



**SOUTH WEST CANN COMMUNICATION**

**June 2026**

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## INTRODUCTION

Hello and welcome to the latest South West CANN Update.

South West Children's Additional Needs Network shares information and helps to increase the reach of your services for children and young people in the region.

Regarding updates and information, if you have material or information that you would like forwarded to the members of the Network, or any updates, please ensure that you email it to Miriam on **southwest@cann-network.org**, before the end of the month.

Thanks to everyone who shared the information below for our latest update, which contains information and sessions for children and young people with additional needs and their parent carers.

**You can find these Communications on the SWCANN Website at:**  
**<https://www.cann-network.org/blog/>**

### SOUTH WEST CANN MEETING DATES

*Please let us know if you need any support accessing the meetings*

**Future dates:**

9th June 2026 - TBC

15th Sept 2026 - TBC

## **10 Years of CANN: Reflecting on the National Knowledge Exchange**

Recently, we marked a decade of the Children with Additional Needs Network (CANN) with our National Knowledge Exchange. It was a privilege to see so many professionals from the third sector and charity world come together to celebrate how far this voluntary network has come.

A huge thank you to Irwin Mitchell for hosting us and for their continued support of the network. It was fantastic to gather in a space that fosters such important conversations.

Our chair for the morning, Lucy Owen (Chief Executive, SNAPS Yorkshire CIO), set the tone perfectly by reflecting on the far-reaching impact of CANN over the last ten years. As Lucy highlighted, even when time is short, the importance of carving out space for peer support and shared information is vital for our sector's wellbeing.

We were also honoured to welcome back Karen Hoe OBE, one of the original founders of the network in Leeds, who shared her expert perspective on the changing landscape of charity leadership and innovation.

The morning provided real, "Monday-ready" insights from our brilliant speakers:

Michael Guy on honest prioritisation: "When everything is important, nothing is important."

Sophie Lowe on resilience and why we should "be more zebra."

Mark Armstrong on using AI for "more mission, less admin."

Vic Hancock Fell on the essential power of networking and community.

This event feels like a new step for the CANN network—a commitment to even better communication and support across the third sector.

We need your feedback!

To help us decide if this should become an annual event, please take a moment to fill out our short feedback form:



[https://docs.google.com/forms/d/e/1FAIpQLSeKBH038mbGIGSuto5zpm2q\\_wxm2zoVbVPbkyP89iaqJ9Uh7w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeKBH038mbGIGSuto5zpm2q_wxm2zoVbVPbkyP89iaqJ9Uh7w/viewform)

### **Missed the live session?**

You can read the full summary and watch the webinar recording on our website:

<https://www.cann-network.org/news/cann-national-knowledge-exchange-reflecting-on-10-years-and-looking-ahead/>

## CHAIR COMMENTS

Hi everyone,

Welcome to your latest SW CANN newsletter. As we head into June, our focus turns to two incredibly important dates in our calendar that truly highlight the diverse, brilliant community we support.

First up, **Carers Week takes place from 8 to 14 June**. This year's national theme is 'Building Carer Friendly Communities', and it's a vital opportunity to shine a spotlight on the staggering contribution made by the UK's 5.8 million unpaid carers. So many families in our network rely on these absolute heroes every single day. If your organisation or charity is hosting an event, a coffee morning, or doing anything special to honour and support unpaid carers across the region, please let us know so we can share it and help shout about it!

**June is also Pride Month**, and we want to take this opportunity to talk about intersectionality—specifically the space where neurodiversity and the LGBTQ+ community meet. We know that a significant number of neurodivergent young people also identify as LGBTQ+, navigating the world with overlapping identities that deserve to be understood, celebrated, and supported.

Over the next few weeks, we'd love to share resources, stories, or groups that focus on this. If you run a youth group, have specific toolkits, or know of inclusive spaces doing great work in the South West for LGBTQ+ neurodivergent youth, please drop us a line. Let's work together to make our communities as welcoming and understanding as possible.

Co-Chairs: Sarah Okoro and Chereka Carty  
South West CANN

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## NEW MEMBERS

### Harry's Pals



Harry's Pals is a charity supporting parents in England whose child has a life-limiting or life-threatening condition. Our work is centred on reducing isolation, improving wellbeing, and creating meaningful support networks for families navigating complex and often overwhelming circumstances.

Created by Harry's mum and founder, Hayley Charlesworth, Harry's Pals was built through lived experience and a deep understanding of the challenges families can face when caring for a seriously ill child. Harry, the charity's namesake, remains at the heart of the organisation and its commitment to ensuring families feel seen, supported, and connected.

<https://harryspals.co.uk/>



### National Deaf Children's Society

The National Deaf Children's Society (NDCS) is the leading UK charity dedicated to supporting deaf children, young people, and their families, regardless of hearing loss level. They provide free, expert information, local support groups, advocacy, and online resources covering education, health, and technology to empower families and remove barriers to childhood

We're here for deaf children and everyone who cares about them. Whatever the question or challenge, we help find a way through.

We empower families to connect and drive change in their communities, and we campaign to make sure deaf children get the support they need.

We lead the way, sharing insight and knowledge in the UK and internationally.

<http://www.ndcs.org.uk>



## The Movement Centre

At The Movement Centre, they provide specialist paediatric physiotherapy for children with movement difficulties. They are proud to specialise in Targeted Training, an evidence-based and life-changing therapy designed to help children and young people with movement disorders including Cerebral

Palsy, Down Syndrome, acquired brain injuries and genetic disorders.

Through a structured course of therapy, children can develop new physical skills, develop strength, and improve postural control, leading to improved independence and confidence; changes that can have a profound and lasting impact on daily life.

They offer a fully-funded 12 month course of physiotherapy, with check-ins in person with our expert team and ongoing support and guidance so that therapy can be carried out safely and effectively at home.

<https://the-movement-centre.co.uk/>

*If you know of any groups that may be interested, please get them in touch!*

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## EVENTS AND INFORMATION - REGIONAL

### **Caring Matters 2026 – A day for your health and wellbeing**

As part of Carers Week, we're hosting Caring Matters 2026 — a free event dedicated entirely to your health and wellbeing.

Caring can take a real toll on your physical and emotional health, often over many years. This supportive day is designed to give carers space to pause, reflect and access practical help.

Taking place on Thursday 11 June 2026 at the Greenway Centre in Southmead, the programme includes sessions on seeing your GP, dementia and wellbeing, creative solutions to make caring easier, and supporting your own energy and resilience. There will also be time to speak with local organisations and connect with other carers. A gentle, optional yoga session will close the day.

#### Travel information

Parking at the Greenway Centre is very limited, but there is ample parking a five-minute walk away. The venue is also on major bus routes - Bus numbers 36 and 2 stop close to the Greenway Centre and Southmead Adventure Playground.

👉 Book Your Free Place

<https://www.eventbrite.co.uk/e/caring-matters-free-carers-week-2026-event-tickets-1986308383846?aff=oddtcreator>

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### **Nurture by nature: Walk and nature connection just for carers**

Taster session to promote well-being

Date & Time: Monday 8th June, 12.30 to 2.30pm

Location: Ridgewood, Chipping Sodbury (BS37)

Join us for a gentle and restorative walk & talk session designed especially for carers. Nurture by Nature offers carers the opportunity to step away from their caring responsibilities for a while and enjoy the calming benefits of nature in a supportive and welcoming environment.

During this relaxed session, we will take a gentle walk and include simple nature-connection activities to help participants slow down, notice the natural surroundings and experience the wellbeing benefits of spending time outdoors.

The session aims to support carers' mental and physical wellbeing, reduce isolation and create opportunities to connect with other carers who understand the caring role.

No previous experience is needed: just comfortable footwear and an openness to enjoy some time in nature.

The walk will be at a gentle pace with regular stops, making it accessible for most abilities (although may not be suitable for all mobility aids). Toilets available at start/end of session, free local parking.

To find out more or to book, please click the button below:

Nurture by nature 'Walk and Talk' for Carers - Chipping Sodbury - [walk@carersbsg.org.uk](mailto:walk@carersbsg.org.uk)

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### **JIGSAW Thornbury June Cafe for the Community**

Come and support our young people at our special JIGSAW June Café for the Community!

This month, we invite you to join some of our dedicated team of staff and volunteers, and find out more about the impact we have for members and in the community.

Whether you fancy a cup of tea, coffee, herbal tea or hot chocolate or prefer a cold soft drink, come and let our Youth Volunteers serve you with a smile! A selection of cakes and other sweet treats will also be available.

All items are available for a small donation and proceeds for our delicious refreshments will go towards the cost of supporting JIGSAW Thornbury's events and services.

We hope to see you there!

Website: [www.jigsawthornbury.org.uk](http://www.jigsawthornbury.org.uk)



## JIGSAW June Café for the Community



**Open to everyone - come and support  
our young people by using our Café**

- Saturday 27<sup>th</sup> June
- 11am - 1pm
- At JIGSAW Thornbury
- A range of hot and cold drinks,  
cakes and other sweet treats
- All available for a donation

[www.jigsawthornbury.org.uk](http://www.jigsawthornbury.org.uk)



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**SOCIAL MEDIA LINKS AND CONTACT DETAILS:**

Admin: southwest@cann-network.org  
Chairs: chair.southwest@cann-network.org  
Bluesky: <https://bsky.app/profile/cannsouthwest.bsky.social>  
LinkedIn: <https://www.linkedin.com/company/south-west-cann>  
Facebook: <https://www.facebook.com/southwestcann>