

Working together for SEND families

We know that not all families will be familiar with what the Parent Carers Forum does, so we wanted to include a simple guide to explain who we are, what **co-production** means, and the different ways parent carers can get involved.

We hope this is a helpful introduction for families who are newer to the forum, and a useful reminder for those who have been with us for longer. Please do feel free to share it with other parent carers who may find it helpful.



Halton SEND PARENT Carer's Forum
Your voice counts

WORKING TOGETHER FOR SEND FAMILIES

A SIMPLE GUIDE TO OUR FORUM

We want to explain what the Parent Carer Forum is and what we do.
We listen to parent carers and share your experiences to help improve services.
This is called co-production.
Your voice matters.

1 WHAT IS CO-PRODUCTION?
Co-production means working together. Parent carers share their experiences. Services listen.
We talk about what is working well and what is not working well.
We use this to help improve support.
It does not mean staying quiet.

- ✓ Families share
- ✓ Services listen
- ✓ We work together
- ✓ Support improves

2 WORKING WITH HBC AND THE ICB
We meet with Halton Borough Council (HBC), the NHS ICB and other local services.
We feed back what parent carers tell us.
We raise themes, ask questions and follow up.
We help services improve and help hold organisations to account.
We may not fix individual cases, but we can raise common issues.

3 HOW CAN PARENTS GET INVOLVED?
There are lots of ways to engage with us:

- Coffee mornings
- Evening Zooms
- Our closed Facebook group
- Reading our weekly newsletter
- Taking part in surveys about local services
- Sending us an email

4 SUPPORT FOR PARENT CARERS
Our coffee mornings are a friendly, supportive space. Parent carers can meet others in similar situations. We often invite guests from different services. They may share information or ask parent carers for their views about what is working well and what is not working well.

- Connect with others
- Share experiences
- Ask questions
- Hear from services

5 CAN FAMILIES STILL SPEAK UP?
Yes. Parents and carers can still speak up, make complaints and campaign as individuals. As a funded Parent Carer Forum, we have rules to follow. These rules affect how the forum works, but they do not take away parents' rights.
Your voice still matters.

Thank you for sharing your views and experiences.
Your voice makes a difference.

Questions or concerns?
Halton SEND Parent Carers Forum
info@haltonsendpcf.org.uk

Better support, Families heard, Services improve, Inclusive future

HSPCF Events and Opportunities

2. Parent Carer Coffee Morning –21st of May

Come and join us on Thursday for our last coffee morning before the half term break. This week we are pleased to be joined by Esther Gibson from Woodview Child Development centre at our Bridgewater Park Hub. If you have any questions for Esther or would just like to come and have a relaxing coffee and a chat with us and other parent carers do come down. We also have a sensory space available with a range of toys, so children are more than welcome to come along.

Please do feel free to share these dates with other parent carers who may like to come along.

Date: 21st May

Time: 9.30am – 11.30am

Venue: Bridge Water Park Hub - Bridgwater Park School – Runcorn



Informing  *Empowering*  *Engaging*

PARENT ADVICE, SUPPORT & CHECK-IN

Come and meet other parents on a similar journey to yourself. Get peer to peer advice and support along with a Coffee.

-  Meet other parent carers
-  Help shape local services
-  Share important information
-  Get support & Advice
-  Discuss important topics

CONTACT US

 Halton SEND Parent Carers Forum
 info@haltonsendpcf.org
 haltonsendcarersforum.org.uk

Focus Group Guest:
Esther Gibson -
Team Leader
Neurodevelopmental
Pathway Halton





 9:30-11.30am
21 MAY 2026

 Venue
BRIDGEWATER PARK SCHOOL, WA7 2LW

 Guest
ESTHER GIBSON

 

HSPCF Events and Opportunities

3. Parent Carer Zoom Session – 21st May

Our next Parent Carer Zoom Session, led by Kelly Carey, is another chance for families to hear the main points from the previous week's coffee morning where Kelly gave an update on the local send reforms.

We know daytime sessions are not always accessible for everyone, so this evening sessions is a great way for parent carers to stay connected, hear updates and ask any questions they may have. If there are any topics parent carers would specifically like to discuss in one of the upcoming zoom sessions, please get in touch via the info@haltonsendpcf.org.uk and we can help facilitate.

Please do feel free to share this with other parent carers who may like to join us. It is always really helpful when families take part and services have the opportunity to hear parent carers' lived experiences.

Time: 8pm-9pm

Meeting Id: 834 1793 6320

Passcode: 927643

<https://us02web.zoom.us/j/83417936320?pwd=OYldJtLqzmGNAzeP0oKUKbC4Iyo3ej.1>



The poster features a central graphic with three overlapping speech bubbles in yellow, purple, and teal. Below this, the text reads: 'Halton SEND PARENT Carer's Forum Your voice counts' and 'Halton Send Parent Carers Forum'. To the left is a Facebook icon with the text 'Click & Like'. Below the main title is the Halton Borough Council logo. The word 'ZOOM' is prominently displayed in large blue letters, followed by 'HBC UPDATE' and 'With Michaela Bridge'. A decorative line of text says 'Informing Empowering Engaging' with heart icons. A yellow banner at the bottom left states 'THURSDAY 21ST MAY - 20.00-21.00 PM'. A circular inset shows a Zoom meeting grid with the text 'zoom link' below it. At the bottom right, the meeting details are listed: 'Meeting ID: 834 1793 6320 Passcode: 927643' and the Zoom logo. The footer includes 'E-MAIL - FOR INFO' and a 'contact' button.

Halton SEND PARENT
Carer's Forum
Your voice counts

Halton Send Parent
Carers Forum

Click & Like

ZOOM
HBC UPDATE

With Michaela Bridge

Informing Empowering Engaging

THURSDAY 21ST MAY - 20.00-21.00 PM

Meeting ID: 834 1793 6320
Passcode: 927643

ZOOM

E-MAIL - FOR INFO

contact



Halton Borough Council Updates

4. National SEND Reform Consultation – Closing Monday 18th May

There is still time to share your thoughts on the Government's national SEND reforms. There is no pressure to complete every part of the consultation. Families can simply respond to the sections they feel most strongly about and add the views and experiences they want to share. Every parent carer voice matters and can help shape the future of SEND support and reform.

The consultation closes at **11:59pm on Monday 18th May** using the link below.

<https://consult.education.gov.uk/send-strategy-division/send-reform-putting-cyp>

5. Halton SEND Reform Plan

Halton Borough Council is continuing work on the local SEND Reform Plan, which will help shape how SEND services develop. There is still time for families and professionals to share their views using the online form. Feedback will help shape local arrangements and make sure future services reflect what matters most to children, young people and families in Halton.

[Halton's Engagement Events - Government SEND Reforms: Putting Children & Young People First](#)

If you would like to find out more about the Experts at Hand model and the Government's explanation of how this links to local SEND reform, further information is also available here:

<https://www.gov.uk/government/publications/experts-at-hand-local-authority->

6. Halton Family Hubs and SEND support

We are resharing information on the family hubs for Families as they may find the Halton Family Hubs a helpful starting point when looking for SEND information, advice and support. They bring together information about a range of local services for children and young people with SEND, helping families find out more about the support available in Halton. This includes information on short breaks, commissioned services, and other local support that may be helpful to children, young people with SEND and their families.

If parent carers are unsure where to begin, Family Hub Co-ordinators are also available to help families find information, understand what support may be available. and signpost them to relevant services.



Cheshire and Merseyside ICB Updates

7. Children and young people's sleep survey

The Beyond Programme's Emotional Wellbeing and Mental Health Workstream is working with the Merseyside Youth Association (MYA) to create a guide to support parents and carers of children who experience sleep difficulties.

As part of this, they are asking parents and carers to complete a short survey to help them better understand: 1). the main sleep difficulties families need support with, 2). how easy it is to access support, 3). what support could be improved or expanded.

If sleep is an area that affects your child or young person, this is a good opportunity to share your experiences and help shape future support for families.

Survey closes: Friday 5th June at 6pm

Link: <https://forms.office.com/e/V6FaZQcXVz>

8. ADHD and sleep medication repeat prescriptions

A reminder that repeat ADHD and sleep medication requests for children and young people in Halton must now be made by email only.

Families are asked to email 7–10 days before medication runs out to:

bchft.halton.prescriptions@nhs.net.

Requests can only be processed where up-to-date height, weight and blood pressure measurements are available from the last 3–6 months and you will receive a text message to confirm your request within 2-3 working days.

9. Mersey Care – Support for Children and Young People

Families may find Mersey Care's Support for Children and Young People webpage helpful. It brings together a wide range of information and signposting for children, young people and their families. The page includes information about support for children and young people with SEND including details about reasonable adjustments that can be made to help children engage more comfortably with NHS services.

[Support for Children and Young People :: Mersey Care NHS Foundation Trust](#)

Other Information & Support

11. Last Chance to take part - Early Years transition study

A trainee Educational Psychologist working with Halton Local Authority is looking for parent carers to take part in a research project about enhanced transition to primary school for children with SEND. The research is looking for parent carers of children with SEND who:

- moved from a private nursery to a mainstream primary school in Halton
- experienced an enhanced or supported transition during Summer 2025
- did not have an EHCP at the time of transition.

Taking part would involve a single in-person interview of around one hour, in a location chosen by the participant, with an optional follow-up focus group later in the year.

If this applies to your family and you may be interested in taking part, you can register your interest by emailing: SXD889@student.bham.ac.uk

Deadline to register interest: **Today -15 May 2026.**

12. Autism Central – free support for families

Families may also be interested in Autism Central, a national support programme for families and support networks of autistic people of all ages in England.

The programme is delivered by Anna Freud and commissioned by the NHS. It offers a range of free support for families, including resources, group learning events, one-to-one peer support, and coaching.

Find out more here: [Raising awareness of Autism Central | Autism Central](#)

13. Contact – support and workshops for families

Contact is a national charity for families with disabled children and offers a wide range of information, advice and support for parent carers.

Alongside practical information and emotional support, Contact also runs a range of workshops and events for families. These cover different topics that may be helpful for parent carers. This may be a useful resource for families looking for extra support, practical guidance or workshops linked to their child's needs.

Find out more here: <https://contact.org.uk/>



Halton Send Carers Forum



haltonsendcarersforum

Haltonsendcarersforum.org.uk

To keep up to date with events, consultations, and support for parent carers, you can stay connected with us in the following ways:



Website:

www.haltonparentcarersforum.org



Email:

info@haltonparentcarersforum.org

Facebook page:

<https://www.facebook.com/HaltonSENDParentCarersForum>



Closed Facebook group (for parent carers):

Halton SEND Parent Carers Forum – Closed Group



HALTON SEND

Important Information



PARENT CARER ADVICE / SUPPORT

SIGNPOST FOR HALTON



1 Halton Send Parent Carer's Forum



A voice to inform families with children with additional needs of the services in our local area which may be beneficial to your child.

www.haltonsendcarersforum.org.uk

1 Bridgewater



Bridgewater Community Healthcare NHS Foundation Trust. Here you will find information about all of Halton's Health services

www.bridgewater.nhs.uk/halton/

2 ADDvanced Solutions



An open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them.

www.addvancedsolutions.co.uk

2 Sendiass



If you need some advice, guidance or support on any issues that are affecting you or your child then we're here to help. We provide impartial and confidential information and support.

www.sendiasshalton.co.uk/

3 Halton Carer's Centre



Halton Carers' Centre is a network partner of the Carers Trust. We work to reach unpaid young & adult carers and develop services for them across the borough.

www.haltoncarers.co.uk

3 Family Hubs



A one stop digital platform for Halton residents to use to find services, events, support groups and advice

www.haltonfamilyhubs.co.uk/



SUPPORTING CHILDREN'S MENTAL HEALTH



1 MHST
www.mersecare.nhs.uk

Our Mental Health Support Team provides direct mental health support to 45 schools in Halton. We promote the early detection and prevention of mental health problems, strengthen links with mental health services, providing direct, ongoing support around mental health and wellbeing across the whole school.



2 KOOOTH
www.kooth.com

Kooth is a free digital safe and anonymous platform for support for young people. They have wellbeing activities, journals, discussion boards, tips and a free Chat and messenger option for young people to talk to someone.



3 CAMHS
www.mersecare.nhs.uk

Headz Up Halton drop-in hub
An informal drop-in café where young people up to 18 years, parents and carers can drop by to speak with a mental health professional for assessment, advice and signposting to local services.
Tues- Brookvale / Thursday Warrington Rd

WHATS ON

MAY 2026



Click & Like



Peer to peer support
and advice



HaltonSEND PARENT
Carer's Forum
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Halton Send Parent
Carers Forum

Informing ♥ *Empowering* ♥ *Engaging*



PARENT CHECK-IN

- Bridgewater Park Hub 7th May
- Halton stadium 14th May with Ben Holmes
- Bridgewater Park Hub 21st May with Esther Gibson (Woodview)

ZOOM

- Zoom with Michaela Bridge 21st May 8-9pm



NEW HSPCF HUB

We are delighted to be based in our new Hub at Bridgewater Park school. We will host our parent coffee sessions here and going forward there will be opportunities for you to have 1:1 discussions with HSPCF staff here



EVENTS

- Hummingbird 8th May 5-7pm

E-MAIL FOR INFO
Info@haltonsendpcf.org.uk

contact
For families
with disabled children

**WAS YOUR CHILD SUPPORTED
THROUGH THEIR EARLY YEARS
TRANSITION TO PRIMARY SCHOOL?**

PARTICIPANTS NEEDED



**RESEARCH STUDY:
-SINGLE 1-HOUR INTERVIEW
-OPTIONAL FOCUS GROUP FOLLOW UP**

Requirements:

- Parent/Carers of Children with SEND* but no EHCP** (at time of transition)
- You were involved in a supported enhanced transition for your child during Summer 2025
- Your child transitioned from private nursery to mainstream primary school within Halton



**Register your interest
SXD889@STUDENT.BHAM.AC.UK
by 15th May 2026**



*SEND: Special Educational Need and Disabilities **EHCP: Educational, Health, Care, Plan

Project timeline

- 1 Interest can be registered by participants by 15th May 2026 via email. If there is over-registration, participants will be selected at random.
- 2 Participants will be contacted to book an interview. There will be no financial reimbursement for participating.
- 3 Single, in-person interview will last approximately 1 hour, in a location that the participant is most comfortable with.
- 4 The interview will be audio-recorded then transcribed, anonymised and stored confidentially to be analysed by the researcher.
- 5 Participants will be invited to join the focus group in Winter 2026 to discuss the findings and consider ideas for change. The focus group will be audio recorded, so the findings can be summarised.



PRINCIPAL INVESTIGATOR

Dr. Kieranjit Sangha

EMAIL

k.k.sangha@bham.ac.uk



RESEARCHER

Sophie Dickinson

EMAIL

SXD889@student.bham.ac.uk

This project has been approved by the University of Birmingham Research Ethics Committee.

Ethics review number:

ERN_5606-APR2026

If you are unhappy about any aspect of the project, then please contact me in the first instance. You may also contact Dr. Kieranjit Sangha if you have a more significant complaint or feel that your concern has not been heard. If you still feel that your complaint has not been handled to your satisfaction, then you can contact the University of Birmingham Research Ethics Committee on ethics-queries@contacts.bham.ac.uk

This research project is part of my (Sophie) thesis for my doctoral degree in Applied Educational and Child Psychology at University of Birmingham, Edgbaston, Birmingham, B15 2TT, United Kingdom



UNIVERSITY OF
BIRMINGHAM



Early Years
Enhanced Transitions

Research PROJECT

Information Sheet

