




MARCH 2026


Listen 4 Change Newsletter




 www.listen4change.uk

 listen4change@outlook.com

 [Facebook group](#)

 [Listen4Change, St Helens Parent Carer Forum | Saint Helens | Facebook](#)

 [@listen4change_sthelenspcf](#)


JOIN US FOR A COFFEE & CHAT – YOUR VOICE MATTERS

Each month, Listen 4 Change hosts daytime and evening coffee events for parent carers of children and young people (aged 0–25) with Special Educational Needs and/or Disabilities (SEND).

A relaxed space to connect with other parent carers, share experiences, and talk openly about local services.

Your feedback is shared with local services to help shape better support.

Whether you want to influence change or simply chat—we'd love to see you.

 Drop in and say hello:
Wonderland Community Centre cic
Canal St, Saint Helens WA10 3JQ



MARCH 2026

Listen 4 Change Events

Tuesday 24th March- Coffee evening 6:30–8pm.

Come and meet other parent carers in a relaxed and friendly setting for a drink and a chat, and help shape better SEND services. Your feedback is shared with service leads.

Friday 17th April- Coffee morning 10am-12pm.

An officer from St Helens Library will be joining us to talk about the new SEND Friendly Library and its offer.

Tuesday 28th April- Coffee evening 6:30–8pm.

The Team Lead for MerseyCare Paediatric Therapies (Physio and OT) will be joining us to discuss a new project to improve information sharing between services and to gather parents' ideas.

Friday 8th May- Coffee morning 10am-12pm.

A Department for Work and Pensions Advisor will be joining us to answer your questions around DWP benefits, including Universal Credit, DLA, PIP and asking for a work capability assessment.

Tuesday 19th May- Coffee evening 6:30–8pm.

Will be attended by Advanced Solutions to discuss their offer for families, children and young people.

Friday 12th June- Coffee morning 10am-12pm.

Come and meet other parent carers in a relaxed and friendly setting for a drink and a chat, and help shape better SEND services. Your feedback is shared with service leads.

Tuesday 23rd June - Coffee evening 6:30–8pm.

Come and meet other parent carers in a relaxed and friendly setting for a drink and a chat, and help shape better SEND services. Your feedback is shared with service leads.

Friday 10th July- Coffee morning 10am-12pm.

Come and meet other parent carers in a relaxed and friendly setting for a drink and a chat, and help shape better SEND services. Your feedback is shared with service leads.

All events are all held at Wonderland Community Centre St Helens WA10 3JQ

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Listen 4 Change: What We've Been Up To in February

- We attended the Contact & National Network of Parent Carer Forums' (NNPCF) Annual Conference to hear presentations from, and participate in workshops with, the Department for Education, the Minister for Schools Standards, Contact (the national charity for families with disabled children) and the NNPCF around the SEND Reforms and strengthening and supporting Parent Carer Forums (PCFs). As a member of the NNPCF, Listen 4 Change is kept updated about national developments and ensures that St Helens parent carers have a voice and are represented in national strategic planning about services and provision that will affect children and young people with SEND and their families.
- As part of the local area SEND inspection, members of the Listen 4 Change Steering Group attended the final feedback meeting with the Ofsted/CQC Inspection Teams to hear their findings and evaluation of the local area. St Helens is now waiting for the inspection report to be finalised and published. We will share it with our members as soon as we receive it.
- We attended the Autism in Schools Steering Group meeting to discuss action plans and training for schools and to hear updates on the Neurodevelopmental Profiling Tool and from TESSA Autism. Training for parent carers on the use of the Profiling Tool is being rolled out - we will share as soon as we have the information.
- We attended the Neurodevelopmental (ND) Change Steering Group meeting to discuss the ND assessment transformation plan and the proposed new Neurodiversity Profiling Tool.
- We met with the Director of Children's Services to discuss feedback that parent carers have shared with us recently.

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Listen 4 Change: What We've Been Up To in February

- We held daytime and evening Education Health and Care Plan (EHCP) online workshops with Eleanor Wright, Legal Officer from national charity SOS!SEN. The workshops delivered an introduction to over 40 parent carers on how to navigate the EHCP process, with information on the advice and information that should be obtained during the assessment period, timescales, format and content of EHC Plans and a Q&A session.
- We welcomed the SEND Practitioner from Mersey Care's 0-19+ Health and Wellbeing service to our coffee morning to talk about what the service offers, to answer parent carers questions and to listen to your feedback.
- We attended the National Development Team for Inclusion Internship Conference to hear from young people, families, job coaches, employers, and local authorities about the achievements and progress made in supported internships over the last few years, to consider practical advice on supported internships and inclusive employment and the future of inclusive employment. All the recordings, slides, and links are available on the NDTi webpage: [Internships Work Conference 2026: Recap | NDTi](#)
- We held a coffee evening to chat with other parent carers about what's working well for our children and young people with SEND and what needs improving.
- We attended a meeting to discuss progress and the launch of the new SEND friendly library in Haydock on Monday 23rd March. This will be an all day event with various activities. Please see the flyer later in this newsletter for further details.

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The Schools White Paper and SEND Reform consultation

On Monday 23rd February the government published its school's white paper "[Every Child Achieving and Thriving](#)". This paper sets out proposals to reform schools and the SEND system in England. An Easy read version is available here: [Every child achieving and thriving - GOV.UK](#)

Published alongside the white paper is a consultation document [SEND reform: putting children and young people first - GOV.UK](#) which sets out proposals to reform the SEND system. The consultation document asks 39 questions on key aspects of the proposed reforms. The questions are embedded throughout the document, and a complete list can be found in Appendix C Part B. There is an easy-read version and a version specifically for children and young people, as well as alternative formats such as a British Sign Language video, large print, and Braille.

The consultation about the proposed SEND Reforms closes on 18 May 2026.

The government has asked for views - this gives families, charities and professionals the opportunity to respond and influence what happens next. You can respond to the consultation online. Alternatively, you may submit your response by email or by post. Details on how to do this can be found here: [SEND reform: putting children and young people first - Department for Education - Citizen Space](#)

There are several key documents that provide additional context and supporting information for the consultation proposals. These documents are located here: [SEND reform: putting children and young people first - GOV.UK](#)

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The Schools White Paper and SEND Reform consultation

The Department for Education (DfE) has published a series of summary guides outlining the key proposals and reforms set out in the schools white paper and the SEND consultation. These documents are designed to provide clear, accessible guidance to help parents, carers and professionals better understand what is being proposed and what it could mean for children and young people with SEND. [Every child achieving and thriving and SEND consultation supporting information - GOV.UK](#)

It is important to note that the publication of the Schools White Paper does not change existing SEND law. Your child's legal rights remain in place and the current legal framework continues to apply.

These reforms have significant implications for children and young people with SEND, their families and the professionals that support them. We strongly encourage you to take the time to read the proposals, attend consultation events, understand what is being proposed and respond to the consultation - your lived experience is critical in shaping legal policy that will work for children and young people with SEND.

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Neurodivergence Task and Finish Group report

The Neurodivergence Task and Finish Group report, published on the same day as the SEND Reform Document, was commissioned by the Department for Education (DfE) to examine how mainstream education in England can better support neurodivergent children and young people. The National Network of Parent Carer Forums (NNPCF) was one of the organisations forming part of the sector engagement.

The report identifies major barriers neurodivergent learners face and sets out four priority areas for action with nine key recommendations to transform practice, policy and culture in schools and colleges. These priorities are:

1. Timely identification of strengths and needs: focusing on needs rather than diagnoses to get support earlier and more effectively.
2. Workforce development: improving training so teachers and support staff understand neurodiversity and how to respond.
3. Inclusive learning environments and assessment: adapting curriculum, learning spaces and policies so neurodivergent learners can fully participate.
4. Funding, accountability and commissioning: ensuring funding reflects need, strengthening local planning and giving parents clear routes to resolution when challenges occur.

The report highlights the importance of listening to neurodivergent children, young people and their families and embedding their voices and lived experience into decision-making and school practice.

https://assets.publishing.service.gov.uk/media/69984861339ee33f3ad0b9d0/The_Neurodivergence_Task_and_Finish_Group_report.pdf

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Alder Hey Children's Hospital Health Passport & One-Page Profile

Alder Hey Children's Hospital uses health passports and one page profiles to ensure staff understand a child's specific needs, including communication methods, routines and necessary reasonable adjustments.

These documents share essential information to help manage personalised care during hospital appointments, procedures, and transitions. Copies of the documents are included below. These can be completed by a parent and taken to appointments.

<https://listen4change.uk/wp-content/uploads/2026/03/ALDER-HEY-HOSPITAL-PASSPORT.pdf>

<https://listen4change.uk/wp-content/uploads/2026/03/One-Page-Profile-Editable.pdf>

The new Cheshire and Merseyside neurodevelopment pathway

The webpages [Cheshire and Merseyside neurodevelopment pathway - NHS Cheshire and Merseyside](#) contain useful information about the new Cheshire and Merseyside neurodevelopment pathway, including the Knowing ME profiling tool user guide and videos, frequently asked questions, where to go for help and other useful resources.

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CECiLiA an online survey

Project CECiLiA is running an online survey to learn more about Care, (Education) and Treatment Reviews (C(E)TRs). The surveys have been co-produced with people who have lived experience.

We are inviting people to take part who have attended a C(E)TR in the last year and who are from the following groups:

- Autistic adults and children
- Adults and children with a learning disability
- Family members and carers
- Health, education, and social care professionals
- C(E)TR panel members

If you, or someone you know, fits into one of these groups, we'd love to hear from you.

The survey should take no more than 30 minutes and you can receive a £20 gift voucher as thanks for taking part.

Thank you for your support, and please get in touch if you have any questions about the project.

<https://cecilia.org.uk/take-a-survey/>

Cerebra

Cerebra are a national charity dedicated to helping children with brain conditions and their families discover a better life together. Listening to the needs of these families helps Cerebra inspire the most helpful research and innovation.

Cerebra publish a series of guides and factsheets to help families of children with brain conditions with common problems they may be facing. They offer comprehensive, up-to-date advice and research-driven strategies to help you deal with a wide range of issues, from physical and mental health, dealing with social services, financial and legal affairs and education.

Their guides offer expert advice on issues we know you may be facing and can be found here: Parent Guides - [Cerebra](#)

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Entrust Care Partnership

Holiday Breaks are now available to book for 2026 holidays.

The wheelchair friendly accessible caravans are located in two fun-packed holiday destinations. Choose from Skegness Parkdean Resorts on the Lincolnshire coast or Haven Burnham-on-Sea in picturesque Somerset. Both holiday parks offer onsite entertainment, restaurants, takeaways, crazy golf, swimming and more so you can do as much or as little as you choose!

Choose from a 3, 4 or 7 night stay (or longer if you wish) in one of our four beautiful, wheelchair friendly and adapted caravans.

3 night breaks are from Friday - Monday and start from £150

4 night breaks are from Monday - Friday and start from £300

7 night breaks are from Friday at Burnham or Saturday at Skegness and start from £400

Please see their website for more information: [Holiday Breaks | Entrust Care Partnership](#)

Free One-to-One Coaching for people supporting Autistic People

Anyone supporting autistic children, young people or adults can access free one-to-one online coaching sessions through Autism Central, a peer education programme commissioned by the NHS to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support.

These sessions provide a safe and supportive space to talk about autistic wellbeing and family life, with guidance from trained peer guides who have lived or family experience of autism.

You can access up to 10 sessions, each lasting around 50 minutes, delivered online or by phone.

For more information and to book, please see the website.

<https://www.autismcentral.org.uk/>

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Durham University Research Project

This research focuses on the online experiences of children and young people aged 9-25 who:

- Have not attended university
- Live in the UK
- Have been diagnosed with Down syndrome, Williams syndrome, ADHD, or autism.

Parents/carers are asked to complete a short survey (around 20 min) about their child/young person's online experiences, including experiences of vulnerability online.

Further information and the link to the survey can be found here:

https://durhamuniversity.qualtrics.com/jfe/form/SV_1OkArEDipRjUWQ6

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ADDvanced Solutions
Community Network
Supporting you to find the answers

ADDvancedSolutions

ADDvanced Solutions offers support, coaching and mentoring for families and professionals living with neurodevelopmental conditions and learning difficulties.

For more information please see website <https://advancedsolutions.co.uk>



St Helens IASS

St Helens IASS is an Independent Advice and Support Service which offer free, impartial advice and support for families of children and young people with Special Educational Needs and Disabilities (SEND). The website explains what help is available, how you can make a self referral, and details of upcoming SEND drop in sessions.

[St Helens IASS – Information, Advice and Support Service](#)

You may find this helpful if you would like advice, information, or support around your child's SEND journey.



CHAT &
CHILL OVER
A BREW

JOIN OUR COFFEE EVENING

Are you a Parent Carer of a child or young person with Special Educational Needs and/or a Disability (SEND) aged 0–25 in St Helens?

A relaxed and friendly evening for parent carers with time to chat, ask questions and help shape local SEND services. Your feedback is shared with senior leaders of local services

Join us—we'd love to see you

Tuesday
24th March
6:30-8pm

**Wonderland
Community
Centre**
WA10 3JQ

**FREE
PARKING**

CONTACT US 

Email
listen4change@outlook.com

Website:
listen4change.uk



**Listen
4
Change**





**CHAT &
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A BREW**

JOIN OUR COFFEE MORNING

Are you a Parent Carer of a child or young person with Special Educational Needs and/or a Disability (SEND) aged 0–25 in St Helens?

Friday 17th April 10am–12pm

An officer from St Helens Library will be joining us to talk about the new SEND Friendly Library and its offer.

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A Department for Work and Pensions Advisor will be joining us to answer your questions around DWP benefits, including Universal Credit, DLA, PIP and asking for a work capability assessment.

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The Team Lead for MerseyCare Paediatric Therapies (Physio and OT) will be joining us to discuss a new project to improve information sharing between services and to gather parents ideas.

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A relaxed and friendly evening for parent carers with time to chat, ask questions and help shape local SEND services. Your feedback is shared with senior leaders of local services

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A relaxed and friendly evening for parent carers with time to chat, ask questions and help shape local SEND services. Your feedback is shared with senior leaders of local services



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CONTACT US ►

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see you**

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**FREE
PARKING**

Website:
listen4change.uk

YOU'RE INVITED TO ...



HAYDOCK LIBRARY REOPENING

Join us for a day of celebration
as we launch the first SEND specific
library in St Helens!

Drop in anytime throughout the day
for fun activities or to explore and
enjoy our sensory areas.

10.30am Read & Rhyme Time

11.00am Immersive Sensory Space

2.30pm Sensory storytime

3:00pm Sensory crafts

4.00pm Official opening by
The Mayor of St Helens, Cllr Seve Gomez-Aspron

5.00pm Immersive Sensory Space



MONDAY 23RD MARCH 2026

FROM 10AM UNTIL 6PM

Refreshments served
throughout the day.



ST HELENS
BOROUGH COUNCIL





Participant Information Sheet

ATTEND WELL: From Avoiding to Belonging

Invitation

We are inviting you to take part in a study that is being carried out by researchers at the University of Cambridge. Before you decide whether you would like to take part, we would like you to understand what the study is about and what it would involve for you. Please read this information carefully and discuss it with others if you wish. Take time to decide whether you wish to take part.

What is this study about?

For about eight students in every classroom in England, going to school feels really hard. Many stay home because they feel anxious about things happening at school — like unfair treatment or issues with teachers and friends. This is called self-exclusion or Emotionally Based School Avoidance (EBSA). EBSA often affects students with mental health or learning difficulties, but there's still a lot we don't understand about why it happens.

School should be a place where young people feel safe, supported, and like they belong — somewhere they want to be. In this project we're working with young people to create a programme that helps schools understand what's making it hard to attend — and what would help. Together, we'll help schools become more supportive, flexible, and focused on what young people need to feel okay, turn up, and do well.

Why are we asking you to take part?

We're inviting parents/carers of young people who've found it hard to go to school to take part in the study. We want to hear about why being in school felt difficult for your child, what kinds of experiences made them want to avoid going, what support they received (if any), and what you think would have helped them get back into the classroom.

What will you ask me to do?

If you agree to take part, we will ask you to fill out online questionnaires asking about your child's experiences in school and why school might feel difficult for them. We will also ask some questions about their learning, mental health, age, gender, ethnicity, and family situation to understand how these things are connected to attendance.

We will ask you to fill in the same questionnaires again 12 months later. Each time will take about 30–45 minutes.

We'll also ask if you'd be happy to be invited for an interview with a researcher to talk more about your child's school experiences. Interviews can be online or in person and will last up to an hour. You don't have to say yes, but if you do, we might get in touch to arrange it. If we get in touch to ask if you'd like to do an interview, you can always say no — it's completely your choice.

As a thank you for taking part, you'll get a £20 high street shopping voucher at the end of the study. If you also take part in an interview, you'll get an extra £30 voucher right after the interview.

Do I have to take part?

You do not have to take part. You can stop taking part at any time without giving a reason. If you decide to stop taking part, we will remove your data from our analysis if we can identify which data is yours. However, once data has been anonymised (so we can't tell who provided it) and combined with other people's data, it can't be withdrawn.

What are the benefits of taking part?

What you share with us will help us understand why some young people find school hard and what we can do to make it easier for them.

What are the risks of taking part?

We know that talking about your child's difficulties in school can feel upsetting. If there are any questions you don't want to answer, that's completely fine — you can skip them or stop taking part at any time. If you do feel upset while taking part, we'll help you get in touch with the right organisations that can support you.

How will my information be used?

- All of the information you provide us with will be kept **confidential**.
- All of your data will be fully **anonymised**.
- Your information will be stored in a password **protected** University of Cambridge laptop which only members of the research team will have access to.
- All anonymised data and personal information will be **retained** in line with GDPR and within the University's secure data haven for 5 years and will then be destroyed.
- All audio recording files will be deleted after they are analysed.
- The findings of the study may be included in academic articles, **reports** and presentations however, you **will not be personally identified** in any way.
- We also ask that you keep any information shared by other study participants with respect and confidence.

Safeguarding

If you say something that makes the research team worried about your safety or someone else's, they may need to share that information with the right services to keep you or others safe. If that happens, they'll try to let you know before they do anything.

How will my data be lawfully processed?

The University of Cambridge is the sponsor for this study and will be the data controller. The lawful basis for carrying out this study under GDPR is Task in the **Public Interest**, (Article 6,1e) as research is cited as part of the University's duties. More information about how the University of Cambridge will use your information can be found [here](#).

Complaints

Although we hope it is not the case, if you have any complaints or concerns about how your personal data is handled, you can [contact the University's Data Protection Officer](#) who will investigate the matter. If you are not satisfied with their response you can complain to the [Information Commissioner's Office \(ICO\)](#).

Insurance

Adequate provision is made for insurance or indemnity to cover liabilities which may arise in relation to the design, management and conduct of the research project.

Ethical review of the study

This study has been reviewed by the **Cambridge Psychology Research Ethics Committee**. The Principal Investigator is Dr Joanna Anderson, University of Cambridge, Department of Psychiatry. If you have any questions, please email: attendwell@medschl.cam.ac.uk.

Thank you for taking the time to read this information sheet!

Neurodevelopment pathway drop ins

Come along to one of our drop in sessions in St Helens.

Our team will answer questions you have about the neurodevelopment pathway process.

You don't need to be using our service, you can drop in if you have any questions to ask about this. We look forward to meeting you.



Mersey Care
NHS Foundation Trust

Tuesdays at Parr Children's Centre and Central Link Family Hub

See details and times below

13 January at Parr Children's Centre, 9am to 12 noon.

10 March at Parr Children's Centre, 9am to 12 noon.

12 May at Parr Children's Centre, 9am to 12 noon.

27 January at Central Link Family Hub, 1pm to 4pm.

24 March at Central Link Family Hub, 1pm to 4pm.

26 May at Central Link Family Hub, 1pm to 4pm.

10 February at Parr Children's Centre, 9am to 12 noon.

14 April at Parr Children's Centre, 9am to 12 noon.

9 June at Parr Children's Centre, 9am to 12 noon.

24 February at Central Link Family Hub, 1pm to 4pm.

28 April at Central Link Family Hub, 1pm to 4pm.

23 June at Central Link Family Hub, 1pm to 4pm.

We work with children and young people with complex neurodevelopmental difficulties, who need an assessment to gain a better understanding of their needs.

Parr Children's Centre, Ashtons Green Drive, St Helens, WA9 2AP
Central Link Family Hub, Westfield Street, (off Peter Street),
St Helens, WA10 1QF

If you need more information you can contact us on
or email: mcn-tr.sthelensneuropathway@nhs.net

01744 415 608



Are you a multilingual parent or caregiver of a child with ADHD?

You are invited to take part in a University of Exeter research study.

What is this study about?

This project explores how multilingual families make decisions about home language use after their child receives an ADHD diagnosis. We want to understand parents' lived experiences, influences on decision-making, and any advice received from professionals.

Who can take part?

You can take part if you are:

- An adult (18+)
- A parent or primary caregiver of a child diagnosed with ADHD (diagnosed between ages 5–16)
- Living in a household that uses or has used more than one language
- Comfortable taking part in an interview in English
- Living in the UK

There are **no right or wrong language practices** — all experiences are welcome.

What does participation involve?

- A **30–45 minute online interview** on Microsoft Teams
- You can choose whether cameras are on or off
- You may skip questions or stop at any time
- Your data will be anonymised and handled securely
- You can request a summary of the findings

Your privacy

All information is confidential, anonymised during transcription, and stored securely on a password-protected University of Exeter system. Participation is voluntary.

Interested? Get in touch

To receive the Participant Information Sheet or ask questions, please email:

Millie Norman (Postgraduate Researcher)

University of Exeter

mn517@exeter.ac.uk

ARE YOU A PARENT OR CAREGIVER OF A CHILD WITH SCOLIOSIS?



We are looking at **experiences of stress** in **parents and caregivers** of children with **scoliosis** to learn more about how these symptoms might develop and think about how psychologists can help with stress.

Who can take part?

- Parent/caregiver of a child under age of 18 years
- You are over 18 years old
- Your child has a medical diagnosis of scoliosis
- Currently residing in the UK

As a big thank you for your time, you will have the option to be entered to win one of four **£25** high street vouchers!

What will be involved?

You will be asked to complete an online questionnaire which will ask you about experiences of stress over the past month and thoughts about your child's scoliosis.



Ethics Code: 13551-16672 If you have any questions or concerns relating to your participation in this study, please contact an2012@bath.ac.uk

Aged 14-24 with Special Educational Needs and Disabilities (SEND)?



YOUR FUTURE STARTS HERE

Looking for real opportunities in education, training, or paid work?

Visit the **FREE** Inclusive Learning and Supported Internship Marketplace.



Adelphi Hotel (Side Entrance, Brownlow Hill, Liverpool L3 5UL)
Thursday 26 March 4.30pm to 7pm



Meet colleges, training providers, employers, past interns and specialist services from across the Liverpool City Region face-to-face



Discover exciting pathways into adulthood, further education, and employment



Ask questions



Connect with experts who can help you take your next step

(Young people under 16 must be accompanied by an adult)



Who's attending?

Employability Solutions | City of Liverpool College | The Learning Foundry | Strawberry Field | Alder Hey | St Helens & Knowsley College | Activate CES | SWRAC | Hugh Baird | DWP | Healthwatch | King's Trust | MYA | Career Connect

Supported by Knowsley Youth Transformation Pilot

Visit

www.knowsley.gov.uk/supported-internships

