



Cumbria Parent Carer Forum

December 2018

NEWSLETTER

Registered Charity Number 1175734

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Up-coming Disability Information Days.

Wednesday 16th January 2019

10am till 2pm

Castle Green Hotel

Castle Green Lane

Kendal

LA9 6RJ

If you would like to exhibit or attend this event day
please contact Celean

Email: cumbriapcfcel1@gmail.com

Or

cumbriaparentcarerforum@gmail.com

Registered Charity Number 1175734

www.cumbriaparentcarerforum.org.uk

Monday 11th February 2019

10am till 2pm

The Forum

28 Duke Street

Barrow in Furness

LA14 1HH

If you would like to exhibit or attend this event day
please contact Celean

Email: cumbriapcfcel1@gmail.com

Or

cumbriaparentcarerforum@gmail.com

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Meet our Steering Group Members

Shirley Murphy – Chair



(Allerdale)

Rachael Davies - Secretary



(Allerdale)

Rebecca Mullins

(Carlisle)

Sally Crosby

(South Lakes)

Jonathan King - Treasurer



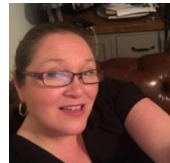
(Copeland)

Gill Davies



(Eden)

Sharon Watson



(Copeland)

Carol Thompson

(Carlisle)

Wendy Askew



(Allerdale)

Mark Davies



(Eden)

Cristina Bowman



(Carlisle)

What we do for you ?

- ▶ Parents voice
- ▶ Consultation
- ▶ Parent participation
- ▶ Advice and support
- ▶ Training parents
- ▶ Support local groups

How we do this ?

- ▶ Enable parents carers to make views known to service providers
- ▶ Provide training for parent carers
- ▶ Parent representation
- ▶ Working with local organisations and charities
- ▶ Surveys and consultations
- ▶ Feedback on meetings we attend
- ▶ Visit disability events



Become a Member

If you would like to become a member of the Cumbria Parent Carer Forum please complete the form on the web site below. Membership is completely FREE and provides you with the ability to keep in touch with parent carers throughout Cumbria.

www.cumbriaparentcarerforum.org.uk

Cumbria County Council agreed too fund 1500 Max Card cards, which is a discount card for certain venues both locally and nationally - See link below.

Max cards are free to all children/young adults 0-25 with a disability.

<http://www.cumbriaparentcarerforum.org.uk/index.php/about-us/max-card-application>

To open link highlight text, right click, left click on open hyperlink

About us

We are a constituted group of over 500 parent carers of children and young people with disabilities and / or special educational needs in Cumbria.

Our aim is to make sure the needs of our children/young people (0/25) are met. We understand the challenges you face on a day-to-day basis, because we are parent carers too.

We organise events where parents can meet with each other. We can tell you about most up-to-date sources of information for your child/young person.

We are here to give parent carers a voice. By joining the Parent Carers Forum, we can work together to improve services for our Children/young person.

Membership is free, join us today!

You can access this via our website www.cumbriaparentcarerforum.org.uk

Get in touch

By phone: 07512152447

By email: cumbriaparentcarerforum@gmail.com or cumbriacpfcel1@gmail.com

Becoming a member of the CPCF Steering Group

Are you a parent carer of a child with a SEN/D? and have an interest in shaping the future for children and young people with SEN/D and their families?

Would you like to be the voice and represent parent carers in your area?

Cumbria is looking for enthusiastic parent carers who are interested in representing their local area at local and county forums...

Any training and support required will be provided.

All out of pocket expenses will be reimbursed eg travel 45p per mile, other modes of transport eg bus, train, parking etc. We also provide free lunch at our steering group meetings

We would welcome you to any of these meetings which you may have an interest in. Please feel free to discuss any concerns you may have or how to become a part of shaping the future through attending these meetings.

Local support groups: are a meeting place for parent carers and their families to share information, discuss local concerns, what works well, what doesn't. This is then fed back to the forums steering group members to take action upon.

CPCF steering group: is a group of parent carers of disabled children who work with the local authority, education, health and other providers to ensure the services they plan and deliver meet the needs of disabled children and their families.

We Have 4 places available

For more information, contact –

Celean - cumbriacpcfcl1@gmail.com
cumbriaparentcarerforum@gmail.com
www.cumbriaparentcarerforum.org.uk

What type of events would you like in the future?

- Health workshops.
- Education workshops.
- Re-start Cumbria Disability Network.
- Employment workshops.
- Staying safe workshops.
- Community engagement workshops.
- Internships.
- EHCP workshops.
- Transition to adulthood Workshops.

Let us help you

If there are any of the above workshops that you would be interested in attending let us know . We are here to help!

Contact:

Celean: Messenger- cumbriacpfcel1@gmail.com (admin)

Shirley Murphy:- cumbriaparentcarer@gmail.com (Allerdale)

Jonathan King - millomking@hotmail.co.uk (Copeland)

Gill Davies:- gilldaviesuk@yahoo.co.uk (Eden)

Wendy Askew:- askewnside@aol.com (Allerdale)

Mark Davies:- 33markdavies@gmail.com (Eden)

Rachael Davies:- rachaeldavies@hotmail.com (Allerdale)

Rebecca Mullins- rebeccamullins5@gmail.com (Carlisle)

Sharon Watson:- wellingtonbistro@hotmail.co.uk (Copeland)

Cristina Bowman:- mrs.bowman@live.uk (Carlisle)

Carol Thompson:- carolthompson44@hotmail.co.uk (Carlisle)

Sally Crosby:- sallycrosby1@gmail.com (South Lakes)

Feedback from our Disability Information Day held in Workington on 21st November

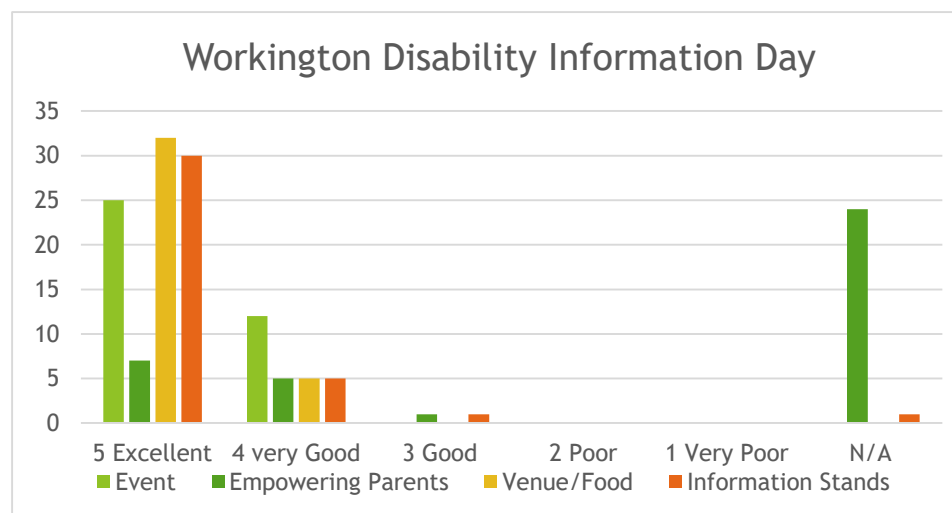
	5 Excellent	4 Very Good	3 Good	2 Poor	1 Very Poor	N/A
Event	25	12				
Empowering parents workshop	7	5	1			24
Information Stands	32	5				
Food/Venue	30	5	1			1

FEEDBACK from parents

- **Event:** Overall was excellent.
- **Empowering Parents workshop:** Overall was excellent to very good, interesting and very useful.
- **Information stands:** These stands were excellent, great mix of stands and very helpful with lots of information.
- **Food:** Was excellent.
- **Venue:** Was Excellent

Selection of comments from parents.

- **What did you enjoy most from the speakers?** There was a lot of useful and interesting information talked about that parents didn't know, the Local offer gave out some good information, EPATs was very interesting and found Dogs for good was very enjoyable.
- **How could we improve our events:** More local advertisement, some parents did see the advert in the Whitehaven News and received the invite via their child's school, would like more of these events centrally, have speakers in a separate room. Great event keep up the good work.
- **What other kinds of events or workshops would you like to have?** ECHP/Annual review form filling, Challenging behaviour, Work experience opportunity's, Benefit's workshops, Autism, Stalls that sell weighted blankets and toys for Autism, Dogs for good, Depression and anxiety in children, Healthwatch to help people understand there's somewhere to have their voices heard, Educational Psychologist.

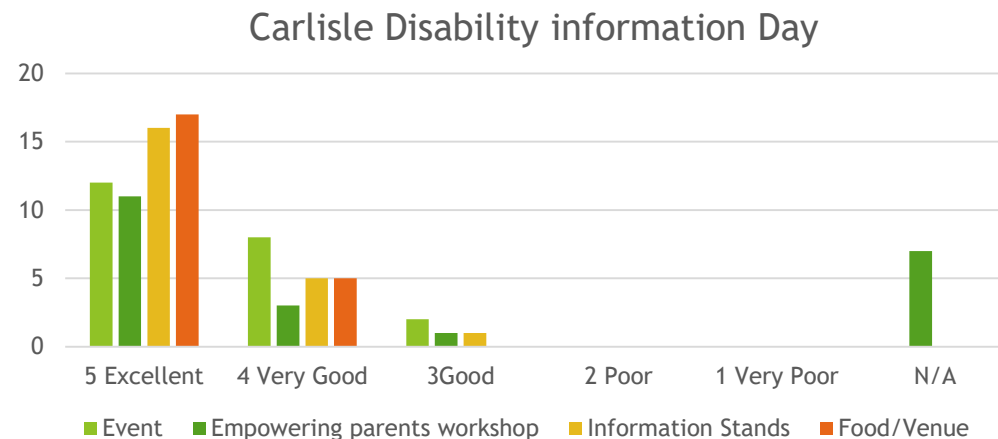


Feedback from our Disability Information Day held in Carlisle on 25th September

	5 Excellent	4 Very Good	3 Good	2 Poor	1 Very Poor	N/A
Event	12	8	2			
Empowering parents workshop	11	3	1			7
Information Stands	16	5				
Food/Venue	17	5				

FEEDBACK from Parents

- Event:** Overall was excellent to very good.
- Empowering Parents workshop:** Overall was excellent, parent carers were pleased to see Dan Barton at the event chatting to people, there was maybe a little too much information on the day with too many abbreviations used.
- Information stands:** These stands were excellent.
- Food:** Was excellent.
- Venue:** Was Excellent
- What kind of events or workshops would you like to have:** the feedback forms people would like to see more on Autism, benefits, challenging behaviour, PDA and Educational Health Care Plans.
- How could we improve these events:** More parent/carers and more local advertising?



Feedback from meetings and events attended

Gill Davies and Mark Davies

Eden

Event Title: Autism and Mental Health Lecture

Event was held by : Autistica and Newcastle University

Event took place at: Herschel Building, Newcastle University, NE1 7RY

Date of the event: 14th November 2018

Purpose of the Event:

To discuss latest research carried out by Autistica into autism spectrum disorder conditions

Comments on the Event by CPCF Attendees:

Mostly attended by professionals and people who understand the terminology that can be used at these events, and this lecture was very much in such terms of technical language. But, what we did understand, as parent carer reps, was highly interesting. A lot of what we heard made sense and put into words our experiences, as parent carers, of autism.

Information gained by CPCF and other Outcomes from the Conference:

- Attending this lecture and reporting on same to our members is in line with our DfE role of supporting participation by parents in the service planning and decision making processes within our local area, by informing our parent carer members as to the latest developments in research. Better informed parents are more able to participate.
- Autistic people (APs is the label the lecture used) need support systems to get by, as well as routines.

Feedback continued

- Most APs have difficulties over anxiety, which can become overwhelming and all consuming. These anxieties can develop around their routines, or around specific fears such as sounds/sensory sensitivity, or develop from social fearfulness. They can present as compulsive/ritualistic behaviours (OCD type presentation).
- APs will have an intolerance of uncertainty (IU), irrespective of the likely outcome of the uncertainty. This leads to anxiety.
- IU is associated with:
 - a) Sensory processing difficulties and big reactions to sensory input; and
 - b) APs will reduce their sensory reactions by repetitive behaviour.
- APs need strategies to cope with IU and anxiety.
- APs can deal well with factual and objective questions, but subjective and opinion based questions can lead to anxiety.
- Autistica are developing a therapy to assist parents to assist their children with autism: CUES (Coping with Uncertainty in Everyday Situations). Look it up, it may help you in the future!! Link: <https://www.autistica.org.uk/our-research/research-projects/coping-with-uncertainty>

Feedback from meetings and events attended

Gill Davies and Mark Davies

Eden

Event Title: How is Cumbria responding to meet the challenges of LeDeR implementation? Learning and sharing event.

Event was held by: North East and Cumbria Learning Disability Network. Presentations were also given by representatives of local health authorities and People First.

Event took place at: People First Building, Milbourne Street, Carlisle, CA2 5XB

Date of Event: 12th October 2018

The purpose of the Event:

To discuss the findings of the The Learning Disabilities Mortality Review Annual Report (LeDeR) 2017, see link:

<https://www.hqip.org.uk/resource/the-learning-disabilities-mortality-review-annual-report-2017/#.W8YPwGj0lRA>

For parent carers, or for anyone in fact, this is upsetting to read, as it shows people with learning disabilities live for 20+ years less than the general population, and this disparity may not be getting better.

This is an important review and is now being carried out throughout the country on an annual basis.

Feedback continued

The outcomes of the Review and this event:

The reasons why the situation does not appear to be improving may be due to the method of reporting and collection of statistics. There will be annual reviews and the manner of reporting and the number of cases reviewed should improve with time, and a better view of trends, whether for better or worse, will become apparent.

Other talks mainly centred around improved understanding by professionals of indications of illness and deteriorating conditions affecting people with learning difficulties who cannot express themselves or communicate adequately. On this issue, one point forcefully put forward by providers of services (for example Carlisle Mencap and Chrysallis) and parent carers present, was the need for health professionals (eg doctors) to fully take on board the views of family members and paid carers; when these carers say the person they are caring for is suffering and is seriously ill, medical professionals should fully accept what carers say. There was one case study with harrowing details, where the medical professionals failed to take into account the concerns of the carers.

This was an enlightening event for parent carers, and the organisers stated their hope that for events in future years, more parent carers would become involved and attend.

Feedback from meetings and events attended

Rebecca Mullins, Shirley Murphy, Gill Davies and Mark Davies

North, Allerdale & Eden

Conference Title: What does a good life look like for people with learning difficulties in Cumbria? A platform for change.

The conference was held by: Healthwatch Cumbria, with a steering group composed mainly of Healthwatch staff, Cumbria County Council staff and Cumbria Parent Carer Forum representatives (although our forum was not mentioned anytime in the conference or in the documentation); it was attended by representatives of many organisations including local authorities, local health authorities, providers and parent carers; also, some people with learning difficulties attended, and some gave presentations at the main and group sessions

At: People First Building, Milbourne Street, Carlisle

On: 1st October 2018

The purpose of the Conference:

- Healthwatch Cumbria carried out a survey of what people thought of services in Cumbria for those with learning difficulties; those people were:
- People with learning difficulties
- Parents/carers
- Commissioners
- Social workers
- Service providers and staff.

Feedback continued

- The aim was to understand:
- How service delivery has changed
- Identify where there are any problems
- Identify where service delivery could be improved
- Highlight examples of good outcomes for people with learning difficulties
- The survey was carried out online with 109 responses and by personal interview with 120 people. This is a relatively large survey for a county population the size of Cumbria's, and is about equivalent to a national survey of some 25,000 people.

The outcomes of the survey and conference:

Here is a link to the Healthwatch website describing the event:

<http://healthwatchcumbria.co.uk/healthwatch-cumbria-supporting-development-bold-new-plan-improve-lives-people-learning-difficulty/>

- In our view, the most telling conclusions revealed by this conference are, in brief:
- Users of services want more choice and control
- There should be improvements to the availability of transport services for people with difficulties
- There is a lack of opportunities for people with learning difficulties to acquire and have social relationships
- It would help if the general community had better awareness of the problems faced by people with difficulties
- There should be more employment opportunities, and the initiative should be taken by local public bodies (eg council and health authorities), who should pledge a small percentage of jobs to those with learning difficulties
- The nearly final part of the conference was a speech and question and answer session by the guest speaker, John Macilwraith, Executive Director of People at Cumbria Council, who said "Cumbria County Council is serious about raising expectations and aspirations". Can the people of Cumbria hold him to that?

Feedback from meetings and events attended

Gill & Mark Davies

Steering Group Members from Eden

Applying for funding

With: Heritage Lottery Funding

At: Methodist Church, Penrith

On the: 26th September 2018

Purpose of the Seminar:

To explain some of the processes and requirements of obtaining funding from this body

Comments on the Seminar by CPCF Attendees:

1. Apart from existing funding from the DofE and Cumbria County Council, the forum has little or no experience of approaching other bodies for funding
2. From a position of no knowledge, the attendees now have some basic idea of what this type of funder is looking for in applications
3. Such funders look for a purpose relevant to their requirements, in this case the purpose must relate to our nation's heritage, being cultural, tangible (eg buildings or craft items) or natural (eg fauna and flora, or countryside)
4. The funders also look for involvement by people, doing activities or learning new skills
5. There must be a discernible outcome, for the benefit of our heritage, or people, or the community
6. Although this seminar was for event type funding, this was an easy to follow seminar, and a good first step for the forum in learning to obtain other sources of funding.

Feedback from meetings and events attended

Mark & Gill Davies

Steering Group Member for Eden

Transforming Care for Children and Young People Conference

Event was held by: Jointly by: Challenging Behaviour Foundation, NHS England and Council for Disabled Children

At: Mercure Hotel, Sheffield

On: 25th September 20

Purpose of the Event:

1. The Transforming Care Programme is entering its third year, and the conference's aims were to:
2. Take stock of what we know works
3. Learn from case studies
4. Understand what research and evidence there is and how this can influence planning and practice
5. Learn about the Accelerator Programmes of work for children and young people.

Comments on the Event by CPCF Attendees:

- Neither attendee had previously heard of the Transforming Care Programme, hence our knowledge and understanding of this programme is limited
- In each area there is a Transforming Care Partnership (TCP); the north of Cumbria is represented within the North East and North Cumbria Partnership, where the partners include Cumbria County Council and North Cumbria Clinical Commissioning Group

- North Cumbria CCG had at least one attendee at the conference, being Harry Harrison, a Deputy Commissioner of Services
- As far as we are aware, there were no attendees from Cumbria County Council who are a party to that local Partnership
- The south of the county of Cumbria is part of the Lancashire and South Cumbria Partnership, and the Morecambe Bay Clinical Commissioning Group is a party to this Partnership

Comments on the Event by CPCF Attendees(continued):

- As far as we are aware, there were no attendees from Morecambe Bay Clinical Commissioning Group who are a party to that local Partnership
- Although the conference was well run, it was primarily aimed at professionals and therefore at times it was a little outside the understanding of the CPCF attendees, who are, of course, parent carers and not trained professionals
- ▶ **Information gained by CPCF from the Conference:**
- ▶ The Transforming Care Programme is especially aimed at challenging behaviour shown by children and young people (CYP) with special educational needs and disabilities, where it was particularly noted this is a common difficulty suffered by people on the Autistic Spectrum
- ▶ The programme aims to provide support for parents and professionals in dealing with challenging behaviour, and provide resources for providing support and training
- ▶ There is always a reason for challenging behaviour; triggers will set off challenging behaviour, and if these reasons or triggers can be ascertained they can be avoided or nullified; remove the cause, prevent the problem

- Triggers can be diverse, and are usually stress related, ranging from noise, bright light, unexpected events, failure to follow a routine, pain, illness, certain situations such as staring children, and these triggers and reasons may not be obvious
- The major support technique is known as Positive Behaviour Support and evidence shows this is highly successful for the benefit of affected CYPs, their families, schools etc
- It was repeatedly stated, by different speakers, that the parent carer's role is of utmost importance and professionals should regard them as a primary resource
- This is a major push by the NHS and its partners to help improve the lives of CYPs and their families who suffer from challenging behaviour
- Unfortunately, we do not know what progress there is in this programme in South Cumbria, and this is a matter CPCF should look into
- Unfortunately, whilst we understand there is a programme for children ages 2 to 11 years in North Cumbria, we believe there are no plans to fully implement the programme for CYPs over the age of 11, and CPCF should find out if this is correct or not and press for a change to policy if needed

Feedback from meetings and events attended

Gill Davies

Steering Group Members from Eden & Allerdale.

Autism: Managing Challenging Behaviour at Home

With : Geoff Evans, Autism Trainer and Consultant

At: Methodist Church Penrith

On: Friday 21st September, 2018

Matters discussed:

Supported by:- Owl Blue Children's , Triple A Project, Penrith (All About Autism), S.H.O.U.T Maryport based parents support group

First of all I would like to thank the above charities for putting on this brilliant event.

- Geoff Evans is a very knowledgeable man on Autism, and I would highly recommend anyone going along to one of his lectures on the subject in the future
- Geoff discussed many different techniques on how to manage challenging behaviour. He also said if we concentrate on the bad behaviour, we don't see the child.
- Behaviour in autistic people are complex and we shouldn't try to 'change' them to fit the 'norm', whatever that may be.
- Parents need to give themselves permission to just give in, now and again, "I will do what I need to do to manage today" and get back on with it when you feel up to it. Parents are their child's advocates and they know their child best.
- In some cases, challenging behaviour only happens outside the home That can be because of sensory overload or the people caring for the child don't know the correct strategies to prevent the challenging behaviour happening.
- In other cases, the child will contain their feelings till they get home and then just blow. Most parents are successful at managing behavioural issues – professional bodies put pressure on parents as if it's the parents' fault and yet most issues happen outside the family unit.
- I will definitely be using Geoff's strategies with my son, and I will be passing on Geoff Evans' good advice to my son's college.

Continued

relating to transition where capacity is lacked by the young person.

- There seem to be 3 overlapping roles of transition social worker, key worker and lead transition officer; if possible, there should be just one officer liaising with young people and parent carers.
- Families do not have expertise to know how to deal with, or what can be achieved, relating to transition; families need advisers to guide them – apparently, in respect of all transition matters, this is the role of Inspira (but the CPCF representatives were not actually aware of the extent of this role apart from help with the EHCP). There should be full information shown as to Inspira's role.
- What if the young person has limited communication or lacks capacity? Does the LA or LHA decide what the needs and desired outcomes are, or does the family? Do the public bodies know what is best for the YP, or does the family? Who knows the YP better? What is the role of the family in making decisions? What if there is no agreement between PBs and family? There should be information as to this.
- There was imbalanced wording as to further education, where the document stated " Please note that full-time education may not mean you/your child will attend for 5 days per week. Local college courses (mainstream and specialist) would ordinarily require attendance for 16 hours per week; normally across 3 days."

CPCF have asked for the following wording to be included:

"However, in some cases, courses normally offered over 3 days may need to be spread over 4 or 5 days where that is likely to lead to better outcomes. In addition, Cumbria County Council should consider the need to provide a full package of provision and support across education, health and care that covers five days a week where that is appropriate to meet the young person's needs.

A package of provision can include non-educational activities such as:

- volunteering or community participation
- work experience
- opportunities that will equip young people with the skills they need to make a successful transition to adulthood, such as independent travel training, and/or skills for living in semi-supported or independent accommodation, and
- training to enable a young person to develop and maintain friendships and/or support them to access facilities in the local community."

CPCF will monitor this document, and the young person/parent carer version of it.



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www.aspatriadreamscheme.com



Tables

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We have 4 long church style pews that seat up to 32 people



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Male, female & disabled toilets, with baby changing facilities



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Disco lighting fitting to our roof you can have your party going at just a flick of a switch.



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Every OTHER Sunday morning
9:30-11am

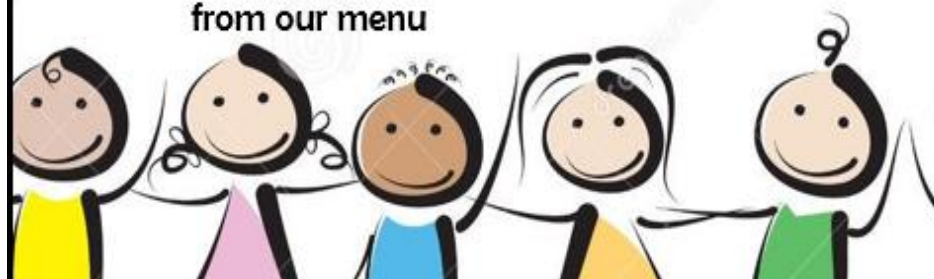
Exclusive use of the play centre
for children with additional needs
(closed to public)

Upcoming dates:

25th November
9th December
23rd December

£4.50 without food

£6.50 including a children's meal
from our menu



Buzy Bee Software Services

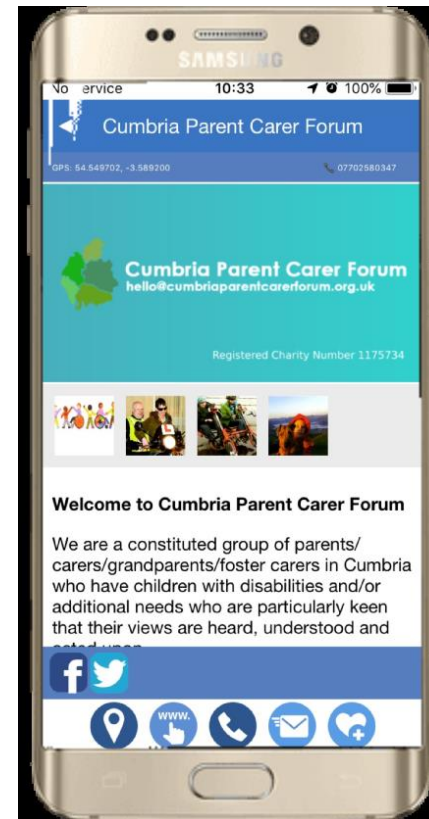
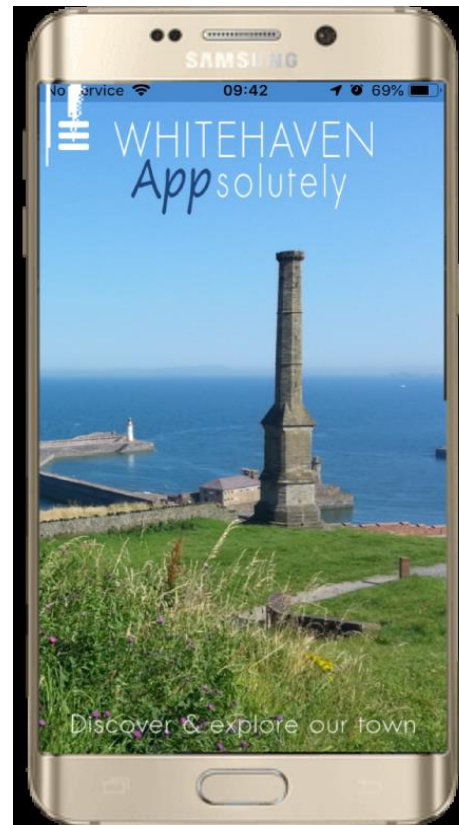


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Whitehaven Appsolutely is a FREE to download town App covering Whitehaven and the surrounding area. As well as being a one stop App to find what to do, where to eat where to shop, where to stay, local information etc it also has a section showing information about local Charities & Support groups covering this area.

There are already several charities on the App including Cumbria Parent Carer Forum and the list is growing. Once the App has been downloaded information is still accessible even when the user is not connected to the internet. It is a way of finding out about latest news, upcoming events and general information about the Charity/Support Group and more.

To download the App and find out more information please visit
www.whitehavenappsolutely.co.uk



FREE 14 DAY GROUP CHALLENGE

Autism Christmas Planning

Join us as we work together to plan how to
help your child with autism over the
Christmas period

Starts 26th November for 2 weeks

www.helpunderstandingautism.com/p/ChristmasChallenge

How To Plan Exactly What Your Young Child With Autism Needs To Enjoy
The Christmas Season

In 5 simple steps during the Autism Christmas Challenge

Learn brilliant ways to deal with anxiety

How to deal with school and what to say to be a good advocate for your child

Plan how to adapt life to meet your child's needs in advance so you are
prepared and confident

Learn some great tools to communicate what is going to happen with your
child

Support and training given via Facebook group and email

This experience is completely free and a gift from me to you to ensure your
family has the best Christmas ever

All my love

Jenny Palmer xxx

Founder of Help Understanding Autism

Disability association Carlisle & Eden

DOES YOUR PA REQUIRE TRAINING?

DaCE co-ordinate training for Personal Assistants locally in the following areas –

- Moving & Handling
- First Aid
- Medication
- Safeguarding
- Infection Prevention

We can also arrange tailored training to meet the individual needs of our clients, such as Autism and Diabetes.

Call Angela Woodburn, 01946 825550, to discuss your training needs.

Training Available

Emergency First Aid at Work

3rd December 9.30 am - 4 pm

Training held in Workington

Limited places available

Basic Moving & Handling

11th January 9.30 am -12 noon

Training held in Workington

To book please contact Angela Woodburn 01946 825550



Cumbria Partnership **NHS**
NHS Foundation Trust

EDEN COMMUNITY RESPONSE TEAM

A multi—disciplined team made up of Occupational Therapists ,Physiotherapists and Generic Rehabilitation Assistants, providing advice, support and some free equipment to help people remain safely in their own home and prevent hospital admissions. The service is free and can be accessed by contacting the ECR team on:

01768 245382 Monday - Friday 08:00 - 17:00



There are now more opportunities than ever for young people in Cumberland to access Football! We currently have 3 inclusive formats of the game. These include Frame Football, Powerchair Football and PAN Disability opportunities. We also have 14 adult teams who play once a month at our Ability Counts League in Penrith, for people 16+ with disabilities. All teams are looking to grow their squad so welcome new players.

All coaches for the junior sessions are qualified with up to date safeguarding and CRC certificates and experience of coaching individuals with disabilities. We have volunteering opportunities and coaching pathways for people interested in becoming a qualified coach with discounted qualifications and mentorship included.

Our aim as a County FA is to have opportunities For All people to access our sport in a safe, comfortable, inclusive environment which considers the needs of all individuals.

If you would like to find out more, or get involved please follow this

link: <http://www.cumberlandfa.com/players/disability> or contact: Email-Ray.Sempill@cumberlandfa.com

Tel- 07807665543.



Have you got your free copy of Contact's *Helpful Guide for Families with Disabled Children* yet?

Packed with all the essential information parents of a child with additional needs or a disability might need, the *Helpful Guide* helps parent carers navigate their way through what can be a confusing system of support and points them to more in-depth help and advice on Contact's website.

Contact designed *The Helpful Guide* for all families with disabled children, but it's particularly relevant for families early in their journey.

Order your free copy today:

www.contact.org.uk/helpful-guide

Family Dog Workshop in Penrith.

Workshop for parent/carers of a child aged between 3-16years old with a clinical diagnosis of autism.

Family Dog Workshops are ideal if you:

- Are at the early stages of considering getting a dog to help your autistic child
- Know that you want to get a dog and are looking for help choosing and handling a dog
- Already have a pet dog but would like training ideas and support Family Dog Workshops in Penrith

Date: 4th, 5th & 6th December 2018

Venue: Penrith Community Fire Station,

Carleton Avenue,

Penrith, CA10 2FA

The series of three one day workshops use a combination of practical demonstrations, discussions, hands on learning and course hand outs. Following the workshops, ongoing support is available to families including telephone support, online resources, and a private Facebook group.

Find out more and book: www.dogsforgood.org/family-dog

COUNSELLING & PSYCHOTHERAPY WITH CHARLOTTE HINDLE

ABOUT ME

I have a PgDiploma in Counselling and Psychotherapy and a member of the British Association for Counselling and Psychotherapy. I work with adults, children and young people, supporting them through any difficulties. My prior experience includes working in a Special Needs School working with young people with social, behavioural, emotional and learning difficulties and Autism Spectrum Disorders.

Through a non-judgemental person centred approach, I offer a confidential space to work through any issues. My understanding of individuality means that my sessions are adapted to suit your needs so you are able to safely explore personal struggles. My aim is to view things from your frame of reference, looking through your eyes. Reviewing our therapy sessions provides an opportunity for me to introduce additional methods that we both feel could benefit your therapeutic journey.

I offer face to face or online counselling. Online counselling can be via email or an instant messaging service. I help clients with a variety of issues including:

- ▶ Anxiety / social anxiety
- ▶ Depression
- ▶ Bereavement / Loss
- ▶ Trauma

WWW.beheard-counselling.co.uk

Email: beheardcounselling@outlook.com

Mobile: 07904061669

What to expect from counselling and psychotherapy.

What can I talk about?

You can talk to me about anything. My clients are able to bring a variety of issues they are currently trying to grapple with, such as depression, anxiety, relationship problems, low self esteem, mental health issues, along with the vast raw emotions that can be brought to light with these issues.

The aim of counselling and therapy is for me to provide you with a confidential space for you to explore your issues, thoughts and feelings in a safe environment. My role is to support you through the counselling process without judgement.

The first session.

The initial half hour session is your opportunity to ask any questions about counselling or about me to make sure you are happy that your needs will be met. We will explore your current issues and together we will establish the focus and desired outcomes of counselling.

Should you wish to continue, our first session would include our Counselling Contract, in which we will discuss confidentiality, boundaries, fees/payment and an agreed way of working together.

Our therapeutic journey will then begin and we will have regular reviews to ensure the counselling continues to be effective.

How does counselling work?

Person centred counselling and psychotherapy is a talking therapy where the client brings current issues to the counselling room. As well as discussing problems that are in the here and now, presenting issues may lead to us talking about past experiences that have impacted your thoughts, feeling or behaviours. Talking about historic events can help with reconnecting with yourself and understanding elements of your life you find confusing. My role is to listen without judgement, to show respect and empathy and to be fully present with you so we are able to build a trusting and strong therapeutic relationship. These components are the foundation for the counselling process and I believe that we can work together in improving your outlook.

Confident - Parenting

Aims:

- Support Parents who would like to increase their confidence in understanding and managing their child's behaviour.
- To bring parents together to explore common difficulties and reduce isolation.
- Give pointers - through sharing the group's expertise and resources.
- The Confident Parenting Programme lasts for two months and involves parents in a weekly commitment to a two hour group training session. Two parents or carers may attend.

If you are interested and require more information please email on ChildrensLearningDisability@cumbria.nhs.uk You can also find more details and how to refer on our website <https://www.cumbriapartnership.nhs.uk/our-services/children-families/our-children-and-families-services/childrens-community-learning-disability-service>



A parenting programme to support parents of a pre-school child with a diagnosis of Autism.

Aims:

- To help parents to understand their child's autism by getting into 'their world' to develop interaction and communication
- To support parents at the earliest opportunity to pre-empt the development of inappropriate behaviours
- To create a peer group support network who may be able to share problems, experiences and solutions in parenting a young child with autism.
- The NAS EarlyBird Programme lasts for three months and involves parents in a weekly commitment to a two and a half hour group training session or a home visit. Two parents or carers may attend.

If you are interested and require more information please email on ChildrensLearningDisability@cumbria.nhs.uk
You can also find more details and how to refer on our website <https://www.cumbriapartnership.nhs.uk/our-services/children-families/our-children-and-families-services/childrens-community-learning-disability-service>





Cumbria SEND Information, Advice and Support Service

SEN and Disabilities

Offering impartial information, advice and support to children and young people (0-25 years) with special educational needs and/or disabilities and their parents & carers.

A child or young person may have learning difficulties caused by:

- A physical disability;
- A problem with sight, hearing or speech;
- Difficulties with reading, writing or mathematics;
- Emotional or behavioural problems;
- Communication and social interaction.

Allerdale Area

Susan Eastwood

Tel: 07824 408922

Email: susan.eastwood@cumbria.gov.uk

Copeland, Coniston and Ambleside

Sally Godfrey

Tel: 07795 110940

Email: sally.godfrey@cumbria.gov.uk

Carlisle Area

Tracey O'Roarty

T: 07825 068031

E: tracey.oroarty@cumbria.gov.uk

Penrith and Kendal Area

Emma Stephenson

T: 07769 935446

E: emma.stephenson@cumbria.gov.uk

Barrow, Ulverston and Grange Area

Celia Jones

Tel: 01229 407439

Email: celia.jones@cumbria.gov.uk



We can now be found on Facebook @CumbriaSEND (fb.me/CumbriaSEND), where you will also find a link to our Website cumbria.gov.uk/childrensservices/schoolsandlearning/its/parentpartnership/ Cumbria Local Offer: where you can find a range of information and guidance for children and young people with additional educational needs throughout Cumbria: localoffer.cumbria.gov.uk/kb5/cumbria/fsd/home.page

Your local SEND IAS Service Co-ordinator will listen to your concerns and can offer:

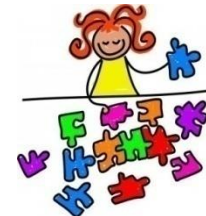
- Appropriate support, impartial information and advice;
- To arrange a confidential meeting with you and support you at meetings;
- Detailed explanations of how the Special Educational Needs (SEN) process should work;
- Information about local and national voluntary organisations;
- Information about young peoples and parents support groups in your area;
- To support you through the Education, Health and Care Plan (EHCP) Process and annual reviews;
- The chance to meet other people with similar needs, or the chance to meet other parents who have children with similar needs;
- To help you learn more about the SEND Code of Practice.





There are 9 libraries in Allerdale which all have a wide variety of resources which may be helpful to people with autism additionally they could be potentially used as a safe quiet meeting place I have listed these below;

- Children's seasonal events such as Summer reading challenge, Bugs N Stuff
- Rhymetime is a weekly parent and child group (aimed at birth to pre-school children). The parents and children come together to sing songs and play instruments.
- Competitions
- There are public computer in all of the libraries and everyone can use them for up to 2 hours for free
- There are regular benefits check-ups ran by West Cumbria Carers and Citizens Advice
- Some of our libraries have jigsaws which can be loaned or worked on in the library
- Our stock of books include sensory books, picture books
- Most of our libraries offer DVDs for loan
- All of our libraries have talking books (story tapes)
- There is a section in all of the libraries called Shelf Help, these are collections of books which are recommended by professionals to help people with their health and wellbeing, there is also a section in the junior area of the library which are aimed at young people.
- As well as all of this there is a selection of books which are all about autism.



Shared Lives Cumbria

Shared Lives Cumbria

Shared Lives is a scheme that matches adults who need support with host carers who provide them with respite, day support or long term care in the carer's home. The council is recruiting new Shared Lives carers to provide the service in Cumbria, and is encouraging potential carers to get in touch.

Shared Lives provides an opportunity for adults who need some support to live happy and healthy lives as part of their local community. Shared Lives carers come from all walks of life but all of them have patience, understanding and compassion. Carers receive a generous allowance from the council as well as full training and support from a dedicated worker.



Libby Potts is a full time Shared Lives carer, having previously offered part time respite care for many years. Wayne, who has Down Syndrome, and Daniel, who has learning difficulties, live with Libby at her home in Carlisle. Libby said:

"My motivation was just to help people to experience an ordinary family life, and I have learned so much from my time with Daniel and Wayne – they are part of my family now and I love watching them develop and helping them to live as independently as they are able to. I'd urge anyone who has some free space, plenty of time, and a big heart to give the team at the council a call – it's so rewarding and you'll get all the support and guidance you need from the team, plus the allowance. You'll never look back."



Cumbria Shared Lives can support adults with various needs, in particular, individual's with a learning disability, mental health and elderly people.

There are already 12,000 Shared Lives carers in the UK, recruited, trained and approved by 150 local schemes, which are regulated by the government's social care inspectors.



For more information, or to apply to be a Shared Lives carer, visit cumbria.gov.uk/sharedlives or call 01228 226053 (North) 01229 404005 (South).



Parent Carers Family support in the West Area.

I support people whose lives have or are being affected by someone else's misuse of alcohol or Drugs in the community.

- ▶ 1-1 Support, 12 one hour sessions.
- ▶ Black box Acustim.
- ▶ Mindfulness.
- ▶ Health and well being.
- ▶ EFT (emotional freedom technique) Tapping

Families can find them self's in emotional distress, as they try to please the person using in the family. When clients first come to support, they are not aware that they are enabling the person to use by supporting them financially, as some family members will take on the burden of their debts due to their drug or alcohol use.

They think by giving them what they want they can stop them from using. Some family members stop thinking about what they need and want and just focus on the person using. As they think that they are not important, and want the family member to stop using.

Some clients will say things like" I just want my son or daughter back". The person they are supporting will look like their child, but is now long the person they used to know and for some people is very difficult to cope with. I work to help families to grieve the loss of that person and in time they themselves can move on in their lives, and support the person in a different way.

One to one Sessions are for the client to get support in a safe environment, space and time to explore what they want to change. Talking confidentially about issues they are dealing with.

Acu-stimulation is very much like acupuncture without the needles. Tens machines, gentle pulses pass through pressure points on the ear and hands with sticky pads and clips. Stimulating hormones and rejoicing the Adrenaline levels in the body, can help stress, anxiety, also improve sleep and overall well being.

Mindfulness can be taught in 1-1 sessions. Mindfulness helps focus on the present moment, the here and now, focusing thoughts and feelings in a calm way. Mindfulness can help improve mental health and reduce stress and anxiety.

Some clients when they come to CADAS don't see that they are in a carer's role, and the effect it is having on them. I refer clients to West Cumbria Carers, the client will have an assessment, and then support who might need extra support, e.g. someone to help around the house, also to get involved with outside activities, mindfulness classes, cooking classes, drop in session.

To refer call Collette Simmonds on 07384513027

or our county wide number on 0300 111 4002.

Email address colletts@cadas.co.uk

Group support
Every 2 weeks on Mondays
10am to 12pm
Sneckyeat community centre



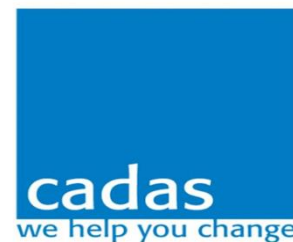
**Free
All welcome**

Get support to make changes to live more positively
Meet new people in a relaxed environment
Have a cuppa & chat
Tackle isolation with peer support from others
Information awareness around drugs & alcohol
Make time for you, improve your health & wellbeing

Contact Collette for more information

collettes@cadass.co.uk

Tel: 0738 451 3027





‘There is no greater joy nor greater reward than to make a fundamental difference in someone’s life’

Mary Rose McGeady

About Us

West House is West Cumbria’s leading care and support provider for adults and children with learning disabilities; at home, in the community and in the workplace, hundreds of people are supported to live meaningful, rewarding lives.

Our History

Created in 1986 as a partnership between the NHS, Social Services and local charities such as MIND and Impact Housing, West House soon established itself as a care and support provider specialising in helping people feel and be a part of their local community.

West House became an independent Industrial and Provident Society in 1996. Since then the organisation has continued to grow whilst still remaining true to its vision of creating better lives for people. We are now one of the largest voluntary organisations in Cumbria.

West House is a major employer in Cumbria with around 350 care and support staff.

We support around 150 adults and up to 50 children in a variety of community based accommodation and activity based services.

West House is a charitable membership organisation, with about 50 shareholding members. Our membership comes from 3 groups: people who use our services, family carers and supporters. The membership elects 12 people to represent them on the Management Board. This Board elects two Co-Chairs to lead the organisation one of whom will always be someone who uses our services.

<http://www.westhouse.org.uk/>

As part of our 'Partnering with Parent Group' initiative, our Pontville School are delighted to be able to offer parent groups and support organisations across the North West region a range of free expert led training sessions. Pontville School, based in Ormskirk, Lancashire, is an Ofsted outstanding day and residential specialist school, which is part of Witherslack Group.

We are offering to deliver workshops on a range of SEN topics, including:

- Anger and behaviour management
- Supporting teaching and learning
- Improving speech, language and communication
- Understanding the SEND code of practice and EHCP Outcomes

Each bite size session will be delivered within a session lasting no more than an hour, enabling your group members to benefit from the expertise and experience of an expert practitioner in the specific topic area.

Sessions can be delivered within your own setting or regular meeting. Alternatively, we can host the sessions for your group to attend, depending on availability and numbers.

Demand is expected to be high for this new initiative and we do have limited availability, so for further information please contact Matt or Rukiya on 015395 66081 or events@witherslackgroup.co.uk



Save the date

Witherslack Group launch new events calendar!

The Witherslack Group's schools and homes offer uniquely inspirational environments for children and young people with special educational needs.

The Group also runs a successful calendar of support events for parents, carers and professionals, which offer a vast range of expert information on how you can best support a child with additional needs.

Many of the events are free to attend and not only provide the chance to gain important advice and knowledge but also the opportunity to meet with others who share similar experiences.

You can view the events calendar by visiting www.witherslackgroup.co.uk/events or contact Clare or Rukiya for more information on events@witherslackgroup.co.uk or 0844 880 6520.



Education Providers



Transitions from School to Carlisle College

We recognise that moving on after Secondary School or Alternative Curriculum Provision can be a daunting and confusing time for young people. At Carlisle College we have a dedicated Learning Support transition team who are here to help in anyway they can to ensure a smooth transition from School/Alternative Provision to College. Assistance can include:

- Meeting students in School/Provision to talk about College
- Arranging individual College tours
- Arranging tasters in their area of choice at College
- Ensuring the right support is in place to facilitate learning if appropriate.
- Attending Year 9-11 reviews for students with Education, Health and Care Plans (EHCP's)

The key aim of the Transitions Team is to ensure that through the bespoke transition programme, the move to college is exciting and seamless, allaying any fears for the young person and their parents/carers.

If you would like to discuss your son/daughters transition to Carlisle College please contact Learning Support – Direct Line 01228 822830 or by email learningsupport@carlisle.ac.uk

Support Groups



ADHD West Cumbria

We are a non-profit voluntary support group. Our group was established by parents of children with ADHD/ADD, associated conditions and Special Needs.

We have a support group meeting on :

5th of September

12.30-2.30pm

At Moorclose Community Centre, Needham Drive, Workington.

Pop in to meet the new chair (sarah-jayne), find out what's coming up and let us know what you would like to see in the group.

For more information contact:

Sarah Jayne Thomas 0754359175 or Rachael Davies 0751559626



South Lakes Autism Family Support Project

Stricklandgate House, 92 Stricklandgate, Kendal, Cumbria, LA9 4PU

Getting support for a child on the autism spectrum and their family is often far from straightforward. This is because not all people on the autism spectrum fit the traditional idea of disability. As many parents already know, this causes frustration. The South Lakes Autism Family Support Project aims to support families to get the best out of existing services and identify gaps in provision to inform future service developments.

Or regular drop in session on a Thursday at 10am is an opportunity to meet other families, gather relevant information and have the chance to spend time amongst people with similar experiences. Perhaps you need help with a form or some unanswered questions? We will try to help!

Shirley Gilpin, our family support worker, can provide information, respond to telephone or e-mail enquiries and when necessary will visit parent: carers of children and young people on the autism spectrum, or on the pathway to diagnosis, at home or at a mutually convenient location.

For help and advice contact Shirley Gilpin at:
shirley-gilpin@sky.com or phone 07795346632

**PATRONS:- PETER FROST-PENNINGTON &
IONA FROST-PENNINGTON (DCL) MUNCASTER
CASTLE**



SOUTH COPELAND DISABILITY GROUP

South Copeland Disability Group hold there meeting's every second Monday in the month,
10-30am

Millom Network Centre,
Salthouse Road Millom Cumbria

Please feel free to come along and join us.

www.southcopelanddisabilitygroup.btik.com.btik.co.uk



Autism Support Allerdale and Copeland

We hold our meetings on the first Thursday of
the month at :

Distington Community Centre
Church Road
Distington
10 am –12

Please feel free to come along and have a chat
over a cuppa

Every one is welcome.

For more information : Shirley Murphy
07702580347 or Wendy Askew 07507175563

www.asaac.co.uk/



Shout parent support group is not condition
specific. All parents/carers are welcome to
attend.

There next meeting will be held :
Ewanrigg Community Centre Maryport
10am –12

Tea and coffee available £1 per meeting
children welcome.

For more information and dates of their
meetings please contact:

joahill@googlemail.com

Carlisle Daytime Autism Support Group

group meeting's are held
on the third Monday of each month

At: Mencap
grace little centre
Carlisle
10-12am

Please feel free to come along and join us.



Millom Parents & Carers Disability Group

Parents and Carers, of children with disabilities, in and around the Millom area, meet, chat, support each other and share ideas. Our main aim is to work together to raise funds to enable us to put on activities for our children. We also raise awareness of the lack of facilities and opportunities for disabled children in our area. Recently we have had to signpost new parents and children, to the appropriate services and specialists, according to the child's diagnosis. You do not have to have a diagnosis to join the group. we all know how baffling and difficult it is going through the process.

Millom Parents and Carers Disability Group Meet at:

22 Duke Street
Millom
Cumbria
LA18 5BB
Every Friday Evening

Session Information

Minecraft Club - 6 till 8pm

All activities are run on the basis that, no child is left without a parent or carer to supervise them.

Contact Name Jonathan King

Contact Position Chair

Telephone 07895034499

E-mail millomking@hotmail.co.uk

Website mpcdg.org

New

Carlisle Evening Autism Family Support Group

This group meet on a weekly basis

from 7pm to 9pm

Drinks are available at the station's vending machine for 20p per drink.

At Carlisle East Community Fire Station, Eastern Way,
Carlisle, CA1 3RA
(01228) 221 689.

For more information on this support group, please contact: 07506 872 449.

New

Moor Autism & ADHD Parental Support

A support group for families living with Autism and ADHD.

This will be held at:
the Methodist Church in Cleator Moor.

For more information contact
Gemma Mamprin
On: 07526843996

Or you can find us on Facebook

Respite Providers

West House	https://www.westhouse.org.uk/
Oaklea trust	www.oakleatrust.co.uk/
Mencap Carlisle	www.carlisle Mencap.co.uk/
Eden Mencap	www.cumbriasupportdirectory.org.uk/
Glenmore Trust	http: / /www.glenmore.org/
Care Home	www.carehome.co.uk/carehome.cfm/searchazref/10004515RESA
Chrysalia	http://www.chrysalis-cumbria.co.uk/

Useful Websites

Autism Family support project Carlisle	www.carlisle Mencap.co.uk/
Educlca	https://www.educla.co.uk/
Cumbria Cerebral Palsy	http://www.cpcumbria.org.uk/support-work-team.html
Kendal drop in Centre	https://kendalfamilycentre.weebly.com/
RNIB supporting people with sight loss	https://www.rnib.org.uk/
Supporting children with hearing	www.ndcs.org.uk/
Watchtree Wheelers	https://www.watchtree.co.uk/wheelers/
Young people first Cumbria	www.peoplefirstcumbria.org.uk/
Inspira	https://www.inspira.org.uk/
South Copeland Disability Group	www.southcopelanddisabilitygroup.btik.com.btck.co.uk
Autism Support Allerdale & Copeland	www.asaac.co.uk/
Cumbria Downs Syndrome Support	https://www.cdssg.net/
Local Offer	http://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/home.page
Children Services	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/ils/parentpartnership/contact.asp

Safeguarding Adults in Cumbria

Here is the hyperlink to the new CSAB Cumbria safeguarding adults board. It has lots of really useful information.

It is designed with a number of differing audiences in mind, and is intended to be very public facing. It describes process to expect.

Links to national and local pictures. Local contact details etc. have a look.

<http://www.cumbria.gov.uk/adultsafeguarding/>



SEND -Education

If your child has a special educational need (SEN), disability or additional needs, there is lots of help and support available to you.

A range of specialist support and provision services such as educational psychologists and specialist teachers work in partnership with schools and other settings to promote inclusion, achievement and to secure better outcomes for children and young people with SEND across Cumbria.

If your family is facing particular challenges, our [Children's Centres](#) offer a range of support for families with children and young people.

Contact Us

Allerdale and Copeland

Blencathra House

PO Box 110

Tangier Street

Whitehaven

CA28 0BN

Tel: 01946 506211

Carlisle and Eden

Cumbria House

117 Botchergate

Carlisle

CA1 1RD

Tel: 01228 226824

Barrow and South Lakes

Children's Services

Top Floor - Craven House

Michaelson Road

Barrow-in-Furness

LA14 1FD

Tel: 01229 407403

South Lakeland House

Lowther Street

Kendal

LA9 4DQ

Tel: 01539 713471

www.cumbria.gov.uk

Children & Families
Carlisle & Eden
Allerdale & Copeland
Barrow & South Lakes

Business systems &
information management
team

Cumbria local safeguarding
children's board & IRO services

Safeguarding Hub

Children's homes
& Edge care

Children and Families Services Structure – September 2017

<http://www.cumbria.gov.uk/elibrary/Content/Internet/537/7012/42412142144.pdf?timestamp=4301293025>

Children & Families
Adoption & Fostering
Services

Youth offenders
services

Children & Families
Adoption & Fostering
Services

Learning
improvements

Inclusion structure
Carlisle & Eden
Allerdale & Copeland
Barrow & South Lakes

Whole system /
strategic development

SEND IAS services

Target youth
support

Specialist youth services