



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE



SNAP PCF SUMMER NEWSLETTER



**Some of the areas
we have been
Involved in ...**

**SNAP PCF SEND
ROADSHOWS**

**PARENT CARER
TRAINING**

**HEALTHY PARENT
CARERS
PROGRAMME**

**PINS
PROJECT**

**SEND
SUB-COMMITTEE**

**PREPARING FOR
ADULTHOOD
EVENT**

EHCP AUDITS

**ATTENDING SEND
PARTNERSHIP
WORKSTREAM MEETINGS**

**SEND COFFEE
MORNINGS**

**ONLINE AND IN
PERSON WORKSHOPS**

**PARENT CARER
CONFERENCE**

**EBSNA IN
PERSON EVENT**

**LISA LLOYD TALK
4.8 STAR RATING**

**30 SCHOOLS TOOK
PART IN THE
PINS PROJECT**

**143 PARENTS
ATTENDED THE
SNAP PCF ROADSHOWS**

**SEND FRIENDLY
FIRE STATION
OPEN DAY**



THANK YOU

FOR SUPPORTING SNAP PCF

**“Felt like an honest
and open place to
share and open up”**



**“Brilliant relaxed
environment where I was
able to speak to such a
variety of people and feel
so supported”**

**“Warm and friendly
SNAP team,
relatable”**



**“After a warm welcome I
felt comfortable and at
ease sharing with the
group”**



Out and About!



This year, SNAP PCF has loved getting out into our local communities and meeting families. We've joined schools for parent carer coffee mornings and afternoons, new intake meetings, and after school parent consultation events, giving families an informal opportunity to chat, ask questions and find out about what SNAP PCF do and who we are.

We've also been delighted to attend Stay & Play in Our Own Way sessions at Children's Centres, connecting with families of younger children and helping them discover support early in their SEND journey.



These relaxed, face-to-face conversations are so valuable they help us listen to what families are experiencing, share useful information and make sure parent carer voices continue to be heard.

Why meeting parent carers and families matters to SNAP PCF...

"Every family has a different SEND journey. Getting out into our communities helps us hear those different experiences and make sure they aren't lost or overlooked"

"I especially love meeting families who haven't come across SNAP PCF before. Being able to say 'this is who we are, this is what we do, and your voice matters' is a really important part of being a SNAP PCF Parent Carer Representative."

"Parent carers are the experts in their own family's experiences. I listen, learn from them and make sure those experiences help influence the bigger picture."

"Meeting parent carers is such an important part of my role."

"Every conversation helps me understand what is really happening for families, what is helping and what needs to change."

**SNAP PCF SUMMER
NEWSLETTER**

SNAP PCF Parent Carer Representative.



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

SNAP PCF SUMMER
NEWSLETTER



WHAT A YEAR!



2025 To: 2026

Out and About!

Thanks to our amazing parent carer community, it's been another busy year of connecting, learning, listening and making your voices heard.

SNAP PCF SEND Roadshows
Marston Moretaine, Flitwick &
Whipsnade Zoo

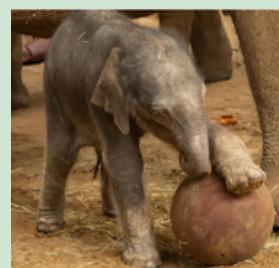
143 parent
carers
attended

Our roadshows welcomed lots of new families as well as existing members.

A huge thank you to Whipsnade Zoo for welcoming SNAP PCF back for our second SEND Roadshow at the zoo!

It was wonderful to see so many families joining us, connecting with organisations, finding support and enjoying everything the zoo has to offer and the new baby elephant made an already special day even more memorable!

We're incredibly grateful to all the stallholders, zoo staff and volunteers who gave their time and helped create such a friendly, inclusive and enjoyable day for our SEND community.



FEEDBACK

from parent carers who attended...

"Such a warm, supportive and inclusive atmosphere. I felt part of the community."

Incredible

"It was incredible to have those important conversations with services in one room."

WOW!

"We achieved more in that hour than months, if not years of phone calls, referrals and emails."

Biggleswade Roadshow (Inperson)
21/10/26 10:00 am-12:00 pm

**SAVE
THE DATE**

No need to book, free to drop in and talk to a range of professionals.



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

Our events that made a Difference.

“The main feeling I took away, was that I wasn’t alone. The room was bursting with parents going through the same thing.”

SNAP PCF SUMMER NEWSLETTER



The Rufus Centre



“Lisa Lloyd was a brilliant guest to laugh and cry with”

BRILLIANT

4.8★ out of 5★
rating

82 parents attend

EBSNA

March 11th 2025

Emotionally Based School Non Attendance (EBSNA)

Our EBSNA event at the Rufus Centre brought 82 parent carers together for a day of information, understanding and connection around Emotionally Based School Non-Attendance.

We were delighted to welcome Lisa Lloyd, bestselling author, parent carer campaigner and passionate voice for families.

Alongside Lisa’s insights, families explored Central Bedfordshire Council’s EBSNA Toolkit, heard practical ideas for supporting children & young people experiencing anxiety, and had the opportunity to chat and connect over lunch.

SEND Together Conference
Supporting, Informing and Empowering Families

SEND Together Conference

Our SEND Together Conference brought parent carers, professionals and organisations together with one shared goal of improving support and outcomes for children and young people with SEND across Central Bedfordshire.

Families heard from a fantastic range of speakers covering education and SEND, the Graduated Approach, Non-Violent Resistance Training (NVR), mental health support, sensory differences and ARFID, alongside opportunities to ask questions, visit information stands and connect directly with local services. We also shared the exciting news about the SNAP SEND Navigator service, launching in January 2027.

Most importantly, the day created space for families and professionals to listen to one another, share experiences and have open conversations about what needs to change.

Together, we are stronger. Together, we make a difference.



July 3rd 2026





SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

Preparing for Adulthood



Our Preparing for Adulthood event on 15th October 2025, brought 50 parent carers together with professionals and local services to help families feel more informed and confident about the journey into adulthood. The event featured three informative talks covering Vocational Profiles, EHCPs and Preparing for Adulthood, and the transition from Children's Social Care to Adult Services, alongside stalls where families could speak directly with services, ask questions and find support.



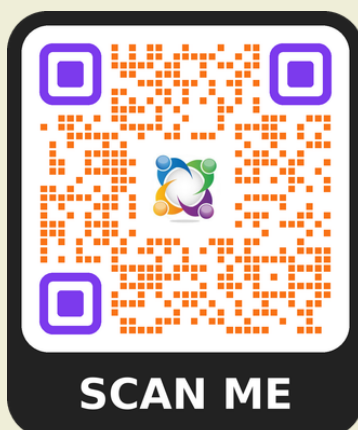
With a fantastic 4.6★ out of 5★ rating, the event showed just how valuable it can be to bring everyone together in one place to share information.

“The variety of services available to talk to within the same room... It was incredible to be able to have those important conversations.”

MOVING TOWARDS AND INTO ADULTHOOD

A free online guide written by parents, for parents

POSITIVELY
INFLUENCING
CHANGE
THROUGH
HIGH SUPPORT
AND HIGH
CHALLENGE



We know that navigating your young person through to adulthood can be challenging. Parents who have already gone through this process have created a Padlet of information to support you on your journey.

[Moving towards and into adulthood \(padlet.com\)](https://padlet.com)

Regularly updated



www.snappcf.org.uk



**SNAP PCF SUMMER
NEWSLETTER**

Throughout the year, we've continued to offer free training, workshops and programmes for SNAP PCF members, helping parent carers build knowledge, confidence and practical skills to support both their children and themselves. Our sessions are also a chance to connect with other parents who understand the SEND journey and to share experiences in a supportive environment.

"It was so helpful to have such a specific subject for the workshop... I finally found the one that matched my son's needs."

This year included:

12 ADD-vance workshops — covering anxiety, self-harm, sensory differences, self-esteem, autism, ADHD, anger, working with schools, transition to secondary school, EHCP annual reviews, caring for yourself and understanding neurodivergent teens.

"Thanks again for another great workshop. These are a really useful way to get advice and signpost to other support options."

Healthy Parent Carer Programme — running in both the Autumn and Summer Term. This 12-week, peer-led programme gave parent carers time to focus on their own wellbeing, and make small achievable changes and connect with others.

Introduction to PDA with The PDA Society — this helped with understanding of PDA and how children and young people with demand-avoidant behaviours can be better supported. SNAP PCF's wider PDA work has also helped shape a co-produced local position statement.

Introduction to Supporting Siblings with SIBS This online workshop explored the unique needs and everyday experiences of siblings, offering practical strategies to ensure they feel valued and supported from home. Participants gained actionable ideas for giving siblings dedicated attention, along with links to reliable online resources for ongoing guidance.

PINS workshops and support — part of our continued work to strengthen inclusion and support for neurodivergent children in mainstream schools.

"SNAP always deliver the best workshops & provide the most useful information, guidance & support."



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE



YOUR OPINION

MATTERS

YOUR VOICE IN ACTION

**SNAP PCF SUMMER
NEWSLETTER**

Thank you for helping us make parent carer voices heard.

Working Together to Make a Difference

Much of SNAP PCF's work happens behind the scenes, making sure the experiences and views of parent carers are heard where decisions about SEND services are made.

Over the past year, we have continued to work closely with Central Bedfordshire Council (CBC), bringing the parent carer voice into discussions about EHCP quality, inclusion in mainstream education, Alternative Provision and SEND decision-making. SNAP PCF also continues to contribute to the Council's SEND Sub-Committee, helping to scrutinise and challenge the way SEND services are delivered.

We have been part of the multi-agency EHCP audit process, working alongside professionals from Education, Health and Social Care to look at the quality of plans from a parent carer perspective. Feedback from SNAP PCF has helped both CBC and Health services make improvements to the audit process and staff training.

When families tell us that something is not working, we also make sure those concerns are raised at the right level. This has included our 6C's: Improving Services Through Shared Values and Culture Change work, as well as our position statement on SEND school and college transport, highlighting families' concerns and calling for improvements.

Our strategic work is informed by what we hear directly from families. Through PINS, our SEND Together Conference, workshops, events and conversations with parent carers, we continue to listen, identify common issues and take your experiences into the rooms where decisions are made.

Your experiences shape our work. Your views influence our priorities. And your voice helps drive change. Please keep sharing with us what is important to you.

YOUR EXPERIENCES MATTER

We'll keep bringing parent carers and services together for honest, constructive conversations

Every survey, conversation, event and experience you share and feedback on, helps us challenge, influence and improve local SEND services.



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE



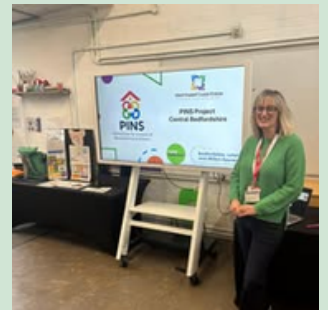
"I feel far more supported in our SEND journey."

"SNAP always deliver the best workshops & provide the most useful information, guidance & support."

"Being part of SNAP PCF reminds me that my voice matters."

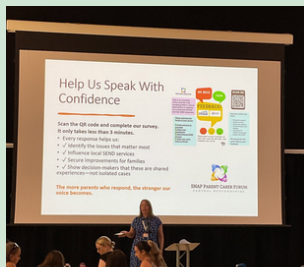
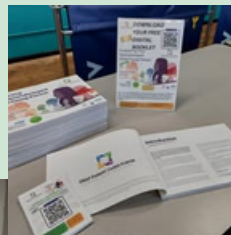
WHAT A YEAR!

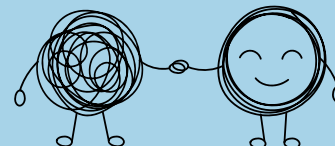
"I have nothing but words of praise and support for SNAP PCF."



THANK YOU!

"Thank you for organising a day like today to make fantastic memories and friends."





Term	What does it mean?
ADHD	Attention Deficit Hyperactivity Disorder. A neurodevelopmental condition that can affect attention, impulsivity, activity levels and executive functioning.
ARFID	Avoidant/Restrictive Food Intake Disorder. An eating disorder where someone avoids or restricts food, which may be due to sensory sensitivities, fear of consequences or low interest in eating.
Annual Review	A review of an EHCP , held at least every 12 months, to look at progress and whether the plan or support needs to change.
EBSNA	Emotionally Based School Non-Attendance. When emotional or psychological difficulties affect a child or young person's ability to attend school.
EHCP	Education, Health and Care Plan. A legal document setting out a child or young person's needs, support and agreed outcomes.
NVR	Non-Violent Resistance. An approach that helps parents and carers respond to challenging, harmful or concerning behaviours while strengthening relationships and reducing conflict.
PDA	Pathological Demand Avoidance. A term used to describe a profile where everyday demands can trigger significant anxiety and a strong need for autonomy or control.
PfA	Preparing for Adulthood. Planning and support for adult life, including employment, independent living, community inclusion and good health.
PINS	Partnerships for Inclusion of Neurodiversity in Schools. A programme bringing health and education professionals, schools and parent carers together to help improve support for neurodivergent children in mainstream primary schools.
SEND	Special Educational Needs and Disabilities.
SEND Sub-Committee	A Central Bedfordshire Council scrutiny sub-committee focused specifically on SEND. It provides additional oversight and scrutiny of SEND services and gives opportunities for issues affecting children, young people and families to be examined.



ONLINE TRAINING AND EVENTS FOR THE AUTUMN TERM

SAVE THE DATE

We have a packed programme of FREE workshops, training and events for SNAP PCF members this autumn term. Save the dates! We will email our members with booking information nearer the time.

**29TH
SEPT
2026**

ADD-vance Tips and Tools for Positive Behaviour

29/09/2026

12:00pm - 1:30pm



**2ND & 9TH
OCT
2026**

PDA Society - PDA for Parent Carers (2 sessions- You need to attend both)

02/10/2026 and 09/10/2026

9:30am - 12:15pm

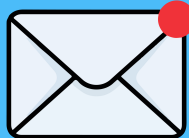


**21ST
OCT
2026**

Biggleswade Roadshow (Inperson)

21/10/26 10:00am - 12:00pm

No need to book, free to drop in and talk to range of professionals.



Booking Details

Details about how to book coming soon.

Please remember to join SNAP PCF Membership and to check your emails for our updates.

ADD-vance
The ADHD and Autism Trust

Add -vance sessions are recorded and available to watch for 7 days after for those parents who booked/attended the session.



FREE

www.snapppcf.org.uk

**SAVE
the DATE**

SAVE THE DATE

ONLINE TRAINING AND EVENTS *AUTUMN TERM*

Our training and workshops are free and exclusively available to SNAP PCF members.
Booking details are sent directly to members through our mailing list.
Not a member? It's free to join if you're a parent carer living in Central Bedfordshire.

**12TH
OCT
2026**

ADD-vance Supporting Dads

12/10/2026

7:00pm - 8:30pm



**12TH
NOV
2026**

ADD-vance Understanding ADHD for Parent/Carers of Girls

12/11/2026

12:00pm - 1:30pm



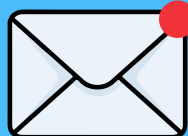
**27TH
NOV
2026**

British Dyslexia Association (BDA): Supporting your child with dyslexia:

A practical guide for parent carers

27/11/2026

10:00am - 12:00pm



Booking Details

Details about how to book coming soon.
Remember to join SNAP PCF and to check
your emails for updates.

ADD-vance
The ADHD and Autism Trust

Add-vance sessions are recorded and available to watch for 7 days after to those who booked/attended the session.



FREE

www.snappcf.org.uk

**SAVE
the DATE**

YOUR SEND EXPERIENCE MATTERS

Please complete our OFSTED/CQC survey



Your child/young person does not need to have an EHCP or a diagnosis to take part. The Area SEND inspection considers the experiences of children and young people with SEND whether they have an EHCP or not.

It takes less than 3 minutes to make a difference...



SCAN ME



You don't need to write an essay!

Our survey takes less than 3 minutes to complete, and you don't need to give your name. Responses are anonymous. Please complete one survey for each child or young person where possible, as experiences can be very different between siblings.

Have you used a SEND service in the last 6 months?

We want to hear from you whether your experience was positive, negative or somewhere in between.

We are asking parent carers across Central Bedfordshire to take a few minutes to tell us about their recent experiences of SEND services.

This is particularly important as we prepare for the next OFSTED and CQC Area SEND Inspection of Central Bedfordshire.

Why does your feedback matter?

OFSTED and CQC look at how well education, health and care services work together to support children and young people with SEND aged 0–25.

As the local Parent Carer Forum, SNAP PCF will be sharing the experiences and views of families with inspectors. Your feedback helps us build an accurate picture of what is happening for families across Central Bedfordshire.

We need to hear both the positive as well as the negative experiences.

If a service has been helpful, listened to you, communicated well or made a real difference to your child or young person, please tell us.

If you have experienced delays, poor communication, difficulties accessing support, services not working together or other problems, we need to hear about those experiences too. It is the overall picture that matters.

Thank you for helping SNAP PCF make sure the voices of parent carers are heard, we cannot represent the voice of parents unless you support our work by telling us how things are for you.

YOUR SEND **EXPERIENCE** MATTERS

Please complete our
OFSTED/CQC survey



Please take 3 minutes to tell us:

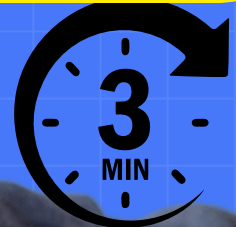
- What service did you use?
- What happened?
- What worked well?
- What could have been better?
- How did the experience affect you and your child or young person?

Even if your experience was straightforward and positive, please tell us.

Positive experiences are just as important for us to understand and share good practice.



It takes less than 3
minutes to make a
difference...



Your experience helps us to represent families

What counts as a SEND service?

You can tell us about any SEND-related service you or your child/young person has used in the last 6 months, including experiences with:

- EHC needs assessment or EHCP services
- Education Psychology Service
- Children Social Care and/or Early Help
- Adult Social Care/YAIL Service
- Hearing Impairment Service
- Visual Impairment Service
- Medical Needs Service
- Early Years SEND Advisory Service
- Therapies such as SALT, Occupational Therapy
- Community Paediatrics
- CAMHS or other mental health support
- SEND School Transport
- **Any other service supporting your child or young person**

SNAP PCF uses feedback from parent carers to identify themes, highlight what is working and raise concerns with Central Bedfordshire Council, health services and other partners.

We cannot represent families effectively if we don't know what they are experiencing. Your individual experience may feel like just one story.

When lots of families tell us similar stories, it becomes evidence for change.

Please complete our OFSTED/CQC survey today.

It takes less than 3 minutes, and your feedback could help improve SEND services for families across Central Bedfordshire.



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

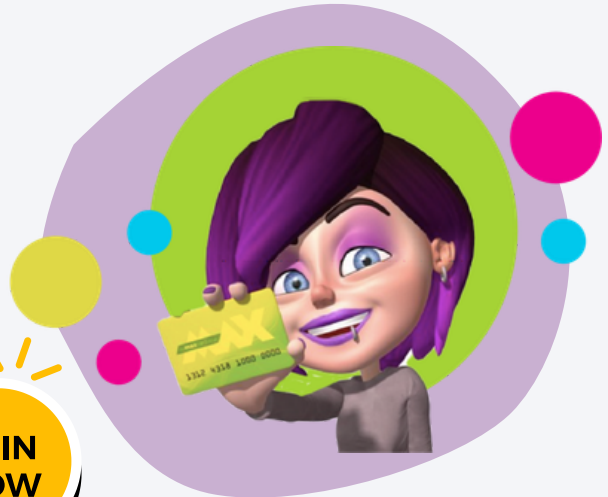
**POSITIVELY
INFLUENCING
CHANGE**

BENEFITS

- GET SUPPORT FOR YOUR OWN WELL-BEING
- MEET OTHER PARENT CARERS
- RECEIVE REGULAR EMAIL UPDATES
- CAN APPLY FOR A MAX CARD (CRITERIA APPLIES)

- FREE TO JOIN
- ATTEND OUR FREE WORKSHOPS
- FIND OUT ABOUT LOCAL AND NATIONAL SUPPORT
- JOIN IN ON TALKS ABOUT SEND SERVICES WITH LOCAL PROFESSIONALS

**Give feedback and
help to improve
local services**



**QR Code for our parent carer
membership form**



How to join...

*Free to join, open to parent carers who live in
Central Bedfordshire and have a child/young
person 0-25 years with SEND*

Scan the QR code or go to

<https://uk.surveymonkey.com/R/MEMBERSHIPFORMTOJOINSNAP>

or email: admin@snappcf.org.uk