



Shropshire Parent and Carer Council Monthly Newsletter.

November 2023

Welcome to PACC's monthly newsletter.

Our last Newsletter for 2023.

If you have any questions or require any further information, please email:

info@paccshropshire.org.uk



As this is our last newsletter for 2023, we would like to take this opportunity to thank everyone for their continued support this year. In 2023 we have seen huge growth within PACC- celebrating our first year of hosting PFA Navigators, our second year of our Healthy Lives Programme, hosted activities throughout the year through Buddies Social Network, we have run numerous workshops and engagement sessions and we have continued to champion the voice of the SEND community in Shropshire!

From all of the team at PACC, we would like to wish you a very Merry Christmas and a Happy New year.

Shropshire, Telford and Wrekin Hospital Transformation Programme



A series of focus groups to inform the Shropshire, Telford & Wrekin Hospital Transformation Programme (HTP) are currently ongoing. PACC recently attended a meeting of the Learning Disability and Autism HTP Focus Group where information was shared about the transformation programme which will change how hospital-based services are delivered locally. You can view the presentation shared at this focus group [here](#).

The learning Disability and Autism focus group was particularly looking at how the hospital environment can be designed to support neurodiversity. There were discussions about sounds, lighting, colour and visual information. There was a particular focus on how 'retreats' and 'safe spaces' could be provided for those with learning disabilities, autism and other additional support needs.

There are a number of Focus Groups considering different aspects of the programme, some of which are listed below.

5th December - Medicine & Emergency Care, Surgery, Anaesthetics Critical Care & Cancer focus group

7th December – Women's and Children's Focus group

30th January – About Health Event - Hospitals Transformation Programme

Please contact sath.engagement@nhs.net if you have any queries or feedback you would like to give or if you would like to attend a focus group.

You can find out more about the Hospital Transformation Programme on the Shropshire, Telford and Wrekin Integrated Care System website <https://www.shropshiretelfordandwrekin.ics.nhs.uk/hospitals-transformation-programme/>

SEND Transport Consultation Announcement



Shropshire Council previously announced plans to consult on their current Specialist Transport Provision, specifically their discretionary grant offer to those aged under compulsory school age and 16+. You can read the proposal delivered to Cabinet in July [here](#).

You may remember back in October 2022 PACC were invited to inform a review into the Specialist Transport Services, in particular the impact of Early Years and Post 16 transport provisions and what families value about this. Within this review we made it clear the impact on families would be significant, especially for those where a specialist school provision is the only suitable option.

Following on from the proposals to cabinet being approved, Shropshire Council have now shared further information on their plans to consult in Spring 2024 on the proposals set to Cabinet. The proposals detailed concerns about the costs incurred to Shropshire Council in providing discretionary allowances for SEND Transport offered to Post 16 students and those in Early Years provisions. The consultation has not yet been developed as so far the proposals are that alternatives will be developed and consulted on.

What has PACC contributed on behalf of the SEND Community?

To date, PACC has contributed the voices of the SEND community through the review that took place in October 2022. Including sharing the results of a transport survey from October 2022 with the review team, PACC also shared this and other feedback with the Assistant Director for Education and Achievement which has influenced the proposals.

The information published by Shropshire Council '[Council to seek views from special educational needs and disabilities \(SEND\) community and wider public on discretionary school transport - Shropshire Council Newsroom](#)' explains how they plan to develop consultation proposals based wider community feedback. This includes ideas on how they could change existing offers to help families where they may be at risk of losing access to the discretionary grants for travel support. These include independent travel training, personal transport budgets, and school community networks (among other things) can be used better to meet travel needs at a lower cost implication to Shropshire Council.

From January 2024, Shropshire Council will release further details of a consultation seeking to change the way they support those in need of specialist transport where the child / young person is in an Early Years or Post 16 educational placement. It is possible that a decision to remove discretionary transport offers may be made, or that alternative options will be developed and put in place instead.

[READ MORE](#)

IASS NEED YOUR FEEDBACK!

**PLEASE COMPLETE THE
SURVEY BY 6TH DECEMBER**



IASS Feedback Survey

Families and professionals in Shropshire are being asked to give their views on IASS. The service is due to be re-tendered (where bids will be invited from interested providers to deliver the service), from September 2024, when the current contract ends. Your feedback is so important and will help shape the future of the service. Please click the above image to complete this survey.



PACC's Festive get-together and AGM



MONDAY 11TH DECEMBER
10AM-12PM
ROY FLETCHER CENTRE, CROSS
HILL, SHREWSBURY, SY1 1JE

Please join us to hear about other work PACC has been doing and our plans for the future.

We will be reflecting on our activities in 2022-2023 which have been extensive, and sharing our thanks to the SEND community for your continued support and engagement.

Booking closes at 5pm on Friday 8th December.

[Click to book!](#)

Parent Carers, practitioners, and anyone with an interest in our work are welcome to join us.

Beam Drop-in Emotional Wellbeing Support Sessions

Mondays

12-4pm (last session 3pm)
Sundorne Youth Centre, 218 Sundorne Road,
SY1 4RG

Tuesdays and Thursdays

10-6pm (last session 5pm)
Beam, 9 Market Square, Wellington,
TF1 1BP

Saturdays

10am- 2pm (last session 1pm) Beam,
9 Market Square, Wellington, TF1 1BP



Email: shropshirebeam@childrenssociety.org.uk

Instagram: [@shropshirebeam](https://www.instagram.com/shropshirebeam)



Christmas Activities

(Click Image for further information)



Best Christmas Days out in Shropshire 2023

CREATE MEMORIES THIS CHRISTMAS AT ALDERFORD LAKE

Christmas at Alderford

Christmas at Alderford offers a truly magical experience for all of the family, with a spectacular range of festive activities available.

SEN relaxed sessions Christmas

At Attingham, the Mansion gets decorated for the festive period and to make sure everyone gets to experience the magic there is a quiet opening time, designed for any visitors on the Autism Spectrum or who have sensory sensitivity special needs.

Dobbies Shrewsbury

Bayston Hill Nurseries, Shrewsbury, SY3 0DA
[View on map](#)



Embrace the festive season with a must-have visit to our Santa's grotto this Christmas. This experience includes meeting with Santa and, of course, a special gift for your little ones

Santa's grotto is one of our most-loved festive experiences at Dobbies, and from 2.30pm on Friday 8th December, we're pleased to be able to offer visits for children with additional needs

These sessions can only be pre-booked, with no queuing on the day and a reduced number of families attending in each slot

During your visit, we'll make sure:

- All music is off
- Twinkling lights are removed or switched off
- You can choose to have your child's gift wrapped or not
- Prior to your visit, we'll email a photo of your specific grotto to prepare children for what they will see on the day

Should you wish to capture the memory of your little ones meeting Santa you can choose to pre-book one of our special photo options and save compared to on-the-day prices



Santa Specials - 2 to 23rd December

Festive fun and wintry
steam train trips with
Father Christmas!

SM&AG SHREWSBURY MUSEUM & ART GALLERY
SEP TO DEC 2023

imagination playground

PLAY, BUILD, EXPLORE.

EVENT

Shropshire Council

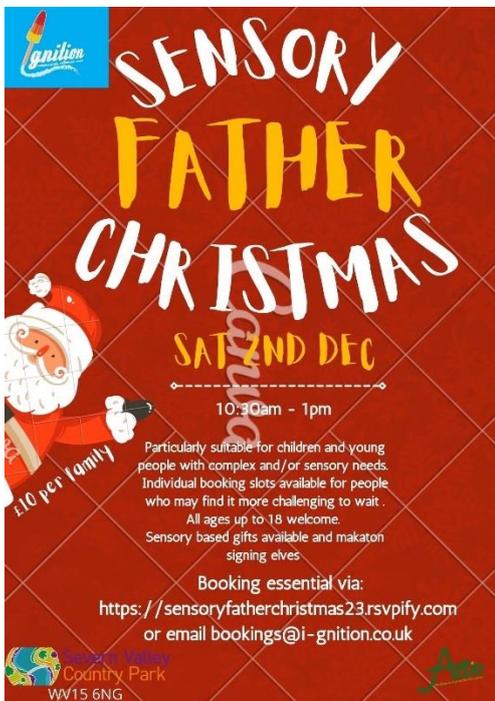
SANTA IS COMING TO THE ZOO

MEET SANTA IN HIS GROTTA AT EXOTIC ZOO

EXPLORE THE ZOO WITH ENTRY INCLUDED IN THIS PACKAGE. AND A GIFT FROM SANTA. GIVE THE CHILDREN AN UNFORGETTABLE CHRISTMAS.

Entry to the zoo + Meet Santa + Present
£15 Children (under 2's £10)
Adult Entry £8

EXOTIC ZOO



gnition

SENSORY FATHER CHRISTMAS

SAT 2ND DEC

10:30am - 1pm

Particularly suitable for children and young people with complex and/or sensory needs. Individual booking slots available for people who may find it more challenging to wait. All ages up to 18 welcome. Sensory based gifts available and makaton signing elves.

Booking essential via:
<https://sensoryfatherchristmas23.rsvpify.com>
 or email bookings@i-gnition.co.uk

Country Park
 WV15 6NG



Christmas tips for autistic people and their families



Sensory Integration Education

Christmas Sensory Survival Kit



autism west midlands

Preparing for the Festive Season

Many people with autism can find any kind of change difficult. To make this holiday as enjoyable as possible, **planning and preparation is vital!**

Plan for the holidays



Try to plan your Christmas well in advance. Get in contact with family, friends and any support services you use & share what you will be doing and who else will be there.

Using visual aids such as calendars, lists and schedules can be very helpful in planning your Christmas.

Family and friends



If you're visiting family and friends, it's helpful to let them know about anything that could help make your visit as stress-free as possible.

For example, they could turn off flashing lights, let you know what food will be provided, share plans for activities and if there will be a quiet room to escape to.

Gift giving



Presents can be very difficult; the number of them, the wrapping paper and the unclear expectations.

It's best to tell family and friends what your gifts preference is in advance. This could be; a number of suitable presents, gifts to avoid or whether you would want presents wrapped.

autism west midlands



All in Santa Sessions Sunday 3rd December



We invite you to join us for an *All in* Christmas paddle on the Montgomery Canal at Welshpool.

Join us for a leisurely social paddle with friends, you never know who might paddle past!

No previous experience is necessary as we will be paddling super-stable rafted canoes. So, grab your jacket, Santa hat and may be a mince pie or two.

We welcome All in members (8-17years) and their families

There will be two sessions: morning 10am and afternoon 1pm.

Booking is essential. Please email Jamie: info@docanoe.com

Full joining instructions will be sent upon booking.



This unique *All in* Santa session will be based in Welshpool. Car park nearby and a short walk from Welshpool train station.



Pom Pom Wreath Workshop

Saturday 9th December, 10:00am - 12:30pm

Aimed at young people aged from 12 to 18.

Come and join us for some festive fun here at The Hive and learn how to make a pom-pom wreath from scratch! Learn about the history of these humble little balls of wool and how to create a professional and eye-catching festive wreath, ready to make a home or business door the talk of the street! This workshop will show you how to make the pom-poms, form them into a wreath and even add some bells and whistles if you want extra pazzazz! Perhaps yours will be a gift or spark a business idea, who knows?!

For this workshop we are offering a pay what you can ticketing system (see below) with any transactions subject to a booking fee on checkout. All bookings are gratefully received.

Image credit: freepik.com

Tickets: £0, £5 & £10

» Scan the QR code to book or visit the 'What's On' section of our website!





MARKET DRAYTON LIBRARY'S

CHRISTMAS PARTY

SATURDAY 9TH DECEMBER
10:00 - 1:00

MEET FATHER CHRISTMAS
(BOOKING ESSENTIAL)

FREE ENTRY!

GAMES
CRAFTS
FACE PAINTING





Museum & Art

SM&AG

FRI 1 - SAT 23 DEC

MEET FATHER CHRISTMAS

Cost: £15 per child and £5 per adult
Pre Booking Essential:
www.shropshiremuseums.org.uk/events



VISIT WITH

Santa

£10
* A CHILD

SATURDAY 16TH

INCLUDES A VISIT WITH SANTA,
PRESENT FROM SANTA
AND USE OF OUR SOFT PLAY

SEN SANTA SESSION
KIDS  **SUNDAY 17TH**

TO BOOK YOUR VISIT WITH SANTA HEAD TO
WWW.UKLITTLERASCALS.COM/EVENTS
*4 MAX PER TABLE - TO INCLUDE ONE ADULT

The Movement Centre are really excited to be bringing Santa to Oswestry for an experience like no other.

Each child and their family will visit Santa in his lodge in amongst a forest of Christmas trees, to collect their present from Santa.

You will then have a chance to create your own reindeer food to throw out on Christmas eve!



Being Me



This PACC 'Being Me' article is about Tom Maddison aged 7 and written with the support of his Mom, Susie. Tom has suspected Attention Deficit Hyperactivity Disorder (ADHD) and Pathological Demand Avoidance (PDA) (Thomas is currently on the waiting list for a diagnostic assessment).



Susie first contacted PACC to share a poem that Tom had written to explain how his mind works, she wanted to share it with other families.

“My son found a way to explain how his mind works, it's really helping me understand his triggers, I know it can be a hard thing to explain to others, so I find his words quite powerful.

Tom wanted to talk about how his brain feels, some of his descriptions were so creative we decided to write them down, he then arranged his quotes into a poem and with a little help, I didn't want to change his words, we created rhyme and rhythm.

I am so proud of him expressing these feelings, we hope it may help others understand too”.

Snap, Crackle, Pop.

Words by Thomas Maddison aged 7

(Edited with help from Mum)

My classroom is a forest floor

And every time I flap

A twig catches under my shoe

SNAP, SNAP, SNAP

Do this, do that, do as I say

SNAP, SNAP, SNAP

It hurts, I want to run away

SNAP, SNAP, SNAP

My feet are moving fast, I feel alive and free, BUT
CRACKLE, CRACKLE, CRACKLE, sound the twigs under my feet

They tell me SLOW, STOP, BREATHE,
But all that I can think
is the overwhelming CRACKLE
of my focus on the Brink.

My body isn't doing what I'm asking it to do
CRACKLE, CRACKLE, CRACKLE as more energy flows through

Try to connect, hold on
It only shivers away
to communicate I laugh, but
POP, I cannot move my way

I can't control my self
Malfunctioning Electric
I'm wrong as I hurt others
I didn't want to do it
Striking out and scared

POP

Lonely and unheard

POP

I scream and scream and scream and scream

POP, POP, POP

After the earthquake settles down, I'm floating in deep space

Reaching out to reconnect in a constant, caring place

I never was abandoned, I hear them gently say
as back into the classroom we hug, and hum and sway.

Snap, crackle, POP!

After the receiving the poem, we asked Susie and Tom to tell us a bit more about Tom's life at home and school. Thomas decided what he would like to tell us, and Susie shared some of the support that helps make Tom's life better.

"Tom's school has been truly fantastic with supporting him and have trialled many provisions to find those that help him stabilise and learn. Thomas loves Maths and reading but struggles with writing and drawing, school encourages him with sand writing, Tom enjoys this tactile sensory experience, and it allows him to practice his spelling along with his classmates.

Spinning is a sensation that helps Tom regulate, however done independently he would over-exhort himself, lose his focus and crash into furniture or other people, the school invested in a giant spinning top and a Whizzy Dizzy so that he, and others, can experience this sensation safely.



At home he loves be outside swinging or spinning on his swing set and hunting for bugs or forgeable wild foods.

Tom struggles to control his emotions and often needs a safe space to calm down, at home he would hide in cupboards to do this, so we transformed a large kitchen cupboard into a sensory den, a cot mattress, fluffy cushions and his wolf pack line the den and an Infinity mirror gives him something to focus on it also doubles as a hiding spot when he wants to play Minecraft on his Switch without being disturbed by his little brother.

School is difficult for Tom, he struggles to maintain friendships within his school year, he is emotionally much younger so gravitates towards children a couple of years below however his actions can be unpredictable so he has 1 to 1 assistance. The transition into 3rd year was hard and he is currently back with the year 2 group with hopes to slowly transition back by January.



The aim is to help Tom settle into a smaller focus group within his new classroom and to move away from 1 to 1 support when he is ready.

Oh he's also asked me to tell you that he loves wolves 🐺🐺🐺"

If your child or young person would like to share their story with us and appear in "Being me", please email abi@paccshropshire.org.uk

Preparation for Adulthood



What is Preparation for Adulthood (PFA)?

Our early life experiences help us to prepare for life as an adult and this should be recognised as early as possible, although there is an expectation that Young People with SEND focus on PFA from Year 9.

Conversations about a young person's future should involve themselves, their parent carers, their teachers and anyone else who works with them.

What areas does PFA cover?

PFA covers all areas of your Young Person's life that will enable them to have the best outcomes as they enter adulthood, including:

- Further education
- Activity Plans
- Finances and Benefits
- Employment and Volunteering
- Annual Health Checks
- Staying Healthy
- Being Part of the local community



How does our PFA journey start?

Planning for transition into adulthood should start from the Year 9 annual review of the EHC plan. Each review thereafter must focus on preparing for adulthood- including the move between children's and adults services outside of education.

The transition towards adulthood review from Year 9 will start to gather information regarding the young persons and their families' aspirations for their future, including who needs to be involved, target planning and the support needed. The review will explore provision accessible to students in order for them to be healthy, participating in society, living independently, and accessing further education and/or employment where appropriate.



For more information, please contact our PFA Navigators



Abi@paccshropshire.org.uk
Denise@paccshropshire.org.uk



Preparation for Adulthood



Direct Payments Frequently Asked Questions

Why would I want a direct payment?

Arranging your own care and support gives you more choice and control, and can help you feel more independent. For example, you may already know someone who could provide the support you need, want to use a particular home care agency or prefer to make individual arrangements for respite. Direct payments can give you more flexibility.

Can anyone have a direct payment?

Almost everyone who is eligible for Social care support would be able to have a direct payment. Some people who would not be able to manage the practicalities of a direct payment can have the payment made to someone else who will manage it for them.

What can I use a direct payment for?

You can use your direct payment to pay for services or equipment which will meet the goals identified in your support plan. For example, you might employ someone (A Personal Assistant) to provide the support you need to live independently, or you might buy a care service from an agency. Some people use a direct payment for a one-off purchase, such as a piece of equipment or a respite break. So long as the identified objectives are met, you can be as creative as you wish in putting together the support arrangements.

Is there anything I cannot use a direct payment for?

You must only use your direct payment to meet the aspirations of your support plan, so you couldn't use it, for example, to pay household bills. You also can't use any of your direct payments to cover costs that you've been told you are expected to meet from your own resources (following a financial assessment).

Does having a direct payment mean I become an employer?

If you choose to have a personal assistant, you will become that person's employer, but there is plenty of support available to help you. There are other ways to use a direct payment that do not require you to employ someone.

Are there any restrictions on who I can employ?

You cannot employ someone who lives in the same household as you (except in certain exceptional circumstances). Other than that, you can employ anyone you choose. Anyone you employ will need to have a DBS Check

How much money would I get?

The amount you get is linked to the cost of providing a council service. There are specific rates depending on what the money is for and these will be explained to you before you start receiving your direct payment.

In what way is a direct payment more flexible than Social care services?

Direct payments can make simple differences that can have a big impact on how you live your life. For example, you can decide for yourself when to get up in the morning and what time to go to bed at night; something that may be controlled for you when you get care from Social Care Services. Perhaps you have some good days or weeks when you need less care, and others where you need more support to be able to manage. Direct payments are flexible enough to cope with this, and you can save 'care hours' to use when you need them most.

Will having a direct payment affect the benefits I receive?

No. A direct payment isn't considered as income and it is not intended as a replacement for benefits such as PIP or DLA. So it will not affect any of your existing benefits.

Can I have a direct payment for some of my care needs and Social Care Services for others?

Yes, it is possible to have some of your care needs provided by Social Care Services and arrange others yourself using a direct payment.

I am a parent carer, can I get a direct payment on behalf of my disabled child?

A parent carer can receive a direct payment to provide support for a child aged under 18. Some parents receive a direct payment under what is referred to as 'Child in Need' legislation. Once your child becomes an adult any direct payment would be made to them, but you would be able to help them manage it.

What if direct payments don't work out for me?

That wouldn't be a problem. If you find that direct payments turn out not to be right for you after all, you can switch to having services provided by Social Care Services instead.

Do Direct Payments cover mileage/ travel costs?

No, you would be expected to fund this via your own finances.



For more information, please contact our PFA Navigators

**Abi@paccshropshire.org.uk
Denise@paccshropshire.org.uk**



Join our free webinar

Annual reviews - what, when, how?

Friday 1 December, 12.00 - 1.00pm



WWW.IPSEA.ORG.UK



@IPSEACHARITY

IPSEA Annual Review Webinar

Join us for our FREE webinar where our legal team will talk you through the annual review process, covering:

- When annual reviews and phase transfer reviews should take place, and what the review process is for these
- What rights parents, carers and young people have
- What action you can take if the process is not followed

Register here (places are limited): <https://www.ipsea.org.uk/join-our-free-webinar-annual..>

SHREWSBURY COLLEGES GROUP

PROJECT SEARCH & SUPPORTED INTERNSHIP RECRUITMENT EVENTS



Find out about two of
our brilliant NHS
supported courses!

Supported Internship
(scan for the web fact sheet)



**Project Search
Supported Internship**
(scan for the web fact sheet)



You are invited to our **Project Search / Supported Internship Interest & Recruitment Events!**

Initial Interest Event - Thursday 7 December, 5.00-8.00pm

Recruitment Event - Friday 15 March, 9.30am-1.00pm

Recruitment Event - Thursday 16 May, 4.00-6.00pm

all taking place at Royal Shrewsbury Hospital's Research & Improvement Institute (SERII), SY3 8QX

Please book your place via the *shrews.co* links below.

These sessions will give you the opportunity to hear and ask questions about both our Supported Internship offer, time to apply, or time to take part in our vocational profiling and skills tests, there will also be the opportunity to apply on the day.

To find out more about the programme or to apply please scan the QR codes.

You can check out the FAQ on the next page and if you have any further questions please don't hesitate to contact me, benko@shrewsbury.ac.uk, or if you would like to arrange a time to speak to me about this further please let me know.

Ben Kovacs

*Head of Additional Learning Support
Shrewsbury Colleges Group*

book at shrews.co/ProjectSearch24

SHREWSBURY COLLEGES GROUP

PROJECT SEARCH & SUPPORTED INTERNSHIP RECRUITMENT EVENTS

Find out about two of
our brilliant NHS
supported courses!

Supported Internship
(scan for the web fact sheet)



Project Search
Supported Internship
(scan for the web fact sheet)



Q: What is Project Search?

A: It is a Supported Internship programme exclusively working at the Royal Shrewsbury Hospital working in partnership with SaTH, supported by *Enable Supported Employment Services* and *Shropshire Council*.

Q: Who is it for?

A: Open to students aged 18-24 with an EHCP who wish to move into employment.

Q: Where is it based?

Shrewsbury and Telford Hospital Trust: Royal Shrewsbury Hospital (2023).

Q: Who runs it?

Shrewsbury Colleges Group are responsible for all of the interns.

Q: How long is the course for?

The course will run 5-days a week over a normal 38-week academic year.

Q: What will I do next?

You will go into employment either with SaTH or access the follow-on support offered into employment in a similar field outside of the Hospital.

enable
supported employment services

NHS
The Shrewsbury and
Telford Hospital
NHS Trust

Shropshire

Derwen College delivers exceptional programmes and a rich learning environment for young people, aged from 16 to 25 years, with special educational needs and disabilities, including:

- Learning and physical disabilities
- Autism Spectrum Disorder
- Behaviours of concern
- PMLD (Profound and Multiple Learning Disabilities)

Why Derwen?

- Exceptional pastoral care and student support
- Excellent learner outcomes
- Wraparound independence development programme
- Unrivalled sports, leisure and wellbeing activities
- Fantastic spacious, rural location, yet still easily accessible



Your college programme can open up a world of exciting opportunities.

Come and have a look!

The following Open Day/Evening events are for applicants seeking admission in the 2024–25 academic year and beyond. If the event you wish to attend is fully booked, please contact Admissions for other ways to visit.

Book your place as soon as you can – these events fill up fast!

To book visit www.derwen.ac.uk

For any enquires or further information, please contact the Admissions Team.

We look forward to welcoming you to Derwen College and showing you what student life with us is all about.

You will get a taste of some of the amazing work that our students do and the facilities they enjoy. You will meet staff and students, and chat about your next steps.



Gobowen Campus

Day and residential provision

Open Day events

Spring 2024 Thursday 29 February
 Summer 2024 Thursday 9 May



Telford Campus

Day provision

Open Evening events

Spring 2024 Monday 26 February
 Summer 2024 Monday 10 June



Walford Campus

Day provision

Open Evening events

Spring 2024 Tuesday 16 January
 Summer 2024 Tuesday 14 May



WHAT YOU NEED TO KNOW

Parent's/Carers of 13-17yrs

Transitioning from
SEN Specialist
Provision to Post 16
Educational settings

We want to empower you!

We would like to invite you to a
free event to take you through
the transition process

INCLUDING

- Free independent legal advice and support service (IPSEA)
- EHCP'S
- Transport
- Funding for Education Placements

▶ **Jan 13th 2024**
Grafton Centre
Montford Bridge
Shrewsbury SY4 1HF
Registration 9.45am
10am - 2pm (lunch inc.)

REGISTER

To book your place register today
or contact Michelle Docherty on 01743 872250
email admissionsandcontracts@condovercl.org.uk

ccl
Condover Care
and Learning

Hear from Chat with

A chance for families of children with disabilities or special additional needs to meet services from education, health and social care. Plus Shropshire Parent and Carer Council.

The theme for Autumn is Special Educational Needs and Disabilities (SEND) support, Education and Health Care Plans (EHCPs) and annual reviews.

Hosted by
Shropshire Early Help

Please note new date

Thursday 7 Dec, 9.30am-12.30pm
Raven House, Market Drayton,
TF9 3AH

Thursday 14 Dec, 9.30am-12.30pm
Helena Lane Community Centre,
Ludlow, SY8 2NP



Shropshire, Telford
and Wrekin



Shropshire
Strengthening
Families





Mereside Community Centre,
Mereside, Shrewsbury SY2 6LH

Book via email-

10.30 - 12.30

jamila.walker@takingpart.co.uk

£4 per child £10 per family with 3 or more children



Moving and Grooving presents
**Active Adventures
Inside and Out**

Aimed at SEND families, and those who like
creative play **Session Plan (7-14 years olds)**

January - March 2024 Activity Session Plan
Saturdays in 2024

6th January Bubbles and Nature craft

20th January Lego Challenges and Den building

3rd February Story bags and Ball games

17th February Movement games and design your own obstacle course

2nd March Drawing games and music games

16th March Spring craft and board games



Please note activities may change, due to weather and/or other
circumstances which are out of our control.





The Urgent Helpline offers a listening ear, advice, support and signposting for adults, children and their carers.

Our Urgent Helpline operates 24 hours a day, and 7 days a week.

You or your parent / carer can contact us if you have any concerns regarding your own mental health and wellbeing. Our experienced call handlers and clinicians will listen to your worries and concerns and try to help you in the best possible way. During the call we may advise you or your parent / carer about local services that you can access and contact directly.

You can contact us by calling [0808 196 4501](tel:08081964501) (option 1 for under 18's, option 2 for over 18's).

Young people under 18 years of age are able to contact our service directly for support and urgent advice.

Please be aware that we would not be able to process a referral to Children's and Family Mental Health services (CAMHS) over the phone. You will have to speak to your GP or School in the first instance who can make a professional referral via BeeU Access Team. We will be able however to speak to the right team on your behalf if you feel as you are in crisis.



Your online mental wellbeing community

Free, safe and anonymous support

