



SOUTH WEST CANN COMMUNICATION
July 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:
15th Sept 2026 - TBC

CHAIR COMMENTS

Hi everyone,

As we head into the summer holidays, I hope you are all managing to stay cool in this heat and are looking forward to a brilliant break. We have a fantastic array of activities shared in this month's update to keep children and young people busy over the coming weeks. I highly encourage you to explore the incredible Gympanzees Summer Pop Up taking place in Bristol, or check out the completely free Sense Summer Sessions happening at wonderful venues like Windmill Hill City Farm and We the Curious. For those looking to get active in the water, Team Bath AS is also offering a fantastic free para-swimming taster session.

Whatever you get up to, have a wonderful, safe summer, and I look forward to catching up with you all soon!

Best wishes

Sarah Okoro and Chereka Carty

NEW MEMBERS



WellChild

WellChild is the national charity for children with complex medical needs and their families. More than 100,000 children and young people are living across the UK with complex medical needs. Many spend months, even years in hospital simply because there is no support enabling them to leave. Meanwhile those who are at home face inconsistent and inadequate levels of support.

Through a nationwide network of children's nurses, garden transformation projects and family support services, WellChild exists to give this growing population of children and young people the best possible chance to thrive: properly supported at home, together with their families.

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

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

If you are not yet on the CANN website, you can be added by completing this form:

<https://www.cann-network.org/member-registration-form/>

Please only use contact details that are for public use

EVENTS AND INFORMATION - REGIONAL

Coalition for Personalised Care C4PC

The SWCANN Chair, Sarah Okoro recently met with the Coalition for Personalised Care C4PC chaired by Frances Tippet. They are looking for volunteers to promote the use of personal budgets, CHC and personal health budgets and people to lobby as a collective. Their website and contact details are here:

Website: <https://www.coalitionforpersonalisedcare.org/>

E-mail: info@coalitionforpersonalisedcare.org

To read our newsletter, [click here](#)

With so many likely changes to health and social care with changes in government, voices of parents and carers will be so vital.

Discover the joy of Para Swimming

Join Team Bath AS, a performance swimming club, for a FREE taster session in the pool.

If you are a confident swimmer (capable of swimming 25m unaided) aged between 7 and 16, and you have a physical impairment, this could be your opportunity. Regular sessions take place at the Bath University Sports Training Village (STV) Pool, with highly qualified and experienced coaches.

paraswimming@teambathas.co.uk



UNIVERSITY OF BATH

TEAMBATH™



DISCOVER THE JOY OF PARA-SWIMMING



**Join Team Bath AS, a Performance
Swimming Club, for **FREE** taster session!**

Open to swimmers aged 7-16 with
physical disabilities and visual
impairments in the BANES, Somerset
and Wiltshire area.

REGISTER YOUR INTEREST TODAY BY EMAILING
paraswimming@teambathas.co.uk

TEAM BATH PARA-SWIMMING



Gympanzees Summer Pop Up Play and Activity Centre!

Our Pop Ups are a chance for disabled children, young people and their families to enjoy accessible exercise, play, sensory spaces and specialist equipment in a welcoming, inclusive environment.

Whether your child loves active play, some exercise, needs a calm sensory space, wants to try something new, or simply needs somewhere they can be fully themselves, we can't wait to welcome you.

When and where?



17th - 23rd August 2026



Ilminster Avenue Nursery School, Ilminster Avenue, Knowle West, Bristol, BS4 1BX

What to expect

At the Pop Up, families can enjoy:

- specialist play, fitness and exercise equipment
- sensory spaces
- active play areas
- sessions designed with disabled children and young people in mind
- a friendly team on hand to help

Our Pop Ups are all about play, fitness, movement, connection and confidence, with no judgement and no pressure.

Places are limited, so we recommend booking as soon as you can.

Our Pop Up sessions are designed mainly for disabled children and young people aged 0 to 25, but disabled adults are also very welcome to book if the Pop Up feels suitable and of interest to them.

Find out more and book your session now: <https://gympanzees.org/our-services/pop-ups>

GYMPANZEES SUMMER POP UP 2026

**Celebrating 10 Years of Gympanzees
and Our 10th Pop Up!**

Join us this summer for Bristol's leading
accessible play experience for disabled
children and young people.

Wed 5th Aug - Sun 23rd Aug 2026
Illminster Avenue Nursery School
(it's much bigger than you might think)
Knowle West
Bristol BS4 1BX

Inclusive • Accessible • Fun

Experience specialist sensory and physical play
equipment, exciting activities, and a welcoming
environment where every child can play, explore
and have fun. For ages 0-25.



BOOK NOW!
Scan/Click the
QR code or visit
the link below.



**We can't wait to welcome you this summer -
book your session now!**

Gympanzees



Sense Summer Sessions

Here are the details of our summer sessions that will be taking place during the summer holidays and are completely free of charge. This year, we will be visiting Windmill Hill City Farm, We the Curious, An Afternoon at the Bristol Cycle Centre where we will have exclusive access for the afternoon and a sensory walk in Page Park. For the age ranges of 0-5 years, we are collaborating with the PlayHub- Be Weird Be Wild Be Wonderful where we will be hosting 2 Themed Sensory Sessions, exclusively for families attending with Sense.

South West CANN
www.cann-network.org
southwest@cann-network.org

Please follow the links below to book onto the activities.

[Bristol-Windmill Hill City Farm Family Event - Sense](#) Monday 10th August 10.30am-1.45pm

[Bristol-We The Curious Family Event](#) Friday 14th August 11.00am- 2.30pm

[Bristol-Family afternoon at Bristol Cycling Centre - Sense](#) Wednesday 19th August pm session

[Bristol - Sensory Walk - Nature Explorers - Page Park 0-16 years - Sense](#) Wednesday 26th August
1.30pm-3.00pm

O-5 Years

[Bristol - Jungle Themed Family Session - 0-5 years at the playhub-Be Weird Be Wild Be Wonderful - Sense](#) Tuesday 28th July 2.30pm-4.00pm

[Bristol - Under The Sea Themed Family Session - 0-5 years at the playhub-Be Weird Be Wild Be Wonderful - Sense](#) Thursday 27th August 2.30pm-4.00pm

Families are encouraged to book onto as many activity days as they like and when doing so, please make 1 booking per family.

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