Free event for children who have additional needs

**Sunday 20th May 2018**

**Venue: Congleton Leisure Centre**

**Time:** 1pm — 4pm

Lots of free fun activities for all the family to enjoy including a private swim session

- **Bouncy Castle**
- **Animals**
- **Multi sports**
- **Team Building**
- **Facepaints**
- **Games**

- **Boccia**
- **Dance Stalls**
- **Arts & Crafts**
- **Adapted bikes**

- **Fundraising stalls**
- **Refreshments stalls**

Please email dcd@cheshireandwarringtoncarers.org to request a programme or just turn up on the day. This event is for families of children who have additional needs living in Cheshire East.
On behalf of everyone at Cheshire and Warrington Carers Trust we would like to wish you and your family a happy new year.

Thanks to the Williams Family Foundation funding, we held a Christmas Party at Macclesfield Leisure Centre in December 2017, thank you to all who attended we hope you enjoyed it. We understand how frustrating it is if you are unable to attend any of our events due to location. Cheshire East is such a large geographical area, we therefore try to ensure that we offer events across the borough. Cheshire Police Federation have very generously donated funding to us to enable us to offer some events for Carers in 2018. We are busy planning a Carer Day event, details of which will be in the next edition of this newsletter.

The Fun Day advertised on the front page has been funded by Cheshire East Council, we do hope you will be able to attend.

There is news on page 4 about the Disabled Children’s Database which is now being managed by Cheshire East Council. If you gave permission for us to transfer your details you won’t need to register however you may want to update your details, or if you are not registered and would like to, we will have forms available at our monthly support groups.

If you use Facebook and are not a member of our group please do join “Cheshire & Warrington Carers Trust”. We have over 1000 members sharing information and advice.

If you would like to receive your own copy of this free newsletter please get in touch.

The Children & Families Team

CARERS CARAVAN

Are you in need of a break? The Carers Caravan is available for Carers to enjoy a break or for families to enjoy a holiday. Located at Presthaven Sands in Prestatyn this 6 berth (plus sofa bed) holiday home is available at low cost to families registered with Cheshire & Warrington Carers Trust. If you are interested in finding out more please email Lisa@cheshireandwarringtoncarers.org or call 01606 352834. Breaks available are Monday to Friday or Friday to Monday.
Are you a Carer? Would you like to learn some new skills? Just meeting other carers and sharing experiences and learning from each other can really help to boost your confidence.

Cheshire & Warrington Carers Trust offer **free** training opportunities for carers in a variety of formats.

**GROUP SESSIONS**

Meet other carers at our interactive one-off workshops.

**Self Advocacy Workshop**  Monday 22 January 10.30-12.30 @ Macclesfield Carers Centre

**Internet Safety Workshops**  1st February 1pm-2.30 @Macclesfield Carers Centre  
And 2nd February 10.30-12.00 @Crewe Carers Centre

**Legal Workshop**  - lots of advice about future financial planning. Monday 12 February 10.30-12.30 @The Old Saw Mill, Congleton

**Makaton Workshop**  Thursday 15th February 10.30-12.30 @Ruby’s Sensory Centre, Congleton

**ONLINE TRAINING**

We are working with a national company who are offering free access to online training that can be done at home, in your own time. Topic’s include :

- UNDERSTANDING BEHAVIOUR THAT CHALLENGES DEMENTIA CARE
- CUSTOMER SERVICE FOR HEALTH AND SOCIAL CARE SETTINGS
- EXTENDED CERTIFICATE IN HEALTH AND SOCIAL CARE PROFESSIONS
- UNDERSTANDING AUTISM MENTAL HEALTH PROBLEMS CUSTOMER SERVICE
- EQUALITY AND DIVERSITY NUTRITION AND HEALTH MANAGEMENT OF DIABETES
- COMMON HEALTH CONDITIONS CHILDREN AND YOUNG PEOPLE TEAM LEADING
- DIGNITY AND SAFEGUARDING LEARNING DISABILITIES + SPECIFIC LEARNING DISABILITIES
- SAFE HANDLING OF MEDICATION BUSINESS ADMINISTRATION END OF LIFE CARE
- PREPARING TO WORK IN ADULT SOCIAL CARE INFECTION CONTROL CLEANING PRINCIPALS
- INFORMATION,ADVICE AND GUIDANCE CARE PLANNING LEAN ORGANISATION MANAGEMENT
- RETAIL OPERATIONS PRINCIPALS OF WAREHOUSING AND STORAGE

**INDEPENDENT LEARNING**

Perhaps you have seen a course you would like to attend or there is a hobby or learning opportunity that you would like to access but funding this is putting you off? We may be able to help through our Carers Opportunities Fund or via Carers Trust grants. Please enquire.

For further information on any of the above please email

Lisa@cheshireandwarringtoncarers.org

Tel: 01270 357331
Disabled Children’s Database UPDATE

The Cheshire East Disabled Children's Database (DCD) is a voluntary register for children and young people with a disability aged 0-18 years and living in Cheshire East. The database was previously managed by Cheshire & Warrington Carers Trust however since September 2017 Cheshire East Council are managing this. The benefits of being on the Database:

- be kept informed and up to date about services and activities in Cheshire East for disabled children and young people and their families through our contact list and the Children With Disabilities Short Breaks Team
- have a voice through consultation and surveys to influence planning for the needs and demands for services in Cheshire East

The information you give us is important as it helps us to plan and monitor services. Information given on this form will be seen and used by Cheshire East Council staff and treated as confidential. All data is held securely and in compliance with the Data Protection Act 1998. We will keep the details on this form on our database so that we can keep you in touch by post, phone and email. We will not share personal information with any other organisation. If you would like to register please contact DCD CWD Short Breaks Team, Floor 1, Macclesfield Town Hall, Unicorn Gateway, SK10 1EA

Email: Shortbreaksteam@cheshireeast.gov.uk Tel: 01625 378083

Do you care for a child with a disability?

Join in our fun, friendly and inclusive experience for disabled young people and their families to enjoy themselves in a supported environment.

JUST TURN UP for a great time!

Information, Support and Advice, Friendship Guaranteed!

PARENTS AND TOTS—EVERY OTHER MONDAY—9.30AM-11.30AM
(22 January, 5 February, 19 February, 5 March, 19 March)

DROP IN FOR FAMILIES AND CHILDREN—EVERY OTHER THURSDAY 3.3PM-6PM
(25 January, 8 February, 22 February, 8 March, 22 March)

HANGOUT—DANCE, DRAMA AND MUSIC RELATED ACTIVITIES FOR 5-11 YEARS OLD AND THEIR FAMILIES—EVERY OTHER THURSDAY 3.30PM-6PM
(1 February, 15 February, 1 March, 15 March, 29 March)

ALL AT JUBILEE HOUSE, ST PAUL’S STREET, CREWE, CW1 2QA (Top end of Asda Car Park)

For more information call Wishing Well on 01270 256919 or 01270 253551

Visit www.wishingwellproject.com
New council fund to support the borough’s unpaid carers

Residents who act as a carer for a loved one can now access a special fund set up to help them enjoy a reasonable quality of life themselves, including a break from their unpaid caring role.

Cheshire East Council, in partnership with NHS Eastern Cheshire and NHS South Cheshire clinical commissioning groups, is committed to improving the health and wellbeing of the many people with caring responsibilities.

Some can be very young children caring for a parent or sibling in need of additional support, or a spouse caring for their partner. Those cared for may have mental health needs, elderly care needs or physical health and mobility needs.

The new Carers’ Living Well Fund was launched on Wednesday, November 1, and will be available until March 31, 2018. It will enable people who care for others to access financial help for a range of activities, including a break from their caring role to improve their health and wellbeing.

There will be exclusions for a number of activities and more personal financial commitments or where social care or health service funding applies.

A grant from the Carers’ Living Well Fund is a one-off payment, limited to one payment per household, where the eligibility criteria have been met. It can be made at two levels - £250 or £500.

Families and organisations working with carers – hidden carers especially – are asked to identify them and signpost them towards the financial and help services available to them. This includes carers who have never accessed statutory or voluntary support, in particular carers who are new to their caring role.

As well as agreeing to an informal review, carers will need to meet the following eligibility criteria:

That they are an unpaid carer or manage a budget for the person they care for;
That they live in the geographical boundary of Cheshire East Council or are registered with a GP practice in the NHS Eastern Cheshire CCG or NHS South Cheshire CCG areas.

There is a maximum of one grant per household or cared-for person and young carers, under the age of 18, should have a bank or building society account or agree to the grant being held by a parent or guardian.

For more information about the Carers’ Living Well Fund please email: Carearrangersteameast@cheshireeast.gov.uk or call 0300 123 5106
SPACE4AUTISM

The Space Centre, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN

tele: 01625 617884

email: info.space@hotmail.com

OPEN SPACE

will be open Mon-Thursday 10-3pm during term time at The Space Centre

A chance to meet with other parent/carers but also a community space for your family and friends.

The cafe will be open for light snacks and refreshments, discount will be given to members when they show their membership card. You can bring your own lunch during these sessions.

We will have professional visits throughout the week (during Term Time) see below who is coming and when and also check out the calendar on the website for the dates - no need to book just turn up.

Edge Inclusion will be here every Monday 10-12 to assist you with all your questions regarding the EHCP (Education, Health and Care Plans)

Diane from CEIAS (Cheshire East Information, Advice and Support) will be here the 1st and 3rd Tuesday each month 10-12pm

Need help with Sleep? The Sleep Clinic Triage will be here on the 2nd Thursday of every month 10-12pm

Cheshire East Autism Team will be here the 4th Thursday of every month 1-3pm

Come and chill whilst doing some Art Therapy by our very own artist Jacki Clarke - 1st and 3rd Thursday 1-3pm

We will also be having other professionals coming along we are just confirming which day of the week they will be here then we will add it to the list above.
We continue to thank carers, their families, staff, friends, family and volunteers who help us throughout the year by donating their time or helping us in anyway to fundraise. This could be from donating a raffle prize to purchasing a raffle ticket.

Special thanks to Cheshire Police Federation, we were chosen to receive a fantastic 50% from the profits raised at their annual Ball which was held at Carden Park Hotel on 5th October. A donation of £5400 plus an extra £150 by a guest at the ball was very gratefully received in November 2017/ This funding will help us to organise some events for carers in 2018, news to follow in the next edition.


Prize Bingo was held at our Crewe Centre on 13th December. A really enjoyable evening supported by some carers and their families as well as the general public and staff and volunteers from CWCT. A fantastic £104.10 was raised on the evening.

Although the events we provide are free of charge we do often provide optional fundraising activities at the events that help us to keep the events free and accessible for all carers. Thanks to our ever popular “gift bag tombola” and a raffle we raised £ 124.50 at our Macclesfield Christmas party. If you are able to help us by donating gift bags, unwanted gifts, or tombola items please do get in touch.

Please see rear page for details of our annual fundraising Ball, this year will again be held at De Vere Cranage Estate near Holmes Chapel on Saturday 1st September. This event is one of our biggest fundraisers as well as providing carers with something to look forward to, an opportunity to get dressed up and enjoy a fun evening. Thanks to sponsorship from The Window Doctor, Legend Print Services (who print this newsletter) and Russell & Russell Solicitors of Chester for helping us to pay for associated costs.
The parent carer forum would like to wish you a Happy New year.

We would like to share with you some of the things we have achieved in 2017 also some of our plans for 2018.

2017 has been a very busy year for the reps we have been working on and helping roll out the new toolkit which schools should be using now making a uniform approach in all schools when it comes to SEN. This makes it easier for schools, parents and the LA to work together.

Myself and Chris have been working with the new short breaks team, sharing your concerns and working with them on the transfer of managing EHIPS from CCIL back into the council. There is now a team of people who will be working with families on EHIPs instead of just one person. The team are currently looking for a pre-paid card provider for EHIPs so families are not paying out of their own pocket. We also wanted some feedback on your preference on how they do the EHIPs forms: would you want them sending out before your visit from the short breaks team or would you prefer them to bring it on the day of your visit?

Cat Linde – team manager for the short breaks team – says:

‘Another productive meeting with Mandy and Chris today, things are feeling much more positive!

Working closely with Nick from CCIL has been great and will really help towards a smooth transition for EHIPs.

Parents now have the CWD Short Break Team contact details [you can call them on 01625 378083 and some have been in touch, it’s fab to start making links.

My team and I are looking forward to meeting lots more parents at our upcoming coffee morning’

I am currently on the team looking at the new free school planned for 2020 we are currently going to tender. I will keep you informed of the progress. I think it is great that the council want a parent view on this it also gives us the opportunity to have our say on our children’s future schooling.

I would like to thank everyone who has been involved with the parent carer forum in 2017 and invite you all to get involved in 2018.

Mandy Dickson, Chair, 31 December 2017

Please visit www.cepcf.org for details or you can join at any of our coffee mornings, please see page 10 for details.
If you are interested in attending the group, would like to make a referral to the group or would like to volunteer at the group please contact Melanie Hinde

Telephone: 01606 331853 or email: office@cheshirecil.org  Website: www.cheshirecil.org

Registered Charity no 1091744  www.cheshirecil.org. Please visit website for details of other services provided by CCIL
Dates for Diary - Cheshire East

First Monday of each month - Parent Carer Support Group / coffee morning
Venue: Unit 1, Brierley Business Centre, Mirion Street, Crewe CW1 2AZ
10.00am - 12.00pm. All welcome - friendly informal group. Speakers & activities. autisminclusive.org.uk

First Wednesday of each month - Parent Carer Support Group / coffee morning
Venue: Space4Autism The Space Centre, 15-17 Mill Lane, Macclesfield SK11 7NN
10.00am - 12.00pm. All welcome - friendly informal group. Speakers & activities. space4autism.com

Second Wednesday of each month - Parent Carer Support Group / coffee morning
Venue: Ruby’s Fund Sensory Centre, Roe Street, Congleton CW12 1PG rubysfund.co.uk
10.00am - 12.00pm. All welcome. Speakers, on-site café, sensory room and disabled facilities.

Second Monday of each month - Parent Carer Social & Support Group
Venue: Poynton Methodist Church, Park Lane, Poynton SK12 1RB
6.30 pm - 8.30pm All welcome, speakers & activities.

Second Thursday of each month - Parent Carer Coffee Morning
Venue: Northwich Carers Centre, 146 London Road, Northwich CW9 5HH
10.00am - 12noon. All welcome, speakers & activities

Please visit www.cheshireandwarringtoncarers.org for details of other general carers support groups across Cheshire East.

Carers Week 2018
Please call our helpline 0300 102 0008 or visit our above website for details of local events.

Saturday 16th June 2018 Carers Week Family Event
Venue: Congleton Leisure Centre 1pm-3pm Free activities for all the family to enjoy in partnership with Everybody Sport & Recreation. No need to book just turn up.

Cheshire & Warrington Carers Trust Annual Fundraising Ball
This year the “Masquerade Ball” will be held on Saturday 1st September 2018 at De Vere Cranage Estate near Homes Chapel. Sponsored by:

Tickets are £47 per person and include 3 course meal, entertainment and disco until 1am, there will be lots of special extras such as a chocolate fountain and photographer, silent auction and raffle. All proceeds raised for Cheshire & Warrington Carers Trust. Plus a prize for the best Masquerade Mask. Discounts for table of 10. Please email Lisa@cheshireandwarringtoncarers.org or call 01606 352834.
North West Personal Assistance is a not for profit, secure, easy-access on-line recruitment tool that offers Individual Employers and Personal Assistants the option to search for the Right Person or the Right Job, in one place.

01606 331 853
North West Personal Assistance (NWPA)
Sension House
Denton Drive  Northwich
CW9 7LU

The last of our series of family activity days will be held on Wednesday 21st February 2018 at Hebden Green School, Woodford Lane West, Winsford between 1pm-3pm.

Professional Children’s Entertainers Silly Milly and Jolly Molly will be entertaining the children with circus skills and performances. If you would like to come along please come and sign in at the hall, entry via rear playground. Special thanks to BBC Children in Need for funding the events over the last year.

URBAN AIR TRAMPOLINING CENTRE IN WINSFORD are offering FREE 1:1 Rebound Therapy Sessions for children who have additional needs children living in Cheshire East. For more information please email

info@uacheshire.co.uk or call Nicola or Grace on 01606 212690
Cheshire &
Warrington Carers Trust
Masquerade Ball 2018
Saturday 1st September 2018
De Vere Cranage Estate near Holmes Chapel
3 Course meal, Entertainment, Silent Auction & Raffle, Chocolate Fountain, Disco until 1am.
Dress to impress. £47 per person (discount for table of 10 please enquire) Call Lisa on 01606 352834 for tickets.

Space 4 Autism are launching their new 3.30 Afterschool Club. A place for the whole family to attend. Monday—Thursday term time 3.30pm-5pm.
Chill, chat, play. £2.50 per child includes drink and biscuit.
Café open with discount available for members. Free entry for parents/carers.
Children need to be supervised. College students welcome.
For more information please visit website www.space4autism.com. Space4Autism are a charity based in Macclesfield.

Every effort is made to ensure the information in this newsletter is correct. Cheshire & Warrington Carers Trust can accept no liability for errors and omissions and cannot recommend products or services. Views and opinions expressed are not necessarily those of Cheshire & Warrington Carers Trust.