



Newsletter

Written by parents for parents!

Issue No. 03

Quote of the month

“

Every student can learn, just not on the same day, or in the same way.

”

John Evans



SENDAC - Statutory Parent Carer Forum

Giving Parent Carers a Platform to **Shape** SEND Services



A little bit about SENDAC

SEND Alliance Cumbria (SENDAC) is the Statutory Parent Carer forum for parents and carers of children(0-25) with additional needs and disabilities in the beautiful county of Cumbria. We are an independent organisation, funded by the Department of Education. We are ran by a Forum committee that is made up of volunteer Parent Carer Reps across Cumbria, who have children with a variety of needs.

Our role is to reach out to families and listen to your concerns and opinions about all SEND services in Cumbria, from EHCP issues to diagnosis processes & concerns about therapy! Armed with this Parent Carer feedback, SENDAC attends meetings & events with the Local Authority, NHS professionals, as well as, other professional SEND bodies. SENDAC are an equal statutory partner and therefore, this allows us to voice your opinion to the people who can make a difference!

Then together we can change and improve SEND services across Cumbria, with your opinions behind every decision throughout the process, also known as co-production. SENDAC are the parent voice of Cumbria, we make sure your voice is at the heart of every decision.

Working In coproduction with these professionals has enabled parent carers to have a voice that is so desperately required for SEND services in Cumbria. We are currently working on areas such as EHCPs, sensory processing, the autism diagnosis pathway, the autism in schools project and so much more.

Become a SENDAC Member for FREE!

As a parent carer, you are entitled to become a member of your parent carer forum! Being a member is completely **free** and has a variety of benefits for you and your family!

There are no commitments as a wider member, but what it does mean is that you have a platform to get your voice heard to change services across Cumbria, such as the short breaks service, EHCP process, support in schools, therapies etc by responding to our emails and Facebook posts to enable you to give your feedback on these services!

There are also a variety of benefits which are explained below:

- The first to be notified of optional feedback opportunities on SEND services
- First to receive our newsletter and any events we are hosting/attending
- Free training opportunities on a variety of SEND needs throughout the year.
- Our current offer of a free MAX card for all SENDAC members (UK's leading discount card for SEND children aged 0-25)
- Updated on our current work streams and the general work of SENDAC.
- You will be added to our mailing list where we send you a variety of updates and information such as current parent carer workshops available, activities in the community etc.
- You can join our SENDAC community Facebook group - [SENDAC Cumbria - Parent Carer Community](#)

If you would like to become a member, please fill in our membership details:

form here: <https://www.surveymonkey.com/r/QM82XS6>

PARENT CARER

Coffee & Chat



FREE tea, coffee, toast, croissants & cakes!

An informal place for all parents of children with additional needs in Cumbria to get together have an informal chat with coffee and cake! Ran by SENDAC!

We will also sometimes invite professionals that the group would like advice from i.e OT's, speech and language therapists, support groups , SENDIASS etc

For all parents and carers who have children with additional needs

- No diagnosis needed
- No booking required
- All private rooms

For more information including accessibility, parking, directions, photos and which reps are attending click here: [Coffee & Chat](#)

RSPCA Offices KENDAL

The Ruth Pedley Building, Beezon Fields Kendal LA9 6BD

ALL: 10:30am - 11:30 am

- Thursday 8th February - first date
- Thursday 14th March
- Thursday 2nd May
- Thursday 13th June
- Thursday 25th July - with children

Walney Community centre youth centre WALNEY

The Old Police House, Central Dr, Walney, Barrow-in-Furness LA14 3HY

ALL: 11:00 am - 12:00 pm

- Monday 19th February
- Monday 25th March
- Monday 13th May
- Monday 24th June
- Monday 5th August - With children

Harraby Community Centre CARLISLE

Harraby Community Campus, Edgehill Rd, Carlisle CA1 3SN

ALL: 10:00am- 11:00am

- Friday 9th February
- Friday 22nd March
- Friday 3rd May
- Friday 14th June
- Friday 26th July - with children

Mirehouse Community Centre WHITEHAVEN

19 Seathwaite Ave, Whitehaven CA28 9SW

ALL: 10:30 am - 11:30 am

- Tuesday 20th February
- Tuesday 26th March
- Tuesday 14th May
- Tuesday 25th June
- Tuesday 6th August - with children

January 2024

COMING SOON...



EEEEEEEEK WE'RE SO EXCITED!!!



HEALTHY PARENT CARER PROGRAMME!

The healthy parent carer course is a programme for parents and carers to help them with their mental health and to learn how to put themselves first! Last year we asked Parents across Cumbria what training they would like the most, the first three picked by parents and carers were makaton, sensory processing and Healthy parent carer training. We have hosted two sessions of sensory training and two sessions of Makaton level 1 training, delivered to over 130 parent carers in Cumbria! We are so excited that we have now paid for two of our SENDAC reps to be trained to deliver the healthy parent carer programme to parents in Cumbria! They will have completed their training by March 2024 and we are so EXCITED that we will be able to deliver this to parents!



SENDAC SENSORY LIBRARY!!

YEY! SENDAC Sensory Library coming soon to CUMBRIA! We no how much money it can cost to pay for expensive equipment for your children, and sometimes, they just don't take to it, or it's not right for them! We are so excited to say that SENDAC are in the middle of creating a sensory library which will have loads of different expensive toys and equipment that you will be able to borrow from us for free for a period of 2 weeks. It's like a try, before you buy! We will also be providing links to the items for you to buy as well as cheaper alternative options.



MEET SENDAC EVENTS!

We are in the middle of creating TWO very big MEET SENDAC EVENTS! One in the south of the county and one in the north! This event will be for the whole family, we will have a big main hall for lots of activities, as well as a quieter sensory room, and hopefully, an additional room for support organisations to be in, so you can find out about local support groups and what they can do for you!



Janauary 2024

COMING SOON...



EEEEEEEEEK WE'RE SO EXCITED!!!



PARENT CARER

Lets do Lunch!

FREE Hot and cold Buffet lunch for All Parent Carers!

Come & grab a FREE lunch with other parents and carers in Cumbria! Chat to other parents and find out about SENDAC!

A lovely buffet, including sandwiches, pasta's, pies, crisps and dips, Kebabs, quiche, cakes, drinks and so much more!

Details:

COMING SOON!



For all parents and carers who have children with additional needs



January 2024

Whats on...



What's on in the community & Free Training:

What is it? planning for the future for parent carers

Date & Time: 7th March & 21st March both at 10:30 am

Location: Online

Who by? Mencap

About:

“you will have the opportunity to speak to a solicitor who specialises in this complex area of law. The Wills and Trusts team will be there on the day too, available to answer any other questions you may have.

We know that every person is unique, with their own hopes and dreams. A loved one's quality of life can be maintained when you are no longer around. Visit one of our seminars to find out how you can ensure they continue to live a fulfilling life, with financial security – giving you peace of mind.”

To book: [Planning for the future](#)



What is it? 'Autism its part of them' course for family & Friends of autistics

Date, Time, Location:

- MARYPORT Aquarium Monday 26th February 11am - 2.15pm
- COCKERMOUTH Hundith Hall Monday 11th March 5.30pm - 8.45 pm

Who by? Team Autism CIC

About:

A 3 hour Course written by Susan with input from other Non Autistic parents of adult Autistics and Autistic adults to learn about Autism, what it can look like and how it can affect the whole family. It is delivered via a slideshow presentation by a Non Autistic parent of an Autistic adult with a Team of Autistic Adults who will also give examples of their own experiences. There will be a comfort break and light refreshments will be provided.

To book: Text "Them Course" and date to Susan 07748350587 and Susan will contact you to confirm your booking



January 2024

Whats on...



What's on in the community & Free Training:

What is it? Monthly Lunch Clubs for Autistic Adults

Date & Time: 11:00am - 1:00Pm - Dates given on booking

Location: Carlisle, Cocker-mouth, Maryport, Penrith & Whitehaven

Who by? Team Autism CIC

About:

In groups of 10 or less aimed at Autistic Adults who can attend independently. There are opportunities to talk and share experiences, access help and support, be signposted to other services, meet new friends and be part of a Team to attend social events and trips away. The current age range is 18 – 60 but there is no upper age limit!

To book: <https://teamautism.co.uk/lunch-clubs/>



What is it? Toileting with Additional Needs course by Eric UK

Date & Time: Wednesday 7th February

Location: Online

Who by? Eric Toileting UK

About:

Helpline Advisors will explain how to understand your child's bowels, good bladder health, how to know when they are ready to toilet train and set them up for success.

They will explore the sensory aspect of toileting and the difference the bathroom environment can make.

The session includes information around toileting routines, dealing with toilet avoidance and frustration.

To book: [Eric toileting Course](#)



January 2024

Whats on...



What's on in the community & Free Training:

What is it? How to Handle Meetings- a workshop for parent carers

Date & Time: Tuesday Friday 27th · 10:30 am - 12:30pm

Location: online

Who by? Contact - for families with disabled children

About:

- Develop your skills for online and in-person meetings to help you reach the best outcomes for your child
- Feel more confident and better able to express yourself in meetings with professionals
- Understand how to prepare for and how to get the best from a meeting
- Recognise your strengths when communicating and to remember that you are the expert!

To book: [Handle meeting Workshop](#)

contact
For families
with disabled children

What is it? Money Matters workshop for parent carers

Date & Time: Tue, February 6th 7:00pm- 9:00pm

Location: online

Who by? Contact- for families with disabled children

About:

- an overview of benefits (DLA, Carer's Allowance) – dispelling common myths
- opportunities for grants and discounts available on utility bills, leisure activities and for carers
 - services available to support you with making applications
 - hear other parents' experiences
 - share as much or as little of your story as you wish
 - explore how you can obtain further help and guidance if you need it

To book: [Money Matters workshop](#)

contact
For families
with disabled children

January 2024

Whats on...



What's on in the community & Free Training:



What is it? Newly diagnosed? What next? With Sarah Bickers (ADHD coach & professional organiser) & Gordon Mundie (Integrative Counsellor & Coach)

Date & Time: Thursday February 1st 2:00 pm - 3:00 pm

Location: online

Who by? ADHD UK

About: Sarah Bickers and Gordon Mundie were both diagnosed late with ADHD and have drawn on their experiences and expertise of delivering training and workshops within the NHS and have since developed an 'Understanding you ADHD Course'

To book: [ADHD UK training](#)

What is it? Drop-in Advice Clinic- with Henry Shelford (ADHD UK Chairperson and Co-Founder)

Date & Time: Friday February 16th 1:00 pm-2:00 pm

Location: online

Who by? ADHD UK

About: This drop-in advice clinic is to provide guidance on ADHD Assessments, UK diagnosis, NHS ADHD processes, ADHD understanding and knowledge, corporate and employment advice. All given in an informal drop-in setting.

you can ask your questions. Listen and learn to the questions (and answers) of others.

To book: [ADHD UK training](#)



January 2024

Whats on...



What's on in the community & Free Training:

What is it? Level 2 Understanding Children and Young People's Mental Health

Date & Time: Whenever you can start

Location: Online

Who by? My free course

About:

This online course aims to equip you with a better understanding of mental health conditions that affect children and young people. It covers the legislation and guidance surrounding mental health, the risk factors that may affect mental well-being and the impact that mental health issues can have on the young people affected and others.

To book: [My Free Course](#)



What is it? People first - Youth Project Team (Age 10-25 with Learning difficulties and/or autism)

Date & Time: Throughout the year

Location: in person

Who by? People first

About:

deliver fun, engaging activities based around resilience building, self-advocacy and confidence for young people aged 10-25 with learning difficulties and/or autism.

To book: Email: youthprojects@wearepeoplefirst.co.uk

or call Sam on: 01228 474808



January 2024

Whats on...



What's on in the community & Free Training:



North East & North Cumbria

What is it? Drop in sessions with autism pathway multidisciplinary team (North Cumbria)

Date & Time- Choice of two:

- Thursday 29th February, 1:00pm- 3:00pm
- Thursday 25th April 1:00pm-3:00pm

Location: Workington Library

Who by? NHS North east and North cumbria

About:

Join a variety of professionals and experts who may be involved during your child's assessment process for a drop-in session!

These professionals, include:

- 👤🗺️ the autism pathway navigator
- 👤🗣️ a speech and language therapist
- 👤🦽 an occupational therapist
- 👤🩺 a learning disability nurse.

This session is for parents of children/ young people who have been seen by a paediatrician, are on the 'multi agency assessment team' (MAAT) pathway, or have not yet received a diagnosis

To book: No booking required just turn up but for further details contact: NorthCumbriaChildrensMAAT@ncic.nhs.uk

January 2024

Whats on...



What's on in the community & Free Training:

What is it? Drop in sessions with autism pathway multidisciplinary team (South Cumbria)

Date, Time & Location- Choice of Three:

Greengate Children's centre, **Barrow** - Monday 13th March 3:30pm-5:00pm (Featuring a talk on Introduction to children's Occupational Therapy team)









Kendal Library February 20th - 3:00pm - 5:00pm (Featuring a talk about 'what is autism')

Kendal Library Monday, April 22nd - 9:30 am-11:30 am (Featuring a talk on Introduction to Children's Occupational Therapy team)

About:

Join a variety of professionals and experts who may be involved during your child's assessment process for a drop-in session!

These professionals, include:

-   the autism pathway navigator
-   a speech and language therapist
-   an occupational therapist
-   a learning disability nurse.

This session is for parents of children/ young people who have been seen by a paediatrician, are on the 'multi agency assessment team' (MAAT) pathway, or have not yet received a diagnosis

To book: No booking required just turn up but for further details contact: SouthCumbriaChildrensMAATT@ncic.nhs.uk

January 2024



What have we been up to?

New SENDAC sensory packs

SENDAC are currently in the middle of making our new SENDAC sensory packs, which we will be giving out at our events. The packs are worth £15 and have toys/equipment in to target each of the sensory systems. Along with SENDAC's very own sensory tips and tricks cards!



Training educational staff

SENDAC attended the Cumberland SEND conference to deliver a workshop to staff in schools across Cumberland. The workshop was a huge success! We spoke about the vital importance of coproducing with parents and children from the start as soon as any support plans are being created, the importance of ensuring meetings are accessible i.e. to those who may struggle with processing and retaining information, to those with quieter voices, to parents with SEND themselves. We spoke about how it makes parents and children feel when they are not listened to, don't understand the support their child is receiving or when they're not asked to be involved.





Meeting new Senior leads

We have been working so hard to build and establish relationships with all of the new senior leads in both Westmorland and Furness and Cumberland councils, to ensure that our working relationship with them is strong. Resulting in us being able to coproduce alongside them and the NHS, ensuring we are listened to and your voices are listened to.



Cumberland & Westmorland and furness health watch events!

SENDAC created a quiet sensory space at the Healthwatch Cumberland launch event and Westmorland and Furness launch event! In order to make it more inclusive for those in attendance. The young people there absolutely loved it!

🗨️ “This room improves my mental health. It is very relaxing and when you feel stressed you can come here and it will make you feel better, when my thoughts got too much, I come in here and relax”

We also provided young people with visuals on the door for those with communication needs and to aid transition for those who needed it, as well as, ear defenders and sunglasses to make it easier for those in attendance to take part in the main event! 🎧 🕶️

We had lots of laughs with the young people, from trying to catch the slippery water snakes in our hands to dancing on the sensory tiles!



January 2024



Interview Panel - Westmorland & Furness

We had one of our SENDAC Representatives attend the interview panel for the new SEND partnership and improvement manager role in Westmorland and Furness, this role was previously Hayley Stewart when it was Cumbria County Council, however, Hayley has now resumed the position for Cumberland Council.



Our statistics for 2022-2023 ... how we've grown!

f Reach
13.8k

Engagement
5.6k

- Parent Carers and Professionals engaged
- Space for sharing good quality information & inking in with professional bodies
- Increased interactions and engagement

- Collecting wider Parent Carer views to ensure their voice is captured in the decisions made for SEND services
- Priority Parent views to ensure we have a main priority focus
- New affiliate members & Educational setting mailing list



Wider Membership | views Collected
175 | 600 +
Increasing daily!



Funded Parent Training | Attendees
6 | 160

Voluntary hours per year | meetings attended per year
1800+ | 160+

- Increased Membership confidence and Knowledge
- Increased resilience of the forum and wider parent carers
- Built rapport with Wider members

- Attending workstreams & Coproduction meetings
- Collating parent carer views and presenting to strategic leads and professional SEND bodies
- Raising awareness of SENDAC and Coproduction



January 2024

Key Updates on some of our current work



Our SENDAC Representatives attend various meetings with professionals in the NHS, Local authorities and other SEND services such as SENDIASS and short break providers. Some of these meetings are specific targeted groups, which have been set up in order to improve particular SEND services, processes or policies. For example, Improving transport to school for SEND families, improving the support available for children and young people with FASD, or improving the Autism diagnosis process.

These targeted meetings are called 'work streams' and they take place regularly. The professionals who attend these meetings are the most appropriate professionals to help with the current topic being discussed. some of these may include:

- Educational psychologists (Local Authority)
- speech and language therapists (NHS)
- occupational therapists (NHS)
- Parents and carers of children and young people with additional needs (Expert by experience)
- SEND managers (Local Authority)
- Social workers (Local Authority)
- SENDIASS officers
- EHCP Coordinators (Local Authority)
- SEND communication and engagement officers (Local Authority)
- SEND Partnership manager (Local Authority)
- commissioner's

In these meetings, the role of SENDAC is to ensure that we bring parent carer opinions on the particular topic, into the discussions that take place and the decisions that get made. For example in the meeting, we may be discussing the EHCP process. Lots of parents may have told SENDAC that they would like to have an 'EHCP pack' at the start of the process to inform them of what will happen. SENDAC Will voice those opinions in the meeting and we will decide together whether it is possible, taking into account realistic financial and capacity constraints. If the professionals disagree SENDAC will openly challenge them on this. We will then all work together to create a pack using all of our expertise to design it.

The work streams we choose to go on are based on our parent priorities which we analyse through our yearly parent carer priority survey, which is sent out to our membership as well as feedback we have received throughout the year.

January 2024

Key Updates on some of our current work



The autism pathway



We are currently ensuring consistency across the county, making sure the support available is clearly mapped out. We also aim to achieve a clear way to help children/young people who have challenging behaviour and need support. We are also going to agree and embed supportive language, for example, the results from the latest autism terminology consultation revealed that calling people autistic is preferred by autistic people and their families. Therefore, we are advocating for this language to be used in all organisations, including the NHS and Local authority.

We are also looking to improve existing courses for parents to better suit the needs of neurodiverse families, pilot a multi-agency assessment triage and establish a mechanism which identifies schools who need support

Sensory Processing group

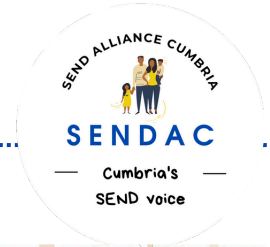


The Sensory processing group is currently working on designing the support available in south Cumbria for children and young people who have sensory processing difficulties and their families.

We are creating this for children and young people who need to access support at a universal, targeted and specialist level. Universal level means for children and young people who need support by changing their environment and low-level reasonable adjustments, targeted support means those children and young people who need input from a professional and much more adjustments made. Specialist level means those who have significant sensory needs and need a much higher amount of support and specialist advice.

January 2024

Key Updates on some of our current work



Cumberland & Westmorland and Furness Local offer groups

We are currently redesigning both the Westmorland and furness and Cumberland Local offers, Making sure it is accessible so that it is easy to understand and jargon free, making it Comprehensive – all those that use the website should know what support is available. We are going to ensure it is all up to date with no broken links. we will also ensure it is supportive and informative and has the information on there that families want!

we are also going to make sure it meets the statutory duties as outlined in the SEND Code of Practice, and childrens and families act. As well as ensuring it is easy for parent carers to process and digest the information on there and overall, make It look less boring and accessible!

Trust and faith group



On the trust and faith group we are currently creating lived experience impact training videos which is going to be a series of modules containing videos that professionals have to undertake. These professionals will involve therapists, educational psychologists, school staff etc.

These videos are going to be parents speaking about their experiences during certain processes so we will have negative experiences and positive experiences, where families will discuss how it made them feel, what could have been done better, the affect it has had on them and their children etc. We hope this will create an impact to professionals demonstrating how it makes people who are actually on the ground feel. Something which a lot of professionals don't have experience with. We hope this will ensure professionals can learn from best practise, and the difference that has made to families, as well as learning, how much mistakes and not handling situations well can impact children and their families.

To be part of the training videos please scroll down to our survey section of the newsletter!

January 2024

You said... we're doing

Some examples of what we are doing from the feedback you have given!



You said the **Local Offer** was boring, hard to navigate and the information on there was out of date...



We're currently completely redesigning the local offer for both Westmorland and Furness, as well as, Cumberland from the look, to the content and even the processes as well as everything in between! we've started this in sections, which are in priority order of what parents asked us to work on in the Survey we sent in September.. the first one being EHCP's



SENDAC are the starting to create an 'EHCP pack' alongside professional for parents to have right at the start of the process that will explain everything about the EHCP process including the process, timeframes and the legalities. We are also challenging the NHS and LA on specificity and quantification in section F.



You said the **EHCP process** was difficult, hard to navigate and you were not aware of your statutory right to apply for an EHCP...



You said you were unaware of what **benefits, entitlements and grants** you & your children could receive...



SENDAC are in the middle of creating a 'benefits and entitlements' page on our website... go and check it out here: <https://www.sendac.org/entitlements-and-grants/>

SENDAC are currently on the autism pathway workstream working alongside GPs, OT's, Commissioners, educational psychologists, and autism specialist teachers to make improvements to the autism diagnosis pathway, right from the start, to post-diagnostic support and everything in between! support and everything in between!



You said the **autism diagnosis pathway** has long waiting lists, there's little communication and overall you were very dissatisfied...



January 2024

Have your say!



Have your say on SEND services - **SENDAC surveys**

The Local offer – Westmorland and Furness

Westmorland & Furness parents, we need to hear from you in this really quick survey! **Even if you don't know what the local offer is!**

Parents and carers have told us that the Local offer is:

- Hard to navigate
- Boring and hard to digest information
- Search button doesn't work - doesn't bring up what you're looking for
- Out of date information and policies
- Lack of communication about what it is
- Lack of information on certain topics such as EHCP's

Therefore, We are currently redesigning the current Westmorland & Furness SEND Local offer website alongside various professionals in the NHS, LA and SENDIASS, but we need you to tell us if you know what the local offer is & which topics you want us to start on first e.g. EHCP's, Post 16, Adulthood, School transport etc!

We will, of course, be working on all topics, however, we would like to ensure we do this in priority order for parents and carers.

Please take our super-quick survey to select, in order, which topics you would prefer us to work on first!

Survey link: <https://www.surveymonkey.com/r/ZHZSPY6>



Why is your feedback important:

SENDAC's job is to take your feedback to senior leads in the NHS and Local authority. Without your feedback, we are unable to make changes to services and unable to tell them what's not working well for families.

SENDAC reps do not speak their own point of view in meetings, they speak the view of Cumbria-wide parent carers.

Your feedback is so important because it has the power to make changes, the more feedback we have, the more powerful our voice- power in numbers.

Without your feedback, we are not able to make the changes exactly how you want, because we need your feedback to understand what would work best for you and your children.

You as a parent are an expert by experience, you have a perspective that professionals who make the decisions on services do not have, and this needs to be heard by those professionals!

January 2024

Have your say!



Have your say on SEND services - **SENDAC surveys!**

Lived experience training for professionals - designed by parents!



SENDAC are on a workstream called the 'trust and faith group'. The group consists of professionals from the LA, NHS, SENDIASS and parents and carers (SENDAC). Together we are embarking on an incredible project to create new SEND training modules, called 'Lived Experience' training for the NHS, Local authority, and education settings, and we need YOU (parents and carers) to be a part of it.

We would like this to be a short video series featuring families with children or young adults with SEND telling us about their experiences with health services, council services, education settings, or any other setting that has had an impact- whether that's negative or positive. These videos will then be rolled out and used as tools for training in professional settings, so professionals can hear directly from families who are interacting with them or accessing their services.

This could be any experience that has had an impact on you, your child or young person, or your family - either positive or negative.

Don't want to be on video, what about my experience!?

You have various options:

- you can write a letter/email anonymously or not- completely up to you!
- You can take a video at home
- You can do a voice recording

You can also get your children/ young people involved too. They can write us a letter, create a drawing, or create a voice note or video recording.

How do I get involved?

Option 1- Get in touch with Steph Campbell, the SEND communication and engagement officer, who we work closely with via this form here: Register your interest for our 'Lived Experience' series or email Steph at stephanie.campbell@cumberland.gov.uk

Option 2- We do also have an option to fill out this anonymous survey, where you can give anonymous feedback about your experience to us directly. However, this will mean we cannot contact you regarding the project, nor can you be involved in voice recordings, or videos etc. But still a great way to share your experience.

Tell us your experience here: <https://uk.surveymonkey.com/r/G2Y7KH8>

We are really excited about this project and the impact it will make! We hope you can be part of it!

If you would like to find out more about the project: [LIVED experience Training](#)

Have your say!



Have your say on SEND services - **Partnership survey**

Targetted shortbreaks



DEADLINE

This survey will close quickly - Friday 9th February, so please get your thoughts to us ASAP.

Tell us what you think about Targetted Short Breaks! 🗣️

Survey- <https://forms.office.com/e/ZsG703Dvww>



Following feedback from parents and carers on the cumbria SEND partnership page, we are having a short and specific feedback window for the Targetted Short Breaks service. Today is the first day of the 2024/25 Targetted Short Breaks year - if you are registered you can view and book activities via your personal booking link, which will have been emailed to you.

We are encouraging all parents and carers to please give feedback. If you do access the service what is good and what's not so good? If you do not access the service currently please tell us why not? We will be collecting all the feedback and sending it to our Targetted Short Breaks team.

🗣️ You can provide feedback using the form above, drop us a comment below, or send the page a message!

For more information about Targetted Short Breaks, you can view the following pages on each Local Offer:

Cumberland Local Offer: <https://fid.cumberland.gov.uk/kb5/cumberland/directory/advice.page?id=zraKN6PcZcE>

Westmorland and Furness Local Offer: <https://fid.westmorlandandfurness.gov.uk/kb5/westmorlandandfurness/directory/advice.page?id=zraKN6PcZcE>

Featured

Support Group



Alfie's Project Carlisle is a support group in Carlisle for adults and children with **Mental Health, ADHD** and **disabilities**.



“Our aim as a group is to setup up a community hub in Carlisle for adults and children to come make new friends get signposted to advice and gain support within the community.

In December 2023 we had a Xmas appeal for people struggling at Xmas we managed to help 50 people in the area with specialised toys, sensory food etc, we also helped over 20 people with Christmas meals and puddings. We aim to make Carlisle a better place and for people to feel supported and not alone.

Members of the group suffer from many different issues and we support each and every one the best we can. We will be holding different events throughout the year to create a better community for all.

We want to create a bridge gap for everyone between getting diagnosed and getting specialised support. We have many different people going through a lot of issues themselves and may be able to offer others help and support within the community that are struggling.”



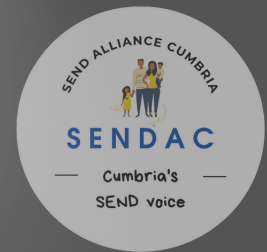
[_Alfies Project Carlisle Facebook Group](#)



carlislealfiesproject@gmail.com

January 2024

SPOTLIGHT



ADHD

Attention deficit
hyperactivity disorder

Definition:

ADHD is defined through the analysis of behaviour. People with ADHD show a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with day-to-day functioning and/or development.

ADHD is one of a number of different neurodiversities including dyspraxia, dyslexia and autism.

In the UK it's thought that between 2% to 5% of school-aged children have ADHD.

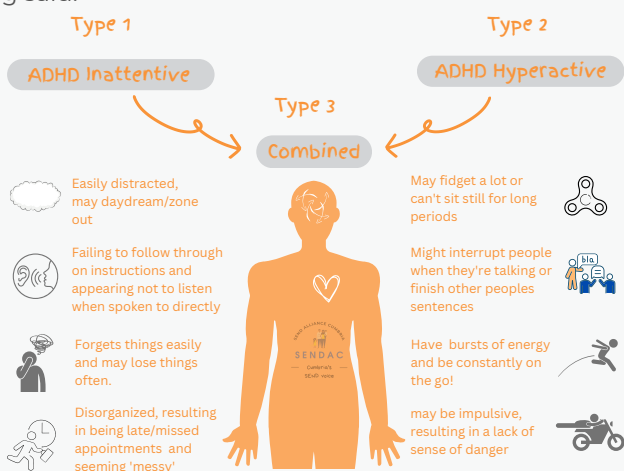
The prevalence of ADHD in the adult population is between 3% and 4% but the majority of these individuals are undiagnosed.

to find out more about ADHD and possible traits in children:
<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/symptoms/>

If you think your child may have ADHD you can speak to your doctor, or your child's educational setting and let them know your concerns.

The waiting list for an ADHD diagnosis in Cumbria is significantly long at present, but there are steps you can take to support your child in the meantime.

- Speak to your child's school and talk to them about support in school
- You can help your child with their sensory processing needs by getting them sensory equipment/toys and playing sensory-based games or sensory circuits.
- You could help your child with organising their time by setting reminders or providing a visual checklist of things that need to be done i.e. their morning routine- brush teeth, get dressed, eat breakfast.
- You could break down instructions or sentences into small chunks giving them time to process the information that is being said.



Myths and facts:

- ✗ Girls don't experience hyperactivity
- ✓ Girls with ADHD can experience hyperactivity and not all boys diagnosed with ADHD experience hyperactivity.
- ✗ People with ADHD can **never** focus
- ✓ some people with ADHD can focus and some people with ADHD actually hyper focus too.
- ✗ ADHD is caused by poor parenting
- ✓ The cause for ADHD is not known, although, a combination of factors is thought to possibly be responsible, such as, genetics and brain function and structure.
- ✗ Boys with ADHD have more needs than girls with ADHD
- ✓ Both boys and girls with ADHD can have the same amount of needs.
- ✗ If they were diagnosed as an adult it can't impact their lives that much
- ✓ This is not true, some people are diagnosed later in life for a variety of reasons such as, ADHD symptoms not being fully understood, children masking symptoms, symptoms being more prominent in adulthood when routines are less structured than they were in school, ADHD symptoms becoming more obvious when people try and live independently.
- ✗ ADHD never impacts someones every day life
- ✓ Some people with ADHD do have significant needs that can impact their everyday life.

January 2024

Celebrate our members achievements!



My little boy Arlo has AFRID, and he tried a piece of carrot for the first time yesterday! He only usually eats chicken nuggets! we were so HAPPY!



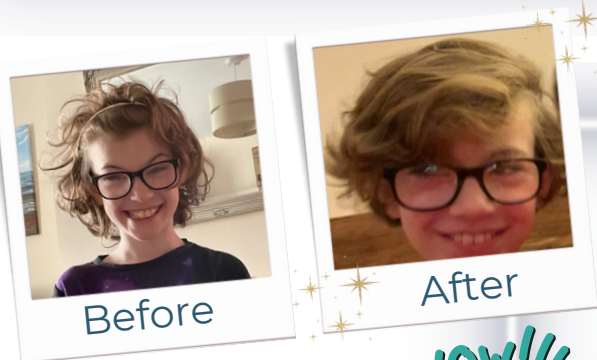
My daughter has settled into her new class really well since September, we were worried about the transition but she's honestly not had any problems at all, she will go in smiling and so happy! None of us can believe it, she doing amazing



Archie has been echoing lots of phrases at home and with his speech and language therapist, its so nice to hear his voice!



I actually tidied my kitchen and bedroom today, 'I'm half way through my little boy's room and although it might not seem like a lot to some, I'm so proud of myself! I hate tidying, it takes so much of my energy but i always feel so much better when I've done it. it's like a fresh start. It something that i can never be bothered starting but once i do it it feels like a huge achievement



My son Ben hasn't had his hair cut for over 12 months and he let me cut it at Christmas! It was getting in his eyes and he couldn't see through it very well.



January 2024



SENDAC - Statutory Parent Carer Froum

Giving Parent Carers a Platform to [Shape](#) SEND Services

Meet our AMAZING team!



Georgina Grant ★

SENDAC Chair & Coordinator | **Carlisle**



Lisa Juniper ★

SENDAC Parent Rep | **Lindale**



Katie Sherlock ★

SENDAC Secretary | **Carlisle**



Paul Mccubbin ★

SENDAC Management | **Carlisle**



Jilly Russell ★

SENDAC Management | **Carlisle**



Toni Sewell ★

SENDAC Parent Rep | **Broughton**



Jenna Hanson ★

SENDAC Parent Rep | **Carlisle**



Laura Roberts ★

SENDAC Parent Rep | **Cockermouth**



Sarah Morgan ★

SENDAC Management | **Maryport**



Dave Heald ★

SENDAC Parent Rep | **Whitehaven**



Sabrina Smith ★

SENDAC Parent Rep | **Carlisle**



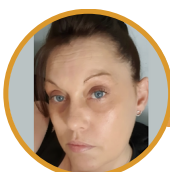
Kayleigh Holmes ★

SENDAC Parent Rep | **Barrow**



Amy H ★

SENDAC Parent Rep | **Carlisle**



Andrea Templeton ★

SENDAC Parent Rep | **Carlisle**

Find out more about our reps here : [More about us](#)





Westmorland & Furness Parent reps needed!

Being a Parent Rep for SENDAC means that you can help improve SEND services in Cumbria. SENDAC parent reps have a choice of how much time they would like to give to the forum, but we do ask that they attend our forum meetings every 4 weeks on a Wednesday at 6:45-8:15 pm online Via Microsoft Teams, obviously unless you can't make it certain weeks for whatever reason- we are hoping to reduce how often we meet in the future. These meetings are solely for our SENDAC forum committee members- who are all parent carers themselves (there are 16 of us at the moment) They're very informal, so if there are children in the background or you're finishing your tea etc, it's not a problem at all!. We discuss SENDAC as a whole, give updates on our current work and discuss our aims and ideas.

We then have other work Parent Reps can take on and they can choose if they would like to participate in these or not- the idea is you can give as much or as little time as you can taking into account your personal circumstances and availability etc. These tasks include:

- Attending steering group meetings with the local authority and NHS
- Writing surveys and collecting feedback from parent carers
- Collecting information to go onto our website
- Creating Facebook posts
- Helping create our termly newsletter
- Contributing ideas on collecting parent carer feedback
- Monitoring our Facebook group
- Help plan events or attend coffee mornings with other parent carers

And more!

If you want to **find out more** about volunteering, please watch our video: [Volunteering at SENDAC](#)
If **you would like to volunteer** with us please email hello@sendac.org



Local Government Restructure...



Goodbye Cumbria SEND partnership!

In April 2023, a Local Government Reorganisation took place in Cumbria, and **Cumberland Council** and **Westmorland and Furness Council** replaced Cumbria County Council.

This means, those who live in the districts:

Carlisle, Allerdale and Copeland districts now come under **Cumberland council**.

Eden, South Lakes and Barrow now come Under **Westmorland and Furness council**.

so, what does this mean for **Cumbria SEND partnership?**

Firstly, Cumbria SEND partnership was made up of three **independent, equal** partners which include the NHS, the Local authority and SENDAC, the statutory parent carer forum.

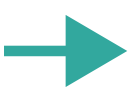
All of the organisations are independent of one another, however, work in partnership to improve SEND services, by redesigning SEND services together. With the Local Authority giving their point of view, the NHS giving a health point of view and SENDAC giving a parent carer point of view- including challenging opinions of the NHS and Local authority if we think they're not in the best interests of parents and young people in Cumbria with SEND.

So following LGR, the SEND Partnership continued to operate county-wide. However, as of January 2024, they have split into two.

Cumbria SEND partnership is now being replaced with two separate partnerships - the **Westmorland and Furness SEND partnership** and the **Cumberland SEND partnership**.

Both Partnerships will continue to consist of professionals from their relevant councils (either Cumberland or Westmorland and Furness), NHS and Health colleagues, and SENDAC, the statutory parent and carer forum.

Current Westmorland and Furness SEND Partnership



Current Cumberland SEND Partnership

We are going to put out a **consultation** to parents and carers across Cumbria in the next couple of months to find out if you still want us to cover both Local Authority areas from June 2024 (during the grant application time with contact for disabled children) we want to be led by parents and carers!

January 2024

Please give us feedback on our newsletter!

We want this newsletter to meet your needs! what would you like to see in it? Is there anything you like about it or anything you want taken out? Was it easy to read?

Let us know here in this really quick survey: <https://www.surveymonkey.com/r/MBLDMZC>



Feature your organisation for free!

Are you a support group or organisation that wants to feature an event in our newsletter, or have a feature page? All of our features are completely free just email hello@Sendac.org

Thank You!



Giving Parent Carers a Platform to [Shape](#) SEND Services
