



# Shropshire Parent Carer Council Monthly Newsletter Summer Special



Welcome to PACC's monthly newsletter.

If you have any questions or require any further information,  
please email: [info@paccshropshire.org.uk](mailto:info@paccshropshire.org.uk)



## PACC All Age Community Navigator Service – Coming Soon!



**PACC Community Navigator Service**

Offering personalised signposting and Information Provision  
for families of 0-25 year old's with SEND in Shropshire

### What can I speak to a Navigator about?

- Education
- Education, Health and Care Plans
- Annual Reviews
- Activity Plans
- Social Opportunities
- Finances and Benefits
- Staying Healthy
- Mental Health Support
- Being Part of the local community
- Housing Options
- Support for Parent Carers
- Support for Families
- Employment and Volunteering
- Help navigating the SEND system

**Launching September 2025**

Follow our main Facebook Page for Updates

**Information & Support | Influence & Change**

We are very excited to share, that following the success of PACC's PFA Navigator service, from September we will be offering an all-age Navigator Service! The Community Navigator Service will offer personalised signposting and information provision for families of 0-25 year old's with SEND in Shropshire.

## PACC Activity Summary



As PACC grows and develops it's important that we share information about what we are doing and the change we are securing for the Shropshire SEND Community. We want Shropshire parent carers to understand our work, what we do and why we do it.

To help with this PACC will now publish 3 activity summaries each year in July, Nov and March. These will provide a summary of key activity and its impact. It will also enable Shropshire Parent Carers to ask any questions they may have about this work.

[READ MORE](#)

## Supporting Shropshire SEND Families to be Heard



PACC were recently approached by BBC Midlands to ask if we could put them in contact with a SEND family who would be willing to speak about how the proposed Welfare reforms might impact them. We were really grateful that Jess Young and her Mum Haley agreed to speak on camera supported by Sarah Thomas from PACC.

Jess and Haley spoke about the importance of people who make decision in the Government really understanding the lives of young people with disabilities and how the decisions they make will impact them. Sarah highlights the importance of making sure that clear and accessible information was made available for the SEND Community about any proposed changes.

[READ MORE](#)

## Understanding EHCP Reassessment and Consent for Parent Carers



Many families have expressed concerns about the paperwork related to Annual Reviews of Education, Health and Care Plans (EHCPs), in particular the section that seeks parental consent for Shropshire Council to reassess a child's needs. We have communicated these concerns to the EHCP service manager, including questions about whether a reassessment might lead to changes in the child's support, such as increased or decreased provision, a different provider, or the cessation (stopping) of services.

The EHCP service manager reassured us that this paperwork is not new but acknowledged that some families may be unfamiliar with it, especially if schools have not been using it correctly. Since 2023, annual review documents include a statement about reassessment, supported by guidance from Education Quality Advisors to ensure schools understand the proper procedures and the importance of providing relevant evidence.

[READ MORE](#)

## Share your thoughts with the Department for Education on SEND Units in Mainstream Schools



There is a lot in the news at the moment about Government Plans to change the SEND System and it has been confirmed that there will be a White Paper on this subject published in the Autumn. A government white paper is a formal document that outlines the government's policy proposals for future legislation. It's a way for the government to present its plans and seek feedback before introducing a bill to Parliament.

While there has been no confirmation from the Government of what will be proposed, there are strong suggestions that Ministers are considering changes to the role of Education, Health and Care Plans and are placing a strong focus on the use of SEND units in schools, to promote inclusion.

[READ MORE](#)

## Assistive Technology Library to be piloted in Shropshire as part of the SEND & Alternative Provision Change Programme.



Shropshire is one of 32 local areas where an 'Assistive Technology Library' will be piloted, enabling schools to borrow and trial a range of devices to support the learning of SEND students. The devices will be loaned on a 'try before you buy' basis, giving schools a chance to measure the impact of different devices and ensure the most effective support is given. There will be a training offer developed for schools, so that teachers and support staff know how the technology on loan can be used to best effect. At this point the devices on loan will only be available for use in school and will not be able to be taken home.

Shropshire Council, which is part of a Midlands Change Programme Partnership, will receive £39k to pilot an Assistive Technology Library and have spoken to PACC about the importance of hearing from parent carers, young people and schools about the devices they would like to be available through the library.

[READ MORE](#)



### Activities for children & young people with SEND in Shropshire





FEEDBACK

## Healthy Lives Summer Programme 2025

We have created a short form for Parent Carers and Children/ Young People to provide feedback on any activities they have attended.





## Healthy Lives Summer Holiday Programme 2025



We have had a great start to the Summer Programme, with 167 children and young people with SEND and siblings participating in 19 activities throughout Week 1. During the week Healthy Lives has offered; a forest school session, a sensory music session, soft play, film making and football to name just a few of the activities provided. The feedback from families so far has been great and we have seen lots of fun being had and friendships built.

We regularly share photographs of the programme to celebrate what can be possible for children and young people with SEND, but we know that Healthy Lives doesn't work for everyone. PACC is unable to offer 1:1 support for example and this means some young people can't access the programme, because families aren't able to attend with them.

Healthy Lives addresses one gap in Shropshire SEND provision, but we are aware that there are others it doesn't respond to. It provides opportunities for children and young people from our community to come together and try new activities in a supportive environment. It provides the chance to build friendships and confidence in the community, it changes how these young people are seen by others, and it promotes inclusion and the value of being active. It also connects parent carers, offering valuable peer support to each other. Healthy Lives doesn't in general however offer parent carers a break from caring.

PACC knows that breaks from caring are essential for parent carers and family carers. They are central to parent carer and family carers wellbeing, supporting physical and mental health, strengthening family relationships and in some cases enabling work commitments to be maintained. In all our discussions with leaders of the Shropshire SEND system we promote the need for this support to be available to the families that need it.

Currently PACC is involved in the recommissioning of Shropshire's 0-18 years Short Breaks offer, ensuring that the process is influenced by what parent carers have told us is important to them about these services. It is clear that currently the need for Short Breaks for families of children and young people with disabilities in Shropshire, is greater than the level of provision on offer. This means that some children and young people are not being supported by the system to achieve their potential and for some families' life becomes so difficult that they face significant difficulties and crisis.

PACC hopes that the Healthy Lives Holiday programme will help some families to have an improved experience of raising a child or young person with SEND in Shropshire. For some the connections it creates will prevent life becoming too difficult and provide support in times of challenge. For some children and young people, it will create a sense of belonging and introduce them to new experiences that will build confidence and skills. If you need additional support beyond Healthy Lives however, please consider contacting Shropshire Council's Children's Social Care to request an assessment of your needs. From September PACC's Navigator offer will be an all-age offer, providing personalised 1:1 sign posting to help you understand this process and what help you might be able to access.

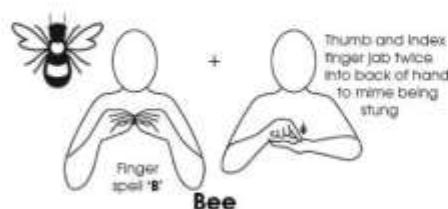
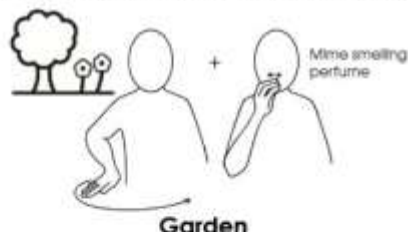
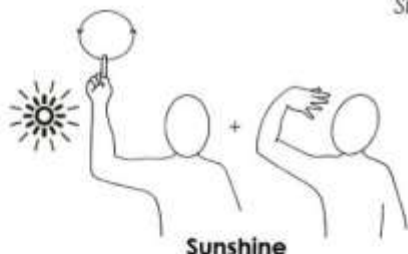


# Staying safe this Summer



## Signing

Practise signing the words. Share your Makaton Moments on Social Media.  
Share the signs with friends and family.



## Stay safe in the sun



The NHS recommends that children wear a minimum of SPF 30 sunscreen lotion applied to areas not protected by clothing, such as the face, ears, feet and backs of hands.

Introduce the routine of applying sunscreen and stick to it. Well in advance of the need to apply sunscreen (eg, perhaps the night before or early in the morning), explain the need for sunscreen (keeping healthy, avoiding painful sunburn) and how you are going to apply it. You could create your own social story around this or look for one online.

Demonstrate applying sunscreen to yourself and ask your child to rub some sunscreen into your arm – this could be a good way of checking their tolerance to different brands.

Just before you apply the sunscreen, invite your child to do a favourite sensory activity that they find regulating and calming. Bonus points if it's a sensory activity that helps them prepare for being touched such as deep pressure activities, rolling, using weighted items, wearing a sensory body sock, games involving tight hugs etc.

It may help to distract your child whilst applying sunscreen: ask them to talk to you about one of their interests or to sing you a song.

Prepare your child for the fact that sunscreen needs to be reapplied after water play and every 2 hours. You can offer a countdown to reapplication to manage the transition from whatever they are doing. If your child uses a timer in their daily routine, you could set a timer for every 2 hours then they know it's reapplication time.



# Staying safe this Summer

## Bites and stings



### How to remove a bee, wasp or hornet stinger

- Brush or scrape the stinger sideways with your fingernail or the edge of a bank card.
- Do not use tweezers to pull out a stinger as you could squeeze poison out of it.
- Wash the area with soap and water.

### How to remove a tick

- Using fine-tipped tweezers or a tick-removal tool (if you have one), grasp the tick as close to the skin as possible.
- Slowly pull upwards, taking care not to squeeze the tick or leave any of its mouth in your skin. Dispose of it when you've removed it.
- Clean the bite with antiseptic or soap and water.



### How to remove caterpillar hairs

- Gently remove the caterpillar using tweezers or a pen. Try not to disturb it as it'll release more hairs.
- Rinse your skin with running water and allow it to air dry.
- Use sticky tape on the skin to pick up any remaining hairs.
- Take off any jewellery in case your skin becomes swollen.
- Take off your clothes and wash them at a high temperature.



- ✓ put an ice pack wrapped in a cloth, or a clean cloth soaked in cold water, on the bite or sting for at least 20 minutes, if it's swollen
- ✓ keep the area raised if you can
- ✓ take painkillers such as [paracetamol](#) or [ibuprofen](#) if the sting is painful
- ✓ use antihistamines to relieve any itching (but do not use antihistamine cream if you had caterpillar hairs on your skin)
- ✓ use a hydrocortisone cream to reduce itching and swelling
- ✗ do not scratch the bite or sting, as it could get infected
- ✗ do not use home remedies such as bicarbonate of soda to treat the bite or sting







# Staying safe this Summer

## Stay safe at the beach

- Keep babies less than 6 months old out of the sun and keep older babies in the shade as much as possible
- Stay in the shade when possible and try to keep out of the sun between 11am and 3pm, when it's at it's strongest
- Make sure your sunscreen protects against UVA & UVB rays. Apply regularly and use a sunscreen with a minimum of SPF30.
- Make sure your sunscreen is in date, the majority of brands should be replaced every 12 months.
- Put children in a T-shirt or UV protective suit where possible and remember to keep their shoulders covered.
- Swim only in designated, supervised areas and swim between the red and yellow flags. Be mindful of undercurrents and hazards.
- Never leave a child unattended near water and be mindful of winds and currents when using inflatables.

## Water Safety

### Advice for staying safe around water

- Keep away from the water's edge and closely supervise young children at all times.
- Never swim in open water when there are no life-guards present.
- Don't jump or dive into open water; submerged objects such as rocks may not be visible and can cause serious injuries.
- Be aware that there may be strong currents, even where the water surface appears calm.
- Weirs, locks, pipes and sluices are especially dangerous.
- Take note of warning signs, safety information or flags near the water's edge.
- Get out of the water as soon as you start to feel cold.
- Water can be very cold even in summer, causing cramp and breathing difficulties - these can affect even the strongest swimmer.
- Wear the recommended safety equipment for your activity, e.g life jackets/helmets.
- Always wear a life-jacket or other buoyancy aid for water-side activities such as angling or boating

Shropshire Fire and Rescue have  
some really helpful resources:





# Staying safe this Summer

## Dehydration and Heat Stroke



- Dehydration means your body loses more fluid than you take in. Drink plenty of fluids to stay safe.
- Give your child frequent water breaks and spray down children with a spray bottle. Take cool baths and showers in extreme heat conditions.
- Know the signs of dehydration: sunken eyes, drowsy, sunken fontanelle (soft spot on baby's head), headache or no urine passed for 12 hours.
- If a child is still feeling unwell (confused, shortness of breath, high temperature above 40C, not sweating or loss of consciousness) after 30 mins of resting in a cool place and drinking plenty of water then call 999. Heatstroke can be very serious if not treated quickly. Put the child in the recovery position if they lose consciousness while you're waiting for help.

### Transitioning in and out of Summer Holidays

Twinkl top tips and resources



### Keeping babies safe in the Sun

NHS Top tips



### NSPCC- Keeping safe online

With children and young people  
on school holidays some may  
have increased access to the  
internet



### Shropshire Council

Stay safe and well this summer





## Holiday Activities this Summer



### Water Sports & Picnics

### Horse Riding & Pony Care

### Swimming

### Dance Sessions

### Arts, Crafts, & Exploration

### Care Farm & Forest School

### Youth Clubs & Experiences



## Holiday Activities for All in Members

**Monday-Saturday**  
Pony Experience (Higginson's Equine Learning)  
Ages: 0-17 • Throughout the day • Duddleston Heath

**Mondays**  
Alpha/Bubbles Swim Sessions  
Ages: 4-17 • 4:30pm • Shrewsbury

**Tuesdays**  
Alpha/Bubbles Swim Sessions  
Ages: 4-17 • 4:30pm + 6:00pm • Shrewsbury

**Wednesdays**  
Alpha/Bubbles Swim Sessions  
Ages: 4-17 • 4:00pm + 4:30pm • Market Drayton

**Sundays**  
Country Treks (Woodland Treks)  
Ages: 2-17 • 10:00-11:00am • Stottesdon

**Two Saturdays per month**  
Moving & Grooving  
Ages: 7-14 • 10:30am-12:30pm • Shrewsbury

**Thursdays & Fridays**  
Animal Care & Forest School (Lower Bush Farm)  
Ages: 8-17 • 9:00am-4:00pm • Ludlow

**Saturdays**  
SEND Cycling Club  
Ages: 7-16 • 10:00am (exp) / 11:00am (new) • Shrewsbury

**Various dates**  
Cavalier Centre Activities:  
• Stable Management  
• Horse Riding (RDA)  
Ages: 4-17 • Much Wenlock

**Water Adventures (Drummond Outdoor)**  
May to Oct  
Ages: 6-17 • Shrewsbury

**Dance Sessions (Shropshire Inclusive Dance)**  
Ages: 11-17 • Shrewsbury

**Holiday Club & Activities (KIDS)**  
Ages: 12-17 • Shrewsbury

[www.actio.org.uk](http://www.actio.org.uk) | [info@actio.org.uk](mailto:info@actio.org.uk)

Summer Holiday Activities - All In Members can enjoy a variety of activities this summer, from picnics and adventures across the Montgomery Canal, to youth groups, dance, horse riding, sports, and adventure. Book directly with the activity provider to start your summer of fun!

For more information on activities including how to book, please visit the Actio website

READ MORE

## WHEN SHOULD A LOCAL AUTHORITY CARRY OUT AN EHC NEEDS ASSESSMENT?

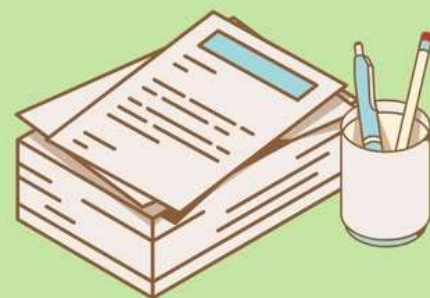
- the LA must consider:
  - whether the child or young person has or may have special educational needs ("SEN"); and
  - whether they may need special educational provision to be made through an EHC plan.

If the answer to both of these questions is yes, they must carry out an EHC needs assessment.

contact For families with disabled children

## EHCP Basics

### Key Principles





# Do you look after someone?



**An unpaid carer is someone of any age who provides unpaid help and support to a family member, friend, or neighbour who cannot manage to live independently without your help.**

## Is this YOU?

**Shropshire Carers Support Team offers advice, information, and support on all aspects of adult caring**

- 1:1 Support
- Assistance with planning ahead
- Carer Register
- Events and activities
- Check in calls
- Local peer support groups
- Information and advice personalised for you

**Email: [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk)**

**Phone: Shropshire Carers Support Line**

**01743 341995**

**(Monday to Friday) 10am -4pm, Tuesday 5pm – 7.30pm**

**Messages to the Support Line can be left outside of these times**

***Support to live your best life and confidence to care***



[www.shropshire.gov.uk](http://www.shropshire.gov.uk)



# Coffee & chat



How can we  
help you?



Free info, advice and support for your family  
[shropshire.gov.uk/early-help](https://shropshire.gov.uk/early-help)



Shropshire  
Council

# FREE AUTISM WORKSHOPS

Join us for our two hour online workshops around:

Understanding Autism  
Navigating Education  
Health and Wellbeing  
Navigating Support

FOR MIDLANDS BASED  
PARENTS AND CARERS



## Moving up to secondary school for children with additional needs



[www.inourplace.co.uk](http://www.inourplace.co.uk)





# Free workshops for families with disabled children (age 0-5)

Including toilet training, speech & language, money matters, helping your child sleep, understanding behaviour.



HM Government

## Childcare support is expanding

Recent changes  
mean more families  
can now get the  
childcare support  
they need

To find out more visit  
[ChildcareChoices.gov.uk](https://ChildcareChoices.gov.uk)







**Shropshire**  
Fire and Rescue Service

# SHREWSBURY FIRE STATION OPEN DAY

**16TH AUGUST 2025**

TO ENSURE AN INCLUSIVE EXPERIENCE, WE WILL HAVE A DEDICATED HOUR FROM **10:00 AM TO 11:00 AM** FOR SPECIAL EDUCATIONAL NEEDS AND DISABILITY (SEND) VISITORS.



THE GENERAL PUBLIC ARE WELCOME FROM **11:00 AM TO 3:00 PM.**



## OUR OPEN DAY WILL INCLUDE:

- LIVE DEMONSTRATIONS
- FOOD STALLS
- FACEPAINTING
- ACTIVITIES
- TOY STALL
- CHARITY RAFFLE
- TEA ROOM AND SEATING AREA



SUPPORTING THE

**The Fire Fighters**  
Charity



**Kids**

Disabled children  
say we can

**Actio**  
Enabling Inclusion for Everyone

We can  
**grow**

# Kids SASS

## Teens Actio Summer Events

**Age 12-17**

Activities to  
include - Lego,  
Baking, Crafts,  
Cinema and  
other Visiting  
Workshops to be  
confirmed

**Can you join us?**

**I can**

Scan to book



**Belle Vue Youth Club  
Summer Programme  
10.30-3.30**

**Monday 21<sup>st</sup> July 2025**

Yoga & Pizza making

**Monday 28<sup>th</sup> July 2025**

Cinema Trip

**Monday 4<sup>th</sup> August 2025**

Sandwich Making and Picnic

**Monday 11<sup>th</sup> August 2025**

Leo's loco Circus workshop

**Monday 18<sup>th</sup> August 2025**

Cinema Trip

**£12.50 per session**



ALL DAY

# WEDNESDAY SEN SESSION

CHOOSE  
YOUR SLOT

9.30AM - 11.30AM

11.45AM - 2.45PM

3PM - 5PM

£4.50

PER CHILD

EXCLUSIVE PLAY SESSION  
FOR SEN CHILDREN AND  
THEIR FAMILIES

HALF TERM ONLY

BOOKING ADVISED  
[WWW.UKLITTLEASCALS.COM/EVENTS](http://WWW.UKLITTLEASCALS.COM/EVENTS)

little  
ASCALS  
CLUB HOUSE

## Lego Club Extra

Just like our weekly term time Lego Club - but  
Extra!  
Monday 21 July 3.30-5pm  
Monday 1 September 3.30-5pm  
All ages welcome, no need to book!

## Lego Club STEM

A chance to experiment with coding and more  
advanced building for our older Lego Masters,  
using Lego Spike Prime.  
Monday 4 August 3.30-5pm  
Monday 11 August 3.30-5pm  
Monday 18 August 3.30-5pm  
Age 10+  
Limited spaces, booking essential  
Please speak to a member of library staff

Ludlow Library 7-9 Parkway  
Ludlow, SY8 2PG  
01743 250 510  
[ludlow.library@shropshire.gov.uk](mailto:ludlow.library@shropshire.gov.uk)

Shropshire  
Libraries

THE  
READING  
AGENCY  
Summer Reading Challenge

# FESTIVAL OF ARCHAEOLOGY

19 JULY - 3 AUGUST 2025

HUNDREDS OF EVENTS HAPPENING  
ACROSS THE UK AND ONLINE



Council for  
British Archaeology

[@archaeologyuk](https://twitter.com/archaeologyuk)  
[archaeologyuk.org/festival](http://archaeologyuk.org/festival)  
#FestivalofArchaeology



**Bridgnorth  
Town Council**  
Working with the community



## Teddy Bears Picnic

Thursday 24th July 2025

11am-2pm

Bouncy Castle, stalls, puppet  
show from special guest stars  
Flip & Dippy!

Castle Grounds, Bridgnorth  
WV16 4AB

£1 per Adult & 50p per child







# YAC

## young archaeologists' club



The Young Archaeologists' Club (YAC) is the only UK-wide club where 8–16 year olds can participate in real archaeology and discover why it matters. If you want to become a professional archaeologist in the future or just feel like taking up an amazing new hobby, YAC is the right place for you!

Members take part in all sorts of fantastic, hands-on activities, such as excavation, working with artefacts, visiting historical sites and undertaking experimental archaeology. They explore all eras of human history, such as the Romans, Vikings, Ancient Egyptians and Victorians.

Our nearest clubs in Shropshire are:

Ludlow: <https://orlo.uk/Cqh76>

Telford: <https://orlo.uk/9CEaQ>

Stoke-on-Trent:  
<https://orlo.uk/DMhEU>







**Innage  
Lane**

Happy 25th Birthday!



# NEXT STEPS FUN DAY

**WEDNESDAY 6TH AUGUST**  
**10AM-2PM**

**Will you soon be making the move to adult social care services?**

Are you thinking about support options? Want to find out more about Innage Lane? Come along to our Next Steps Fun Day for a variety of bite-sized taster sessions.



*Innage Lane is run by*

**Bethphage**

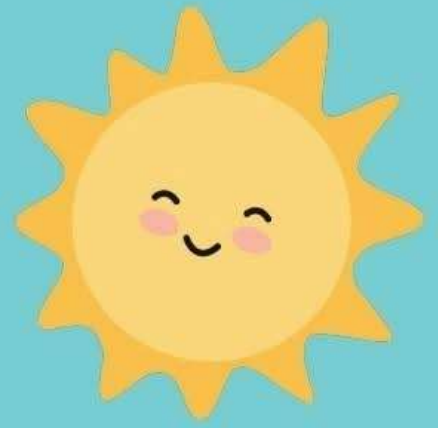
*where potential comes to life*

2 Innage Lane, Bridgnorth, Shropshire, WV16 4HL  
tmansell@bethphage.co.uk  
01746 769438 What3words: ///outings.bumps.texts





ALBRIGHTON HALL  
HOTEL & SPA



JOIN US AT THIS YEAR'S  
**Family Fun  
Day**

AND SUMMER BBQ

**SUNDAY 3RD AUGUST  
11AM – 4PM  
ADULTS £6, UNDER 12S FREE**

To book, call 01939 291000 or email  
[meetingandevents.albrightonhall@radissonindividuals.com](mailto:meetingandevents.albrightonhall@radissonindividuals.com)

**ELLESMERE RD, ALBRIGHTON,  
SHREWSBURY, SY4 3AG**

**FUN FOR ALL  
THE FAMILY**

- bbq •
- local market stalls •
- tombola •
- Pimm's station •
- ice cream cart •
- bottle bar •
- pick 'n' mix •
- falconry •
- face painting •
- crafts •
- magician •
- bouncy castle •
- live music •
- and much more!

