

1. Summer Closure/ reopening dates

While we still have a couple of weeks left before the end of term, we wanted to share our summer closure dates early so families have plenty of notice as we begin to look ahead to the summer holidays. The forum will close for the summer on the 17th of July and will re-open on 2nd of September.

2. Coffee Mornings – 9th July

Our next Parent Carer Coffee Morning will take place on 9th July, 9.30am to 11.30am at the DCBL Stadium in Widnes.

This will be our last coffee morning of the summer term before we return in September, so we would love for parent carers to come along for a catch up before the summer holidays.

We will be joined by Kelly Carey, Head of SEND and Inclusion, who will be able to share any updates from the Halton SEND Team and answer any questions families may have.

As always, these sessions are a lovely opportunity to come together for a cuppa and a chat, connect with other parent carers, and hear directly from local services.

Date: 9th July **Time:** 9.30am – 11.30am

Venue: DCBL Stadium Widnes



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

Focus Group:
Pamela Marsden
Transition Team

Halton SEND PARENT
Carer's Forum
Your voice counts



Parent Carer Forum Updates



3. 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](#)

Click & Like

HALTON BOROUGH COUNCIL

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



Halton Borough Council Updates

4. Halton Children to Adulthood Transition Team- coffee morning update

Thank you to Pamela Marsden for joining our coffee morning and explaining how the Transition Team supports young people and their families. The Transition Team works with young people aged **14 to 25** who have a disability or additional needs that affect their everyday life and independence. With the team helping families plan for the move from children's services into adult services.

Referrals can be made by: parents and carers/ schools/ children's social care teams and other professionals supporting the young person. With referral information being found through the **Halton Local Offer** under Preparing for Adulthood.

The team can support with planning for adult social care, Care Act assessments, attending Education, Health and Care Plan reviews, college and post-16 options, supported living and future housing, accessing the community, employment and volunteering, referrals to adult health and learning disability services and helping prevent education, care or support arrangements from breaking down.

Before a young person turns 18, children's services remain responsible for arranging and funding their care and support. The Transition Team can advise and help with planning but cannot directly arrange children's Short Breaks or Personal Assistant support. Families are encouraged to start planning early, even if they are not yet sure what support their young person may need as an adult to try and have things in place before things reach a crisis point.

Check the local offer link - [Preparing for Adulthood](#)

5. Local Offer Live – Date/ Services suggestions

We are resharing the short survey for families to help shape the next Local Offer Live event.

The survey will help narrow down the best date and gather suggestions on which services or teams families would most like to see in attendance. The event is being planned around a stall-style format, so parent carers can approach services, ask questions and gather information directly.

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



Halton Borough Council Updates



6. Shine Therapy parent carer training Dates

Many members will already be aware that Shine Therapy has been commissioned by Halton Borough Council to provide support and training for families.

The first parent carer session took place today, and a second session, 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.

Further sessions are expected to take place, and once dates are confirmed, we will make sure these are shared with members.

Restrictive Eating and Mealtime Challenges – 15th July 2026

<https://www.eventbrite.co.uk/e/restrictive-eating-and-mealtime-challenges-tickets-1992046859782?aff=oddtcreator>

7. 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

We have included the link to the latest newsletter below, and families can also sign up to receive future editions directly.

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. Health Watch Halton update

Although this is not an update from the ICB, families may be interested in reading the latest Healthwatch Halton Annual Report for 2025/26.

The report highlights how Healthwatch Halton has continued to gather local people's experiences of health and social care services, helping make sure these views are heard by decision-makers and used to influence improvements. Over the past year, thousands of local residents have shared their experiences, while others have accessed information and signposting through the service.

The report also gives a helpful overview of the work Healthwatch Halton has carried out across areas such as GP services, hospital care, care homes, and wider health and social care experiences in Halton.

[Annual Report 2025–26 now live and our exciting announcement!](#)

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

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 and we will get back to you.

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 for young people up to age 25 with special educational needs or disabilities.

Summer Activities are now open to book using this link here. [Summer HAF Link](#)

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](https://www.haltonparentcarersforum.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



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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

Providing NHS services