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NEWSLETTER

June 2026

PCF Monthly Round-Up

PCF at the SEND Partnership Board

This month, the Vice-Chair presented our 2026 Survey findings, 702 responses strong, to the SEND Partnership Board, chaired by Edwina Grant. The result? Honest reflection, real discussion, and actions now underway, from a deep dive into EHCP pain points to fixing Local Offer awareness and navigation.

Read the full update below.

[PCF at the SEND Partnership Board](#)



PCF Annual Planning Meeting

This month, the PCF team came together for our annual planning meeting and we made sure to do it properly, with lunch included!

It was a great opportunity to catch up, reflect, and look ahead. We spent time reviewing what's worked well this year and what hasn't, hearing from the team about what families are telling us they want, and brainstorming what our forums and events should look like going forward.

We'd already been gathering your views ahead of the meeting, our recent Facebook polls gave us a really useful picture of the kinds of events and support families want from PCF, and that fed directly into our discussions on the day.

We covered a lot of ground: the key pieces of work we want to prioritise, how we better reach and engage families, and what next year is going to look like for the forum.

We're now pulling all of that together, and we'll be sharing our plans with members at our AGM on Thursday 9th July, so we'd love to see you there. It's a great chance to hear what's coming next and have your say on the direction of the forum.

[Register now at www.pcfcheshirewest.org/agm-2026](http://www.pcfcheshirewest.org/agm-2026)



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

Annual General Meeting (AGM)

Thurs 9 July 2026 10:00am–11:30am

Join us for our Annual General Meeting where we will:

Reflect on the achievements of the past year

Hear about plans for the year ahead

Meet the SEND Transport Team

Find out how you can get involved

All parent carers and stakeholders are welcome.

Online joining details to be confirmed.

Book online on our website
www.pcfcheshirewest.org/whats-on

We look forward to seeing you there!



PCF Annual General Meeting Book Here!

Virtual Forum: etc/Charities

2026-06-09 09:02 UTC

Recorded by
Lucy Kennerley

Organized by
Info

Catch Up on Our Short Breaks and Charities Webinar

We had an informative and supportive session designed for parents, carers of young people with SEND to find out what short breaks are available through the council, giving families valuable time to rest, recharge and step back from their caring role. What is defined as Short Breaks / Wraparound Care and what the Local Authority is required to provide...

Watch back and view Q&As below!

Short Breaks & Charities

Social Care Update

You may not be aware that there are various disability-related expenditure costs that could be claimed to reduce care charges. There is a very useful link that explains this — it might seem complicated, but it is worth a read.

<https://www.cheshirewestandchester.gov.uk/residents/health-and-social-care/adult-social-care/care-and-support-payments/non-residential-care/disability-related-expenditure>

Additionally, the onus is on the carer, or the adult if they manage their own finances, to report any changes. For instance, a move over to Universal Credit or a move from DLA to PIP. Care charges are based on financial status, so it is important that an individual's finances are kept separate from family finances.

Email, remembering to put the client number in the subject header as well as a contact phone number:

financialassessmentofficers@cheshirewestandchester.gov.uk

It is always useful to obtain a benefit check that might identify other savings you could make. This could include council tax discount, capped water bills, and more. Carers

UK has some very useful information:

<https://www.carersuk.org/help-and-advice/financial-support/help-with-bills-and-household-costs/help-with-council-tax>



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





Parent Voices in the Spotlight

Local Dad of three neurodiverse kids, living with ADHD himself. Luke's shares two honest, no-filter pieces. Why I Don't "Push Through" Anymore and Understanding Changes Everything. Slow down and read these properly. Thank you, Luke.

Parent Voices: Luke Squires In The Spotlight

Cheshire West & Chester Council

SEND
Our Commitment

Children at the heart of everything we do

Many voices, one commitment

Building trust together

Clear pathways, open doors

Together we shape it

NHS
Cheshire and Merseyside
Integrated Care Board

Cheshire West and Chester

A New Way of Working Together: The SEND Our Commitment

Families called for real culture change in the SEND system. Nearly 400 people with lived experience helped shape the response. Seven shared commitments now being embedded across CWaC. Read on to find out what they are.

SEND Our Commitment



Neurodiversity Pathways & Knowing Me ND Profiling Update

The Knowing Me Neurodiversity profiling tool is moving into an exciting new phase and PCF CWaC remains involved. The tool is now live as an MS Form, 355 professionals have been trained locally, and a Neurodiversity Hub for 0–25s is in

development. We'll keep representing family voice and keep you updated. Read full update below.

Neurodiversity Pathways & Knowing Me ND Profiling Update



MyMind CYPMHS

A Guide for Families

Cheshire and Wirral Partnership
NHS Foundation Trust

Information about our referral process and the support we provide.



1 Who can be referred?

Children and young people under 18 experiencing ongoing emotional wellbeing difficulties, with or without behaviour difficulties.



2 How difficulties may affect everyday life



School and learning



Friendships



Family life



Daily routines



Development

These difficulties should be having a clear impact on everyday life.

3 The team looks at:



How serious it is



How often it happens



How long it has been happening



Impact on everyday life

4 Examples of difficulties we may support



Ongoing low mood that is affecting everyday life



Ongoing high levels of anxiety that are affecting everyday life



Compulsive behaviours or routines that interfere with everyday life



Serious attachment difficulties that have a significant impact on the child or young person and/or family life



Seeing or hearing things that others do not, unusual beliefs, paranoia, a decline in self-care, changes in social or family life, or disinhibited behaviour.

This support is provided in partnership with the Early Intervention in Psychosis team.



Eating difficulties, including restricting food, low weight or rapid weight loss, binge eating, or vomiting linked to worries about body image



A moderate to severe trauma response lasting more than a month after a traumatic event, where everyday life is being significantly affected



Serious emotional dysregulation, including ongoing and severe self-harm, suicidal thoughts, difficulties in relationships, and a significant impact on everyday functioning

5



We also consider

The needs of children and young people with additional needs, such as an intellectual disability, neurodevelopmental differences, or younger children where this is clinically appropriate.



6



Referral reviewed



Risk and needs considered



Family and young person views included



Urgent (as needed)

The team will decide the most suitable support pathway:



Soon (priority)



Routine (standard)

7



Decisions are based on clinical judgement. This includes looking at risk, safeguarding, the support that is most likely to help, and the views of the child or young person and their family.



We are here to listen, support and work together
with you and your child or young person.

MyMind.org.uk

@CWPMMyMind

@MyMindFeed

/CWPMMyMind

Following our May presentation, the Children & Young People's Mental Health team has answered your top questions, from referral thresholds and ADHD resources to MHST schools and anxiety support for young people.

Read the full Q&A below

[Q&A Mental Health Support in CWaC](#)



Education Director Responds to PCF Survey Findings

In the latest SEND CWaC Newsletter, Sal Thirlway has responded to the PCF survey findings, welcoming the honest feedback and committing to work in partnership with PCF CWaC to improve outcomes for children and young people. The results will now feed directly into the SEND Partnership's improvement and accountability processes.

Read the full response below in the latest SEND Newsletter.

[CWAC SEND Newsletter](#)



Tap the images for more information!

Live Well Local Offer

Newsletter June 2026

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

[Live Well Newsletter June 2026](#)

Listening Ear

Our 1-1 telephone appointments for parent carers looking for emotional support.



Support for Families – You're Not Alone

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. [Listening Ear](#)

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](#)

Mental Health Support for Young People



If you can't find what you were looking for, please contact:

Emma Walker
Live Well Coordinator (Children's)
emma.walker@cheshirewestandchester.gov.uk

We're here to help. On this page, you'll find:

- Crisis and urgent help when you need it most
- Guidance on when and how to reach out
- Peer support and helpful apps
- Ideas for self-care and everyday support
- Local and national services available to you
- Information on referred services
- Support for parents and carers



Live Well
Cheshire West

 Cheshire West
and Chester

Family Empowerment Course

Free 6-week, 2 day and 1 day autism awareness training for families in Northwich, Winsford, Chester, Rural Cheshire & Ellesmere Port on behalf of the NHS Cheshire and Merseyside Integrated Care Board (ICB).

Our training is open and accessible to all families with a Cheshire West or Chester GP. Participation does not require an assessment or diagnosis

Upcoming Dates:

- **Online (6 Week):** From 22nd June, 6.30–8.30pm
- **Chester (2 Day):** 29th & 30th June, 9.30am–2.30pm. Hoole Community Centre
- **Winsford (2 Day):** 1st & 2nd July, 9.30am–2.30pm. The Wharton Park Stonehouse
- **Northwich (1 Day):** 18th July, 9.30am–5pm. At APS

Scan Here to Book On



Outside the area? We can still offer the course at a low cost. Get in touch for more information.

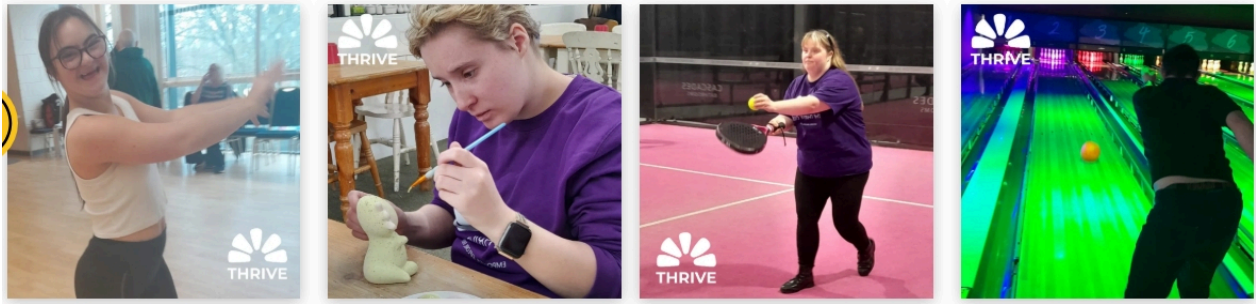
The logo for Disability Positive is set within a purple rounded rectangle. The word "disability" is in a smaller, white, lowercase sans-serif font. Below it, the word "positive" is in a larger, white, lowercase sans-serif font. A small, curved green line is positioned under the letter "i" in "positive".

disability
positive

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.



Inclusive, accessible, high-quality learning, personal development and social activities for children, young people and adults with disabilities in Cheshire.



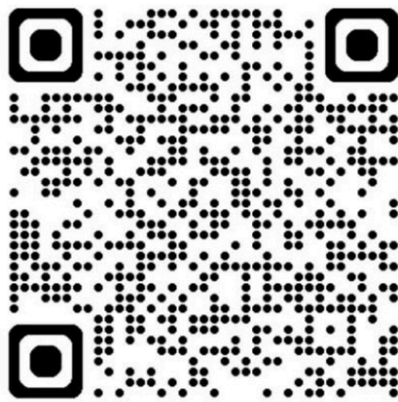
Down Syndrome Cheshire is excited to welcome young people and adults (16+) with learning disabilities, autism, and Down syndrome to experience Thrive Club.



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





Get Involved

