



## Practitioner Guide to PACC's Community Support Offer

PACC's Community Support Offer aims to support SEND families to be better connected, reducing isolation and improving family life through social networks where information and support can be shared.

### Healthy Lives Holiday Programme



The Healthy Lives Holiday Programme is about supporting the physical and mental wellbeing of young people from the Shropshire SEND community, especially those from the Learning Disability and /or Autism communities. It is about making community-based activities accessible to this group, bringing together activity providers into one co-ordinated programme that offers meaningful opportunities to learn new skills, build confidence, make friends and get active. Importantly it provides these opportunities during the school and college holidays, a time families tell us can be difficult, when young people miss their friends and routines, and Parent Carers sometimes struggle to balance the demands placed on them.

### The Healthy Lives Holiday Programme:

- Provides a variety of activities to support physical and mental wellbeing
- Provides young people with SEND with opportunities to catch up with friends
- Provides the opportunity to make new friendships
- Gives the opportunity to try new activities in a safe and inclusive environment
- Develops skills- confidence, independence, communication.
- Provides Peer support opportunities for Parent Carers

### The Healthy Lives Holiday Programme:

- Is not a holiday club
- Does not provide 1:1 support
- Is not childcare
- Does not require a referral. Parent Carers register their child/ young person. No formal diagnosis is required.

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# The Healthy Lives Holiday Programme

## Frequently Asked Questions

### **What age is the programme for?**

The Healthy Lives Programme offers activities for 8–14 year old's and 14–25 year old's, over all school holidays, with an increased offer over Summer.

### **What is the process for accessing the programme?**

After completing the registration form, if more information is needed, a member of The Healthy Lives Team will contact you. When bookings go live and the programme timetable is released, those that have registered will be sent details and criteria for all activities, including a booking form where you will select activities. All details will be provided in emails and you will be given a key contact who you can ask any questions and get support booking any activities.

### **My young person needs 1:1 support. Can they take part in the programme?**

Yes! Young people who require 1:1 support are more than welcome to attend the programme.

The programme does not provide 1:1 support, so a PA or Parent Carer will need to attend the sessions to support. The Healthy Lives programme is not suitable for children and young people requiring 2:1 or 3:1 support where behaviours that challenge are likely to occur when activities or the environment are not highly personalised. For children and young people whose needs are so complex that a very individualised environment, activities and approach to support is required to avoid the young person becoming distressed, PACC would suggest requesting a social care assessment to explore specialised support. If you need further information about this, please contact our Navigator Service.

### **My young person will only attend if they are with their friends. Is this an option?**

When you register for the programme, you will be asked to give consent for your young person's name to be shared with others who are booked on the same sessions. We cannot guarantee this but will try our best to book friends on the same sessions.

### **As a family we struggle with transport, will this be provided?**

Transport to activities is not provided. Last year a number of attendees shared lifts with other parent carers. You will be notified ahead of activities of who else is attending to see if this is an option for you. We are also happy to provide you with bus routes for activities.

### **My young person struggles in new environments and with people they don't know. How will they be supported?**

Staff supporting the activity will be provided with information of your child/ young person's needs prior to the session and we are happy to discuss prior to the session how your child/ young person can be best supported in a new environment



# The Healthy Lives Holiday Programme

## Frequently Asked Questions

### Are siblings able to attend?

Only children/ young people registered for The Healthy Lives Programme are able to attend over half-term, due to the limited spaces available on activities. We are only able to offer sibling spaces over summer.

### How do I know if activities will be suitable for my young person?

When you register for the programme, you are asked to provide information about your young person's needs, interests, likes and dislikes. The programme will give details of activities, which will indicate the sessions we have organised for young people with more complex need. Staff at PACC are also more than happy to call and chat through the sessions with you and whether needs can be met.

### My young person is on medication, can staff administer this?

Staff will not be able to administer any medication. If medication is required during a session and your young person does not have a PA or Parent Carer with them, you will need to arrange to attend the session to administer any medication.

### My young person has food allergies, will staff be made aware of this?

You are asked to give information of any allergies when you register. This information will be passed on to staff at sessions.

### If we book a session and cannot attend what do we need to do?

We ask for a minimum of 24 hours' notice if your young person is unable to attend to try and allocate the space to someone else. However, we do understand the difficulties Parent Carers face and how plans can change last minute. You will be provided with a contact number to notify us of any cancellations short notice.

### What does my young person need to bring to the sessions?

For morning or afternoon sessions you will need to provide drinks and a light snack. For day sessions (i.e., 10am-2pm) a packed lunch will also be required. You will receive more information on your young persons' activity timetable for the programme, about any additional items needed for specific activities.

### Is there any cost to participate in The Healthy Lives Programme?

To allow us to offer as many activities as possible, we ask for a contribution of £5 per child/ young person per activity they are attending, if this is affordable. This can be paid via PayPal.

## Practitioner Guide to PACC's Community Support Offer

### Buddies Social Network



Buddies is part of the term time Community Support offered by the Parent Carer Council (PACC) Shropshire. The aim of Buddies is to bring together young people with SEND and their parent carers, to support the development of friendships and to build confidence in accessing activities in the community. Buddies also provides important opportunities for parent carers to come together, to share information and experiences and to benefit from peer support.

Buddies Social Network provides activities for two groups: Buddies activities are for young people aged 14 – 25 years, with a focus on supporting young people with SEND to prepare for adulthood. Buddies Jnr activities are for younger children aged 8 to 14 years.

When attending Buddies activities young people do need to be accompanied by a parent carer or a personal assistant. As young people grow older, build friendships and become more confident, adults providing support are encouraged to step back, while still being present to provide support and reassurance if needed. We have found that this approach enables the young people to build a network of friends and trusted adults they are comfortable to interact with and be supported by.



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## Practitioner Guide to PACC's Community Support Offer

### Community Navigator Service

**PACC Community Navigator Service**

Offering personalised signposting and Information Provision for families of 0-25 year old's with SEND in Shropshire

**What can I speak to a Navigator about?**

- Education
- Social Opportunities
- Housing Options
- Education, Health and Care Plans
- Finances and Benefits
- Support for Parent Carers
- Annual Reviews
- Staying Healthy
- Support for Families
- Activity Plans
- Mental Health Support
- Employment and Volunteering
- Help navigating the SEND system

Early Years Navigators | School-age Navigators | PFA Navigators

Information & Support | Influence & Change

The PACC Community Navigator service is available as part of PACC's Community Support Offer. Offering personalised signposting and Information Provision for families of 0-25 year old's with SEND in Shropshire. Whether a child already has identified needs, or needs are emerging, our Navigator can talk through support and options available for children/ young people with SEND and signpost to services that may be of benefit to families.

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### Healthy Parent Carer Programme

Parent carers face increased risks of mental and physical health problems. They often prioritise the health and wellbeing of their children and their caregiving responsibilities, sometimes to the neglect of their own needs. Many parent carers don't feel empowered to look after their own health. They may feel too tired or stressed to engage in healthy behaviours, or feel guilty about taking time for themselves. However, poor health of parent carers can have negative consequences on their wellbeing and on their children and families.

- Promoting greater empowerment, resilience and confidence of parent carers;
- Taking small steps that are associated with better health and wellbeing;
- Encouraging setting achievable goals and taking a problem-solving approach.

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Have any questions?

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get in  
touch