



PACC Newsletter

October 2022



Welcome to the October issue of PACC's monthly newsletter.



PFA Healthy Lives Programme Celebration Event

Over half-term PACC held a celebration event at Derwen College for all young people who attended The Preparation for Adulthood Summer Programme. Over 70 Young People, Parent Carers and Relatives came to celebrate.

The day included a warm-up activity with staff from Derwen College; highlights of the programme; an awards presentation where young people received certificates and medals for their achievements and a photo presentation of activities. The event showed the importance and the benefits of staying healthy; seeing friends; making new friends and giving Young People the opportunity to be independent and having fun with peers!

PACC will be using all the learning from the PFA Healthy Live Programme in our ongoing discussions with local services and decision makers about how best to support the health and wellbeing of young people with SEND, along with how best to support young people's transition to adult services.



State of SEND Report

There has been substantial progress in many areas across the SEND agenda since 2020's Local Area SEND Inspection outcome, which required a Written Statement of Action. Our response to the initial report PACC Response to Shropshire SEND Inspection Report (paccshropshire.org.uk) explains how we felt families views were heard and understood throughout the process. Our journey as Parent Carer representatives within this process has been recorded on our SEND Inspection pages The Shropshire SEND Inspection (paccshropshire.org.uk).

This survey has provided us with a snapshot of what families across Shropshire, who navigate the SEND system daily, feel about the care and support they, and their child / young person with Special Educational Needs and / or Disabilities, receive.

[Find out more](#)



PFA Navigators



Our PFA Navigators are here to help! Please get in touch!

PACC AGM and launch of PFA Navigator Project

PACC held its AGM on the 5th October and published its Annual Report for 2021/22. We would like to thank everyone who attended the AGM and especially our speaker Kat Slade who spoke to us about her research around understanding the transition experience for young people with Profound and Multiple Learning Disabilities (PMLD). We welcomed Ruth Minshall and Andy Edwards as new Trustees and parent carer reps and look forward to them joining the PACC team.

We were also extremely pleased to launch the PACC Preparation for Navigator Project. Our two new PFA Navigators, Abi Taylor and Denise Glover, introduced the project and the support offer. Please do get in touch with Abi or Denise if you think they can help you.

[Find out more](#)





Transport

PACC are currently collecting feedback from Parent Carers about SEND transport and how you have found the process. We would appreciate you taking a few minutes to complete the survey on the link below:



Parent Carer Wellbeing Survey

Shropshire parent carers have told us that there are a number of areas that issues that impact on their wellbeing, these are;

- Loneliness
- A lack of understanding by services of their lives
- A lack of a break from caring responsibilities
- A lack of mental health support for parent carers
- The difficulty in accessing services
- The difficulty in understanding and navigating the system

PACC are currently collecting information on what support you would find helpful, and feedback on your wellbeing. We have put together a survey and would appreciate your feedback



PACC SEND Santa Experience

PACC are currently finalising details of a SEND friendly Santa experience, on Saturday 10th December. More details and how to book will follow shortly!



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)

We have received a number of enquiries asking how you can get in touch with our PFA Navigators and how they can help.

Our navigators are here to help you understand what options are available for your young person on their Preparation for Adulthood Journey- where to access provisions and support. This includes Further Education options; Transition EHCP and review; activity plans; finance and benefits; employment; volunteering; Annual Health Checks; Staying healthy; being part of the community.

Our Navigators may not always have the answer but will do their best to provide you with relevant information and guidance.

To contact our navigators:

Email

Abi@paccshropshire.org.uk

Denise@paccshropshire.org.uk

Call

(01743) 622055 (Monday to Friday 9:30-2:30 Term-Time)

PREPARING FOR ADULTHOOD

- ★ Do you know what Further Education Options are available?
- ★ Are you aware of Activities and Provisions they can access?
- ★ Do you know what benefits are available?
- ★ Have you explored Employment or Volunteering Opportunities?
- ★ Is your young person having Annual Health checks?
- ★ Does your young person know how to stay healthy?
- ★ Is your young person part of the local community?

Our Preparation for Adulthood Navigators can help you to understand what options are available and where to access provisions and support.



Please contact our PFA Navigators:
Email:
Abi@paccshropshire.org.uk
Denise@paccshropshire.org.uk

Or call our PFA Helpline:
(01743) 622 055
Our phonenumber is open 9:30-2:30
Monday to Friday

Healthy Parent Carer Programme

Abi and Denise will be delivering The Healthy Parent Carer programme starting in January. The first programme will be for Parent Carers of 14–25-Year-olds. The programme is 12 sessions which are delivered online.

Parent carers face increased risks of mental and physical health problems. They often prioritise the health and wellbeing of their children and their caregiving responsibilities, sometimes to the neglect of their own needs. Many parent carers don't feel empowered to look after their own health. They may feel too tired or stressed to engage in healthy behaviours or feel guilty about taking time for themselves. However, poor health of parent carers can have negative consequences on their wellbeing and on their children and families.

The Healthy Parent Carers programme aims to improve health and wellbeing among parents of children with additional needs and disabilities through Promoting greater empowerment, resilience, and confidence of parent carers; Taking small steps that are associated with better health and wellbeing; Encouraging setting achievable goals and taking a problem-solving approach.

More information about the programme can be found [here](#).

If you would like more information or would like to sign up, please contact Abi@paccshropshire.org.uk