



Introduction

Hello and welcome to the spring 2022 edition of the Aiming High newsletter!

As always I'd like to remind you to continue to check out the Sefton Local Offer website, which can be found by heading to www.seftondirectory.com/localoffer - it contains lots of useful information and I hope you find it useful.

This edition of the Aiming High newsletter contains some great articles, including:

- The latest Buddy Up Blog
- February half term success
- The latest on the Dave podcast
- Wheels for All
- Summer recruitment
- And so much more!

I really hope you enjoy reading through this edition and that you find it useful. As always, please do share it with friends and family and let us know of any feedback or ideas you may have for future editions.

Rosanna Stanley
Localities Service Manager

February Half Term Success!

Our February half term was a great success! With over 150 children and young people attending, totaling approximately 1,000 hours over the week. With each child/young person receiving two sessions and a family stay and play at either Kinderworld, North of the borough and Jakes Sensory World, South of the borough. Along with our usual fantastic on-site sessions we took 26 children and young people to Velocity Trampoline and Inflatable Park and 20 young people to the theatre to watch the Wizard of Oz. We were able to re-introduce Wheels for All for the first time since COVID-19 began, which proved to be a huge success! Thank you to Jim Yeoman from Cycling Projects who ran the session alongside our staff.

We would just like to take the opportunity to say a huge thank you to St Oswalds, the Netherton Activity Centre, Dunes Leisure Centre, Litherland Sports Park, Bootle Football Club, Presfield

School, Bishop David Sheppard School and Kinderworld for allowing us to use their venues for our sessions. And of course, to all the staff that worked during the half term! We have had amazing feedback from parents and carers about the sessions, so a huge thank you. Our sessions would not be able to run as successfully and as efficiently if it wasn't for all your hard work and dedication!



Contact details: 0151 288 6811 | aiminghigh@sefton.gov.uk | Facebook: Sefton Aiming High

Dave podcast



The team have once again joined up with Digital Advantage Agency from Manchester to continue working with some of Aiming High's high functioning young people. Following a very intense but productive five days in May 2021, DAVE Podcast was launched with a central strand of revamping the word 'Disability' to 'Diffability', stressing that we are all different and not disabled. A celebration of achievement was held where local schools and colleges, parents of the graduates and Sefton Council officers and elected members were invited.

A continuation of the project was proposed, and it was viewed as it should run parallel to Sefton Council's communications/media policy and strategy. Considering this, extra funding was sourced to purchase recording and IT equipment to underpin the development of the project.

In January 2022 the group convened to plan the second episode. Continuing support and guidance from our industry partner Digital Advantage was acquired, and a development plan put together to advance graduates' skills in areas in which they had shown an interest and some basic knowledge. Such areas of expertise that were promoted were: script writing, social media platform building, video making including stills audio and video, as well as podcast production, etc. A 'making of' behind the scenes video was also made by the students. The second episode of DAVE Podcast consisted of three blocks of interest: A revisit to a local disability football team where volunteers are crucial to the sustainability of the club, a short biography interview with local celebrities/politicians/sportspeople entitled 'lift the lid on...', and the main feature was a follow up on an exhibition marking the 80th anniversary of the Bootle Blitz in 2021. The exhibition was an initiative driven by Sefton Libraries and involved doing some inter-generational work between a local primary school that had been badly damaged in the blitz, and local residents that had lived through the period of history.

The vision is to form an in-house media company to promote and report on areas of interest around the borough and beyond entitled 'Sefton Stories'. Council projects and local community initiatives could be covered using the skills developed by the students. Partnerships with local technology industries and colleges would be encouraged to provide a bank of future students who will eventually be mentored by the current cohort. Employability of all involved would be greatly improved and future projects would be developed in conjunction with already embedded digital technology policies.

Please use the link below to have a listen to the full podcast:

<https://anchor.fm/davepodcast/episodes/Bootle-Blitz-e1dhbuu>

You can also find Dave Podcast on Instagram, Facebook and Twitter.

Contact details: 0151 288 6811 | aiminghigh@sefton.gov.uk | Facebook: Sefton Aiming High

Training

Mental Health Training

There has been an increasing acknowledgement of the important role mental health plays in our lives, and we feel an increased investment is required on all fronts to help combat mental health. COVID has played a huge role in the decrease in people's mental health, it has also been identified nationally that children with autism, learning difficulties or both have been disproportionately affected during the COVID lockdowns by mental health problems. As a team we have been reflecting on our involvement and how in some cases it was instrumental in supporting children and young people's mental and emotional wellbeing. Our staff have

therefore attended different types of training courses to help support our young people.

We have recently had a fantastic member of the Kooth team come and discuss with our staff, who they are and what they offer and how we can help. Kooth is a fantastic free online service for children and young people between the ages of 10 – 25 years old. It is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support. With counsellors available 365 days a year, please share with all young people their website: <http://www.Kooth.com>

Everyone needs support sometimes.

Roar Training

Adverse Childhood Experiences (ACES) and Trauma informed training was given to 15 of our staff members to increase their awareness of trauma and enable them with the right skills to increase resilience and better trauma informed practises. Sophie Williams from Merseyside Youth Association delivered the training course, who was great! All staff really enjoyed the training and took key skills away with them.

Communication Training

A proportion of our children and young people are non-verbal, therefore communicating how they feel needs to be done in a different way. Staff have recently participated in 'Talking Mats' training (the mats allow anyone to communicate their thoughts and feelings without having to speak) 25 members of staff have now finished the course with excellent feedback.

Joanne, Leanne and Rachel have also participated in an Intensive Interaction course, which is an approach designed to help people at early levels of development, people who have autism, people who have severe, profound or complex learning difficulties. It is about encouraging communication skills and building relationships with people using the fundamentals of non-verbal communication, such as attention and listening, and eye-contact, to name a few. More

staff are expected to complete the training in the future.

Summer recruitment



We are recruiting!

Summer is just around the corner, which is our busiest time, we have already started planning which means our recruitment has started! If you or anyone you know would like to join our fantastic team in helping to support our young people and their families then please let them know about our advert (please see below)

Short Breaks Support Workers, Aiming High –
Short Breaks Team

Summer work Monday –
Friday across Sefton Late July to End of August

Job requirements:

A number of enthusiastic workers, preferably with disability experience although not essential are required to join the Aiming High Team to cover this year's Summer Programme. The programme takes place at different venues across the borough throughout August. A comprehensive training week is delivered during the week before the programme begins so both current and new workers have the relevant training and skills to provide a safe yet fun and stimulating programme of activities for Sefton's disabled children and young people.

The successful candidates must be flexible, motivated and committed. They must have a passion for improving the lives of disabled children and young people and their families.

Due to the nature of work the above post is exempt from the provisions of the Rehabilitation of Offenders Act 1974 and relevant care/safeguarding legislation and appointment will only be confirmed if a satisfactory Enhanced Disclosure is obtained from the Disclosure & Barring Service (DBS).

To get a better idea of what the job entails and the rewarding experience you can achieve, please view the videos of previous activities via the links below.

<https://www.youtube.com/watch?v=Ywh0pbX4CPM>

<https://www.youtube.com/watch?v=ML71gshgDxU>

If you have any questions about your application, please call us on **0151 288 6817**.

Sefton Parent Carer Forum



Who we are

We are a voluntary group of parent carers who feel passionately about ensuring all our children and young people have the best chance in life and should receive the correct support and services.

To make this happen we attend regular strategic meetings, forums and workshops with Education, Health, Social Care and other relevant parties. We work alongside these services to make sure there is a better understanding of SEND in Sefton. Our aim is to ensure that the voices of parents and carers are heard, at all levels within these services, and to be the critical friend to ensure the needs of Children and Young People are being met.

What we offer

We provide a regular newsletter to those members who are registered on our membership. We also use social media channels and our own website to spread information and support.

We run workshops, information days and one day special events on a regular basis throughout the year. We run coffee mornings regularly as a safe space for parents and carers to chat and get support. We also invite Sefton Practitioners to attend coffee mornings or evenings virtually.

Where you can find us

We can be found at St. Oswald's Community Church in Netherton, every Monday, in term time only. We offer coffee mornings, face-to-face and virtual. We only started using this space on Monday 21st March, we are open to ideas of what you would like to see us to do there/like us to provide there.

You can also find us on our Facebook page, Sefton Parent Carer Forum. You will find a whole community of well informed, connected and empowered parents and carers, who offer help to each other through lived experiences and peer-to-peer support.

Contact details: Contact details: info@seftonpcf.org | Facebook: SPCF - Sefton Parent Carer Forum Twitter: @SeftonPCF | Website: www.seftonpcf.org

Sefton's early help team deliver ACE's programme at Newfield school

Sefton Council's Early Help services delivered an 8-week ACE's programme with year 10 students at Newfield School. The young people have multiple and complex needs, diagnosed with autism, ADHD and medical conditions. The students all have an EHCP in place at the school and were identified as having several ACEs. The programme focuses on providing young people with information and practical tools to develop their own resilience and the protective factors necessary to minimise the impact of ACEs on themselves. To keep the young people engaged throughout the sessions we used several different activities such as arts and crafts, physical activity, and relaxation.

Since completing the course with the students, we have received positive feedback from Newfield. The school have seen an increase in school attendance in the 15 participants and behavioural improvement. In addition, the school feel the students are lot calmer in their lessons and can deal with their emotions in a positive way.

Quotes from young people:

"I am now able to deal with my anger in a positive way."

"I now feel I can speak to others about my issues."

"I have learned new coping skills."

"Learning how to do positive self-talk has helped me a lot."

"I don't want the course to end."

"Relaxation was amazing."

Upon completing the course, ACE's facilitators applied for project funding for the 15 young people through Aiming High's project help. The aim of the project was to provide a week of water sports at Crosby lakeside adventure centre, the application was successful, and the 15 young people will attend Crosby lakeside adventure centre during April half term.

Contact details: David - 07929742644

Wheels for All: Inclusive cycling at Litherland Sports Park

Wheels for All is the largest programme of inclusive cycling in the UK. We welcome all children and adults with disabilities and differing needs, to engage in a fun and stimulating activity. You can find more about inclusive cycling here: cycling.org.uk/wheels-for-all

Wheels for All Sefton has been based at Litherland Sports Park for several years. The Sports Park is the ideal setting for new and returning cyclists of all abilities, with a 1km enclosed cycle track reserved exclusively for Wheels for All sessions.

A photograph of a group of people, including children and adults, riding various types of bicycles (trikes, standard bikes, and a wheelchair transporter) on a paved path. They are wearing helmets and casual clothing. The background shows a brick building and trees.

Wednesdays:
12pm-3pm
After-School Session
3pm-5pm

Bookings:
tinyurl.com/WFA-Merseyside
jim.yeoman@cycling.org.uk
07736 974 537

£5
per session

cycling projects

Wheels for All Litherland
Litherland Sports Park, L21 7NL. Entrance on Boundary Road
Inclusive cycling for all ages and abilities
First session FREE, helmets provided

Pippa Bellis, using a semi-recumbent trike.

Consent to use this photo has been provided to Cycling Projects by Pippa.

Twitter: @WfA_Mersey_CP We pride ourselves on having a cycle for everyone: from adult trikes to handcycles, wheelchair transporters, recumbents and tandems, there is something for all needs and all abilities. Our sessions last for 1 hour, and now run every Wednesday from 12pm – 5pm, every week of the year. First sessions are always free, and we provide all equipment, including the cycles and helmets.

Further sessions are £5.00 per participant, with carers and family members free. We also take group bookings for £40.00 (up to 15 participants).

You can book a place online at www.tinyurl.com/WfA-Merseyside, or contact Jim Yeoman using the details below.

Contact details: Jim Yeoman | Email: jim.yeoman@cycling.org.uk | Mobile: 07736974537 |

ADDvanced Solutions Community Network's Autism Post-Diagnosis Summer Term Learning Programme

This summer term, ADDvanced Solutions Community Network (ASCN) will be delivering a unique programme designed to help parents and carers whose child has received a diagnosis of autism to develop their understanding of autism.

The sessions—which are age specific: 3-8 years, 9-13, or 14-19—will cover a range of subjects, including:

- discussing a diagnosis of autism
- communication skills
- managing transition
- independence skills
- sensory processing differences
- self-esteem, and more.

Parents will learn valuable strategies for supporting their children with daily life. The overall aim is to empower parents to help their children achieve their full potential.

Once parents and carers have completed this programme, their children aged 11-19 can then access 1:1 coaching support to help them understand their diagnosis.

Suzanne Roberts, Learning Delivery Lead, ADDvanced Solutions Community Network said:

“Receiving an autism (ASD) diagnosis for your child can evoke many different emotions. In some respects, you may feel relieved but equally overwhelmed and confused about what to do next.

“We know that for many families, the journey leading up to a diagnosis can be long, challenging and stressful. Help is out there, but parents need guidance on how to support their children from this point onwards. Post-diagnosis support is so important, learning how to guide your child and adopting strategies that work for your family.”

Each learning programme is made up of six weekly

sessions, with each session building on the previous weeks' learning. The first summer programme begins 27 April.

More information about dates and how to book a place can be found at <https://www.addvancedsolutions.co.uk/our-offers/autism-post-diagnosis.html>

The Autism Post-Diagnosis Learning Programme, which is part of a pilot commissioned by the Liverpool, South Sefton and Southport and Formby Clinical Commissioning Groups (CCG) in partnership with Alder Hey NHS Trust, is available to families in Liverpool and Sefton.

Autism Post-Diagnosis Learning Programme for parents and carers



A unique learning programme designed to help parents and carers whose child has received a diagnosis of autism to develop their understanding of autism.

Understand

How autism is experienced by children and young people

Learn

Strategies to support your autistic child

Empower

You to make the right decisions for your child

Weekly sessions

Delivered over six weeks

Age-specific sessions: 3-8 years, 9-13, or 14-19 will cover a range of subjects, including:

- discussing a diagnosis of autism
- communication skills
- managing transition
- independence skills
- sensory processing differences
- self-esteem, and more.

To book a place, please visit

advancedsolutions.co.uk/our-offers/autism-post-diagnosis
or email: learning@advancedsolutions.co.uk

Coaching



We know living with a neurodevelopmental condition can be challenging sometimes.

Coaching can help you with things in your life that may be causing you worry, stress or anxiety.

How does coaching work?

- We start by listening to you. We'll take time to understand how you're feeling about the things you want to change.
- Then we'll set some realistic goals for you to work towards over time, so you're able to focus on a positive outcome.
- We will help you to break down any barriers you might feel are preventing you from moving forward.
- We'll explore ideas and suggestions so you can find the answers for yourself.

Coaching is about us working together, but you're in control.

How long does a session last?

It depends on your goals, but usually, sessions last around one hour and they'll take place once a week. This is to give you time to process what we've spoken about in the session and prepare for the next one.



Coaches are really good listeners. We'll never judge you - we're here to help.
There's no commitment, if you have one session and decide it's not right for you, you can stop at any time.

Want to know more?

If you think coaching could help you we'd love to hear from you.

Email: c.horrocks@advancedsolutions.co.uk

Contact details: To book a place, please call us on: 0151 486 1788 or email: learning@advancedsolutions.co.uk | Twitter @ADDvancedSol | Facebook <https://www.facebook.com/ADDvancedSolutionsCommunityNetwork>

Are you registered with the Disabled Children's Database?

The Disabled Children's Database aims to provide parents and carers with information on the services available both locally and nationally for the families of children and young people with Special Education Needs or a disability.

But are you signed up to make the most out of it?

The database can help children with:

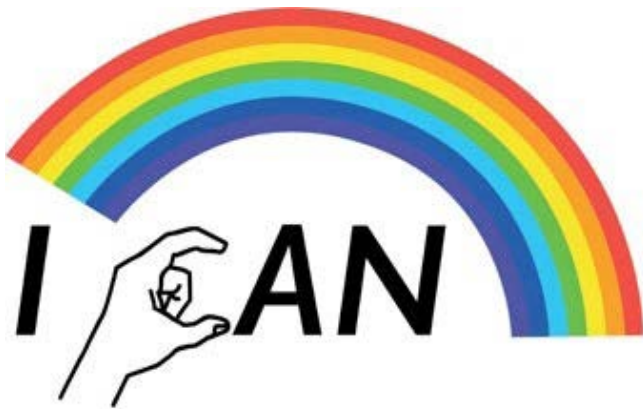
- Developmental delay
- Physical disability
- Chronic illness/Medical condition
- Moderate to severe learning disability
- Hearing/Visual impairment
- Communication difficulties

But what will you get?

A newsletter will be sent directly to you three times A YEAR. It will provide you with information ABOUT services, events, benefits AND support AVAILABLE locally AND NATIONALLY. You CAN register your children AT the Sefton DISABLED Children's DATABASE www.seftondirectory.com/kb5/sefton/directory/dcr_LANDING.PAGE or for more information PLEASE EMAIL dcr@sefton.gov.uk

You can log in to the website any time to update and amend your child's details.
www.seftondirectory.com/kb5/sefton/directory/sign_in.page.

I Cann



The I CAN project is a brand-new project delivered by the Deafness Resource Centre, working across Merseyside to support people of all ages who experience deafness and hearing loss.

The project is aimed at supporting families from the point of diagnosis and throughout their journey by providing impartial information and guidance on issues relating to a range

of situations. The services are available across St Helens,

Liverpool, Knowsley, Halton and Sefton offering support through a total communication approach.

The project will also involve delivering fun and engaging activities for children and young people that can help to increase confidence and motivation and provide opportunities to meet new people and engage with their peers.

The I CAN project will provide support for the whole family delivering activities such as family sign sessions, social groups and Happy Hands a family support group for children under 10 years old and their carers.

If you would like more information about the project or would make a referral – Email ICAN@deafnessresourcecentre.org

Telephone **01744 23887** and ask for Tanya

“Like” us on Facebook <https://www.facebook.com/DRCSTHELENS/>

Follow us on Twitter https://twitter.com/DRC_ICANproject

Positive Inclusions Programme

The Positive Inclusions Programme which has been developed as a bespoke intense support to address barriers to employment

The programme is participant-centred and we work closely with other partners and providers across the city region

Activities and interventions can include: Intensive coaching and mentoring Personal and Social development courses Interpersonal communication

Conflict resolution Employability courses

Basic Maths, English, ICT and ESOL

Work Placements

Travel exercises, including journey planning

Eligibility

Sefton Resident Not in work (either unemployed or inactive)

Facing barriers to employment

One to One support via:

✓ In Person ✓ Telephone ✓ Online

To make a referral or to find out if you are eligible to register for this programme please contact us today on **0151 934 2610**

For more information

0151 934 2610 seftonatwork.net

Sefton Community Learning & Sefton at Work
@LearnWorkSefton

Sefton Young Carers Transitions 16-25 Service – Supporting young carers throughout their journey to adulthood

Approaching adulthood is a challenging time for all young people, with difficult issues to tackle and big decisions to make. For young carers, the challenges of this transition can be even tougher. Young carers can sometimes feel like they must choose between their future goals and caring for their family. They might not be able to reach their potential in education and may feel like they must put their hopes for the future on hold.

The Sefton Young Carers team are here to help find ways forward for young carers, those they care for and their whole family. The Transitions support service begins before a young carer turns sixteen and aims to provide free personal support until the age of twenty-five. The service takes an individual approach and aims to support each young carer in a personal way to be successful in their future life. Starting the transitions journey means thinking about all aspects of life, including education, training, careers, health, well-being, leisure, the caring role and the future.

Our Sefton Carers Centre team – including our dedicated Transitions staff – will be there for each young adult carer throughout their transitions journey, and we will help them face the challenges and changes that happen during it. We aim to support each carer in all aspects of their lives, and we work with a range of local and national partners to provide as many options and services as possible. Our goal is to help each young adult carer in any and every way they need us to.

Contact details: Andrew Deacon / Young Adult Carers Transitions Coordinator /
andrew.deacon@carers.sefton.gov.uk / 07813 725 644

Buddy Up Blog

Buddy Up is a mentoring and befriending project for young people from 13 to 18 with additional needs. We do regular activities where we have fun and make new friends.

Since it has been safer to be doing face-to-face activities we have enjoyed our monthly social clubs, choir, Games Nights, Christmas activities and our trips during February half term.

Our social clubs in Southport and Crosby are a perfect way for young people to have fun, meet new friends and learn some independent skills. We play games, draw and play sports. Over the Christmas period we went to the panto and the Christmas markets. Our choir performed a beautiful Christmas Carol Concert and brought the Christmas spirit. It was truly such an amazing thing for the young people to achieve.

During the February half term we went bowling and laser tag, Flip Out, litter picking, we went to the cinema, wheels for all and roller skating. We had so much fun and enjoyed being together and having fun with our friends.

We do weekly Games Night at Southport Community Centre where we play games, compete with each other on the Nintendo switch with games like mario kart and monopoly. We sometimes watch movies or do some drawings. Some of the young people have said:

“It’s a fun place to be!”

“It’s great! I like playing on the Nintendo switch with everyone and singing to music.”

We are looking forward to more activities during the Easter Half Term and having even more fun with friends.



Jack, Kian, Bobbie, Noah, Katie, Josh D (left to right)



Jasmine, Jamie, Elliott, Joe, Sam, Noah and Aaron (left to right)

If you are aged 13 to 18 with an additional need and like the sound of these activities, then get in touch to find out more about joining Buddy Up.

Contact details: buddyup@seftoncvcs.org.uk 07971 868 105

The Buddy Up+Alchemy Blog



Abbie and Megan

Buddy Up+ Alchemy is a mentoring and befriending project for young adults from 18 to 25 with additional needs. We have regular social clubs and days out where we have fun and make new friends.

Buddy Up+ is a relatively new project that started in January 2022 but since then we have had weekly social clubs every Monday and Tuesday in Southport and Crosby, and also fun activities to Flip out and Bowling and Laser Tag during the February half term. We were able to combine the two groups that attend the Southport and Crosby groups together during the half term activities so that the groups could meet each other and meet even more new friends!

Our social clubs are a chance for the young adults to socialise in a safe place and play sports, pool or board games with each other. In the Crosby social clubs, we have been able to have games of rounders and basketball.

In the Southport social clubs, we have played Pictionary and the Yes or No game and have a great laugh with each other. We have also been able to learn to bake cookies, cupcakes, homemade pizza and brownies that were delicious.

We are looking forward to the Easter holidays where we can have more fun and do more activities.

Some of our young adults have made comments about how much they enjoy Buddy Up+:

“I think that Buddy Up+ is really good as there isn’t many groups for young adults. Overall I fully recommend joining Buddy Up+ as it is a time where we can socialise and have a laugh with all of my friends.”

“I like having fun and making memories with friends I haven’t seen in a while”

“I had never been to flip out before and I loved loved loved it!”

If you are aged 18 to 25 with an additional need and lie the sound of joining our activities, then get in touch to find out about joining Buddy Up+.

Contact details: buddyup@seftoncvcs.org.uk 07971 868 105

Active Sefton

Move It sessions

Active Lifestyles offer a free Move It in the community for young people aged 11-16 - it is a 6 week 1 to 1 fitness and nutrition programme aimed at helping teenagers to keep a healthy weight. The session consists of a 60 minute 1-1 session as well as nutrition advice. Anyone can self-refer on to the programme, and sessions take place in Active Sefton leisure centres across the borough.

121 referral programme

The 121-referral programme for children and young people aged 11 – 19 has continued to be delivered throughout lockdown in line with restrictions. The initiative is a physical activity programme designed to improve the health and well-being of Sefton’s young people (aged 11-19) who may be in need of support. Anyone is currently working with a young person who would benefit from the scheme and meets the criteria they just need to complete a referral form. The project is designed to use weekly physical activity or sport sessions to have a positive impact on the young person’s health and wellbeing using development workers as mentors. The programme aims to increase self-esteem, and the health and wellbeing of Sefton’s young people in need of support. The programme is designed to be bespoke to the needs of the individual and will utilise a variety of different activities to motivate the young person, and break barriers to support the young person in the transition to independent participation in activities. For any queries, please contact Active.Sports@sefton.gov.uk.

 /ActiveSefton

 @ActiveSefton

 /active_sefton

Contact details: Active.Sports@sefton.gov.uk for community programmes or Retention@sefton.gov.uk for leisure centre and gym membership enquiries.

Your good health checklist

Healthcare leaders in Sefton have put together a useful 'good health checklist' with advice, resources and services to help you and the people you care for look after your health and each other.

The checklist will help you find the right healthcare advice or treatment when you need it, covering a variety of topics such as:

- Looking after common ailments yourself
- Getting advice from NHS 111
- Stocking up your medicine cabinet
- Looking after your mental health and wellbeing
- Keeping safe from infections
- Help to find the right health or care service in Sefton

You can find the good health checklist online here:

South Sefton:

www.southseftonccg.nhs.uk/your-health-and-services/good-health-checklist

Southport and Formby:

www.southportandformbyccg.nhs.uk/your-health-and-services/good-health-checklist

Contact details:

Jo Shelbourne-Stockton – communications and engagement officer, NHS South Sefton CCG
Email: jo.shelbourne@southseftonccg.nhs.uk Tel: 07385 425808

Get Involved, Help us Enhance, Shape and Co-produce our SEND Local Offer Website

We want your ideas, your views and your help!

Young People, Parents/Carers please get involved, help us Enhance, Shape and Co-produce our SEND Local Offer Website.

If you do not want to attend the meeting, you can email me your ideas.

To sign up, please email andrew.jennings@sefton.gov.uk or call/text **07989 223937**.

If you would like to give us SEND Local Offer Website feedback, please click here

https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=r_-C_KUaa10

MENCAP MONDAYS!
6PM - 8PM

- ARE YOU AGED 18-24?
- DO YOU HAVE A LEARNING DISABILITY?

**COME AND JOIN US
 HAVE FUN
 MAKE NEW FRIENDS**







SEFTON'S LOCAL OFFER

FOR CHILDREN & YOUNG PEOPLE WITH
SPECIAL EDUCATIONAL NEEDS & DISABILITIES (SEND)







 /seftonaiminghigh


Sefton's Local Offer is a website where you can find everything you need to know for children and young people age 0-25yrs with Special Educational Needs & Disabilities (SEND).

If you can't find what you need, contact Sefton's information, Advice and Support Service on 0151 934 3334 or by email: seftonsendiass@sefton.gov.uk

www.seftondirectory.co.uk/localoffer






 /seftonaiminghigh