

HSPCF WEEKLY NEWSLETTER

23rd October 2026



Welcome back! Here are this week's updates from
Halton SEND Parent Carers Forum.

1 PARENT CARER FORUM UPDATES



Half-Term Break (23rd Oct – 2nd Nov)

The forum will be closed next week for half term and will reopen on Monday 2nd November. Our first coffee morning back will be on Thursday 5th November, 9.30–11.30am at Bridgewater Park, where we'll be joined by Sheryl from Positive Futures.

We've also shared our full November What's On poster at the end of the newsletter, with all of our upcoming coffee mornings, Zoom session, Hummingbird event and SYNC Club dates in one place. Looking forward to connecting with families in November!

Help Raise Funds for the Forum

There are now two really easy ways you can help raise money for Halton SEND Parent Carers Forum without it costing you anything extra via the Co-op Local Community Fund and EasyFundraising. Every little bit raised helps us continue supporting SEND families across Halton.

Co-op Local Community Fund

If you're a Co-op Member, you can choose HSPCF – Halton SEND Parent Carer Forum as the cause you'd like to support. The more Co-op Members who select us during the funding period, the more funding the forum could receive. Co-op Members anywhere in the UK can choose us as their cause so please share and ask others to consider choosing us. **Choose HSPCF here:** [membership - Coop](#)

Easyfundraising

You can also support the forum through easyfundraising when doing your usual online shopping. More than 8,000 retailers, including Argos, John Lewis & Partners, Tesco and Just Eat, will make a small donation to HSPCF when you shop Via easyfundraising - at no extra cost to you. Simply sign up then choose Halton SEND Parent Carers Forum as your cause and shop as normal.

Sign up here: [EasyFundraising Sign up](#)

You are not alone – we're here for you 



info@haltonsendpcf.org.uk



www.haltonsendcarersforum.org.uk



[HaltonSENDCarersforum](#)



Cheshire and Merseyside
Integrated Care Board

HALTON BOROUGH COUNCIL UPDATES



2 HALTON BOROUGH COUNCIL UPDATES

Local Offer Live - Exhibitor

If you weren't able to speak to everyone on the day or want to go back and find contact details afterwards the **Local Offer Live Exhibitor Directory** is still available online. It includes information about the organisations and services that attended making it a useful place to find contact details and follow up with professionals now the event has finished.

There is also still time to share your feedback. Your comments can help Halton Borough Council understand what worked well and what could make future events even more useful for families including which services you'd like to attend in the future.

View the Exhibitor Directory and feedback survey here:

<https://localoffer.haltonfamilyhubs.co.uk/local-offerexhibitor-directory>

Scroll down to the **pink banner** to find the feedback survey.

Fit 4 Life – Teen Edition: Free Leisure Access

Halton Borough Council's Fit 4 Life – Teen Edition supports young people aged 13–19, and up to 25 for those with SEND, to get active and improve their wellbeing. The programme includes up to six months of free leisure access, three months of Health Coach support and regular wellbeing tips.

Find out more: <https://halton.me/fit-4-life-teen-edition/>

For further information, contact **Isabelle Murphy** on **0151 511 6641**.

Halton Borough Council SEND Newsletter – Issue 9

The latest edition of is now available. The newsletter brings together updates, information and developments from SEND services across Halton and is a useful way for families to keep up to date with what's happening locally.

Read Issue 9 here:

[HBC Parent SEND Newsletter](#)

You are not alone – we're here for you 



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www.haltonsendcarersforum.org.uk



[HaltonSENDCarersforum](#)



Cheshire and Merseyside
Integrated Care Board

NHS / ICB UPDATES



Welcome back! Here are this week's key updates from NHS and ICB partners.

3 NHS / ICB UPDATES

Soluna by Kooth – parent and carer demo

Soluna by Kooth is a free, safe and anonymous mental health platform for children and young people. It launched September 26 as an upgraded version of the original Kooth service.

A temporary demo area is available for parents and carers, giving you the opportunity to explore the platform and see what your child or young person will experience when using the service. To try the demo:

- Visit the Soluna Demo Site, Enter a dummy date of birth between 10 and 25 years old, You can also link an email address if you would like to see how a full user account works.

Young people can access Soluna through the website, while the downloadable mobile app is available for those aged 13 and over. Parent/carers demo:

<https://demo-web.solunaapp.com/>

Soluna website: solunaapp.com

Flu Vaccinations for Carers

Free flu vaccinations: If you are the main carer for an older or disabled person, or receive Carer's Allowance, you qualify for a free NHS flu vaccination. You do not need to receive Carer's Allowance if you are the main carer. Contact your GP surgery or a participating pharmacy to book.

[Flu vaccination - NHS Cheshire and Merseyside](#)

ADHD and Sleep Medication Repeat Prescriptions

We are resharing that requests for repeat ADHD and sleep medication for children and young people in Halton should now be sent by email only. Requests should be emailed 7–10 days before medication runs out to: bchft.halton.prescriptions@nhs.net

Please note that up-to-date height, weight and blood pressure measurements from the last 3–6 months must be available before a prescription can be issued.



Stay connected

Look out for our weekly newsletters, coffee mornings, Zooms and events for more information, support and opportunities for parent carers across Halton.



You are not alone – we're here for you 



info@haltonsendpcf.org.uk



www.haltonsendcarersforum.org.uk



[HaltonSENDCarersforum](#)



Cheshire and Merseyside
Integrated Care Board



OTHER UPDATES

Any events/ service suggestions please share with us
info@haltonsendpcf.org.uk

Tax-Free Childcare – Could Your Family Get Help?

Halton Families Information Service has shared a reminder about Tax-Free Childcare, which can help eligible families with the cost of nurseries, childminders, breakfast clubs, after-school clubs and holiday clubs.

For every £8 you pay into your childcare account, the government adds £2.

Families of disabled children may be able to receive up to £4,000 a year in top-ups, depending on eligibility.

Find out more and check if you qualify:

<https://www.gov.uk/tax-free-childcare>

DEAF – Support for Parents of D/deaf Children

We've also been asked to share information about DEAF – Deaf Empowerment & Access 4 Families, a parent-led community supporting families of D/deaf children across the Liverpool City Region.

They offer a free, relaxed drop-in coffee morning where families can meet others share experiences and access support and information.

Coffee mornings take place every 3rd Saturday of the month, 11am–1pm at Liverpool Central Library.

No booking needed . Poster included at the end of the Newsletter.

The Autism Wellbeing Podcast -

Looking for conversations about autism and everyday life? The Autism Wellbeing Podcast, from Autism Wellbeing Project CIC, brings together experts by experience to talk about the things that matter to them. Including having one of our very own members involved. Topics include friendships, relationships, making sense of the past and growing up. It could be of interest to parent carers and anyone wanting to hear different experiences and perspectives on autism. Listen on Spotify, Apple Podcasts or Buzzsprout. See the poster for more details.

Starting to Think About Christmas?

If you're starting to think about Christmas gifts, Preston Brook Christmas Market is a chance to browse handmade gifts, cakes, sweets and more while supporting local businesses and a community venue.

Saturday 14th November, 10am–3pm
Preston Brook Village Hall, Runcorn – free entry

Know of any other local events that parent carers and families might enjoy? Please send the details to the forum so we can help spread the word and support our local businesses and community spaces.

 *You are not alone – we're here for you*  





HALTON SEND

Important Information



PARENT CARER ADVICE / SUPPORT

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

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

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

SIGNPOST FOR HALTON



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 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 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.merseycare.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 KOOTH

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.merseycare.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



WHAT'S ON NOVEMBER 2026

Events, support and opportunities
for SEND families in Halton

**5
NOV**
9.30–11.30AM

PARENTS AND CARERS SUPPORT - COFFEE MORNING

Bridgewater Park, WA7 2LW
With Sheryl from Positive Futures
Come along for a brew, a chat and support from
Sheryl. Ask questions and meet other parent carers.



**12
NOV**
9.30–11.30AM

PARENTS AND CARERS SUPPORT - COFFEE MORNING

Widnes Stadium, WA8 7DZ
With Kelly Carey, Halton Borough Council
Come along for a brew, a chat and support from
Kelly. Ask questions and meet other parent carers.



**19
NOV**
9.30–11.30AM

PARENTS AND CARERS SUPPORT - COFFEE MORNING

Bridgewater Park, WA7 2LW
No guest
Come along for a brew, a chat and support from
other parent carers.



**20
NOV**
5.00–7.00PM

HUMMINGBIRD

Arts and crafts session for families with SEND
Get creative, connect with other families and
enjoy a relaxed, fun session together.



**26
NOV**
9.30–11.30AM

PARENTS AND CARERS SUPPORT - COFFEE MORNING

Bridgewater Park, WA7 2LW
Education to Employment
Come along for a brew, a chat and support from our
guests. Ask questions and meet other parent carers.



**19
NOV**
8.00–9.00PM

ZOOM SESSION

With Michaela Bridge, HBC
Join us online for an update, ask questions
and chat with other parent carers.



Meeting ID:
812 4192 8801
Passcode: 949576

**28
NOV**

SYNC CLUB

Monthly SEND Youth Needs Club
A safe and friendly space for young people with SEND
to socialise, take part in activities and be themselves.



*We are here to
support you*



Peer to peer
support and advice



Share experiences
and information



Have your say and
help shape services



Friendly, welcoming
and judgement free



Everyone
welcome!



Everyone welcome!

FOR MORE INFORMATION

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

contact

For families
with disabled children



Informing



Empowering



Engaging





COFFEE MORNING

PARENT ADVICE, SUPPORT & CHECK-IN

Everyone welcome!



Join us for a coffee morning with Sheryl from Positive Futures.

Sheryl will be joining us to talk about the support and opportunities available through Positive Futures. This is a great opportunity to ask questions, find out more about local support and have a chat with other parent carers.



MEET
other parent
carers



SHARE
experiences
and information



GET
support and
advice



DATE
Wednesday
5th November



TIME
9.30 – 11.30am



VENUE
Bridgewater Park
WA7 2LW



GUEST / SPEAKER
Sheryl
Positive Futures

We look forward to seeing you!

GET IN TOUCH



haltonsendcarersforum.org.uk



info@haltonsendpcf.org.uk



Halton.SEND Parent Carers Forum



Informing Empowering Engaging



IT'S A GREAT DAY
TO BECOME
THE PERSON YOU
WANT TO BE

Soluna is a space to be you. Get **free mental wellbeing support** when you need it – live **one-on-one text chats** with real professionals, **journalling**, and loads more.



Soluna is the free, safe, mental health app and website – made for you.

Scan the QR code to download or visit SolunaByKooth.com



A man with a beard and a bandage on his arm. The man is smiling and looking down at his arm, which has a small bandage on the shoulder. He is wearing a red t-shirt. The background is a solid light blue color.

Do you look
after someone?

**Ask about your
free flu jab**

 **carersUK**

Tax-Free Childcare

Halton families
Information Service 
for parents, for carers, for children, for young people

 **BEST
START
IN LIFE**

**Tax-Free Childcare can
help with the cost of
paying for childcare**



For every **£8** you
pay into the
account, the
government will top
it up by **£2**



You can use Tax-free childcare for:



Childminders, Nurseries



Afterschool clubs & Holidays clubs



Other registered providers

You'll usually need to be
working (or returning to
work) and your child
must be **11 or younger**
(16 or younger if
they're disabled).



ONLINE

Register to set up an account
and start saving money

SCAN ME!



Deaf friendly
community for
brighter tomorrows



Supporting parents
of D/deaf children
to promote:



Communication

Find ways that work
for your child



Support

Build connections,
friendships &
support



Engagement

Open up opportunities in
the education process,
activities & beyond



Confidence

Help your child
believe in
themselves



Join us for our warm and friendly:

Coffee Morning!

Tea | Coffee | Juice | Biscuits available

No booking required - just turn up!



Every 3rd
Saturday
of the month

11am - 1pm

Liverpool
Central Library

Childrens Section
downstairs



Parent-Led

Real experiences
Real support



Community-focused

For families across the
Liverpool City Region



Non-profit

People over
profit. Always



Inclusive Together

Together we can
make a difference

Empower • Connect • Support • Include



deaf4lcr@gmail.com

Scan the QR Code
to register for
latest info and
find out how we
can help



SCAN ME

PODCAST



NOW LIVE!

The Autism Wellbeing Podcast



**WITH EXPERTS BY
EXPERIENCE FROM THE
AUTISM WELLBEING
PROJECT CIC**

The Autism Wellbeing Podcast is now LIVE!

Tired of podcasts that don't sound like real life?
Welcome to The Autism Wellbeing Podcast - where real people sit
on the sofa and talk honestly about life, autism, relationships, work,
mess-ups, wins, and everything in between.



Listen On
Spotify



Listen on
Apple Podcasts



Listen on
buzzsprout

Reiki /
Massage
treatments
available

FREE
ENTRY

WELCOME TO OUR
**Christmas
Market**

Enjoy different kinds of handmade gifts,
cakes, sweets and so much more!



10am-3pm



Saturday
14th November 2026



**Preston Brook
Village Hall, Runcorn**



SEE YOU THERE!

