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Parent Carer Forum  
Cheshire West & Chester

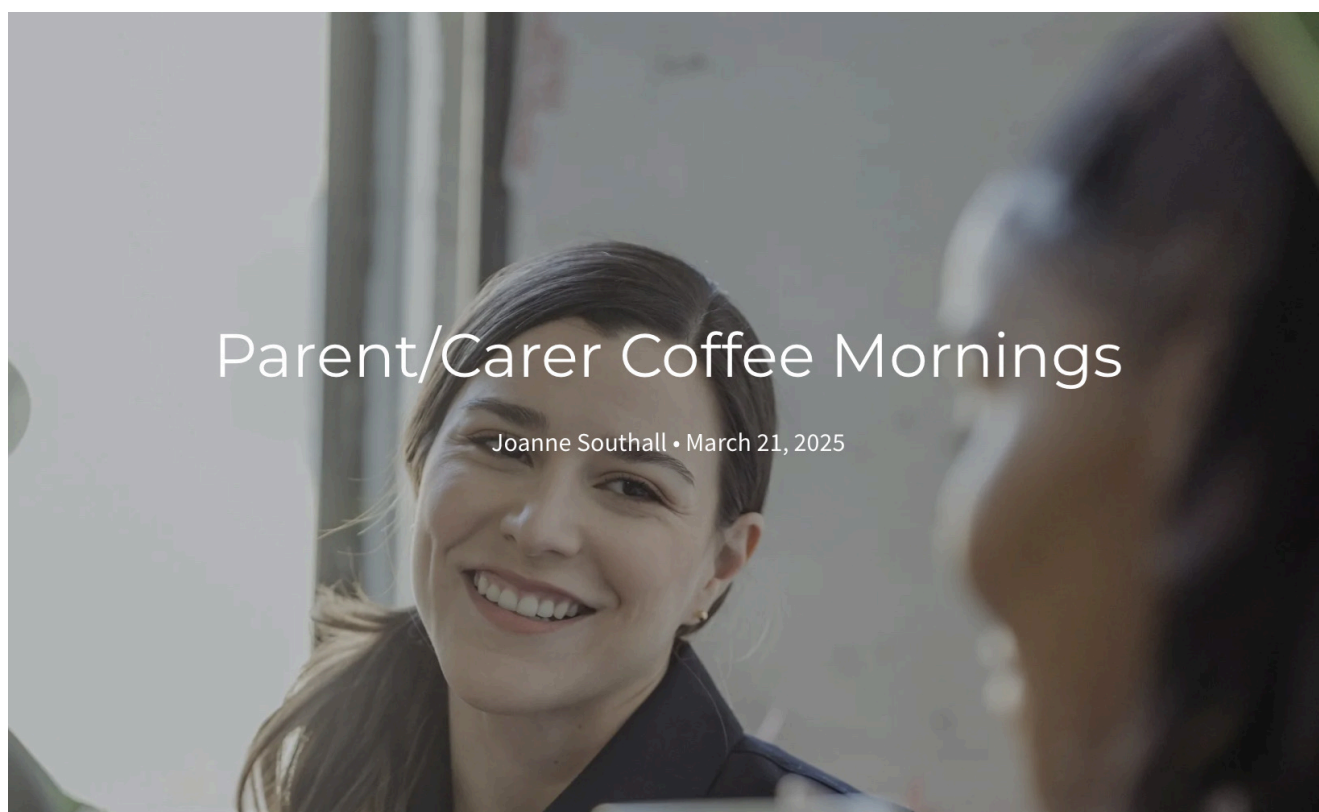
# NEWSLETTER

## April 2025

### PCF NEWS

In order to keep you up to date on all of the works we are involved in to ensure that your experiences are heard, we have created a new BLOG area on our website here <https://www.pcfcheshirewest.org/pfc-stories>

Here are some of the latest updates.....



### Parent/Carer Coffee Mornings

Free, informal sessions, where parents will be able to chat to other parents. Some hosted by us, others we will be attending.

People from education, health, SEN services and charities will pop along to some coffee mornings so you can ask them any questions about accessing their services.



[View New Coffee Events Page Here!](#)

### **NEW BLOG: Life as a Special Guardian – Jayne's Story**

Jayne – a Parent Carer Forum rep and Special Guardian to her nephew, who has ADHD, autism and developmental trauma. In this blog, she explains what Special Guardianship really means and the challenges families like mine face. She also explore the vital importance of the Adoption and Special Guardianship Support Fund (ASGSF), which is currently under threat.

[Read the full blog here!](#)





### NEW BLOG: Community Champions Event – Warrington

Our rep Jayne recently attended the Community Champions Event in Warrington, proudly representing our Parent Carer Forum. The day was packed with inspiring conversations around mental health, lived experience, and improving support across Cheshire & Merseyside.

*"It was a brilliant day. I learned so much and met lots of wonderful people." – Jayne*

[Read the full blog here!](#)

## Community Updates





## Starting Well Engagement

### Delivery of services including Children's Centres, health visiting and school nursing

The Starting Well service delivers support to children, young people, their families and carers across Cheshire West and Chester. The service is based mainly in Children's Centres but also delivers support in families and carers' homes, and in schools.

The Starting Well team includes Health Visitors, nursery workers, early years workers and School Nurses.

We would like to gather some initial ideas from people who use a Starting Well 0-19 service (up to 25 years old for those with Special Educational Needs and Disabilities (SEND)), and those who don't, to understand what works well and what could be done better.

*Have Your Say Here!*



**Calling All Parents & Carers!**



Whether you're looking for activities, advice, or specialist support, this page is designed to help young people access the services they need.

Check out what's available here!



## Sensory rooms at children's centres!

Newly Refurbished Sensory Room Now Open in Blacon!

We're pleased to share that the Sensory Room at Blacon Children's Centre is now open and available for families to book.

The room is FREE to use and can be booked in hourly slots, Monday to Friday between 08:30 and 16:30.

### **Blacon Children's Centre**

**Carlisle Road, Blacon, Chester CH1 5DB**

**Tel: (01244) 397412**

We'd appreciate your support in helping us promote this sensory space, along with all the other sensory rooms available across Cheshire West and Chester:

**Lache Children's Centre – CH4 8HX – (01606) 397486**

**Stanlaw Abbey Children's Centre – CH65 9HE – (0151) 4888036**

**Wharton Children's Centre – CW7 3HN – (01606) 555285**

**Victoria Road Children's Centre – CW9 5UT – (01606) 555286**





# PCF Events









Parent Carer Forum  
Cheshire West & Chester

**Free Parent/Carer Event**  
**Wed 14th May 2025**  
**10am – 2pm**

## **Preparation for Adulthood**

**Do you want to learn more about Post 16  
support and services?**

**Want to know more about what is available  
after year 10 for your young person?**

Marketplace: Stands & Information on activities, groups and  
services in your area will also be available.

**ALL WELCOME - Includes Lunch & Refreshments.**

**At: Holiday Inn Ellesmere Port - Cheshire Oaks**  
**Lower Mersey Street Ellesmere Port CH65 2AL**

**Free Event - Free Parking - Wheelchair Accessible**

**Book online on our website**  
**[www.pcfcheshirewest.org/whats-on](http://www.pcfcheshirewest.org/whats-on)**

## **Preparation for Adulthood Forum**

We know—from listening to families across Cheshire West—that many parent carers do not feel positive about the Preparation for Adulthood (PfA) journey for their young people. You've told us that support can feel unclear, disjointed, and hard to navigate. We hear you—and we want to change that.

That's why this event is all about bringing people together: young people, families, professionals, and services—to build a better, more joined-up experience for everyone.



**adulthood.**

***Meet the professionals and other parent carers and enjoy a lunch provided be us!***

**Find out More and Book your Place Here!**



Parent Carer Forum  
Cheshire West & Chester

**Friday 16th May**  
**10.30am - 11.30am online**

## **Financial Toolkit Webinar**

**Invaluable financial know-how for your SEND family**

**Topics Covered: Wills and trust, Transition to Adulthood & Decision-Making**

**Exclusively for members of the PCF network**

**Expert-led affordable courses for SEND parents**

**Don't miss out on this opportunity to gain essential financial tips**

**Find out more and register:**  
**[www.pcfcheshirewest.org/whats-on](http://www.pcfcheshirewest.org/whats-on)**



We know that navigating the financial challenges of raising a child with additional needs can be overwhelming. That's why we're excited to share the Parent Carer Forum Cheshire West Financial Toolkit—a resource designed to help you find the support, benefits, and grants available to families like yours!

**Topics Covered:**

Benefits & financial support  
Grants & funding opportunities  
Help with energy bills & cost of living  
Wills & trusts  
Transition to adulthood & decision-making  
Local and national resources

**Book your place here!**





Parent Carer Forum  
Cheshire West & Chester

**Drop-In Session**

**Coffee & Chat**

Thurs 22nd May

**All Welcome**

10am - 12pm

## Charity Support

Drop in for a coffee and to learn more about the charity support and sessions available in your area, for you and your family.

Your chance to give feedback and ask questions.

Chance to catch up with other parents and carers in an informal setting.



**Venue:** New Scene Centre, Newton Lane, Chester CH2 2HD

[www.pcfcheshirewest.org/whats-on](http://www.pcfcheshirewest.org/whats-on)

Meet the charities providing essential services in your community,  
More Details coming Soon!





## **Come and See Us at the Children's Young Person Forum (CYPF) Alliance Marketplace!**

**Thursday 8th May | 10:30am – 1:30pm**

**Northwich Memorial Court**

We will be holding a stall at the upcoming CYPF Alliance Marketplace, hosted by Cheshire West Voluntary Action (CWVA).

This free event is a fantastic opportunity for organisations working with children, young people, and families to connect, collaborate, and share information. It's open to members of the CYPF Alliance and public sector partners—and we're excited to be part of it!

**Families welcome!**



them a chance to discover what support is available locally in Cheshire West.

**Please share this event with any families or parent carers you support—we'd love to see them there!**

For more info email: [enquiries@cwva.org.uk](mailto:enquiries@cwva.org.uk)

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# SAVE THE DATE





Parent Carer Forum  
Cheshire West & Chester

## PCF Event - Online

**Wed 16th July**  
**10am - 11.30am**

# Transport update and AGM

**Stay Informed on New Transport  
Arrangements & Progress Updates!**

**Join us online on Wed 16th July at 10am**

Join us to learn about the latest transport arrangements and reflect on the progress made over the past 12 months since the publication of our PCF Survey.

**Stay updated, get involved, and help  
shape the future!**







## Community Connections

Do you need support to find activities in your local area for a child or young person with lived experience of disability or a long term health condition?

Our Community Connections service can help you with access to a range of short break opportunities that fit with your child or young person's interests, as well as providing parents/carers with a break from their caring role.

**The three options of support within the service are:**  
**Information and Advice, Practical Support and Funding.**  
Please see the next page for more information.



### Information and Advice

Support with finding activities in the community that can provide children and young people with an activity and where practical support is not required (such as personal care or medication). We now also signpost to other short break commissioned services and provision which may provide support with personal requirements.

### Practical Support

Support for children and young people to attend an activity group that they would like to attend. 1-1 Support would be offered for a time limited period to assist the activity provider to introduce children and young people to the group to make sure they can take part.

This provider support could include access to training, mentoring or guidance to complete support plans and risk assessments.

### Funding

Access to funding to pay for an activity which meets the interests of children and young people and provides a short break for parents/carers and siblings.

### Who can use the service?

To use the service children and young people must live in Cheshire West and Chester and receive either disability living allowance (DLA Middle or High Rate) or a personal independence payment (PIP Standard or Enhanced Rate) and not receive any funded support from Social Care.

Our Community Connections service is commissioned by Cheshire West and Chester Council.

To use the Community Connections service please visit our website and fill in a register of interest form:

[www.disabilitypositive.org/service/community-connections/](http://www.disabilitypositive.org/service/community-connections/)

An Advisor will then contact you to discuss your needs

February 2023



# Tarporley Social Circle

Our exciting new social group for disabled adults aged 18+

**Join Us**



**Every Tuesday**



**1pm**



**Come along to enjoy yoga, crafts, sports, meals out, day trips and more!**

**For more information visit  
our website or email:**

**[mel@disabilitypositive.org](mailto:mel@disabilitypositive.org)**

**disability  
positive**

**[www.disabilitypositive.org](http://www.disabilitypositive.org)**





We know life isn't always easy – sometimes you don't know where to go for help, you might need a bit of advice or support, or simply a friendly face to talk to about something that's bothering you or your family.

**Early Help Navigators are here to help you.**

- Provide help support and advice with family life
- Be a listening ear
- Signpost you to local and national support
- Help you complete forms
- Attend GP appointments with your family
- Provide food and baby bank referrals

**Monday:** Blacon Children's Centre 9:00-12:00  
Hoole Community Centre 9:00 -12:00

**Tuesday:** Baby Buddies (Blacon Beacon) 10-11:45  
Rhyme Time (Blacon Library) 10-11:00  
The Bread-and-Butter Thing 12:30-13:30  
(Blacon – Rage Fitness Building)

**Thursday:** Blacon Beacon 10:00-13:00  
Lache Library 14:00 – 16:00

**Or pop in to:**

Blacon Children's Centre, Chester,  
CH1 5DB

Chester Victoria Children's Centre,  
Chester, CH1 4BR

Victoria Road Children's Centre,  
Northwich, CW9 5UT

Over Children's Centre, Winsford,  
CW7 1LX

Stanlaw Abbey Children's Centre,  
Ellesmere Port, CH65 9HE

Portside Children's Centre,  
Ellesmere Port, CH65 2BY

Visit: [www.startingwell.org.uk/centre-timetables](http://www.startingwell.org.uk/centre-timetables)



Cheshire West  
and Chester



Please scan this QR code to book an  
appointment with Amber and Zuzana

Early Help Navigators for Chester



# SUPPORT FOR PARENTS OF CHILDREN WITH ADDITIONAL NEEDS

**CARERS  
TRUST**Cheshire and  
Warrington

*We offer the following support in rural areas around  
Tarporeley, Tarvin, Kelsall, Tattenhall & Malpas for parent  
carers of a child aged 4-11 years:*

- SEND Guidance, Support & Info.
- Benefits Information
- Emotional Support
- Group Information and Training
- Self Advocacy
- Family Activities
- Support Groups
- Confidence Building

For more information contact:  
[clareg@cheshireandwarringtoncarers.org](mailto:clareg@cheshireandwarringtoncarers.org)  
or 07871797342



*This service is funded by  
The Westminster Foundation*



**Westminster  
Foundation**

Cheshire & Warrington Carers Trust is a trading name of Cheshire and Warrington Carers Centre. Registered Charity Number 1092606 and a Company Limited by Guarantee No 4172914 Registered office: 146 London Road, Northwich CW9 5HH



# Volunteers Needed!



## Join Our Growing Team at the Parent Carer Forum – Vacancies Available

Are you a parent or carer of a child with additional needs or a disability in Cheshire West and Chester? The Parent Carer Forum is looking for enthusiastic individuals to join our team!

### Why Join Us?

**Amplify Your Voice:** *Represent the perspectives of parents and carers in your community. Your feedback will directly influence local services and SEND policies.*

**Make a Difference:** *Be part of a team that shapes positive changes for children and young people with SEND.*

**Flexibility:** *You can get involved at a pace that works for you—whether attending meetings, gathering parent feedback, or simply being a point of contact.*

Find out more about being a PCF Representative [here!](#)

## USEFUL CONTACTS



Live Well Cheshire West - <https://www.livewell.cheshirewestandchester.gov.uk>



**7001** <https://www.livewell.cheshirewestandchester.gov.uk/Services/1279>

**SEN Team - Tel [0151 337 6505](tel:01513376505)**

[senteam@cheshirewestandchester.gov.uk](mailto:senteam@cheshirewestandchester.gov.uk)

**Starting Well - <http://www.startingwell.org.uk/>**

**West Cheshire 0-16 CAMHS Tel - [01244 393200](tel:01244393200)**

<https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/>

**IPSEA- Call-in Helpline Tel- [0300 22 5899](tel:0300225899)**

<https://www.ipsea.org.uk/Pages/Category/service-overview>

**CONTACT Advice Line -Tel-0808 [808 3555](tel:8083555)**

<https://contact.org.uk/>



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