



Shropshire Parent Carer Council

Monthly Newsletter.

January 2025

Welcome to PACC's first monthly newsletter of 2025.

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



info@paccshropshire.org.uk



PFA Navigator Impact Report



In October 2022 PACC's Preparation for Adulthood (PFA) Navigator Service was launched. The project was developed as a result of feedback from Parent Carers highlighting:

- Parent Carers do not know what is available
- The PFA Pathway is unclear
- Young People's PFA journey is not starting early enough
- Education, Health and Care Plan process for PFA is unclear and ineffective
- Parent Carers are unsure of where to get help with PFA

To date, PACC's PFA Navigator has had contact with over 1000 parent carers from the Shropshire SEND community, through 1:1 calls, in person communication at community support events, training events and coffee mornings. The navigator provides support and signposting to help parent carers navigate the SEND system and their young person's journey. Each term, a Navigator report has been published to highlight themes in issues parent carers are experiencing, information is shared with practitioners across Education, Health and Social Care.

Our PFA Navigator impact report highlights the issues raised, themes in contact from parent carers and includes the outcomes of the Navigator project over year 1 and 2.

[READ MORE](#)

What education options are there?

What is Preparation for Adulthood

What happens at a Year 9 Annual Review?

How can we access social opportunities?

Does anything change in Health Services?



Contact A PACC Preparation for Adulthood Navigator Today!

What can I speak to a Navigator about?

- Further education
- Education, Health and Care Plans
- Annual Reviews
- Activity Plans
- Finances and Benefits
- Employment and Volunteering
- Annual Health Checks
- Staying Healthy
- Mental Health Support
- Being Part of the local community
- Housing Options
- Support for Parent Carers

For more information, or to arrange a Teams call, email:

Abi@paccshropshire.org.uk

PACC Conference - Planning for the Future for Young People with Special Educational Needs and Disabilities



Preparation for Adulthood (PFA) is a key work area for PACC and while the focus on this increases from the age of 14 it is something that should be considered from the earliest point in a young person's life, especially if they are identified as having a special educational need or disability. The PACC 'Planning For the Future' conference was well attended reflecting the priority placed on this subject by parent carers. It was particularly positive that many of the parent carers who joined us were attending a PACC conference for the first time.

"When we talk about achieving a good life for somebody with a disability the things we need to think about are exactly the same things we need to think about for somebody without a disability."

[READ MORE](#)



PACC's Preparation For Adulthood Guide

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.

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

This guide will provide you with useful information to support your young person's plans for the future. You may have questions or concerns about things like:



Leaving school or starting college



Finding a job



Finding day time activities



Benefits and Money



Housing



Health



Transport



Leisure and Social Activities



Longer Term plans



Paying for care and support

At PACC's Planning for The Future Conference, our PFA Navigator launched the draft guide for parent carers to support them to navigate their young persons journey.

Would you like to provide feedback?

PACC's draft PFA guide includes legislation, information on what should happen and when and further reading on each area. The guide is an overview of areas of preparation for adulthood, providing brief information on areas within Education, Health, and Social Care.

Parent Carers provided feedback on the draft guide, which we have reviewed, and the draft has been amended accordingly.

Our PFA Navigator is now looking for Parent Carers of young people aged 14-25 who are available for 1:1 or small group Teams calls to review and comment on the updated draft guide.

If you did not get chance to attend the conference, and would like to help with reviewing the draft guide, please email Abi@paccshropshire.org.uk



Understanding Preparing for Adulthood for young people with SEND and additional needs across Education, Health and Care

We understand the theory of what good looks like to support young people with SEND and additional needs into a meaningful adult life. In this workshop we will explore how to do this well through the lens of young people by listening to their stories and hearing what worked well for them and what didn't work so well.

Looking at the four pathways, employment, friends, and relationships, independence and independent living, we will share best practice with you and challenge you to consider what this might mean for your own practice in your local area, and how you work more effectively across education health and care to support and enable young people's aspirations for their futures.

Sessions are delivered by NDTi and have been co-designed with young people with lived experience of being in the SEND system.

We have released extra sessions as we had a high amount of interest for this training.

All sessions are open to everyone. However, the evening sessions have been booked to ensure parent and carers especially are able to attend.

Thursday, 20 February 2025

Morning: 10am-12:30pm

Monday, 24 February 2025

Evening: 6pm-8:30pm **Parent Carers**

Thursday, 6 March 2025

Evening: 10am-12.30pm

Wednesday, 12 March 2025

Evening: 6pm-8:30pm **Parent Carers**

Tuesday, 25 March 2025

Evening: 10am-12:30pm

**Register
Here**

Please only book one event as these are all the same event.

Objectives

- Increase understanding of Preparing for Adulthood pathways for young people Post 16
- Understand the evidence base for positive outcomes around; Employment, Friends and Relationships and Community, Independent Living and Good Health including how to support stronger health transitions between children and adults
- Increase understanding of tools and resources available to support best practice
- Reflect on and share local strengths, challenges, and opportunities through the eyes of young people with colleagues from other local areas.





Preparing For Adulthood



Virtual workshops for young people with SEND
who are preparing for adulthood

Date/Time	Session Name
Monday 24th February 2025 10:00 – 12:30 Microsoft teams	Understanding Mental Capacity. Delivered by Vicky Dudley from Joint Training, this session is designed for parent carers.
Tuesday 25th February 2025 13.30 – 14.30 Microsoft teams	Transition to Adult Social Care and Care Act Assessments (including VCS) Delivered by the Preparing for Adulthood Team
Wednesday 26th February 2025 13.00 – 14.00 Microsoft teams	Adult Social care and Financial Assessment Delivered by the Financial Assessment Team.
Thursday 27th February 2025 13.00 – 14.00 Microsoft teams	Supported Internships Delivered by Enable
Wednesday 5th March 2025 13.00 – 14.00 Microsoft Teams	Assistive Technology and TEC Delivered by TEC Team
Thursday 6th March 2025 11.00 – 12.00 Microsoft teams	Education, Health, and Care Plans. Delivered by the EHCP Team

BOOK NOW



Shropshire
Council



Each month, we will be shining a spotlight on a child or young person in our SEND community.

This month meet Jess!

My name is Jess and I'm 19 years old. I have autism and epilepsy. I like music, Disney and clay animation (such as aardman studios) and I also like to collect things like jellycats and different figures.



I like doing creative things such as drawing, painting, writing and making things. I also love sunsets. I have two cats, called Tigger and Odin and when I'm older I would like to get a support dog. In the future I would also like to advocate for SEND needs



I like activities in the community because I like connecting with people - I go to dance, arty party, and bowling. I am currently starting volunteering at the Shrewsbury museum and rehearsing for The Wizard of Oz as Dorothy at Identity.



Partnership for the Inclusion of Neurodiversity in Schools (PINS) Update



PINS is a national 12 month project funded by the Department For Education to create inclusive school environments in primary schools. 20 Shropshire primary schools are participating in PINS and receiving targeted training around supporting young people who are neurodivergent. After identifying key areas of learning for each school, school leaders (SENCo's and Head Teachers) have been attending face to face and online training sessions since the start of the new year.

PACC has contributed to the training offer delivering sessions on 'Understanding the Parent Carer Journey' and 'Behaviour as Communication', as well as supporting some schools on an individual basis to develop their partnership with parent carers. Both training sessions have focused on increasing the visibility of SEND within the school environment, improving communication and understanding the impact on families of supporting a SEND child. Understanding the causes and triggers of behaviour and responding in a way that removes or reduces those causes or triggers was also a key message.

PACC has also been supporting the creation of parent carer groups within individual schools, providing opportunities for parent carers to come together, benefit from peer support and to work in partnership with the school to improve the experience of neurodivergent young people.

[READ MORE](#)

SEN Team Update - New look EHCP Team



"The former SEN Team redesign is now completed, and we are able to share our new look team. We will be called the EHCP Team as this better describes the statutory area of work for which we are responsible. All Education Health Care Needs Assessments (EHCNA) will come to the team as before and we will support all those processes around the consideration of assessments and plans, plus the support of those children and young people with a plan.

The team will be divided into four principal areas with a fifth temporary team supporting a piece of project work around Annual Reviews. Below is the table which shows how case work will be managed and distributed. Within each team, there will be a case officer with responsibility for those cases in the North, Central and the South of Shropshire. As we progress with our plans we will disseminate this information."

[READ MORE](#)

Moving to a new phase of education with an EHCP



There must always be an annual review of the EHC plan before a transfer to a new phase of education.

A new phase of education is defined in regulation 2 of The Special Educational Needs and Disability Regulations 2014 (the SEND Regulations 2014) as a transfer from:

- a. early years education to school
- b. infant school to junior school
- c. primary school to middle school
- d. primary school to secondary school
- e. middle school to secondary school, or
- f. secondary school to a post-16 institution.

Regulation 18 of The SEND Regulations 2014 states that the EHC plan must be reviewed and amended before

- a. **31 March** if the transfer is from secondary school to a post-16 institution
- b. **15 February** in any other case, or
- c. If a young person is moving from one post-16 institution to another post-16 institution at any other time, **at least five months before that transfer takes place.**

This means your local authority (LA) should start the annual review process in the autumn term of the year before your child or young person moves to:

- a new setting as part of that phase transfer, for example from primary to secondary school, or
- to a new phase. Some children attend an “all through school” which means they will move for example from primary education to secondary education whilst in the same setting. The review process still needs to be carried out for these pupils.

This review **must** still take place even if an annual review would not normally be due at that time.

[READ MORE](#)

If you haven't been notified that a review of the EHC plan is going to take place by the autumn term, or your LA has already missed the above deadline, you can use IPSEA's template letter and write to them

[READ MORE](#)

Seeing You Seeing Me Exhibition in Wem



PACC hosted an informal launch of PACC's Seeing You Seeing Me photographic exhibition at Wem Town Hall on the evening of the 23rd January. Wem Mayor, Councillor David Parry, other members of Wem Town Council and Wem Rural Parish Council along with local residents joined us to celebrate young people from the SEND Community and to learn about what they are saying about their lives in Shropshire.

Feedback from the Wem launch -

"What a great exhibition, well presented and love the words from young people. A wonderful and important organisation supporting these young people."

"I love it. We are all part of one community and the photographs illustrate this beautifully."

"The exhibition was very informative. I have a resident that needs help, and I found the help and contacts she needed to speak to."



The exhibition is on display at Wem Town Hall until the end of February. It will then be on display at Theatre Severn 1st March- 26th April.

National Development Team for Inclusion (NDTI) Project 'Living on the Edge' – Evidence needed



In the UK, there is a growing population of people who find themselves 'living on the edge' of services. These individuals are not entitled to statutory support, yet they have needs that cannot be ignored. Whether they are people with a disability or neurodivergence, older people, those with mental health challenges, young people, migrants or refugees, their lives are marked by uncertainty and difficulty as they struggle to access the help they need. For many, the voluntary sector becomes the only lifeline in an environment where statutory services fall short.

Our research project 'Living on the Edge' aims to shine a light on the 'edges' people experience and the vital work of voluntary sector organisations in supporting them.

[READ MORE](#)

27 January 2025

Have Your Say on Emotional Wellbeing and Mental Health Services for Children and Young People in Shropshire, Telford, and Wrekin

A new survey has been launched to shape the future of emotional wellbeing and mental health services for children and young people in Shropshire, Telford, and Wrekin. The initiative builds on previous feedback that has already helped shape services and ensures that the voices of children and young people, parents and carers continue to guide how these vital services will be planned and delivered in the future.

Dr Priya George, Children and Young People's Mental Health Clinical Lead for NHS Shropshire, Telford and Wrekin, emphasised the importance of the survey:

"This is a crucial opportunity for us to hear directly from children, young people, and their families and carers. We want to learn what works well and where we can improve emotional wellbeing and mental health services. Your voices will guide us in improving and creating future services that are accessible, effective, and truly meet the needs of our communities."

Participants can share their experiences, insights, and ideas for improvement, ensuring services align with the community's expectations. All feedback will build on previous input that has already shaped local mental health initiatives.

Who can take part:

- Children and young people (with adult guidance for those under 16).
- Parents or carers of children and young people.
- Professionals, schools, or volunteers supporting children and young people.

The survey is anonymous, and all responses will be used to ensure diverse representation and improve future service planning and delivery.

To have your say, take part in the survey by clicking on the following link [here](#):

www.shropshiretelfordandwrekin.nhs.uk/get-involved/cyp-emotional-wellbeing-and-mental-health-survey/

The deadline for submitting your views is **Friday, 7 March 2025**.

For more information or questions, please contact stw.getinvolved@nhs.net

Help us shape a brighter future where all children and young people can access the emotional wellbeing and mental health support, they need to thrive by sharing your voice today.

For more information please contact:

The Communications and Engagement Team
NHS Shropshire, Telford and Wrekin
E-mail: stw.communications@nhs.net

Note to editors:

NHS Shropshire, Telford and Wrekin was created on 1 July 2022.



What is a Health Passport?

The helpful podcast for families with disabled children

Find us on:



Does your child struggle with their sleep?

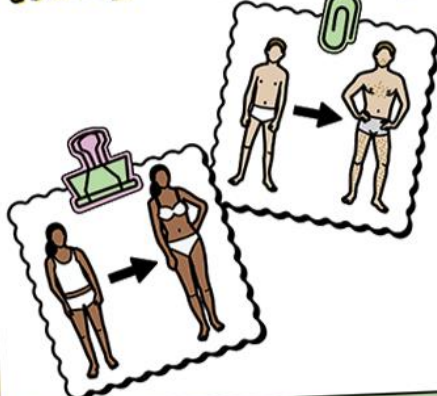
Is bedtime a battle? Is your child struggling to go to sleep and stay asleep? Our Sleep Tight workshop may be for you. This free, five week course run by our Parenting Team covers sleep issues in children of all ages with special educational needs and disabilities (SEND). Giving you the support you need to get bedtime back on track.

Free SEND Sleep Tight Workshop



Shropshire Council

NSPCC Navigating Puberty



A guide for parents and carers of children and young people who have a learning disability

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Top Tips

You can help your child get through the physical and emotional challenges that puberty brings. Finding out about what happens for your child during puberty will help you feel more prepared.

Communication

- Be clear and use simple language.
- Repeat the information often and be patient with them.
- Be sensitive to the huge changes your child is experiencing.
- Use visual communication such as signs, symbols, and photographs where appropriate.
- Listen to your child's worries or questions without judgement.

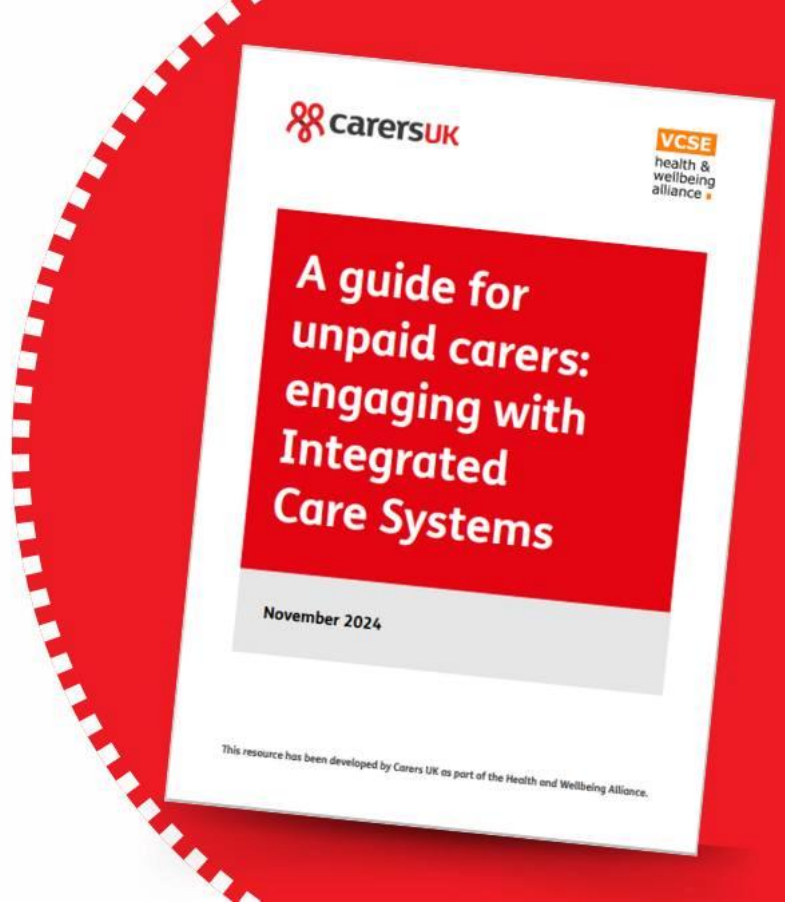
Although young people may use pet names or slang terms with their peers, try to use the correct words and phrases when talking to your child (such as vulva/vagina and penis).



This booklet has been created by Together for Childhood. Together for Childhood is the NSPCC's long-term project working with local communities to make them safer for children. We are grateful for the advice and guidance provided by subject experts, as well as staff and parents from Watermill School, who supported us to develop this booklet.

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Engaging with Integrated Care Systems guide



FREE AUTISM WORKSHOP

For Midlands based
parents and carers

To book your place visit:
www.autismcentral.org.uk/midlands



Supporting Mental Health in School

Saturday 8th February 2025

10am-12pm via Zoom



SLEEP AND SLEEP DIFFICULTIES

Unique

A WORKSHOP FOR FAMILIES

Join us for a webinar on sleep issues



ONLINE

13:00 – 14:00



THURSDAY

6 FEBRUARY 2025



LINK

www.bit.ly/LuciWiggs

Speaker



Prof. Luci Wiggs

Luci is a chartered psychologist who conducts clinical research into sleep, its disorders and treatments and the effects of sleep disruption on daytime functioning.



Shropshire Families - Early Help Stay & Play Information Session

Come join us at the Shropshire Families Early Help Stay and Play session to get information and support from Autism West Midlands

Join us at Bridgnorth Library for a fun and informative event tailored for families. This in-person session is designed to provide parents and caregivers with valuable resources and support.

Come along to connect with other families, learn about early help services, and enjoy a play session with your little ones!

Tuesday 4th Feb
1pm - 3pm

Bridgnorth Library
67 Listley Street
Bridgnorth
WV16 4AW





Join us for our launch
event.

Wednesday 5th March

4:30pm-6:30pm

The Hive
Shrewsbury

THIS IS ME

Arty Party.

Arts & Craft Exhibition
5th March-10th April
Showcasing the
amazing skills and
talents of Arty Party
Members.

THE HIVE

TUESDAY TOGETHER

A SOCIAL CLUB FOR YOUNG PEOPLE WITH SEND
FROM THEIR 18TH – 25TH BIRTHDAY
MEETING EVERY TUESDAY

6.00PM – 7.30PM

@ THE LODGE, UPTON LANE, MONKMOOR,
SHREWSBURY, SY2 5RR

COMING UP IN JANUARY & FEBRUARY 2025

7TH JANUARY – WELCOME BACK!

SWITCH TOURNAMENT & TOASTED SANDWICHES

14TH JANUARY – KILLER POOL, GIANT GAMES & HEALTHY
OPTIONS FOOD TASTING

21ST JANUARY – CURRY NIGHT
MAKING & EATING!

28TH JANUARY – FILM NIGHT WITH POPCORN

4TH FEBRUARY – GOLF TARGET PRACTICE, FRISBEE GOLF &
AFTERNOON TEA

11TH FEBRUARY – QUIZ NIGHT, TEAN QUIZ & KAHOOT WITH
PRIZES

18TH FEBRUARY – BOWLING TRIP – ROUND 2

FREE TO
ATTEND





Actio is a dynamic partnership between Energize and PACC (Shropshire's Parent Carer Forum). Actio is dedicated to improving and developing activity opportunities for children and young people aged 0-25 with Special Educational Needs and Disabilities (SEND) and their Parent Carers in Shropshire.

Actio aims to enhance the range, quality, and accessibility of activities, supporting children and young people with SEND to thrive. Actio manages the 'All In Short Breaks' activities commissioned by Shropshire Council available to eligible children up to 18 years.



SEND Inclusive Dance Classes 11-17 Years

**Sundays (Selected dates
each month)**

2.00pm - 4.00pm

Shrewsbury

Term Time Only

Delivered by Shropshire
Inclusive Dance



www.actio.org.uk



Shropshire inclusive Dance



Shropshire inclusive Dance engages people with dance throughout the community. Working with people of all ages and abilities to share the joy of moving and moving together. Groups that SiD engage with include young children in special schools, youth groups, professional dance companies, and dementia support groups. SiD aims to make sure that everyone fulfils their right to watch and participate in dance regardless of age or ability.

“We have come a long way but still have some way to go.....

We are asking for donations, no matter how small, to support running our programme of inclusive dance classes, projects and dance performance.

You can donate through our Just Giving page here.

<https://www.justgiving.com/sidance>

We believe passionately that dance makes a positive difference to people’s lives and we love creating opportunities for people to dance and move together.

We are lucky to be part of an amazing dance community who have danced through so much together.”