



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



Parent Carer Forum
Cheshire West & Chester

Virtual Training
Thur 30th April 2026
10am – 11.30am



Supporting Education: SEND Parent Training Webinar

Gain practical advice and confidence
to support your child in school.

What We'll Cover:

Getting Support from School

How school support SEND children

Sensory Needs in School

Simple strategies and adjustments to
support your child's sensory needs

One Page Profiles

Using strengths-based profiles to
improve understanding and support

Practical • Supportive • Informative

Helping you feel confident working with your child's school

Booking link <https://forms.office.com/e/V23Am8Stsu?origin=IprLink>

www.pcfcheshirewest.org/whats-on

Come and join us for an informative and practical online session with local professionals sharing advice, strategies and support.

We'll be joined by:

- A SENCO
- A Sensory Processing Occupational Therapist,
- The Autism Specialist Teacher

This is a great opportunity to hear directly from professionals, pick up practical ideas, and build your understanding of the support available.

[Supporting Education: Book Here!](#)



Parent Carer Forum
Cheshire West & Chester

Free Parent/Carer Event

Tuesday 12th May 2026

10:00am – 2:00pm

Education, Inclusion & Mental Health

This forum is designed to help you:

Understand roles within local SEND education,
inclusion and mental health services

Update on the PCF Survey

Learn what support should ordinarily be available
and reasonable adjustments

Hear updates from the Local Authority

Explore what national SEND reforms could mean for your family

Share your views and shape the PCF response

Agenda Highlights:

- Director of Education update & Ofsted reflections
- National SEND Reform White Paper overview
- Tabletop discussions to share your views

Marketplace & Support Services Include:

- Live Well • Autism Practical Support
- Children & Young Peoples Mental Health Services
- Youth Services • Youth Fed...and more

Includes breaks, afternoon tea, and plenty of time
to chat and connect with other parent carers.

At: Vicars Cross Golf Club, Chester
Tarvin Rd, Christleton, Chester CH3 7HN

All Welcome - Free Parking - Wheelchair Accessible

www.pcfcheshirewest.org/whats-on



Education & Mental Health Forum: Book Here!





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: Neston Community Centre

Burton Rd, Little Neston, Neston CH64 9RE

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

PCF Blogs and Updates!



Thank you to everyone who joined our recent Understanding Mental Capacity for Young People with SEND evening webinar. It was wonderful to welcome so many parents and carers keen to build confidence around decision-making as young people move towards adulthood.

The session provided valuable information, discussion and practical guidance on an important topic for many families. If you were unable to attend, or would like to revisit the information shared, you can catch up using the link below.

[Understanding Mental Capacity Webinar Overview from 26 March 2026](#)



Presenting the Knowing ME profiling tool at the CANDDID Conference 2026

It was a pleasure to present alongside the study team on the Knowing Me neurodiversity profiling tool at this conference.

There has been significant work across Cheshire and Merseyside involving professionals, parent carers, and children and young people with lived experience to shape this work collaboratively.

Take a look at some of the highlights from the day, along with key links to the work we've been involved in.

Presenting the Knowing ME profiling tool at the CANDDID Conference 2026

Reasonable adjustments: Our legal duty

Reasonable adjustments are changes that schools and colleges make to remove or reduce barriers that could disadvantage any pupil, including those with SEND. They are practical, proportionate and pupil-centred.

What could adjustments look like?

Large print,
colour contrast,
simplified
formats



Laptops,
reading pens,
visual support



Flexible approach
to supporting
social and
communication
needs.



Flexible seating
or classroom
layout changes



Toilet passes



Extra time,
thinking breaks



Clear language,
visuals,
scaffolding



Alternative
assessment
and homework
formats/timing



Consideration
of uniform/
clothing



Key Principles



Proactive: Plan ahead for barriers – don't wait for a problem.



Reasonable: Only what is reasonable is required, based on context and resources.



Inclusive: Applies to any pupil, including those with SEND

Ask yourself: "Can this pupil access learning and school life in the same way as others? If not, what can we reasonably change?"

Need support? Speak to your SENDCo. or leadership team.

Why it Matters

Reasonable adjustments promote:



Equal access to learning and school life



Belonging, relationships and wellbeing



Improved participation and outcomes



Cheshire West
and Chester

Understanding Quality First Teaching and Reasonable Adjustments

Our **parent volunteer** representatives have been working alongside Cheshire West and Chester Principal Educational Psychologist, and professionals across health and education to co-produce an **Ordinarily Available Inclusive Provision (OAIP)** document, which will be published shortly. The document is now in its final stages, undergoing formatting and preparation for publication.

As part of this work, we have recognised the importance of **reasonable adjustments**, and an accompanying infographic has been developed to provide practical examples of what these can look like in practice.

Building on this, we have also produced a blog in response to some confusion around the difference between **Quality First Teaching** and **reasonable adjustments**. In the

blog, we explore these distinctions and break them down in a practical, accessible way.

Take a look at the blog to find out more.

Understanding Quality First Teaching and Reasonable Adjustments:
Blog

Co-Production



SEND REFORM

Putting children and young people first



SEND Reform National Consultation

Schools White Paper: SEND Reform Proposals — Join the Conversation

The government has published its schools white paper, Every Child Achieving and Thriving, setting out proposals to reform the SEND system in England.

Important: *These are proposals only.....the law has not changed, and existing SEND rights remain in place.*

There is a consultation open until **18th May 2026**, giving families, charities and professionals the chance to influence what happens next.

Even if proposals are passed through Parliament, changes are not expected until 2029, with implementation phased over time.

What is being proposed?

Some key proposals include:

- ✓ Individual Support Plans (ISPs) for all children with SEND
- ✓ Three new support levels — Targeted, Targeted Plus and Specialist
- ✓ Future EHCPs linked to children with the most complex needs

- ✓ Changes to accountability, complaints and tribunal arrangements
- ✓ Investment in inclusion, training and specialist support

The government has also said:

- ☀ No child will lose support
- ☀ Children in special schools keep their places if they choose
- ☀ No moves from EHCPs to ISPs before 2029/2030

Join us on 12th May to discuss SEND Reform at Vicars Cross Gold Club, Tarvin, Chester at our Education, Inclusion and Mental Health forum...SEND Reform will be on the agenda.

We'll:

- 💬 Talk through key proposals
- 👂 Hold tabletop discussions with parent carers and professionals
- 📄 Gather views to help shape our consultation response

Over 700 parent carers completed our recent survey, and those views will help inform our response.

👉 **Book your place here:** [Education & Mental Health Forum - May 2026](#)

Can't make the event? Share your views with us to help us shape our response to the consultation.

We encourage everyone to have a say directly to the Government on the link below

Contribute to the PCF response to the consultation here!

SEND Reform Easy Read: Have your Say!



Tap the images for more information!



LiveWellCheshireWest

Live Well Newsletter March 2026

The Live Well Newsletter will be published bi-monthly to provide you with latest updates and information. It is also your opportunity to get involved, have your say and improve our Live Well/Local Offer Cheshire West Website.



Early Help Navigator Service

We know life isn't always easy. Sometimes you don't know where to go for help. You may need a bit of advice or support, or simply a friendly face to chat to about something that's bothering you.

**Early Help Navigators
are here to help**



Scan this QR code for details of drop-in sessions in your area, or to request an appointment.

We can:

Provide help, support and advice with family life

Be a listening ear

Signpost you to local and national support

Help you fill out forms

Attend GP appointments with your family

Provide food and baby bank referrals

Visit: www.livewell.cheshirewestandchester.gov.uk/services/5751
or phone 0151 556 8378



**Cheshire West
and Chester**

Strength Based Approaches To Executive Functioning

Join us for our free webinar.

Dr Tony Lloyd, Psychologist and Neurodiversity Specialist at Neurodiversity Training UK, is delivering a free webinar for parent carers on supporting children's executive functioning.

 Wednesday 6th May |  10am–11am

**Enabling
Great Lives**



**We've launched an All-Age Carer
Strategy Survey— and we need
YOUR voice.**

**Have your say
today!**

Share your experiences in
our new survey and help
shape future support for
unpaid carers across
Cheshire West and
Chester.



Scan me
to complete survey



Or visit
[participatenow.cheshirewestand
chester.gov.uk](https://participatenow.cheshirewestandchester.gov.uk)



**Cheshire West
and Chester**



Disability Positive are commissioned by the Council to **support families** in accessing **funding for short breaks and activities** for their children and young people. They also offer a range of wider support, including **social clubs and advocacy** services for families.

contact *For families with disabled children*


Support for Families – You're Not Alone

Looking for guidance, reassurance, or just someone who understands?

CONTACT provide online information and advice on a wide range of topics, including:

- ✦ Benefits
- ✦ Early years
- ✦ Education & learning
- ✦ Social care
- ✦ Money matters

...and much more.

 **Helpline Support:** The helpline is open to parent carers across the UK with a disabled child aged 0–25. Your child can have any type of disability or additional need, and no diagnosis is required.

Listening Ear Service

Need someone to talk to? We offer 1:1 telephone appointments for emotional support—because sometimes being heard makes all the difference.

Brighter Beginnings

At the start of your journey? Our workshop series supports parent carers in the early years, helping you navigate challenges and build confidence for the road ahead.

 **Reach out, connect, and access the support you deserve.**

[Contact: the charity for families with disabled children](#)



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.



Useful Contacts

SEND Local Offer

Special Educational Needs and Disability (SEND) Local Offer | Live Well Cheshire
West

Information Advice and Support Service (IASS)

Tel 0300 123

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

SEN Team

Tel 0151 337 6505

senteam@cheshirewestandchester.gov.uk

SEN Transport

Tel 01244973637

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

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

CONTACT Advice Line

Tel 0808 808 3555

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



**Parent Carer Forum
Cheshire West & Chester**

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Info@pcfcheshirewest.org

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