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NEWSLETTER

December 2025



A Christmas Message from Your Parent Carer Forum

As we reach the end of another busy year, we want to wish all our members a Merry Christmas, whatever Christmas

I thank you for being part of our community, for your honesty, your strength, and for the time you give to share your experiences. Your voice genuinely shapes the work we do.

We are pre-launching our PCF Survey 2026 "The Big One". If you find yourself feeling a little full after your festive feast, feet up on the sofa, *Home Alone* playing in the background, and you fancy getting ahead... you're very welcome to fill in the survey early!

We've been preparing hard behind the scenes, and after Christmas you'll see a big social media campaign to help get the word out. Please keep an eye out for those posts and share them widely, it really makes a difference to drive change and make things better for families in our area. From all of us at the Parent Carer Forum, thank you for everything – and warmest wishes for 2026.

Tap the link below to fill out the Survey.

PCF Survey 2026 "The Big One"



🌲 Live Well Christmas Padlet 🌲

We have been working on pulling all things Christmas to one place for ease. Check out the Christmas Padlet below

Sessions and support.

Tap to view!

Padlet

Christmas Activities and Events

Christmas Activities and Events

padlet.com



PCF News & Events



For all our upcoming events, visit: [Parent Carer Forum](#) | [Whats On](#)

*To help keep you up to date with everything we're involved in, we've also created a **Blog & Noticeboard** area on our website, where you can find the latest news, updates, and insights from the PCF team.*

[PCF Blogs and Updates](#)



Virtual Forum

Early Years, Sleep & Toileting

Thank you to everyone who joined our Early Years, Sleep and Toileting Forum this week.

Below you'll find a summary of the session, details of what's coming up next, and useful links for further support.

[Early Years, Sleep & Toileting Highlights!](#)



Parent Carer Forum
Cheshire West & Chester

Parent Training Online
Tue 13th Jan 2026
10am – 11.30am

Information Advice Support Service (IASS) **- How we can help you navigate the SEND system?**

Find out who IASS are and how they support
parent carers navigating the SEND system

Useful tips and resources so you can provide the
best advocacy for your child/ young person

Parent Training Online: Information, Advice & Support Service (IASS)

Join us for an informative online session with IASS to learn
how they can help you navigate the SEND system.

Find out:

- Who IASS are and the support they provide to parent carers.
- How to access clear, impartial information about SEND processes.
- Practical tips and resources to help you advocate confidently for your child or young person.



Parent Carer Forum
Cheshire West & Chester



STARTING WELL
www.startingwell.org.uk



SEND Parent Carer Coffee Morning

Starting Well and the Parent Carer Forum are hosting a friendly
SEND drop-in coffee morning.

Come along for a relaxed chat, meet other parent carers, and
find out about services that can help you and your family.

In attendance:

**Early Navigation Team • Starting Well • PCF •
West Cheshire Community Learning Disability Team**

Everyone welcome, we'd love to see you there!

Venue: Lache Children's Centre

Hawthorn Rd, Chester, CH4 8HX

www.pcfcheshirewest.org/whats-on

Parent/Carer Coffee Events

There are a number of parent carer coffee events happening in Cheshire West and Chester, where our volunteers attend regularly including at the children centres, SPACE charity and Koala. Please keep an eye on our website where we will advertise them along with other SEND coffee events in the borough.

Parent Carer Coffee Events

SAVE THE DATE



Parent Carer Forum
Cheshire West & Chester

Free Parent/Carer Event
Thurs 26th Feb 2026
9:30am – 1:30pm

Preparation for Adulthood

Everything you need to know about the transition to adulthood, including education, employment, and independence.

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

ALL WELCOME - Includes Refreshments.

At: Civic Hall, Ellesmere Port
Civic Way, Ellesmere Port CH65 0AZ

Book online on our website or use the QR code

www.pcfcheshirewest.org/whats-on



Free Event - Free Parking - Wheelchair Accessible

Preparation for Adulthood Event

Planning for adulthood can feel overwhelming, you don't have to do it alone! Our Preparation for Adulthood Event is a chance for parent carers and young people to

[Preparation for Adulthood Booking](#)

Co-Production



Parent Training Neurodiversity Profiling Tool “Knowing Me” Update

Training for schools to use the newly co-produced neurodiversity profiling tool is well underway and now parent carers can get an insight to what that training looks like!

Parent/Carer training dates available now.

View the blog below to book on!

[Parent Carer “Knowing Me” Training](#)



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

The second year of the PINS project is now underway across three Cheshire West & Chester primary schools. Read Vanessa's blog below updating us what's been happening so far.

[Partnership for the Inclusion of Neurodiversity in Schools Blog](#)



Wednesday the 3rd of December is the 'International Day of Persons with Disabilities'. It is an annual celebratory day aiming to raise awareness of disability

International Day of Persons with Disabilities



Tap to get involved!



The Live Well, Local Offer for Families/ carers with **SEND** children and young people age 0-25 years

Check out the new Local Offer newsletter Padlet, bringing you helpful SEND news, updates and information to keep you informed`33x on a regular basis.

Cheshire West & Chester Council

The Autism Service **Transition to High School Online Event** **(Via Microsoft Teams)**

Date: 11.2.26 Time: 9.30am – 1pm

We are inviting all parents, carers and professionals supporting children in years 4, 5 and 6 to attend.

What's happening?

There will be opportunities to attend workshops via Microsoft Teams, and these will be delivered by the Autism Service teachers. Workshops will include:

- Supporting organisation and independence
- Developing strategies to address emotional well-being
- Supporting the communication needs of the young person

There will also be information provided by High school and Primary school SENCOs focusing on effective joint parent/school working. There will be regular breaks throughout the morning.

Following the event, you will receive a copy of the Autism Service Transition to High School Pack, and this will be a useful tool to use with the child you are supporting.

To apply please click on the link below OR scan the QR code to complete the short application form.

<https://forms.office.com/e/pZSPqgLiCi>



Please note that the closing date for applications will be Friday 30th January 2026 You will receive your link and any visual pre course information by Tuesday 3rd February.





DANCE ABLE

WITH CHESHIRE DANCE

**WINSFORD
LIBRARY**

**WEDNESDAYS
FROM 7TH JAN 2026**

**Dance sessions
for young people with
learning disabilities
age 11+, exploring dance,
choreography,
improvisation and creation!**

5:30PM-6:30PM 

EVERYONE WELCOME

**PAY £3, £5 OR
£7 ON THE DAY**

COME AND JOIN US!

For any questions or queries:

lesya@cheshiredance.org

Tel: 01606 861 770

www.cheshiredance.org



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Dance**

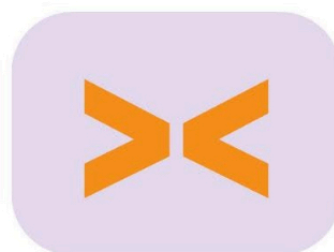




Autism Practical Support



Fit For All



Inclusive physical activities for autistic children and teenagers struggling or disengaging with Education or training

Fit for All is a **free twelve-month programme** of physical and emotional wellbeing activities for autistic children and young people **aged 12–17 in Northwich and Ellesmere Port.**

The project is for young people who are not attending school or who are struggling to access education or training, aiming to improve their physical health, emotional wellbeing, confidence, and social connections.



Learning Outside The Classroom



“Where Every Child Can Thrive”



PRIVATE SESSIONS FOR HOME EDUCATED STUDENTS

LEARN, EXPLORE & GROW.



Building hope. Strengthening lives.



DID YOU KNOW?

We run bespoke sessions and workshops for home-educated students of all ages and capabilities!

These can be taken individually or in a group setting.

If you would like to know more about this unique opportunity, please get in touch by emailing:

hayrackdevelopmentcic@gmail.com.



WE LOOK FORWARD TO HEARING FROM YOU!

Have Your Say



Cheshire West
and Chester

Equipment

Tuesday 20th Jan 2026,
10am – 11am

Cheshire Integrated Community Equipment Service (ICES)

**Join the conversation and be part of shaping
the future of this service!**

ICES supports children, young people and parent carers by loaning equipment to help with a range of activities such as items to aid with mobility, personal care and safe sleeping.

The service is commissioned in partnership by Cheshire West and Chester Council, Cheshire East Council and Health to provide one service across the Boroughs. The contract for this service is due to end, and we would like to understand the views, experiences and ideas of parent carers as to what the future should look like.

Please scan the QR code to register your attendance
or follow the URL:

<https://forms.office.com/e/jXCS0KzcbN>





Cheshire West
and Chester

Join Us in Shaping Independent Living

Imagine a place where technology and smart equipment come together to make life easier, safer, and more independent.

We're building a hands-on demo hub where practitioners and people who draw on care and support can see, try, and experience the latest innovations designed to help people stay in their own homes with unobtrusive aids.

We need YOU to help design this future!

Be part of the team that shapes what our show home looks like

Interested?
Scan the QR code and share your details

Made with PosterMyWall.com



Cheshire West & Chester Council

Share your views on eating well

Whether you find it easy to eat a healthy, balanced diet or struggle to eat as well as you would like, we want to hear from you.

Take part in our short online survey and help to shape our new eating well strategy for Cheshire West and Chester.

Everyone who takes part will be entered into a draw to win one of four £25 Love to Shop vouchers.



Win one of four
Love to Shop
vouchers.



Scan me



www.smartsurvey.co.uk/s/ICBUCY/



Cheshire West
and Chester



Get Involved





Join Our Growing Team at the Parent Carer Forum!

Are you a parent or carer of a child with additional needs or a disability in Cheshire West and Chester? We would love you to come and join our team, between us all we have a wealth of lived experience navigating the SEND system. There is someone in our team that understands and can help guide you in the right direction.

We are looking for enthusiastic individuals to join our team to help represent the perspectives of parents and carers in our community. Your feedback directly influences local services and SEND policies.

Call us on [07900840867](tel:07900840867) Visit our Facebook page, YouTube channel, website or email us to find out more.



Information Advice and Support Service (IASS)

Tel [0300 123 7001](tel:0300 123 7001)

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

SEN Team

Tel [0151 337 6505](tel:0151 337 6505)

senteam@cheshirewestandchester.gov.uk

SEN Transport

Tel [01244973637](tel:01244973637)

Tel [01244 973564](tel:01244 973564)

sentransport@cheshirewestandchester.gov.uk

Starting Well

<http://www.startingwell.org.uk/>

Children's and Young Peoples Mental Health Services

<https://www.mymind.org.uk/services-and-contacts/cheshire-services/cheshire-cypmhs>

IPSEA- Call-in Helpline

Tel [0300 22 5899](tel:0300 22 5899)

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

CONTACT Advice Line

Tel [0808 808 3555](tel:0808 808 3555)

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



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