenagers who have an autism diagnosis or are on the pathway and live within Cheshire West and Chester, **Members & Non-members.**



NO MASK HALLOWEEN DROP-IN

Friday 31st October 1-4pm
APS, Sension House CW9 7LU

Open to Members & Non-members.

No Mask Halloween Drop-in Session.

Activities including 'What's in the Box?', apple bobbing, Halloween crafts, tombola and more! Tea/coffee and cakes.

Costumes are optional but no faces are covered and definitely no masks!



0344 850 8607
info@cheshireautism.org.uk

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A farm-based day services centre for special young people



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positive**

Buzz Juniors- A fun, inclusive group for ages 5 to 12!

Our friendly, experienced staff provide all the support your child needs, including:

- ✓ **Personal care**
- ✓ **Medication**
- ✓ **1-to-1 behaviour support**

Parents and caregivers can relax, knowing their child is being cared for with dignity & understanding.

Join the waiting list on our website:
disabilitypositive.org

disability
positive



Have you heard about The Buzz Teens Group?



Ages 13-18



Inclusive activities



Qualified support staff



Opportunities for leadership



Sessions in Cheshire East & West

**Join the waiting list now
on our website**

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Tarporley Social Circle

For disabled adults aged 18+ in Cheshire

A warm, welcoming space where you can meet new friends, enjoy fun activities and feel connected to your community. From cookery and crafts to pub visits and weekend trips.

Meet ♥ Connect ♥ Belong

Sign up on our website



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There is always hope

We are the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, we can help.

October 2025 - January 2026



News

CARERS TRUST
Cheshire and Warrington

Contact Us

Contact Line: 0300 102 0008

Mon-Fri 9am-5pm

Saturday 9am - 12:30pm

email: [bettertogether@](mailto:bettertogether@cheshireandwarringtoncarers.org)

[cheshireandwarringtoncarers.org](mailto:bettertogether@cheshireandwarringtoncarers.org)



This newsletter is produced by Cheshire and Warrington Carers Trust, the Lead Provider of the Better Together for Carers and the Community Service

CARERS TRUST
Cheshire and Warrington

 SnowAngels

 **OPAL**
Older People Active Lives

 Cheshire West and Chester

 **NHS**
Cheshire and Merseyside



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.

**SEND Local Offer**

[Special Educational Needs and Disability \(SEND\) Local Offer | Live Well Cheshire West](#)

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

SEN Transport

Tel [01244973637](tel:01244973637)

Tel [01244 973564](tel:01244973564)

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/>

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