

1. Summer Closure Reminder

As we start to look ahead to the end of term, we wanted to remind families that there will be no more coffee mornings now until we return in September.

A big thank you to everyone who joined us for our last coffee morning of the academic year yesterday. It was lovely to see parent carers come together once again, hear local updates and share questions and experiences.

Our first coffee morning back will take place on 10th September and we are already looking forward to welcoming parent carers back after the summer break.

The forum will close for the summer on 17th July and will re-open on 2nd September.



**FORUM'S
OUT FOR
SUMMER**

Thank you for being part of our forum community

We hope all of our families have a lovely summer break. Here are our key dates before and after the holidays.

- ✓ Forum closes for summer: 17 July 2026
- ✓ Forum reopens: 2 September 2026
- ✓ First coffee morning back: 10 September 2026
- ✓ We look forward to welcoming families back in September

We're here to support, connect and empower

- Meet other parent carers
- Share important information
- Get support & advice

Have a wonderful summer

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



Parent Carer Forum Updates



2. Evening Zoom – 16th July

Our next Parent Carer Zoom will take place on 16th July and will give families another opportunity to hear from Kelly Carey following our recent coffee morning on 9th July. This will be a helpful chance for parent carers who were unable to attend in person to hear the key updates, reflect on what was discussed, and ask any questions they may have.

We will also be joined again by Peter Styzaker from the Mental Health Support Team, who will be giving an overview of who the service are, the remit of their work, and the events and support they have available over the summer. This will also give families who were unable to attend the June coffee morning the chance to hear what Peter has to say and ask questions about the service.

Meeting ID - 82611738864

Password – 039530

<https://us02web.zoom.us/j/82611738864?pwd=MC1SERfZyFmipR97UsUGu9h1peEaqr.1>

Halton SEND PARENT Carer's Forum
Your voice counts

[Halton Send Parent Carers Forum](https://www.facebook.com/haltonsendparentcarersforum)

Click & Like

ZOOM
MENTAL HEALTH SCHOOL TEAM
With Peter Styzaker

Informing Empowering Engaging

zoom link

THURSDAY 16TH JULY- 20.00-21.00 PM

Meeting ID: 826 1173 8864
Passcode: 039530



3. Halton Borough Council coffee morning dates – autumn term

We also wanted to share the upcoming Halton Borough Council coffee morning dates for the autumn term so families have plenty of notice as we begin to look ahead to September.

These sessions are a great opportunity for parent carers to come together, hear updates, ask questions and share their experiences directly with Halton Borough Council in an informal setting at the DCBL Stadium in Widnes. We will continue to share more information on each session and any guest focus closer to the time.

Halton SEND Carer's Forum
Your Voice Counts

HSPCF & HBC COFFEE MORNINGS AUTUMN 2026

SEPT 24 09:30 AM	DCBL HALTON STADIUM with Ben Holmes- Director of Education, Inclusion and provision
OCT 22 09:30 AM	DCBL HALTON STADIUM with Ben Holmes- Director of Education, Inclusion and provision
NOV 12 09:30 AM	DCBL HALTON STADIUM with Kelly Carey- Head of SEND and Inclusion
DEC 10 09:30 AM	DCBL HALTON STADIUM with Kelly Carey- Head of SEND and Inclusion

www.haltionsendcarersforum.org.uk
www.halton.gov.uk



Halton Borough Council Updates

4. HAF – Summer Holiday Activity and Food – now open to book

Families may also wish to keep an eye on the Holiday Activities and Food (HAF) programme which offers free activities and healthy meals during the school holidays. The programme is available for children and young people aged 4 to 16 who receive benefits-related free school meals alongside there are being a number of places available to other vulnerable groups of children and young people, such as **SEND (until 25), Young Carers** and those **Not in Education, Employment or Training (NEET.)** Book using this link her; [Summer HAF Link](#)

5. Preparing for Adulthood Highlight

We also wanted to highlight Halton's Children to Adulthood Transition Team, who support young people aged 14 to 25 with disabilities or additional needs that affect everyday life and independence.

The team can help families think ahead about the move from children's services into adult services, including planning for adult social care, post-16 options and wider support for adulthood. Families are encouraged to start conversations early, and referral information can be found through the Halton Local Offer under Preparing for Adulthood here: [Preparing for Adulthood](#)

6. Shine Therapy parent carer training Dates

Shine Therapy has been commissioned by Halton Borough Council to provide support and training for families. A session on Restrictive Eating and Mealtime Challenges is currently scheduled for 15th July 2026. These sessions form part of the wider Shine Therapy offer in Halton and are designed to help families better understand and support children and young people with sensory processing differences and related needs.

[Shine Therapy - restrictive eating booking](#)

7. Sign up to the Halton Borough Council Send Newsletter

Families may also wish to look at the latest Halton Borough Council SEND newsletter which includes updates and information from a range of local services. We have included the link to the latest edition below, and families can also sign up to receive future newsletters directly.

[Sign up for the Halton Borough Council Newsletter](#)

https://news.communications.halton.gov.uk/C66D9B0C4B52A0488ED79F2159B551538760A6C3B1390C972E1EE3345C613853/A16EBCD403A37C8941C1B6AE3CD73BA3/VIB?es_c=A16EBCD403A37C8941C1B6AE3CD73BA3&es_cl=BFB628453984C0F69E1E294928980FD2&es_id=p4e%c2%a329

Health and Cheshire and Merseyside ICB Updates

8. Cheshire and Merseyside Neurodevelopment Pathway resources

Families may wish to take a look at the webpages for the new Cheshire and Merseyside Neurodevelopment Pathway. Including the **Knowing Me** profiling tool, which aims to better support neurodivergent children, young people and their families.

Within these pages, families may also find some of the information linked to the PINS project helpful. Although the **Partnerships for Inclusion of Neurodiversity in Schools** work was designed for schools, there are a number of useful training resources, videos and webinars that parent carers may also find helpful to explore. These include topics such as ARFID and EBSA.

[Neurodevelopment pathway - NHS Cheshire and Merseyside](#)

[PINS - NHS Cheshire and Merseyside](#)

9. Sleep medication prescribing update

Some families are now receiving letters explaining that where a child or young person is **stable on melatonin**, prescribing is moving to the GP. ADHD medication will continue to be issued by the Community Paediatrics / Neurodevelopmental Service via bchft.halton.prescriptions@nhs.net.

If families experience any difficulties ordering sleep medication through their GP after receiving this letter, they are advised to contact the Neurodevelopmental Nursing Team via bchft.haltonndnt@nhs.net.

10. Mental Health Support Team (in schools)

We are resharing information from the Mental Health Support Team (in Schools) ahead of our upcoming Parent Carer Zoom on 16th July, where Peter Styzaker will be joining us again.

Families may wish to look at the team's summer workshops, HeadzUp Halton drop-in sessions, and wider online resources and support available through their website. A poster with more information is included at the end of this newsletter.

[Mental Health Support Team in Schools in Halton :: Mersey Care NHS Foundation Trust](#)

Other Information & Support

11. Home to school and college transport info – by Contact

With us approaching the end of the academic year families may also wish to take a look at Contact's school transport information for England, which explains rights and entitlements around home to school and college transport for children and young people with SEND. This may be particularly helpful for families who have questions about eligibility, transport options, challenging decisions, or support for young people over 16.

Link: [School transport in England | Contact](#)

12. SEND Summer days out.

Families may be looking ahead to ideas for the summer holidays, so we wanted to highlight a few options that may be of interest.

Local families may wish to explore places such as Castaway Play, which offers dedicated SEN sessions and also has a sensory room, Lumiere Inclusive Play & Sensory Centre in Liverpool, which has been created specifically for children with additional needs and their families, Warrington Play and Sensory Centre, which is a purpose-built accessible activity centre, and Slimeville, which runs weekly calmer SEN sessions with fewer people.

If families have come across other places or activities that feel particularly welcoming or well suited to children and young people with SEND, please do send your suggestions in, as we would love to share helpful ideas with other parent carers especially with the 6 week holidays coming up!

Links

Castaway play	<u>SEN Sessions - Castaway Play</u>
Lumiere inclusive play and sensory centre	<u>Lumiere Liverpool Sensory Soft Play</u>
Warrington Play and sensory centre	<u>Warrington Play and Sensory Centre warrington.gov.uk</u>
The sensory Hive	<u>Specialist Sensory Integration Centre The Sensory Hive Whiston</u>
Slimeville – Liverpool and Warrington	<u>HOMEPAGE - SLIMEVILLE</u>

Other Information & Support



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



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.



Better support



Families heard



Services improve



Inclusive future

Questions or concerns?

Halton SEND Parent Carers Forum

info@haltonsendpcf.org.uk

WHATS ON

JULY 2026



Peer to peer support
and advice



Click & Like

Informing  Empowering  Engaging



PARENT CHECK-IN

- Bridgewater Park Hub 2nd July- 9.30-11.30am - with Pamela Marsden
- Halton Stadium 9th July- 9.30-11.30am - Kelly Carey



ZOOM

- Zoom with Mental Health Schools Team 16th July 8-9pm



EVENTS

- SYNC Club 18th July

CLOSING

- Forum closes 17th July
- Forum re-opens 2nd September

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

contact
For families
with disabled children



Halton Mental Health Support Team **Summer of self care**

Free summer workshops for parents, carers and young people to help Halton families support their young people's wellbeing.

Self esteem

- Understanding how we can experience low self esteem
- Tips to improve self esteem
- Looking after you, so you can support them!

Coping with big emotions

- How big emotions affect our bodies and behaviours
- How Zones of Regulation strategies can help when coping with big emotions.

Transition to high school

- Preparing everyone for the move!
- Tips and tools to navigate week one in your new school and beyond.

To register your interest, scan this QR code.



Please note there is a maximum capacity of 15.

Parent and carers are able to attend alone, however, please make sure any young people are accompanied by an adult.



Date and time	Workshop	Location
Wednesday 22 July 1.30pm to 2.30pm	Self esteem	Warrington Road Family Hub, Naylor Road, Widnes WA8 0BS
Wednesday 29 July 10.30am to 11.30am	Self esteem	Halton Lodge Family Hub, Grangeway, Halton Lodge, Runcorn WA7 5LU
Wednesday 5 August 1.30pm to 2.30pm	Coping with big emotions	Warrington Road Family Hub, Naylor Road, Widnes WA8 0BS
Wednesday 12 August 10.30am to 11.30am	Coping with big emotions	Halton Lodge Family Hub, Grangeway, Halton Lodge, Runcorn WA7 5LU
Wednesday 19 August 1.30pm to 2.30pm	Transitioning to high school	Warrington Road Family Hub, Naylor Road, Widnes WA8 0BS
Wednesday 26 August 10.30am to 11.30am	Transitioning to high school	Halton Lodge Family Hub, Grangeway, Halton Lodge, Runcorn WA7 5LU

All workshops will involve both a parent led and child led session. Both of these will take place at the same time, ending with a fun craft based wellbeing activity that can be taken home.

If you have any problems booking onto the workshops, please contact the team on **01925 664 120**

HeadzUp Halton

Young
people's
drop in

A young people's drop in is informal and for children and young people aged 17 and under and their families or carers.



The hubs are in the community and are supported by staff who can provide support and advice.



Drop by to see us:

Every **Tuesday** from **2.30pm** to **4.30pm** at **The Hub, Grangeway, Runcorn, WA7 5HA**

Starting 6 June 2024

Every **Thursday** from **2.30pm** to **4.30pm** at **Warrington Road Childrens Centre, Widnes, WA8 0BS**



This is not a CRISIS service. You can contact the crisis team on **01744 415 640**, 24 hours a day seven days a week.



kooth

**Not sure where to turn?
We're here for you, whenever you need us.**

Free, confidential mental wellbeing support for young people. Whenever you feel overwhelmed, lonely, low or just need some time for yourself, we're here.

Find community support, have one-to-one text chats with professionals or explore self-tools, without needing a referral.



Scan to register
or visit **kooth.com**

NHS

Providing NHS services