

HSPCF WEEKLY NEWSLETTER

9th October 2026



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

1 PARENT CARER FORUM UPDATES



We have lots coming up for parent carers throughout October, so we wanted to bring everything together in one place. Our **October What's On poster** includes the latest coffee mornings, and opportunities for families to get involved, ask questions and connect with other parent carers.

Coffee Morning 15th October 9.30-11.30 – Bridgewater Park School Hub

This week's coffee morning will be **just for parent carers, with no professionals or services joining us**. It's a chance for us all to relax together, enjoy a drink and have a friendly chit-chat, with no set agenda.

Come along for a catch-up, meet other parent carers and take a little time for yourself. There's no pressure to discuss anything specific - just a warm welcome and good company. New faces are always welcome, so please share the details with anyone who might enjoy joining us.

Coffee Morning 22nd October 9.30-11.30 – DCBL Stadium Widnes

Join us for our next stadium coffee morning with **Ben Holmes, Halton's Director of Education, Inclusion and Provision**.

Ben and the team will share the latest updates on SEND services and developments across Halton. There will also be time for parent carers to ask questions, share experiences and discuss what matters to their families.

These sessions are a valuable opportunity to hear directly from the team and have your voice heard, while connecting with other parent carers over a Cuppa.

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 Events – Feedback

Thank you to all the families and services who attended Local Offer Live. We hope the events gave parent carers a useful opportunity to meet local teams, ask questions and explore the support available for children and young people with SEND across Halton.

With different services together in one place, these events can help families discover support they may not have known about and make connections with the people who provide it. Thank you to the services and exhibitors who took the time to speak with families and share information about their offers.

Parents and carers who attended are invited to complete a short feedback survey. Whether you found something particularly helpful or have suggestions for what could be improved, your views will help the council shape future events.

Scan the QR code on the poster or [click here to open the Exhibitor Directory](#), then scroll down to the pink banner to find the survey.

Preparing for Adulthood and Transition Team Support

Planning for adulthood can bring plenty of questions for young people and their families. Following our recent coffee morning, Dean Tierney shared information about local support and resources to help with this stage.

Halton is updating the Preparing for Adulthood section of the Local Offer. Families can already explore practical guides on independent living, managing money and banking, using a mobile phone and building everyday life skills. With more to come.

For families looking for further support Halton's Transition Team helps young people as they move towards adulthood. An online referral form is available through the link below.

Preparing for Adulthood – Independent Living:
<https://www.haltonfamilyhubs.co.uk/send-pfa-independent-living?smart=onboarding>

Transition Team referral form:
<https://halton.me/transition-referral-form/>

You are not alone – we're here for you 



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 and Health Checks for Young People

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](#)

Learning disability health checks: Young people aged **14 and over with a learning disability** who are on their GP's learning disability register should be offered a free annual health check - It's a chance to discuss health, wellbeing and support needs. Ask your GP surgery whether your young person is on the register and how to arrange their check.

[Learning disabilities - Annual health checks - NHS](#)



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

Vesta Education - EBSA Parent and Carer Community Evening 13th OCT

Vesta Educational Services CIC, a new local alternative provision specialising in support for neurodivergent young people, is hosting an evening for families supporting a young person experiencing Emotionally Based School Avoidance.

The session will include a short presentation from founding director Rachael Russell, practical information and signposting, and opportunities to connect with other parent carers. Families with Education Otherwise Than at School (EOTAS) arrangements or who home educate are also welcome.

Tuesday 13th October, 6–7.30pm

Venue: Brendan House, Widnes Road, Widnes, WA8 6UG

Places are limited—scan the QR code on the poster to register your interest or use this link [Vesta Education Evening](#)

Free EBSA Training for Education Professionals

Vesta is also hosting Understanding EBSA, a free training session led by Rachael Russell for school staff, specialist settings, alternative provision and EOTAS tutors and caseworkers.

The session covers understanding EBSA, its impact on schools, practical strategies and next steps. Parent carers may wish to share the poster with professionals supporting their child or young person

Wednesday 21st October, 4–5.30pm

Booking via the poster's QR code.

SEND-friendly Events @ The New Albion

The New Albion in Widnes has shared details of its SEND-friendly events and regular home education groups, offering a relaxed space for families.

SEND Halloween Party: Sun 1st Nov, 3–5pm

SEND Supper with Santa: 22nd Dec, 5–6pm.

With Home Education groups taking place Wednesday and Thursday afternoons. 1-3pm

These events are organised by The New Albion. Please contact Stella directly for enquiries and bookings: info@newalbionwidnes.com

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*  



info@haltonsendpcf.org.uk



www.haltonsendcarersforum.org.uk



[HaltonSENCarersForum](https://www.facebook.com/HaltonSENCarersForum)



Cheshire and Merseyside
Integrated Care Board



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 KOOH

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 OCTOBER 2026

Events, support and opportunities
for SEND families in Halton



**1
OCT**
9.30–11.30AM

PARENTS AND CARERS SUPPORT - COFFEE MORNING

Bridgewater Park, WA7 2LW

With Gill Tyler, Designated Clinical Officer (DCO)
Come along for a brew, a chat and support from
Gill. Ask questions and meet other parent carers.



**8
OCT**
9.30–11.30AM

PARENTS AND CARERS SUPPORT - COFFEE MORNING

Bridgewater Park, WA7 2LW

With Cheryl from Gateway Community
Alternative Provision
Come along to hear from Cheryl, ask questions
and chat with other parent carers.



**15
OCT**
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.



**22
OCT**
9.30–11.30AM

PARENTS AND CARERS SUPPORT - COFFEE MORNING

Halton DCBL Stadium

With Ben Holmes
Director of Education, Inclusion and Provision
Come along to hear from Ben, ask questions,
share your views and chat with other parent carers.



**24
OCT**

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


HALTON
BOROUGH COUNCIL

Informing  *Empowering*  *Engaging* 



Halton SEND
Parent Carer's Forum

Your voice counts



COFFEE MORNING

*Everyone
welcome!*



PARENT ADVICE, SUPPORT & CHECK-IN

Join us for a relaxed coffee morning with no guest speaker.

Come along for a brew, a chat and support from other parent carers.

Ask questions, share experiences and meet other parent carers.



MEET

other parent
carers



SHARE

experiences
and information



GET

support and
advice



DATE

Thursday
15th October



TIME

9.30 – 11.30am



VENUE

Bridgewater Park
WA7 2LW



GUEST / SPEAKER

No guest

We look forward to seeing you!

GET IN TOUCH



haltonsendcarersforum.org.uk



info@haltonsendpcf.org.uk



Halton SEND Parent Carers Forum

contact

For families
with disabled children

HALTON
BOROUGH COUNCIL

— Informing Empowering Engaging —



COFFEE MORNING

PARENT ADVICE, SUPPORT & CHECK-IN

Everyone welcome!



Join us for a coffee morning with Ben Holmes, Director of Education, Inclusion and Provision.

Ben will provide a Halton Borough Council (HBC) update. Come along to hear from Ben, ask questions, share your views and chat with other parent carers.



MEET
other parent
carers



SHARE
experiences
and information



GET
support and
advice



DATE
Thursday
22nd October



TIME
9.30 – 11.30am



VENUE
Halton DCBL Stadium
Widnes



GUESTS / SPEAKER
Ben Holmes
Director of Education,
Inclusion and Provision

We look forward to seeing you! 

GET IN TOUCH



haltonsendcarersforum.org.uk



info@haltonsendpct.org.uk



Halton SEND Parent Carers Forum

Halton Borough Council Transition Team

Preparing for adulthood.

Transition is a process or period of change. Our dedicated team is committed to supporting children and young people with moderate/severe learning disabilities and/or physical/sensory disabilities through their journey from Children and Family Services to Adult Social Care.

Referrals to the transition team can be made through the contact centre on **0151 9078306** (adult) and **0151 9078305** (children).

For more information:

www.localoffer.haltonchildrenstrust.co.uk

Transition.Team@halton.gov.uk





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**



A space
for families.
Real conversations.
Practical support.
Together. 

EBSA

Parent & Carer Community Evening

For families supporting a young person experiencing
Emotionally Based School Avoidance.

A welcoming evening to connect with other parents and carers,
share experiences, and explore practical support options,
information and local resources.

Families whose young people have moved into **EOTAS** or
Elective Home Education are very welcome to attend too.



MEET OTHER PARENTS AND CARERS

Share experiences
in a safe and
welcoming space.



INFORMATION AND SIGNPOSTING

Find out about local
services, pathways
and support options.



A SHORT PRESENTATION ON EBSA

Understanding EBSA
and practical support
options, delivered by
Rachael Russell,
Founding Director of Vesta.



SUPPORTIVE CONVERSATIONS

Talk openly with
others who
understand.



Tuesday 13th October 2026
6:00pm – 7:30pm



Vesta Educational Services CIC
Brendan House, Widnes
Widnes Road, Widnes, WA8 6UG



Open to parents and carers of young people
experiencing EBSA. Families with EOTAS
arrangements or who are Electively Home Educated
are also very welcome.



Funded by

**COMMUNITY
FUND**

Made possible with thanks to National Lottery players.

Register
your interest
here 



Places are limited due
to venue capacity,
so please register
in advance.



SUPPORT | CONNECTION | INFORMATION | BELONGING



Led by
Rachael Russell



Certificate of attendance
sent after the event

Vesta

Educational Services CIC

**FREE
EVENT**

EBSA CPD

Understanding EBSA



Wednesday 21st | 4:00–5:30pm



Light refreshments on arrival

For teachers and staff in primary schools, secondary schools, specialist settings, alternative provision, and EOTAS tutors / caseworkers.



What the session will cover



Understanding
EBSA



Impact on
schools



Practical
strategies



Next steps

Scan to register



Limited capacity—
booking essential

Full event details shared
on registration

Funded by Vesta Educational Services CIC as part of
The National Lottery Community Fund project.



**COMMUNITY
FUND**



Gateway Community

NEW 16+ SATURDAY PROVISION

Launching 6th June • Every Saturday • 10:30am - 1:30pm

A Fun, Safe & Welcoming Space for young people and adults (16+)
with **SEN** needs to socialise, relax,
and enjoy time with friends.



Films



Disco



Bingo



Gaming



Gaming



Lunch



Tuckshop

Occasional small trips out to broaden experiences and build confidence.

• Accessible for All • Activities can be accessed privately or through Direct Payments.

Want to Know More? Contact Us!



0151 422 0111



gatewayc2017@outlook.com



Hallmark House, Waterloo Rd, Widnes WA8 0QR



Positive Future Consultancy

Empowering Learning and Personal Growth in Widnes.



Educational Provision

- ✓ Functional Skills & GCSE Preparation
- ✓ Life Skills and Careers Support
- ✓ Bespoke Alternative Education
- ✓ One-to-One & Group Tuition



Emotional Intelligence & Anger Management

- ♥ Bespoke Wellbeing Sessions
- ♥ Confidence & Communication Skills
- ♥ Emotional Resilience Development



CatchUp Education

- ★ 1-to-1 Tutoring in Maths, English, Science & More
- ★ Qualified & Experienced Tutors
- ★ GCSE & Functional Skills Support

Enrichment & AQA Accreditation

- Creative & Eco Workshops
- Over 2,000 AQA Units Available
- Skills-Based Accredited Learning



Join Us and Shape Your Future!



0151 4220111



info@positivefutureltd.co.uk



Hallmark House, Waterloo Road, Widnes, Cheshire WA8 0QR

www.positivefutureltd.co.uk

SEND Supper with Santa



5 - 6 p m
22nd
December

Includes supper & hot chocolate
Christmas storytime & letter to Santa
See Santa & his elf in his grotto
photo with Santa
Gift for every child



£10 per child
book early to avoid
disappointment as numbers are
limited

christmas pjs & cosy blankets
welcome

SEND HALLOWEEN PARTY

Sunday 1st
November 2026

**At The New
Albion, Widnes**

3.5 p m





Join us for our
weekly

**Home
Education
group
primary &
reception**

Relax, chat, meet other families & share
ideas and resources whilst the kids get
creative 🍷🖍️



Open to all home education families
or those considering it

Venue: The new Albion, Widnes
1 Liverpool Road, Widnes WA87AR
Every Wednesday 1-3pm





Join us for our
weekly

Home Education group: Secondary

Relax, chat, meet other families & share
ideas. Games, darts and pool table
available for the kids



Open to all home education families
or those considering it

Venue: The new Albion, Widnes
1 Liverpool Road, Widnes WA87AR
Every Thursday 1-3pm



food & drink available to purchase

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!

