



Parent Carer Council Shropshire Monthly Newsletter. April 2025

Welcome to PaCC's monthly newsletter.

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



info@paccshropshire.org.uk



Shropshire Co-production Framework Launch – 4th April 2025



PACC were pleased to co-host the launch of the Shropshire Co-production Framework on the 4th April 2025. The Co-production Framework is all for ages and applies to all of Shropshire Council activity. It was co-produced with Shropshire Council, the Shropshire Making it Real Board and PACC. The Framework ensures a shared understanding of what Co-production means in Shropshire and outlines the key principles that will be embedded in all Shropshire Council activity to deliver co-production at all levels. This is the first step in creating a culture where co-production can grow and develop, ensuring that the voice of those who draw on care and support are central to all decision making, at all levels.

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Information & Support | Influence & Change

Preparation for Adulthood Navigator Service Update

**212 Parent Carers have been supported by PFA
Navigators through 1:1 support sessions**



**1363 children and young people and/or Parent Carers
have accessed community based activities, training
and drop-in events, and peer support groups**



**The PFA Navigator service aimed to create Peer Support Opportunities,
and Support Parent Carers to be able to think ahead and actively
participate in decision making relating to their young person's next steps.**



**A key outcome to this service has been providing a listening, non-
judgmental and understanding experience for parent carers, who often
feel judged, blamed and isolated.**

www.paccshropshire.org.uk

PFA Navigator Update



Our PFA Navigator Service has been funded for the last 3 years as part of a fixed term project from Shropshire, Telford and Wrekin Integrated Care System. This comes to an end in September 2025. We are pleased to see how much of a positive impact this has had for families in Shropshire.

Due to its success PACC will be continuing to offer an all age navigator service as part of our community support offer, with more information coming soon.



Preparation for Adulthood- Termly Report



We have now published our Navigator report for year 3, term 2 of the project. Here we share figures, themes in issues Parent Carers are experiencing, services and organisations we have signposted to for support and our plan for the next term.

We are now in the final term of delivery for this project. 1:1 calls with Parent Carers will stop at the start of the Summer Holidays. If you would like to schedule a call, please email Abi@paccshropshire.org.uk.

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Understanding EHCP Outcomes



What is the purpose of EHCP Outcomes?

Section E EHCP outcomes are created to secure the best possible outcomes for a child or young person. The outcomes section is heavily influenced by Section A (aspirations), Section B (individual needs) and Section F(provision). Tying all sections together, Section E outcomes guide if the child has made the intended progress.

The SEND code of practice states:

9.61- EHC plans must specify the outcomes sought for the child or young person. Outcomes in EHC plans should be SMART (specific, measurable, achievable, realistic, time-bound).

9.66 - An outcome can be defined as the benefit or difference made to an individual as a result of an intervention. It should be personal and not expressed from a service perspective; it should be something that those involved have control and influence over, and while it does not always have to be formal or accredited, it should be SMART.

The success of an EHCP will be measured by how effectively outcomes are met. As a young person grows and makes progress the outcomes in an EHCP will change, outcomes should reflect key learning and development across education, health and social care. At the year 9 annual review, the focus on Preparation for Adulthood will increase and this should be reflected in the outcomes in an EHCP. Outcomes in an EHCP should reflect not just education progress, but the development of social and independence skills also.

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Mad Sad Glad- A reflection report



The purpose of this survey was for Parent Carers to share with us what makes them Mad, Sad, and Glad about their lives caring for a child/ young person with special educational needs and/or disabilities in Shropshire.

The families who responded to the most recent survey had a range of different experiences and knowledge of many disabilities, including autism, learning disabilities, challenging behaviour, and medical needs. Despite this range of experience, some clear themes emerged in the responses as they also did in previous years.

[READ MORE](#)



Do you have an experience you want to share with us?

Did you know that our Parent Carer Representatives, who are Parent Carers within the SEND community themselves, present feedback that you share with us (anonymised and thematic). Across the system meetings, service developments, and opportunities we get to influence change, our discussions are shaped by your families experiences and concerns.

Click the image to share your experience!

FREE AUTISM WORKSHOPS

Understanding Autism

Autism and Mental Wellbeing

Our Senses (part 1)

Our Senses (part 2)

Accessing Mental Health Support

Demand Avoidance

Personal Budgets and Employing a PA

Supporting Mental Health in Schools

FOR MIDLANDS BASED
PARENTS AND CARERS



Free workshops from Autism Central



- Personal budgets and Employing Personal Assistants.
- Understanding Overwhelm, Meltdowns and Shutdowns.
- Transitions to Adulthood.
- Low Demand Parenting.
- Getting Extra Help at School.

READ MORE



Shropshire
Fire and Rescue Service

Firesetter Intervention Scheme

Providing fire safety education for children and young people in Shropshire



fire-setters@shropshirefire.gov.uk

Fire Setting Intervention Scheme



Shropshire Fire and Rescue Service offer a free 'Fire setting Intervention Scheme', designed to educate children and young people about the dangers of fire setting. The scheme is aimed at:

- children and young people under 17
- who have displayed fire setting behaviour or have played with fire

Parents and carers can self-refer to the scheme.

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Shropshire Universal Autism Support Service

Shropshire Universal Autism Support project offers a unique approach to supporting the emotional well-being of autistic children and young people. The service is aimed at families of autistic young people aged 0-19 and provides early intervention & prevention of person centred, needs led support, contributing to improving the understanding of autism, provision of support strategies & information to improve quality of life, no diagnosis is necessary to access this support.



Kids

Disabled children say we can

Shropshire Universal Autism Support Service

Kids will be offering the following support to families:

- The ‘Healthy Parent Carer’ programme, designed to reinforce parent carers’ resilience. This 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.
- ‘Riding the Rapids’ programme to support parent carers’ understanding of behaviour and implement support strategies. The course enables parents to understand their child’s behaviour in the context of their additional needs, and apply strategies to support positive behaviours. It also helps parents to develop stress management strategies and confidence in managing their child’s behaviour. The course is collaborative, so that parents develop tools they can take with them and continue to apply once the intervention is complete. Riding the Rapids differs from other parenting groups as it is applicable to children with a range of disabilities, and has been adapted to meet the needs of particular groups of children with additional needs.
- Coffee mornings and drop-in sessions
- One-to-one support
- Child/young person ‘Understanding me’ group sessions.

Bespoke workshops that cover:

- ASD Vs ADHD (3 hours)
- Neurodiversity (Specifically Autism, ADHD and Demand Avoidance)
- Girls and the Autistic Spectrum
- Demand Avoidance
- Sleep
- EBSA

Shropshire Autism Support Service



Shropshire Council have announced that the national charity Kids, have been awarded the contract to deliver the Shropshire Universal Autism Support Service from 1st April 2025. This is the service previously delivered by Autism West Midlands.

Kids will continue to offer support to families without the need for a formal diagnosis and positively the age range for the service has been increased by 1 year to 0-19 years. The services will also provide training for Shropshire practitioners to increase the understanding of autism and how to effectively support autistic children and young people and their families.

[READ MORE](#)



ALL DISABILITIES WELCOME
AGES 12 - 25
FREE INCLUSIVE CRICKET SESSIONS
GET ACTIVE AND MAKE NEW FRIENDS!



SHELTON HUB
MONDAYS 6.30PM - 7.30PM
SHELTON CRICKET CLUB
SY3 5EU

ST GEORGES HUB (Telford)
FRIDAYS 6.30pm - 8pm
ST GEORGES CRICKET CLUB
TF2 9LU

ALLSCOTT HEATH HUB
FRIDAYS 5PM - 6PM
ALLSCOTT CRICKET CLUB
TF15EA

BRIDGNORTH HUB
TUESDAYS 5PM - 6PM
BRIDGNORTH CRICKET CLUB
WV16 4LB

OSWESTRY & WHITTINGTON HUB
WEDNESDAYS 4.30PM - 6PM
WHITTINGTON CRICKET CLUB
SY11 4PQ



CONTACT:
Tyler Ibbotson
07736944065
tyler.ibbotson@cricketshropshire.co.uk

Exciting news from Cricket Shropshire!



Our Super 1's Summer Hubs are launching the first week after the Easter holidays! 🏏

These hubs are dedicated to creating inclusive, accessible cricket sessions for individuals with a disability, giving everyone the chance to enjoy the game, make new friends, and build skills in a supportive environment. 🧡

With 5 active hubs across Shropshire, there's bound to be one near you! For more details, check out the poster or feel free to get in touch. Let's make this summer unforgettable! 🌞

[READ MORE](#)



The Make Sport Work programme



NEW - MAKE SPORT WORK PROGRAMME!!



A dynamic, fully funded workshop that blends physical activity with essential employability skills to help young people aged over 16 to build confidence, boost their CVs, and open up new pathways.

What's involved?

- A flexible workshop delivered over either 3 or 6 weeks
- Tailored for small group sizes (6–16 participants)
- Run by experienced coaches who are available to travel across Shropshire
- Includes a digital learning qualification for everyone who takes part
- Access to 1:1 post-programme mentoring via Business in the Community
- Free Brightstar membership for continued fitness and support

The entire programme is completely free thanks to generous funding from the UK Shared Prosperity Fund (UKSPF), the only criteria is that you must have a Shropshire postcode.

If you'd like more information, to discuss how it could work for you or to book in, please get in touch with joe.lockley@brightstarboxing.co.uk



Drop-in clinics for 0-5 year olds

Get advice on breastfeeding , infant feeding, child development, emotional health & wellbeing, sleep and more.



Shropshire Community Health
NHS Trust

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Understanding your feelings



www.inourplace.co.uk

for teenagers

Understanding your feelings



A FREE online course for Shropshire residents. Your teenage brain will go through a cycle of rapid growth during puberty. Remarkably, this affects how you feel and behave. This course is a great place to start if you want to learn about your emotional health, why you feel the way you do, and how to manage these feelings.

You can complete the course at a time and pace to suit you. Use the access code DARWIN18 to get the course for free. <https://orlo.uk/OlaHq>

Childcare support is expanding

Have you checked what support your family may be entitled to?

To find out more visit ChildcareChoices.gov.uk

Childcare
Choices



Introduction to SEND law

This training provides an introduction to SEND law and empowers attendees to secure the right education for their child.

Training covers:

- The law - where to find it and basic definitions
- How should a nursery, school or college help?
- How should a local authority help?
- The process of obtaining an EHC plan
- What should an EHC plan contain?
- Naming a school/college in an EHC plan

For
parents and
carers



[WWW.IPSEA.ORG.UK](https://www.ipsea.org.uk)

How to sign Makaton: water safety



? Are you using Makaton and Widgit signs and symbols at your school, nursery or home?

👤 Help children stay safe around water with this Makaton-signed water safety video.

😊 Have a go at using the signs and symbols together - they're fun, accessible and a great way to learn important messages at story time, during lessons or at home.

🙏 Thank you to Gareth Smith, Makaton Tutor & Communication Lead at [Severndale Specialist Academy](#) for helping Shropshire Fire & Rescue Service create these fantastic resources & to [RNLI](#) & [Royal Life Saving Society UK - RLSS UK](#) for supporting.

📺 Watch here: <https://youtu.be/NW-xuddiOHo?si=nAeFigzZ6jx4Kc7E>

🔗 Makaton resource: <https://staywise.co.uk/.../makaton-water-safety-symbols...>

🔗 Widgit: <https://staywise.co.uk/.../widgit-water-safety-symbols...>

My Aspirations is a service for adults with additional needs who think big!

At My Aspirations, our mission is to create a supportive environment where our Clients can achieve their goals and thrive. We provide personalised support to enhance independent living, foster community connections, and promote self-confidence and life skills

Willow Lodge – Promoting Independence and Community Engagement

At Willow Lodge, we prepare our Clients for the next step in their journey, such as Supported/Assisted Living, by promoting independence through daily activities. We support individuals in gaining skills like making a hot drink, maintaining personal hygiene, and managing tasks independently.



We support our Clients in achieving their goals, including nationally recognised qualifications. Through community engagement and partnerships, we offer activities like football with the Shrewsbury Town Foundation and The Musketeers and Maidens Group. This year, we're also focusing on securing volunteering opportunities for those interested while attending My Aspirations Willow Lodge.



Cherry Lodge – Learning Through Nature and Physical Activity

Cherry Lodge offers hands-on learning through animal care, gardening, and physical activities. Our Clients are involved in the design and development of the whole space, and we promote healthy living and nutrition with home-grown produce, practical projects indoors and out, teamwork and friendship.

We are an accredited Duke of Edinburgh Award provider, offering Bronze, Silver, and Gold Awards, along with The John Muir Award and AQA qualifications.



Important Update on the All In Short Breaks Activity Programme delivered through Actio

Dear Parents Carers,

We want to keep you informed about some upcoming changes to the All In Activity Programme to ensure you and your children continue to have the best possible experience.

From April 1st 2025 there will be some adjustments to the activities on offer, and while a few providers will no longer be part of the programme, we want to reassure you that there will still be a wide range of exciting and inclusive opportunities for your child to enjoy.

We understand that change can sometimes feel worrying, but we are committed to ensuring that every child has access to engaging, fun, and supportive activities. We encourage you to explore the updated programme and find new opportunities that might suit your child's interests and needs.

Our team is here to support you, so if you have any concerns or need guidance in choosing the right activities for your child, please don't hesitate to contact us at info@actio.org.uk

You can find the updated list of activities and providers on our website from 1st April.

We appreciate your continued support and look forward to seeing your children enjoy the fantastic activities available!