



PACC Newsletter

April 2022

Welcome to the April Edition of PACC's monthly newsletter!

To find out more about PACC, including who we are, how we work, what PACC offers and updates on any of our current work, you can find all of this and more on our website!

[Click here to learn more!](#)



Parent Carer Feedback

PACC is currently evaluating its role in supporting SEND families in Shropshire and we would like to hear from you about what you value about PACC.

We have created a short survey which should take no more than 5 minutes to complete and would really appreciate it if you could spare some time to share your thoughts with us.

[Click here to learn more!](#)



Adult Community Mental Health Transformation Programme

PACC has recently received information about work to transform Adult Community Mental Health Services, which we know will be work that the Shropshire SEND Community will be keen to influence and inform. This work is part of the NHS Long Term Plan and recognises that improvements need to be made in availability and access to services which support adult mental health. In Shropshire the work will be led by Shropshire, Telford & Wrekin Integrated Care System and supported by the Midlands Partnership Foundation Trust (MPFT).

[Click here to learn more!](#)





Follow up to the SEND Inspection

Following the Local Area SEND Inspection carried out in January 2020 and the resulting Written Statement of Action, Shropshire is now due to be reinspected by Ofsted and the Care Quality Commission, to assess progress made in key areas. You can find information about the SEND Inspection and Shropshire's Written Statement of Action on the PACC website.

[Click here to learn more!](#)



The re inspection is expected to take place from April 2022 and as previously hearing from parent carers about their experience of SEND in Shropshire will be at the heart of the process. In particular it will be useful to hear from families about:

- The effectiveness and quality of EHCP's in Shropshire
- The experience of autism/ADHD support and assessment in Shropshire
- The experience of speech and language support and assessment in Shropshire
- School based support for SEND pupils and the approach towards supporting inclusion
- How young effectively young people with SEND are supported and prepared for adulthood

PACC are collecting feedback through a short survey, which can be completed on the link below.



[Complete the Survey](#)



Beam Virtual Workshops

Shropshire Telford & Wrekin Beam have provided the next timetable for June 2022 of virtual workshops for parent carers & practitioners. The details needed are below in a chart, all you need to do is click on the link at the appropriate time of the chosen workshop. All workshops will be done via M S Teams Video call. The workshops are planned to be informative and engaging sessions, your participation is welcomed.

- Supporting Children & Young People with Anxiety – practical suggestions of methods & techniques to help support young people experiencing issues with anxiety.
- Wellbeing Planning –how to support children & young people's general emotional health & wellbeing, recognising triggers and promoting self-awareness.
- Sleep Support - practical suggestions & techniques to help support the children & young people having difficulties with getting to sleep and staying asleep.
- Understanding & responding to Self-Harm - practical suggestions and techniques to help support the young people experiencing issues with self-harm.

[Click here to learn more!](#)



A **community consultation event** in collaboration with **Shropshire PACC**

Create an inclusive future in gymnastics

British Gymnastics would like to invite you to a workshop on improving opportunities for children and young people with disabilities to participate in gymnastics in their local community.

On **Wednesday, 25th May 2022**
9.30am arrival/registration for 10.00am start - 1.00pm

At **Shrewsbury Town Football Club**
Montgomery Waters Meadow, Oteley Rd, Shrewsbury SY2 6ST
Refreshments and a light lunch provided (if booked)

We know that many children and young people with SEND and their families face significant barriers to access physical activity outside school. This workshop offers an opportunity for parents and carers to come together to share experiences and thoughts about what can be done to ensure more young people with disabilities have access to high-quality gymnastics activities in their local community.

We are keen to explore how we can work with our local clubs, education and health providers and other interested stakeholders to support access to gymnastics activities in a way that is not only fun but also contributes to improved outcomes for children and young people with SEND. What we learn from the workshop will also help shape our national inclusion plan.

[Register online here](#)

For more information or to register
email: jess.bailey@british-gymnastics.org
or call **Lucy Smith** on **07715 081403**

FREE ENTRY!



Gymnastics activity provides physical and wellbeing benefits such as improving mobility, co-ordination and self-confidence. New national guidelines on physical activity for disabled children and young people highlight the importance of daily exercise, including strength and balance activities, making gymnastics an ideal activity.



**British
Gymnastics**



Cycling4All

Cycling4All are a voluntary group who work with local organisations to provide cycling sessions in Shrewsbury, supported cycle rides and look to develop provision in other parts of the county, with access to a fleet of adapted bikes, trikes and tandems that can be used by people with a variety of conditions.



Cycling4All Shropshire Events



April 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Key

Pedal in The Park (PITP), 10am – 3pm. An opportunity to drop by and try different cycles. William Clement Memorial (obelisk), Greyfriars, Shrewsbury, SY1 1XN. Adjacent to St Julian's Friars carpark.

Pedal Out Together (Supported Rides)

The speed, distance and route will be influenced by those attending the ride each time. We will try to offer rides of various length, on and off road - please let us know if you'd like to explore any particular area/route - we'll try to adapt.

Cycle Route 81 from Greyfriars via Sundome (old canal path) to Uffington/Upton Magna.

Meeting point 1 : Please meet at 5.15pm for 5.30pm departure from William Clement Memorial (obelisk), Greyfriars, Shrewsbury, SY1 1XN.

Meeting point 2 : People will also be able to join this ride at Shrewsbury Sports Village (Sundome Road, Shrewsbury, SY1 4RQ). Please meet in reception at 5.45pm for a 6pm departure.

Anticipated refreshment stop at Corbett Arms Uffington. Please check with ride leader.

Thursdays Ride Out Together – Meeting point, route and destination to be confirmed. Meet at 5:15pm for a 5:30pm departure. Please check our website or visit our Facebook page for up-to-date information.

Please check our website (<https://www.cycling4allshropshire.co.uk/events>) or visit our Facebook page (@Cycling4AllShropshire) for up-to- date information.



Cycling4All Shropshire Events



August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Please check our website (<https://www.cycling4allshropshire.co.uk/events>) or visit our Facebook page (@Cycling4AllShropshire) for up-to- date information.



SMI and Complex Needs Survey

Do you have or care for someone with Severe Mental Illness (SMI) and complex needs? Shropshire Council are currently conducting a survey to help improve care and support services in Shropshire, Telford and Wrekin.

We understand some of you may feel this is not directly related to SEND families, but we felt that it would be useful to share with you to inform outcomes from a SEND perspective.

 [Complete the Survey](#)



Send Green Paper

The National Network of Parent Carer Forums (of which PACC is a member) has published an initial response to the review.

[Click here to learn more!](#)



The SEND review green paper is open for consultation until 1st July 2022.

“The government is committed to improving outcomes for children and young people with SEND and those in alternative provision.

To achieve this ambition we want to work with and hear from:

children and young people

parents and carers

those who advocate and work with the SEND sector

local and national system leaders

We encourage you to consider the proposals set out in this green paper and respond to our consultation.

Together, we can ensure every child and young person with SEND and those in alternative provision can thrive and be well prepared for adult life.”

[Click here to learn more!](#)



Mental Health Awareness Week



The official theme of Mental Health Awareness Week this year is loneliness. Loneliness affects many of us at one time or another. We know that loneliness can be both the driver for and a product of poor mental health.



Place2Be is a children's Mental Health Charity with over 25 years' experience working with pupils, families and staff in UK schools.



Whether they need a reassuring conversation, specialist mental health support, or simply the knowledge that they are not alone in how they are feeling, we will make sure that all young people get support that meets them where they're at as quickly as possible.



The Mental Health Foundation work to prevent mental health problems. Helping people understand, protect and sustain their mental health. [Click here](#) for some useful tips and support information for Parent Carer's Mental Health

Ask Abi

Do you have a SEND related question? Each month, we will be answering questions that we are frequently asked. Please email your question to abi@paccshropshire.org.uk (all questions will be posted anonymously)

How do I get an EHCP Assessment for my child?

A child or young person will be considered for an education, health and care needs assessment where there is evidence that despite additional support over a period of time they are making less than expected progress given their age and individual circumstances.

An Education Health and Care (EHC) needs assessment is undertaken by the local authority (LA) to determine whether an Education Health and Care Plan (EHCP) is required to meet the special educational needs of a child or young person with SEN. An EHCP will be necessary where the assessment identifies that a child or young person requires access to specialist provision for a prolonged period of time in order to meet their special educational needs and to support them towards achieving greater independence in preparation for adulthood.

Applying for an EHCP

Click here to
learn more!



Appealing an EHCP rejection

Click here to
learn more!



Useful Websites:

IPSEA

IASS

My child isn't sleeping well and I think it's partly anxiety, what can I do?

If you have a child with additional needs and sleep issues, bedtime can be tricky. Here is some advice that may help if your child struggles to drop off or stay asleep:

- Record what is happening at night by using a sleep diary. Share this information with professionals to see if they can help you to explore why your child may have sleep issues and which might be appropriate strategies to try to improve your child's sleep.
- Use visual clues to support your child's understanding. Visual timetables can help to show your child what is going to happen next during the bedtime routine.
- Screen time may hinder melatonin production so avoid any screens in the hour leading up to bedtime.
- Review your child's diet to ensure that they are not eating or drinking anything sugar loaded before bedtime.
- Ensure that your child is in a routine and put them to bed at the same time each night.
- Sleep problems can be complex and it is important to try to identify possible causes, these can include anxiety issues, behavioural sleep issues as well as medical factors.

Beam



Beam are running a workshop on Supporting sleep on 8th June, and separate workshops for secondary school aged children on 27th April and 18th May.

Click here to
learn more!

