



NATIONAL CANN COMMUNICATION
July 2026

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INTRODUCTION

Hello and welcome to the National CANN Update.

The 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 admin@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 CANN Website at:

<https://www.cann-network.org/blog/>

MEETING DATES

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

NECANN Upcoming Meetings

Thursday 25th September 12-1pm
Virtual - logins will be sent closer to the time

SYCANN Upcoming Meetings

24th November 2026
10am to 12pm
Irwin Mitchell's offices in Sheffield
Riverside East House, 2 Millsands, Sheffield S3 8DT

SWCANN Upcoming Meetings:

TBC

WMCANN Upcoming Meetings:

15th September 2026
10:00am - 12:00pm
Sense Touchbase Pears
Selly Oak, Birmingham, B29 6NA

WYCANN Upcoming Meetings:

1st July 2026
John Charles Centre

2nd December 2026
10am - 12pm
Venues to be confirmed

RESEARCH

INFORMATION & DATES FOR YOUR DIARY - NATIONAL/ONLINE

Learn to Play Padel

Try one of the fastest growing sports in the world at Padium, Canary Wharf, London.

This free taster session is designed for anyone with a physical impairment aged 8 and over. Experience the excitement and skill of wheelchair Padel in a fun, accessible, and supportive environment. Friendly and experienced coaches will lead you through the sessions, whether you have some experience of the sport or none at all - everyone is welcome. All equipment will be provided, so all you'll need to bring is some sports kit, a dash of energy, and a willingness to discover this brilliant sport!

SIGN UP NOW!

<https://www.wheelpower.org.uk/activities/learn-to-play-padel>



The poster features a woman in a yellow shirt and orange shorts playing wheelchair padel on a blue court. A yellow ball is in motion. To the right, text specifies the event: Thursday 15 September at Padium, Canary Wharf. A circular inset shows the interior of the Padium sports hall.

Learn to Play Padel
at Padium, Canary Wharf

**Thursday
15 September
Padium
Canary Wharf**

Disability Cricket Team

Are you aged 12 to 24 with a physical impairment? Do you live in or around High Wycombe? Join the brand new Disability Cricket Team at High Wycombe Cricket Club this summer - for FREE training sessions and the chance to compete in Tournament days with other Disability Teams. There are weekly training sessions with highly skilled and inclusive coaches, and with the added opportunity to compete, you can experience what it truly means to be a cricketer. No previous experience is needed, all equipment is provided, and all abilities are welcome. So what are you waiting for?!

https://docs.google.com/forms/d/e/1FAIpQLSc7OKIJJo2coobXu09UuEVi7oExFPfSdPjlg8wCNJ_ysrllFQ/viewform



HWCC Disability Cricket

Join in 2026 for 12 weeks of training and 3 tournament days

Be part of the team & play fun cricket for FREE - 12-24 year olds welcome

Wednesdays at 5pm-6pm
June, July & August
Location: HWCC (London Road)
Email: doc@hwcc.co.uk
SIGN UP HERE



Join British Cycling for an unforgettable para-cycling taster experience

Created just for girls aged 14+ with a physical or visual impairment.

Taster Sessions at Derby Arena Velodrome on 27th & 28th June

What to expect:

- Try para-cycling in a fun, relaxed, and supportive environment
- Meet other girls like you and make new friends
- Ride on a real velodrome track
- Chat to expert coaches and female Paralympic athletes
- No experience needed

And it doesn't stop there...

If you loved the taster session? You'll have the opportunity to join our 6-week Fast Track programme, where you'll:

- Learn the skills of para-cycling
- Grow your confidence week by week
- Train in a fun, friendly group with girls you've already met

Fast Track Sessions held at both Derby Arena & Lee Valley VeloPark, London

Email paratalent@britishcycling.org.uk with any questions

The poster features a cyclist in a white and blue kit riding a black Lotus track bike on a velodrome track. The background is a blurred green and white. The text 'BRITISH CYCLING' and 'LIMITLESS' is in the top left. The large text 'WHY NOT YOU?' is in the center. A QR code is in the top right with the text 'Scan for more info'. At the bottom, it says 'Girls 14+ with a physical or visual impairment this is for YOU!' followed by 'TRY PARA-CYCLING!' in a pink box, 'DERBY ARENA' in a yellow box, and 'JUNE 27-28' in a blue box. The contact email 'paratalent@britishcycling.org.uk' is at the very bottom.

BRITISH CYCLING
LIMITLESS

WHY NOT YOU?

Scan for more info

Girls 14+ with a physical or visual impairment this is for **YOU!**

TRY PARA-CYCLING!

DERBY ARENA **JUNE 27-28**

Contact us at: paratalent@britishcycling.org.uk

STEP into Technology

TPT's Education Team is excited to introduce STEP into Technology – a new series of online sessions for blind and partially sighted students focused on helping them get the most from the technology they use every day.

Whether you're preparing for college, sixth form or university, or simply a student looking to build your confidence with technology, these sessions will introduce practical tools and accessibility features that can support you both in education and everyday life. Along the way, you'll hear directly from blind and partially sighted students who will share their experiences, tips and favourite technology.

All sessions are online and free to attend. Our first session is on the 4th of August. To find out more and to register: [Student Transitions - Thomas Pocklington Trust](#)

Get Set Progress – Connecting inclusive employers with visually impaired talent

Get Set Progress is our pioneering programme providing paid internships exclusively for blind and partially sighted individuals. Our Programme, delivered in partnership with RNIB, works with inclusive organisations to support blind and partially sighted people to gain valuable work experience, skills, and confidence to achieve their full potential.

Blind and partially sighted individuals - We offer nine-month internships with roles in a range of fields around the UK, providing hands-on career development opportunities. You'll receive dedicated mentorship, specialised training, personalised support and guidance for future career planning. [View the internship roles which have just been launched](#). For further information about the programme, [click here](#).

Employers - Are you looking to enrich your team with fresh perspectives and diverse talent? Get Set Progress can help you achieve your diversity and inclusion goals. Our motivated interns bring unique skills and perspectives to your organisation, through a simple recruitment process, and we offer you ongoing support. [Find out more](#).

Superhero Tri Series powered by MARVEL

Saturday 15 August 2026 – Dorney Lake, Windsor, Eton College Rowing Centre, off Court Lane, Dorney, Windsor, Berkshire, SL4 6FJ

We're also looking for any budding legends to join us for the Superhero Tri Series powered by MARVEL!

You can join in as an individual or as part of a team.

Everyone is welcome. However all solo entrants, or at least one team member, considers themselves to have a disability of any kind.

This fun triathlon-style challenge focuses on participation and confidence, with swim, push and handcycle elements.

FIND OUT MORE AND SIGN UP:

<https://www.wheelpower.org.uk/events/superhero-tri-powered-by-marvel>



National Junior Para Athletics Championships entries open

The National Junior Para Athletics Championships (NJPAC), organised by Activity Alliance, will return once again to the University of Warwick Athletics Track. This year's competition is set to take place at on Saturday 4 and Sunday 5 July with a full track and field programme scheduled.

The event has a rich history in not only finding future athletics stars, but providing an inclusive environment for those just starting out their athletics journey. We look forward to welcoming athletes from across England, Scotland, Wales and the Republic of Ireland to compete in more than 60 races and 20 field events.

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www.cann-network.org
admin@cann-network.org

Track events are available for athletes with and without formal classification from Under 12s to Open age athletes. Field events are available for athletes with and without formal classification from Under 12s to Under 23s.

The event is licensed by England Athletics and will allow athletes to record their times and distances on the Power of 10 website.

Event details

- **Venue:** Coventry Athletics Track, Warwick University, Kirby Corner Road, Coventry, CV4 8AH.
- **Date:** Saturday 4 and Sunday 5 July 2026.

Approximate session timings

- Saturday 4 July 2026: 10am - 4pm
- Sunday 5 July 2026: 9am - 1pm

Schedule

60m, 100m, 400m and 800m track events will take place on Saturday. The 200m and 1500m races will take place on Sunday.

Field events are scheduled after the entry deadline. This is to ensure that events including seated throws allow athletes the maximum time to throw.

Entry information

Before entering the National Junior Para Athletics Championships, please ensure you read the following conditions and entry packs.

- [National Junior Para Athletics Championships 2026 information and standards](#)
- [National Junior Para Athletics Championships 2026 rules and procedures](#)
- [Individual entry form for 2026](#)
- [National Junior Para Athletics Championships 2026 group entry form](#)

Please ensure you complete all relevant sections of the entry forms.

The deadline for entries is 5pm on Friday 19 June 2026.

Hoodies and t-shirts

[Competition hoodies and t-shirts are available to purchase online.](#)

Further assistance

If you require any further information about entries or need support to complete the entry forms, please contact **Jamie Blair, Senior Events Officer** via email, jamie@activityalliance.org.uk or call him on 07866 921745.

Making Music with Special Children

Our course helps professionals, parents and carers use music to unlock communication and creativity. The training includes interactive workshops, real-world examples, and take-home resources.

Book your course:

<https://jessiesfund.org.uk/our-work/training/making-music-with-special-children/>

Who is the course for?

The course is open to anyone working with or caring for children who have additional needs, complex needs, or life-shortening illnesses. Whether you're a musical novice or have some experience you will go away with plenty of ideas and practical techniques that you can start using straight away. Even if you are an accomplished musician, our course will teach you how your skills can be applied in this new context, giving you the confidence to bring your music to children with special educational needs and disabilities.

What will the course cover?

Exploring musical instruments

Working with pulse and rhythm

Singing

Using iPads for music

Approaches to working one-to-one

Working with groups

How much does it cost?

Course fees

Jessie's Fund subsidises your training, so your contribution for the whole two-day course will be just £95. This includes refreshments and a light lunch on both days.



Making Music with Special Children training course 2026



Our course helps professionals, parents and carers to gain the skills and confidence to bring music to children with life-limiting illness or disabilities.

London: 29 – 30 September
York: 10–11 November

£95 for both days



Scan to find out more
and book your place

What You'll Learn:

- Exploring musical instruments
- Working with pulse and rhythm
- Singing
- Using iPads for music
- Approaches to working one-to-one
- Working with groups

<https://jessiesfund.org.uk/> info@jessiesfund.org.uk
15 Priory Street, York YO1 6ET 01904 658189
Registered Charity number: 1045731

Tour De Sense cycling challenge with Sense

An inclusive celebration of the iconic Tour De France, for disabled people with complex needs and supporters.

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www.cann-network.org
admin@cann-network.org

Tour De France is the world's most iconic cycling event, with cyclists from all over the world competing in 21 races in 21 days.

Every year, we celebrate with our very own Tour De Sense in a team effort to cycle as far as possible! Last year, 75 people collectively cycled a total of 35 hours, the equivalent of over 350 miles – enough to cycle from TouchBase Pears in Birmingham to the Tour De France finish line in Paris!

This year, with brand new sponsors Decathlon supporting us, we are encouraging all disabled people with complex needs, family members, staff at Sense and community groups to get involved.

Get involved

From the 4 July to 26 July, join us in-person, virtually or remotely.

You can:

- Attend your local Tour De Sense adapted cycling event – more details coming soon.
- Use hand and foot pedals in your service or at home – if you don't have a hand or foot pedal, contact us.
- Use a gym bike.
- Go for a cycle in your local community.

If you would like to register for Tour De Sense, please complete our short registration form here.

https://forms.office.com/Pages/ResponsePage.aspx?id=ghPnj4PibUezjF8Sgg6yKgNy-8X_EvICmFpUy1s85-tUMktYQlhIOUk2U1JHTetWV0kzQkxZNEdWTi4u

Skin camouflage, vitiligo and you webinar with Changing Faces

Thursday 2nd July 6.30-7.30pm

In partnership with our friends at the Vitiligo Society, we're running a webinar about skin camouflage options for people with vitiligo and the support available.

You'll receive practical advice on how to find the best skin camouflage products for you, how to apply them, and where to find further information and guidance.

[Register for the webinar](#)

Planning ahead for the new school year: your child with a visible difference

 Wednesday 15th July 6.30-7.30pm

 Register here: <https://changingfaces.tfaforms.net/310>

Together with Coram Kidscape, we will be holding a webinar for parents of children and young people with visible differences focusing on navigating the school environment and the challenges that may come with it.

The webinar will cover tools and strategies to help you handle any worries you might have, explain how to work with schools effectively when your child has a visible difference, and how to look after your own mental health as a parent during this time. You'll also hear from Brandi, mum to Nyah who has a skin condition, and campaigner Abi, a young person who has grown up with a visible difference.

Do you need support?

Has your child received a life-changing diagnosis?

We are here for you

Harry's Pals provides emotional support through to parents who have received a diagnosis that their child is severely ill or disabled.*

When my son Harry was born with severe brain damage, I was shocked to discover that there was no emotional support for parents receiving such heart-breaking and life-changing news.

That lack of support had a huge impact on our ability to cope.

This experience inspired me to create Harry's Pals.

Hayley Charlesworth, Founder



*Please see our website for eligibility



We offer:

- Bespoke **Counselling or Therapy** that works for you
- **Short Breaks** that meet your family's needs
- **Peer Support** groups and webinars

At Harry's Pals

we believe every family facing such heartbreak deserves someone to talk to.

Our carefully selected, fully qualified counsellors and therapists are here to support you whenever you need it.



"This is the most support we have felt since the diagnosis. When you feel like the whole world is against you, Harry's Pals is there to remind you that's not the case."

Jody - Parent Carer



It is quick and easy to apply for support, just fill in our online form and we will be in touch.

www.harryspals.co.uk

Registered Charity no. 1198592

I wanted to get in touch with an update on the support currently available through Harry's Pals and to ask for your help in sharing this information with families who may benefit.

We currently have availability for counselling and therapy support and would love your help in making sure families know this support is available.

Our counselling and therapy service is available to all parents who have a child under the age of 18 with a life-limiting or life-threatening condition, regardless of when they received their diagnosis. Sessions can be provided online or face-to-face, helping families access support in a way that works best for them.

We know that caring for a child with complex health needs can place enormous emotional pressure on parents, siblings and the wider family. Counselling and therapy can provide a safe space to talk openly, process difficult emotions, reduce feelings of isolation, build coping strategies and improve overall wellbeing during what can often be an incredibly challenging journey.

We also continue to offer our 3-5 day Short Breaks for families whose child has received a life-limiting or life-threatening diagnosis within the last five years. These breaks are designed for parent alone or the immediate family who may otherwise not have the opportunity to get away and recharge, despite desperately needing the chance to rest, reconnect and focus on their own wellbeing. We regularly hear how valuable this time away is in helping families return home feeling refreshed and better able to cope with the demands they face every day.

Families can be referred by professionals, or they can self-refer directly by visiting:

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

We would be incredibly grateful if you could share this information with any families, colleagues or contacts who may know someone who could benefit from our support.

Thank you for your continued support of Harry's Pals. Your referrals and recommendations make a huge difference in helping us reach families who need support the most.

I have attached a poster which I hope you can share via email, in newsletters or on your socials (as examples)

If you'd like any additional information, resources or promotional materials, please don't hesitate to get in touch.

With thanks

Hayley

SOCIAL MEDIA LINKS AND CONTACT DETAILS:

GENERAL

Website: www.cann-network.org
Email: admin@cann-network.org

NORTH EAST CANN

Admin: northeast@cann-network.org
Chairs: chair.northeast@cann-network.org
BlueSky: <https://bsky.app/profile/necann.bsky.social>
LinkedIn: <https://www.linkedin.com/company/north-east-cann/>
Facebook: <https://www.facebook.com/northeastcann>

SOUTH WEST CANN

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

SOUTH YORKSHIRE CANN

Admin: southyorkshire@cann-network.org
Chairs: chair.southyorkshire@cann-network.org
Bluesky: <https://bsky.app/profile/sycann.bsky.social>
LinkedIn: <https://www.linkedin.com/company/south-yorkshire-cann>
Facebook: <https://www.facebook.com/southyorkshirecann>

WEST MIDLANDS CANN

Admin: westmidlands@cann-network.org
Chairs: chair.westmidlands@cann-network.org
Bluesky: <https://bsky.app/profile/wmcann.bsky.social>
LinkedIn: <https://www.linkedin.com/company/west-midlands-cann>
Facebook: <https://www.facebook.com/westmidlandscann>

WEST YORKSHIRE CANN

Admin: westyorkshire@cann-network.org
Chairs: chair.westyorkshire@cann-network.org
Bluesky: <https://bsky.app/profile/wycann.bsky.social>
LinkedIn: <https://www.linkedin.com/company/west-yorkshire-cann>
Facebook: <https://www.facebook.com/westyorkshirecann>