

Welcome to this week's update from the Halton SEND Parent Carers Forum newsletter. Our aim is to keep parent carers informed, connected and able to share their experiences so local services can continue to improve.

## 1. Coffee Mornings - 2<sup>nd</sup> and 9<sup>th</sup> July

We wanted to share our upcoming July coffee morning dates in advance, so families have plenty of time to plan if there are any sessions they would particularly like to attend.

Our next coffee morning will take place on the 2<sup>nd</sup> of July with Pamela Marsden from Halton Borough Council's Transitions Team, who supports children and young people with SEND as they prepare for the move from children's services into adult services.

The week after we will also be joined by Kelly Carey, Head of SEND and Inclusion at Halton Borough Council. Kelly's coffee morning will take place at the DCBL Stadium in Widnes and will be our last coffee morning of the academic year before we break for the summer.

As always, these sessions are a lovely opportunity for parent carers to come together for a cuppa and a chat, hear directly from local services, ask questions and share their experiences.

**Date:** 2<sup>nd</sup> July

**Time:** 9.30am – 11.30am

**Venue:** Bridgewater Park Hub



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: Pamela Marsden Transition Team

9:30-11:30am  
02 JULY 2026

Venue: BRIDGEWATER PARK, WAT 2 LW

Guest: PAMELA MARSDEN



## Parent Carer Forum Updates

### 2. Evening Zoom – 16<sup>th</sup> July

Our next Parent Carer Zoom on the 16<sup>th</sup> will include Kelly Carey revisiting some of the key points discussed during the coffee morning held on the 9<sup>th</sup> of July giving families another opportunity to hear the information and ask questions if they were unable to attend in person.

We will also be joined by Peter Styzaker from the **Mental Health Support Team**, who will be sharing information linked to the coffee morning session held in June. This will be a helpful opportunity for parent carers to hear the information again, reflect on what was discussed, and stay connected with updates from local services.

**Meeting ID** - 82611738864

**Password** – 039530

<https://us02web.zoom.us/j/82611738864?pwd=MC1SERfZyFmipR97UsUGu9h1peEagr.1>

Halton SEND PARENT  
Carer's Forum  
Your voice counts

[Halton Send Parent  
Carers Forum](#)

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**ZOOM**  
MENTAL HEALTH SCHOOL TEAM  
With Peter Styzaker  
Informing Empowering Engaging

THURSDAY 16TH JULY- 20.00-21.00 PM

Meeting ID: 826 1173 8864  
Passcode: 039530

zoom link



## **Halton Borough Council Updates**

### **3. Local Offer Live – Date/ Services suggestions**

Following on from the earlier survey shared last week, we are now asking families to complete a further short survey to help narrow down the most suitable date for the next Local Offer Live event. With Families also being invited to share which services or teams they would most like to see in attendance.

The aim is for the event to include a range of information stalls, giving parent carers the chance to approach services directly, ask questions and find out more about the support available.

If you can take a few moments to complete the survey, your feedback would be really appreciated and will help shape the planning of the event.

<https://eu.surveymars.com/q/3yF9RAvhX>

### **4. Shine Therapy parent carer training Dates**

We are resharing information about the Shine Therapy training offer commissioned by Halton Borough council for parents and carers of children and young people living in Halton, as there is still time to book onto the first two sessions with tickets now available on Eventbrite.

The first session, Introduction to Sensory Processing Differences and Challenges, will take place next week on 3rd July 2026. A second session, Restrictive Eating and Mealtime Challenges, will follow on 15th July 2026.

These sessions are 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. We will continue to share further sessions as they are released.

Introduction to Sensory Processing Differences and Challenges – 3rd July 2026  
<https://www.eventbrite.co.uk/o/shine-therapy-services-ltd-15346026457>

Restrictive Eating and Mealtime Challenges – 15th July 2026  
<https://www.eventbrite.co.uk/e/restrictive-eating-and-mealtime-challenges-tickets-1992046859782?aff=oddtcreator>



## Halton Borough Council Updates

### **5. Home to School and Post-16 travel update**

As we move towards the end of the academic year and families begin to think ahead to September and any upcoming changes, we wanted to reshare information about Halton Borough Council's revised Home to School and Post-16 Travel and Transport Policy, which will apply from September 2026 for children and young people with SEND.

The policy explains what travel support may be available and how eligibility may change at key points in a child or young person's education, including when a child reaches the age of 8, when moving from primary to secondary school, and at 16, when preparing for sixth form or college.

It has been stressed that this is not a blanket approach, and that there will still be opportunities to talk through what the right support looks like for each child or young person, particularly as needs change over time.

Halton Borough Council has also produced a set of **Frequently Asked Questions** to help explain the new policy in more detail. If families have questions or concerns, they can contact:

**Transport Coordination** – 0151 511 7444 / [transportco-ordination@halton.gov.uk](mailto:transportco-ordination@halton.gov.uk)

[Full Transport Policy](#)

[Transport FAQ](#)

### **6. Sign up to the Halton Borough Council Send Newsletter**

Families may also wish to sign up to the Halton Borough Council SEND newsletter, which is issued monthly and shares a wide range of local updates, information and opportunities for children and young people with SEND and their families.

A range of local services contribute updates to the newsletter, making it a really helpful way for families to keep track of what support is available and what different services are currently sharing – keep an eye out for us too!

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

## Cheshire and Merseyside ICB Updates

### 7. Sleep medication prescribing update

We are aware that some parent carers are now starting to receive letters explaining a change to how sleep medication prescriptions will be managed.

Families have reported that where a child or young person is stable on melatonin, prescribing will now transfer to the GP. It has been shared that the Cheshire and Merseyside Area Prescribing Group has agreed to this move, with primary care taking over responsibility for ongoing sleep medication prescriptions in these cases. Usual advice and practice around taking medication will continue, including any guidance around medication breaks where this has been advised.

It is also understood that ADHD medication will continue to be issued by the Community Paediatrics / Neurodevelopmental Service via [bchft.halton.prescriptions@nhs.net](mailto:bchft.halton.prescriptions@nhs.net)

If families experience any difficulties ordering sleep medication through their GP after receiving this letter, they are being advised to contact the Neurodevelopmental Nursing Team by email via [bchft.haltonndnt@nhs.net](mailto:bchft.haltonndnt@nhs.net)

### 8. Mental Health Support Team (in schools)

We are resharing information from the Mental Health Support Team (in Schools) for families who may find it helpful over the summer.

This includes their **Summer of Self-Care** offer, with free workshops for parents, carers and children/ young people on topics such as self-esteem, coping with big emotions, and transitioning to high school. Sessions are taking place at family hub venues in Widnes and Runcorn. With a poster attached at the end of this newsletter.

We are also resharing details of the **HeadzUp Halton** drop-in sessions, which run weekly in both Widnes and Runcorn and offer informal support, advice and signposting for children and young people aged 17 and under, along with their families or carers.

The team's website also includes online workbooks, practical resources and information on how to access support.

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

## **Other Information & Support**

We are always happy to hear suggestions from our parent carer members about useful information, services or charities that could be shared in our newsletter. If there is something you think would be helpful for other families to know about, please email us at [info@haltonsendpcf.org.uk](mailto:info@haltonsendpcf.org.uk) and we will get back to you.

### **9. Exceptional Individuals – Employment support**

Families may also wish to take a look at Exceptional Individuals, which offers consulting, recruitment and employment support for individuals with dyslexia, dyspraxia, ADHD and autism. Their work focuses on creating better understanding, wider opportunities and a more inclusive culture for neurodivergent individuals. This may be particularly helpful for young people and adults who are thinking about future employment, looking for support into work, or wanting to explore what help may be available in the workplace.

<https://exceptionalindividuals.com/>

### **10. Free online courses for adults**

Families may also wish to explore these websites, which offer a range of free online courses for adults. These may be helpful for parent carers or young people who are looking to build confidence, learn new skills, or explore future training and employment opportunities.

<https://alison.com/tag/neurodiverse>

<https://www.myfreecourse.co.uk/home>

### **11. 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, and also for young people up to age 25 with special educational needs or disabilities.

Summer Activities will open to book on Thursday 25<sup>th</sup> June. [Summer HAF Link](#)

## Other Information & Support

### 12. Peak Sleep – free sleep support for families

Families may also be interested in a free two-part sleep course from Peak Sleep, delivered by Nickie Sutton a Specialist Sleep Practitioner. The sessions will offer practical advice on what can affect sleep and what families can do to help their child sleep better. Importantly, this is a supportive and realistic course and does not involve taking away screens. The training is suitable for supporting the sleep of all children, including those who are neurodivergent.

Three course options are being offered at different times to try and make it easier for families to attend. All sessions will take place on Zoom, and parent carers are asked to attend both parts of their chosen course. Spaces are limited.

#### **Course dates:**

30th June and 2nd July – 1.30pm to 2.30pm

<https://www.eventbrite.co.uk/e/1990975595602?aff=oddtcreator>

8th and 10th July – 7pm to 8pm

<https://www.eventbrite.co.uk/e/1990977873415?aff=oddtcreator>



Halton Send Carers Forum



haltonsendcarersforum

[Haltonsendcarersforum.org.uk](https://www.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](https://www.haltonparentcarersforum.org)



#### **Email:**

[info@haltonparentcarersforum.org](mailto: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](http://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/](http://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](http://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/](http://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](http://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/](http://www.haltonfamilyhubs.co.uk/)



### SUPPORTING CHILDREN'S MENTAL HEALTH



**1** MHST  
[www.mersecare.nhs.uk](http://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](http://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](http://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



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## PARENT CHECK-IN

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



## ZOOM

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

## EVENTS

- SYNC Club 18<sup>th</sup> July



## CLOSING

- Forum closes 17<sup>th</sup> July
- Forum re-opens 2nd September

**E-MAIL FOR INFO**  
[Info@haltonsendpcf.org.uk](mailto: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](https://kooth.com)

Providing NHS services