



Parent Carer Forum Newsletter

Spring 2026



Welcome to the spring edition of the Parent Carer Forum Newsletter

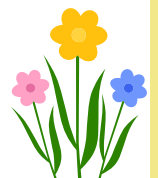
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We always welcome feedback on our newsletters, and try to include issues that families have asked us about. Please let us know if there are any services you would like to know more about and what you would like us to include in our newsletters



E-Mail us at: contact@newcastlepcf.co.uk



Neurodevelopmental Welcome Event



**DROP IN
ANYTIME**

**Do you think your
child may be
neurodivergent?**



Drop in to find out about;

- autism & ADHD assessment,
- support for parents and carers,
- mental health support,
- activities and groups,
- and more

Friday 20th March,
9.30am - 12.30pm,
The Haven, Kenton, NE3 3RX



These events are for families with a child over 5 on the neurodevelopmental pathway, or families considering joining the CYPS waiting list.

For further information about the event please visit
ChildrenandFamiliesNewcastle.org.uk website:
<https://childrenandfamiliesnewcastle.org.uk/neurodevelopmental-welcome-event>





SEND Reform update



SEND reform consultation open

The government are consulting on proposals to reform the special educational needs and disabilities (SEND) system.

The consultation document explains the changes they plan to make and asks for comments from everyone with an interest.

The changes aim to improve help and support for children and young people with SEND across the 0 to 25 years system.

They would like to hear from everyone who has an interest in the reforms including:

- children, young people and families
- teachers and leaders
- schools and trusts.

Every child achieving and thriving outlines the reforms to the schools and SEND system in England.

They have also written shorter, simpler documents that summarise the schools white paper and SEND consultation for parents and those working in the sector. Alternative formats are also available.

Easy Read Version: <https://consult.education.gov.uk/.../easy-read-putting...>

Children and Young People's Version:
consult.education.gov.uk/send

Contact also offer a helpful guide to the White paper and SEND Reforms <https://contact.org.uk/help-for-families/information-advice-services/education-learning/the-schools-white-paper-education-reforms/>

This consultation closes at 11:59pm on 18 May 2026

Access the consultation: [SEND reform: putting children and young people first - GOV.UK](https://www.gov.uk/send-reform-putting-children-and-young-people-first)



Caudwell Children have online spaces available for their Free Family Support Sessions this March and April!*

Most of the sessions don't require a diagnosis and have all been created by professionals and experts by experience - offering practical support and strategies on a number of topics you can use at home, including:

- Eating and Nutrition**
- Sleep**
- Supporting Emotional Regulation and Behaviour**
- And more!**

For families who have a child with an autism diagnosis, you can also access:

- Autism Next Steps**
- Autism and Wellbeing**
- Forming Relationships**

The majority of the sessions take place virtually, via Zoom, on weekdays between 9:30 - 1:30pm.

Click to apply for your FREE sessions bit.ly/4bkRlgX

*up to 2 free sessions per family, per year.





ACCESS FUND

2026-2027 applications are now open.

New forms for 2026-27 are available to download from our website and we are really looking forward to receiving your applications.



For applications please go to:

www.footsteps.me.uk/access-fund

For any queries please email:

accessfund@footsteps.me.uk



Update from the Access fund:

We are delighted to inform you that 2026-27 applications for the Access Fund are now open.

If you applied last financial year please ensure you have submitted your receipts and feedback form to be able to reapply.

We are looking forward to hearing from you all.

The Access Fund is a grant scheme to help children and young people with educational needs and/or disabilities participate in activities within their community alongside their non-disabled peers. The fund aims to benefit individuals or groups of children and young people by providing funding to help with the cost of taking part in local activities. This may include but is not limited to sporting, performing arts, or recreational activities.

To find out more about the fund and to download an application form please visit their website at: <https://footsteps.me.uk/access-fund/>





Volunteer opportunity



★ Join Newcastle Parent Carer Forum –
Make a Big Difference with a Little Time! ★

Are you a parent carer in Newcastle? Your experience is powerful! By volunteering with us, you'll help shape services and support for families like yours – and it doesn't have to be a big commitment.

Why get involved?

- ★ Learn new skills – advocacy, communication, and leadership.
- ★ Meet amazing people – connect with other parent carers and professionals.
- ★ Make your voice heard – influence positive change for our community.

Even a small amount of time can make a huge impact. Together, we can create better opportunities for families with children who have additional needs.

Interested? Email us at: contact@newcastlepcf.co.uk

Your voice matters – let's make it count!





usefulvision

April - May - June 2026

Opportunities for visually impaired children
across the North East



SCAN ME

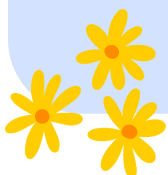
www.usefulvision.org.uk



Healthworks
the community health charity

Useful Vision is a service providing positive opportunities and jam-packed events for visually impaired children around the North East. They work with children and their families to give them the support they need to flourish.

**Click the link to explore their events brochure:
[Useful Vision Activities flipbook](#)**



Upcoming events at Newcastle Carers Centre



Chair Pilates Session: Join us for a relaxed and welcoming Chair Pilates Session to find a moment of calm. Led by parent carer and Pilates instructor, Emma. www.newcastlecarers.org.uk/event/chair-pilates-session-25-03/ Wednesday 25 March 2026 at Newcastle Carers Centre (Byker), 10am – 11am.

Gentle Yoga Session: Learn breathing practices and enjoy a guided slow and accessible gentle yoga session, including a relaxation sequence with singing bowls. www.newcastlecarers.org.uk/event/gentle-yoga-session/ Wednesday 15 April, 10.30am – 12noon at Newcastle Carers Centre in Byker.

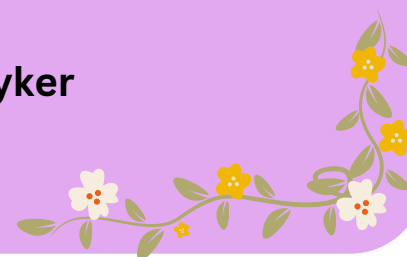
Make your own bird box: Get creative, learn a new skill and enjoy making your own bird box to take home. All materials provided. www.newcastlecarers.org.uk/event/make-your-own-bird-box/ Thursday 6 April 2026, 10am – 12.30pm at Newcastle Carers Centre in Byker.

Cares4Change: Carers4Change gives you the opportunity to speak with decision makers and influence change in Newcastle and beyond, to make it a better place for carers. Meet and connect with other carers in a similar situation, and have the opportunity to work together to make Newcastle (and the world) a better place for carers. Next session: Tuesday 21 April, 12noon – 2pm (including a FREE lunch) at Newcastle Carers Centre in Byker.

www.newcastlecarers.org.uk/event/carers4change/2026-04-21/

All sessions are free and are open to carers (adult and young adult) registered with us. Book by calling our Carers Information Line on 0191 275 5060 or email info@newcastlecarers.org.uk

**Address: 135 - 139 Shields Road, Byker
Newcastle upon Tyne
NE6 1DN**



Housing event

We would now like to invite you to our next event, which will focus on Housing:

When: Monday 30th March 2026, 10:00am – 1:00pm

Where: Banqueting Suite, Newcastle Civic Centre

We want to hear from you about what makes a home feel right, what support is already in place and how housing support could be improved in Newcastle. This event is for people from Newcastle who have a learning disability, family carers, housing providers, service providers, and health and social care staff.

At the event, we will discuss questions such as:

- What support helps people live independently and understand their housing options and rights?
- How much choice and control do people have about where they live and who they live with?
- What is working well and what could be better?

What's important to you?

An event to talk about housing

Who is it for? - People from Newcastle who have a learning disability, family carers and service providers.

When: Monday 30th March 2026

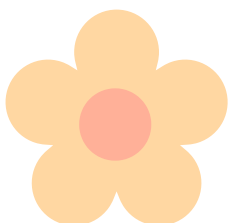
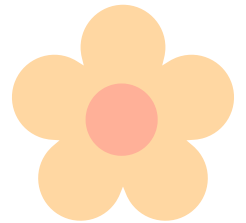
Time: 10.00am to 1.00pm

Where: Banqueting Suite, Newcastle Civic Centre, Barras Bridge, NE1 8QH.

To book a place please contact:
Phone: 0191 281 8737
Email: info@skillsforpeople.org.uk

Snacks and drinks provided

Newcastle City Council Skills for people NHS North East and North Cumbria



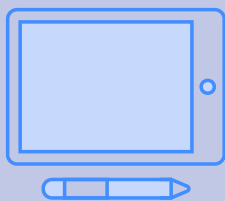
Family fund partnership with the National deaf children's society

Does your partially deaf child need extra support to communicate or learn?

From hearing technology to assistive equipment and communication tools, the right support can make a real difference at home and in school.

Family Fund new funding program in partnership with the National Deaf Children's Society isn't just for children who are fully deaf. Families raising children with partial hearing loss may also be eligible.

If your child has any level of hearing loss, you could apply for support towards:



- Assistive technology
- Computers and Technology
- BSL learning



Find out more and check if you're eligible

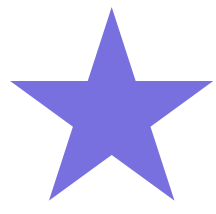
<https://www.familyfund.org.uk/.../national-deaf.../>



**Apply for
free support
for your child**



WORKING IN PARTNERSHIP



Reasonable adjustments at school



What is a 'reasonable adjustment'?

A reasonable adjustment in school is an accommodation made for a child or young person with special educational needs (SEN) to ensure they have equal access to educational opportunities.

Schools have a legal obligation under the Equality Act 2010 to support pupils with SEN to ensure they are not disadvantaged and have access to an inclusive learning environment.

Reasonable adjustments aim to reduce or remove a disadvantage caused by a student's SEN or disability.

geldards
SEN

What is "reasonable"?

What makes an adjustment "reasonable" depends on factors like its effectiveness in addressing the need, the practicality of the adjustment, the resources and finances available to the school, the safety of others and the potential impact on other students.

As a rule, if it is low cost and low disruption, an adjustment is usually considered reasonable.



What is "reasonable"?

Reasonable adjustments are tailored to each individual's needs, but common ones include:

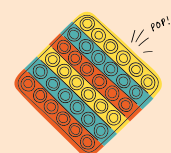
- Accessible learning materials like larger print books, coloured paper and overlays, reading pens, communication devices and laptops
- Extra time and different spaces for assessments
- Scribes for exams or in the classroom
- Physical accessibility aids like ramps
- Time-out passes or movement breaks
- Adjusted start and finish times for school or lessons

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SEN

- Sensory supports like fidget toys or ear defenders, or lower lighting in classrooms
- Uniform adjustments
- Sensory rooms or quiet areas for regulation
- Behaviour and emotional support
- Reduced timetables.

If you are struggling to get the support your child or young person needs at school and your requests for reasonable adjustments are not being met by the school, contact our SEN team today for expert advice and support.

For more information from Geldards SEN and resources please visit their website or Facebook page:
<https://www.geldards.com/expertise/law-for-families-individuals/special-educational-needs/>



geldards
SEN

FREE online parenting courses



Our courses are free and you can work at your own pace

- Parents Together
- Challenging Behaviour in Teens
- Parenting Neurodivergent Children
- Let's Play
- Parenting Teens
- Co-parenting after Divorce or Separation
- Bringing up Confident Children
- A New Baby in the Family (English, Arabic and Pashtu)
- Sibling Arguments and How to Manage Them



www.familylives.org.uk



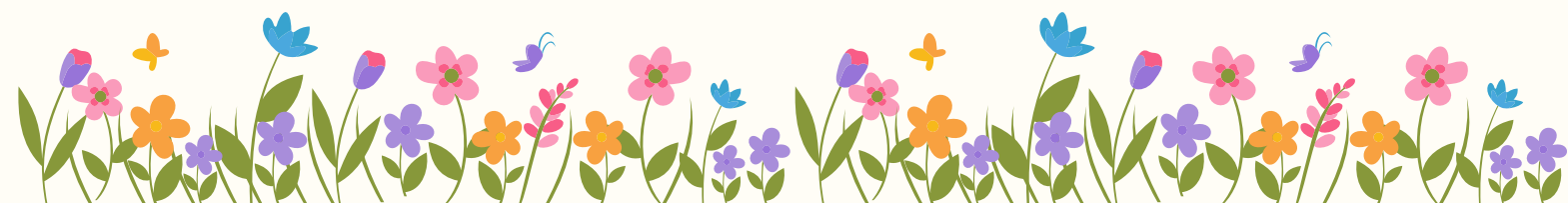
family
lives

Family Lives are offering FREE Online Parenting Courses .

Parenting doesn't come with an instruction manual but our free online courses are packed with practical tools and helpful strategies to help you feel calmer and more confident.

Find out more and sign up here

<https://www.familylives.org.uk/.../online-parenting-courses>



Parents & Carers – Your Voice Matters!

We're pleased to share an opportunity for parents and carers to take part in discussion groups helping shape the future of Autism & ADHD assessment pathways.

The Toby Henderson Trust, working with the NIHR (National Institute for Health and Care Research) and the North East Autism Society, is inviting parents and carers to share their views on how digital tools could support assessments and improve services.

The Toby Henderson Trust | **NIHR** National Institute for Health and Care Research
The Doorway to Early Action in Autism

Parent & Carer Discussion Groups

Help Shape the Future of
Autism & ADHD Assessment Pathways

We are inviting **parents and carers** to share their views on how **digital tools** could support assessments and improve services.

Monday 20 April 2026
10:00 am – 12:00 pm
Toby House Bedlington
Toby House, Earth Balance,
W Sleekburn Farm Cottages, Bedlington
NE22 7AD

Wednesday 6 May 2026
1:00 pm – 3:00 pm
Nunsmoor Centre, Studley Terrace,
Newcastle upon Tyne NE4 5AH

Receive a **£40** Love2shop voucher + Refreshments

Your feedback will help us explore:

- What is **helpful** – and what are the concerns?
- How **digital tools** could support, not **replace**, clinicians
- **Safeguards, privacy & trust**

To register your interest, please contact:
Rugile.Rozane@newcastle.ac.uk

Places are limited.

Pre-reading will be required and sent upon registering.

This NIHR-funded session is part of a Public & Patient Involvement project.

This is a chance to talk about:

- What is helpful – and what concerns you
- How digital tools could support (not replace) clinicians
- Safeguards, privacy and trust

To register your interest, please contact:
Rugile.Rozane@newcastle.ac.uk

Places are limited and pre-reading will be sent upon registration.





Celebrate Arcadea's radical history by exploring our unseen archives and learning new skills with professional artists.

WHERE: Newcastle Contemporary Art (NCA)
39 High Bridge, NE1 1EW

COST: **FREE** (All materials provided)

THE WORKSHOPS:

- Mon 13 April: Creative Printmaking (Ages 16+)
- Tue 14 April: Creative Lantern Collage (Young Women Session, Ages 16-35)
- Wed 15 April: Protest Photography (Smartphone Needed, Ages 16+)
- Thu 16 April: Radio & DJ Workshop with NOVA Radio (Youth Session, Ages 16-25)

ESSENTIAL INFO:

- Times: Each session will run 10.30am until 2.30pm.
- Venue: Fully accessible gallery in the heart of Newcastle.
- Support: These are not supported sessions; please attend with a carer if needed. All sessions are for Learning Disabled & neurodivergent creatives.
- Booking: **Essential!** Email natalie@arcadea.org to secure your spot.





Children North East offer a range of support services for neurodivergent young people. For more information on the groups below please visit their website at: www.children-ne.org.uk/how-we-can-help/



Support for Neurodivergent Young People



For Individuals...

The Masquer-Aid Programme

Masquer-Aid is our psycho-educational programme for young people who have recently found out they're neurodivergent or are waiting for a diagnosis.

We also offer 1-1 counselling - participants can take part in either group, counselling, or both.



For Making Friends...

Peer Support Groups

Our Neuro Peer Support Groups offer a space to relax, meet other neurodiverse young people and explore your interests.

Table Top Role Playing Group

A weekly group for young people to learn to play table top role playing games, embarking on an adventure limited only by our own imaginations!



For the Workplace...

Employability Drop Ins

To help individuals to increase their confidence and improve their employability skills, enabling young people to move forward.

Introduction to Neurodivergence Inclusion and Equity in the Workplace

CPD Standards Office accredited
Delivered by our professionals to businesses to support their inclusive practices.

