



Monthly Newsletter

February 2026

Welcome to PACC's monthly newsletter.

If you have any questions or require any further information, please email: info@paccshropshire.org.uk

[PACC- Facebook](#)



[PACC- Website](#)



SEND Reforms Published



The School's White Paper including details of the proposed SEND Reforms has now been published. The Schools White Paper is a wide-ranging document looking at several aspects of education.

[READ MORE](#)

More information about the SEND Reforms can be found in the consultation document SEND Reforms – Putting Children and Young People First

[READ MORE](#)

A series of Information and fact sheets about the SEND Reforms are available here

[READ MORE](#)

The consultation on the SEND Reforms is now open and running until 18th May 2026.

[READ MORE](#)

The SEND Reforms – Putting Children and Young people First is a large document and we understand it might feel overwhelming and difficult to unpick. PACC will be reading it in greater detail over the next week and then will gather your feedback one section at a time, to support your understanding and engagement.

[READ MORE](#)

Improving Social Care- Parent Carer feedback summary



PACC has recently been gathering feedback on SEND families experience of Social Care support in Shropshire. This has included hearing from families about their experience of Early Help, specialist support provided by the Disabled Children's Team and the Preparation for Adulthood Team. Feedback was capture via an online survey and from 1:1 calls with PACC's Navigator Service.

The resulting report highlights some key areas of concerns in terms of the response to SEND families who ask for help from Shropshire Social Care Services at all levels of support. PACC recognises some families will have had positive experiences in this area, but we feel that the consistent issues raised in this report are significant and deserve full consideration by local leaders.

[READ MORE](#)



New CAMHS Service – Preparing for 1st April 2026



More Information has been shared about the new CAMHS offer that will go live in Shropshire and Telford and Wrekin from the 1st April 2026. PACC has been sent the information below by the Midland Partnership Foundation Trust (MPFT) who will be providing the service, to share through our networks.

[READ MORE](#)



Action for Children to continue to deliver Community Short Breaks



Shropshire Council is pleased to announce that the contract for the provision of Community Short Breaks for children and young people with special educational needs and disabilities (SEND) will remain with current provider Action for Children for a further three years.

This term time short breaks service will offer regular, planned activities, groups, and events for children and young people with SEND who require short breaks as part of their assessed need.

[READ MORE](#)



MPs turn a long-overdue spotlight on children's mental health and education



The Education and Health and Social Care committees have teamed up to launch a joint inquiry into children and young people's mental health. The cross-party committees are seeking evidence from parents, young people, families and professionals. The aim is to examine how well the system is meeting mental health needs.

Amanda Elliot, Contact's health lead welcomed the inquiry:

"It's long overdue. It is vital we understand the relationship between disabled children's mental health and the way they are supported in and out of school. Persistently high rates of school exclusions, placement breakdowns and anxiety-related school refusal show something needs to change. There is important work still to be done to get this right for our children."

[READ MORE](#)



Universal Credit

6. Get an advance on your first payment
7. Your responsibilities
- circumstances

contact For families with disabled children

**Universal Credit and young people in education:
Your questions answered**

3. What you'll get
- How you're paid



Information & Support | Influence & Change

Accessing Mental Health Support



Has your child/ young person had a referral for mental health rejected because BeeU do not provide post-diagnostic support?

Have you been inappropriately signposted?

- Has your child/ young person's referral been rejected as a service "does not offer post-diagnostic support"?
- Has your child/ young person's referral been rejected and you have been signposted to parenting classes?
- Has your child/ young person's referral been rejected and you have not been signposted to support?





Information & Support | Influence & Change

Healthy Lives Programme 2026

Activity Providers Wanted!

The Healthy Lives Holiday Programme is about supporting the physical and mental wellbeing of young people from the Shropshire SEND community, especially those from the Learning Disability and /or Autism communities. It is about making community-based activities accessible to this group, bringing together activity providers into one co-ordinated programme that offers meaningful opportunities to learn new skills, build confidence, make friends and get active.

- Do you deliver community based activities?
- Would you like to join a growing team of activity providers?

Examples of some activities we are looking for:

- Football
- DJ/ music production
- Drama
- Gymnastics
- Cheerleading
- Basketball
- Art
- Woodwork
- Golf





Neurodiversity Celebration Week 2026

March 16th to 20th 2026

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, organisations, and others around the world with the opportunity to recognise the many skills and talents of neurodivergent individuals, while creating more inclusive and equitable cultures that celebrate differences and empower every individual.

ADHD

Autism

Dyslexia

Dyspraxia

Tourette



Continue to Increase
acceptance and
understanding



Move beyond
awareness by focusing
on action



Provide
Education



Celebrate
neurodiversity

Working together to create a world that understands it takes all kinds of different minds.



Have fun and learn about neurodiversity with a range of engaging activity sheet downloads!

Keep an eye on our Facebook Page for information and resources!



Neurodiversity Celebration Week 2026

March 16th to 20th 2026

Focusing on Success

Like many kids, these pros have ADHD. Here's how they succeeded.

By Marty Kaminsky
Art by Chris Arran

Many students have trouble sitting quietly. They fiddle with pencils, talk out of turn, and jump to do things before thinking. Others can sit still but find it hard to focus on classwork. They may daydream, struggle to organize their work, and forget to do assignments.

Most people feel restless or distracted from time to time, but some feel this way almost all the time. Nearly 2.5 million elementary-school children in the United States have ADHD (Attention-Deficit/Hyperactivity Disorder). That's about one out of ten kids.

But ADHD does not have to be a roadblock to achievement. Here, some pros in their fields share the secrets of their success.

"A lot of very successful people have ADHD, so wear it with pride."

—Katherine Ellison, author

Astronaut **SCOTT KELLY** has flown on four space missions, including one that lasted close to a year. But when he was growing up, he had trouble focusing in school. As a result, he earned low grades.

"I read a novel in college about the space program. The book motivated me to study harder and become a much better student and, eventually, an astronaut. The lesson I learned was, Don't ever give up on yourself. Find something or someone that motivates you and use that to help motivate yourself."

Living with ADHD

ADHD is treatable. Some things that help include skill therapy, support at school, and sometimes, medication. If you think you might have ADHD, talk to a parent, guardian, doctor, school counselor, school nurse, teacher, or another adult you trust. Professionals can help kids with ADHD, and the adults in kids' lives can help set them up for success.

As a defensive tackle for the New England Patriots, **LAWRENCE GUY** is successful today. But he struggled with ADHD and other learning disabilities throughout his school days. Still, he never gave up.

"In school, I lost focus a lot. I was always playing with things in my hands. My sophomore year in high school was my turning point. I wanted to succeed so badly on the football field. I realized that if I could apply myself, focus, and pay attention there, I could learn all the plays. I took that self-control back into the classroom. I learned that I needed a place to release my extra energy, but I did have the ability to focus."

Author **KATHERINE ELLISON** was a newspaper reporter, often taking dangerous assignments in Asia, Africa, and Latin America. Her work earned her a Pulitzer Prize. She did not know she had ADHD until her son filled out a questionnaire to find out if he had it. Reading the form over his shoulder, she realized that he did have ADHD, and so did she. Today, she accepts ADHD as part of her toughest challenges and her greatest successes.

"A lot of very successful people have ADHD, so wear it with pride. Know that you are going to make a lot of mistakes. Learn to forgive yourself without making excuses and try to learn a lesson from each one. I use exercise as one way to cope. I've learned that I need structure in my life."

Figure skaters **ZACHARY DONOHUE** and **Madison Hubbell** won a silver medal for ice dancing at the 2018 International Skating Union World Figure Skating Competition and placed fourth at the 2018 Winter Olympics in South Korea. In elementary school, Zachary had a hard time making friends because his classmates thought he was wild, scattered, and overly excited.

"When I was 16, I realized that it was OK for me to be different than others. Now, at 27, I'm learning to understand my own emotions. I still struggle with ADHD, but I've learned that I'm responsible for more than just myself. I've learned how important it is to be organized and to be a step ahead—it helps slow me down, which is important for someone with ADHD."

Did you know **Daniel Radcliffe** is dyspraxic?



"It has never held me back. Some of the smartest people I know are people who have learning disabilities"

Daniel Radcliffe, Actor

www.neurodiversityweek.com

Did you know **Lewis Capaldi** has Tourette's?



Lewis Capaldi, Singer / Songwriter

www.neurodiversityweek.com

Did you know **Orlando Bloom** is dyslexic?



"Creativity is the key for any child with dyslexia - or for anyone, for that matter. Then you can think outside of the box"

— Orlando Bloom, Actor

www.neurodiversityweek.com



Information & Support | Influence & Change

FAQ



Did you know as well as useful information, we have created a number of Frequently asked Question resources including EHCP's, Direct Payments, Reduced Timetables, Preparation for Adulthood and SEND Transport?

Shropshire Universal Autism Support Service

Shropshire Universal Autism Support project offers a unique approach to supporting the emotional



SHROPSHIRE SENDiass

Information, Advice and Support Service



SHROPSHIRE SENDiass

Information, Advice and Support Service



NEW SENDIASS Resource:

Support by School Stage – What to Ask School Now

We've created a new set of practical prompts to help Parent Carers feel more confident when working with school.

Our Support by School Stage resources offer simple questions and ideas you can use in meetings and reviews, helping you plan next steps and make sure the right support is in place.

The prompts are organised by key stages:

Year 6→7 Transition – preparing for the move to secondary school

Year 8 Mid-Secondary – keeping support on track

Years 10–11 Exam Years – planning for mocks, exams and post-16

Each section includes:

- Clear questions to ask school
- Tips for preparing at home
- Ideas for supporting attendance and anxiety
- Downloadable templates such as a Student Passport, Reasonable Adjustments Request and Reintegration Plan.

These resources are designed to be quick and practical: whether you're preparing for a meeting, planning a transition, or just want to check that support is on track.

You can explore the resources here:

Click to read



Meet Lynne – She's Here for YOU!

- Lynne is someone you can talk to about anything – big or small
- She's impartial (that means she's not on anyone's side – just yours)
- Lynne wants to listen to you and help you have your voice heard at school or at home

I'm here
to listen!



Your
voice
matters!

HOW CAN YOU MEET LYNNE?



At school



Somewhere
convenient for you



Or online
if you prefer



Community Navigator Service

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



Info@paccshropshire.org.uk

We understand how difficult and overwhelming it can be to navigate your child or young persons journey. PACC's Community Navigator Service is open to any Parent Carer of a child/ young person ages 0-25 with SEND in Shropshire.

How can PACC Help?

You will be offered an initial 30-minute phone/ Teams call with a Navigator. All of PACC's Navigators are Parent Carers themselves, so have both a lived and work experience of the SEND system in Shropshire. Following the call you will receive an email with information and signposting.

What can I speak to a Navigator about?

- 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
- Education
- Education, Health and Care Plans
- Annual Reviews
- Activity Plans

How long will I wait for a call?

We try to book calls as soon as possible, usually within 72 hours of a request. Our Navigators work Monday to Friday Term-Time only.

How do I request a call?

You can either complete the linked MS form, or email us with the subject "Navigator Call"

Information & Support | Influence & Change



Join our mailing list



Surveys

PACC collect feedback from Parent Carers and Family Carers via surveys to inform and influence change within the system.

Education, Health and Care Plans (EHCP)

You can provide feedback on your child/ young person's EHCP- including- Application Process, Annual Reviews, quality of plans and timeliness.



Reasonable adjustments in Mainstream schools

PACC want to understand how Shropshire Schools are using Reasonable Adjustments to support children and young people with SEND and promoting inclusion in schools.



Childcare for school-age children with SEND in Shropshire

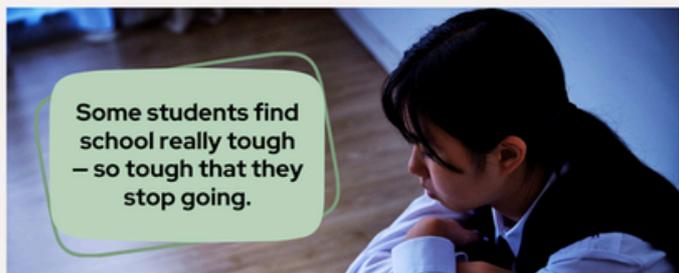
PACC are currently collecting feedback about child care for children in Shropshire with SEND. The feedback from this survey will be shared with Shropshire Council to inform information on the Local Offer and identify any themes in feedback shared. All information shared will be anonymised.



Improving Social Care Experiences

PACC are currently collecting feedback from Parent Carers and Family Carers of how they feel their experience of Social Care in Shropshire could be improved.





School should be a place where everyone feels safe, supported, and like they belong.

This study is about creating a programme that helps schools become more supportive and inclusive for everyone.

Who can take part?

We are looking for parents/carers of **young people aged 11–18** who had **difficulties attending school**.

What will you ask me to do?

- Fill in **two 30–45 minutes online questionnaires** (now and in 12 months)
- Join a **1-hour interview** (optional)

Interested?

Sign up by visiting attendwell.org.uk or clicking [here](#)

You can also email us at:

attendwell.medschl.cam.ac.uk



HAVE YOU EVER FOUND IT DIFFICULT TO BE IN SCHOOL?

Take part in the University of Cambridge study and help us make schools better for all young people!

01. What is this study about?

School should be a place where young people feel safe, supported, and like they belong – somewhere they want to be. That's why we're working alongside young people to create a programme that helps schools be welcoming for everyone.

02. Who can take part?

We are looking for young people 11-18 who have found it hard to be in school.

04. What's in it for me?

You'll help shape more welcoming schools for young people, and you'll get a shopping voucher to thank you for your time.

03. Who can take part?

If you decide to take part, we will ask you to:

- Fill in two 30-45 minutes online surveys (now and in 12 months)
- Join a 1-hour online interview with a researcher (optional)

05. Want to know more?

<https://attendwell.org.uk/take-part-in-the-attend-well-study/>



For children with EHC plans transferring from:

- early years education to school
- infant to junior school
- primary to middle school
- primary to secondary school
- middle to secondary school

Your EHC plan **must** be reviewed and amended by **15 February**





**Preparing for Adulthood:
A guide for Parent Carers and
Family Carers to understand
their young person's journey
from Year 9 onwards**

READ MORE



Transitions in Education- A guide for Parent Carers and Family Carers

[READ MORE](#) 

A guide to provide information and signposting for Parent Carers and Family Carers to help them navigate educational transitions for children and young people.

Upcoming Events and Activities



SPRING TERM **SEND MEET & CHAT FAMILY DROP-IN**

Hosted by Shropshire Early Help



Do you care for a child or young person with Special Educational Needs and Disabilities (SEND)?

These sessions are open to anyone supporting a child with SEND – whether you're a parent carer, family member, or professional. Come along to ask questions, get practical advice, and connect with professionals who understand your journey.

**SHREWSBURY
THE LANTERN**

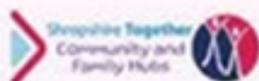
Thursday 19 February 2026
10am-12noon

The Lantern, Meadow Farm drive,
Shrewsbury, SY1 4NG

**MARKET DRAYTON
RAVEN HOUSE**

Tuesday 24 March 2026
1pm-3pm

Raven House, 129 Cheshire
Street, Market Drayton TF9 3AH



Support group for adult siblings of autistic people

Join our online sessions, 7pm - 8.30pm

- **23rd Feb:** "Sometimes I hate you, but no one else can"
- **28th April:** Mental capacity is NOT a one-size-fits-all label
- **17th June:** Demand avoidance and the PANDA method



Sign up

Sibs

sibs.org.uk/autismgroup

Kids Disabled children say we can

Riding the Rapids New groups starting soon



Would you like to embark on an adventure with us? Together, we'll navigate through rapids, connect with new individuals, and explore behaviour as a means of communication. Our journey will be non-judgmental, friendly, and supportive.

Riding the Rapids Programme Information

- 10 week programme
- Developed by clinical psychologists.
- Face-to-face weekly 2 hour sessions.
- Online also available if preferred

- Understanding behaviours.
- Importance of self-care.
- Meeting sensory needs.
- Developing family communication, teamwork and connection.
- Managing the difficult times.
- Understanding contribution of situations to the triggering of challenging behaviours.

Contact:

Kids.Shropshire@kids.org.uk to register your interest and preference
kids.org.uk

Family drop-in

Free info, advice & support for you & your family



shropshire.gov.uk/early-help



Kids Disabled children say we can

Registered Charity No. 275936

Shifnal 17th March Coffee and Connect ☕ Shropshire Autism Support Service

Join us for a warm drink, open conversation, and a chance to connect with families who truly get it. Support, understanding, and community - all in one welcoming space.

Details:

Tuesday 17th March 2026
time: 10.30am-12.00
location: Shifnal Trinity Centre, Victoria Road
TF11 8AE

To reserve your space, email: kids.shropshire@kids.org.uk or just come along!

[Kids.org.uk](https://kids.org.uk)





Healthy Lives Holiday Programme 2026

Activities for children and young people with SEND in Shropshire



The Healthy Lives Programme is PACC's Holiday offer. Healthy Lives offers a variety of activities to support physical and mental wellbeing, providing young people with SEND with opportunities to catch up with friends and be active.

The Healthy Lives Holiday Programme:

- Provides a variety of activities to support physical and mental wellbeing
- Provides young people with SEND with opportunities to catch up with friends
- Provides the opportunity to make new friendships
- Gives the opportunity to try new activities in a safe and inclusive environment
- Develops skills- confidence, independence, communication.
- Provides Peer support opportunities for Parent Carers

February Half-Term	Activities for 8-25 year old's
Easter	Activities for 8-25 year old's
Whitsun Week	Activities for 8-25 year old's
Summer	0-25 year old's, siblings welcome at some activities
October Half-Term	Activities for 8-25 year old's
Christmas	Activities for 0-25 year old's

The Healthy Lives Holiday Programme:

- Is not a holiday club
- Does not provide 1:1 support
- Is not childcare
- Does not require a referral. Parent Carers register their child/ young person. No formal diagnosis is required.

Registration now open for Easter!!

Are you looking for fun, accessible and inclusive activities to try with your child/ young person? Registration is now open for 2026!

Please note Children and Young People who accessed during 2025 will also need to complete a new registration form!

Only one registration needs to be completed each year



SEN & DISABILITIES AT JUNGLELAND

STARTING TUESDAY 24TH FEB
TERM TIME TIGER TUESDAYS

OUR BRAND NEW
EXCLUSIVE SEN SESSION.
EVERY TERM TIME TUESDAY
2.00PM-4.00PM

FOR CHILDREN OF ANY AGE
£2.99



BOOK YOUR SOFT PLAY SESSION VIA OUR MOBILE APP
OR DIRECT ON OUR WEBSITE:
WWW.JUNGLELANDTELFORD.COM



JUNGLELAND ACCEPTS ANY FORM OF PROOF OF
DISABILITY TO RECEIVE OUR ACCESSIBILITY
DISCOUNT
(ACCESS CARD, DID CARD, MAX CARD, EHCP ETC)

PLEASE SHOW YOUR CHILD'S
CARD/DOCUMENTATION TO OUR RECEPTIONIST ON
ARRIVAL.

FOR MORE INFORMATION, PLEASE CONTACT OUR
ACCESSIBILITY TEAM:
INFO@JUNGLELANDTELFORD.COM

OSP ASCEND TAKEOVER

JOIN US AT OUR SEND
HOME EDUCATION SESSION:

1-3PM
EVERY OTHER TUESDAY
EXCLUSIVE USE OF ASCEND SOFT
PLAY



OSWESTRY
SEN PARENTS



Shropshire Family Info Service

Do you run inclusive and accessible activities?



Share your activities in PACC's monthly Newsletter!

For more information, please email
Abi@paccshropshire.org.uk