



SOUTH WEST CANN COMMUNICATION

September 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/>

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

SOUTH WEST CANN MEETING DATES

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

Future dates:

South West CANN Networking Event

Tuesday 29th September 2026

10:00am – 12:00pm

ONLINE

South West CANN Community Information Day

Saturday 10th October 2026

10:00 am – 4:00 pm

Venue details will be confirmed shortly.

CHAIR COMMENTS

We hope you have all enjoyed a restful summer break and are easing gently into the new academic year. As we head into September, we are excited to continue connecting, collaborating, and strengthening support for children, young people, and families with additional needs across the South West.

A very warm welcome to our newest member, **Go Beyond**, who provide wonderful free residential breaks for children aged 8 to 13 facing challenges in their lives.

We have some key dates coming up this autumn, so please make sure to add them to your diaries:

- **South West CANN Networking Event (Online):** Tuesday 29th September 2026 | 10:00 am – 12:00 pm
- **South West CANN Community Information Day:** Saturday 10th October 2026 | 10:00 am – 4:00 pm (*Venue details to follow shortly - please let us know if you wish to attend this*)

Our networking meetings are a brilliant opportunity to connect with fellow organisations, share best practice, and explore new ways to work together across the region. We look forward to seeing you online later this month!

Thank you all for your continued dedication, energy, and partnership.

Best wishes

Sarah Okoro and Chereka Carty

NEW MEMBERS



Go Beyond

Go Beyond offers free residential breaks for children aged between 8 and 13 years who are facing challenges and difficulties in their lives. We give them the chance to build confidence, resilience, make lasting friendships and have fun in a supportive environment.

We have three centres (Derbyshire, Cornwall and Essex) and offer a four-night residential break which is packed full of exciting activities, good food and plenty of outside time.

Every break is fully funded, fully staffed and fully catered

for. The centres are designed to be 'home from home' and we find that even the most anxious of children settle well and respond positively to our nurturing and well-trained staff. Our breaks are carefully planned for the age group attending and professionals can refer individuals, small or large groups.

We take children from all over the country and operate all year round. We are ASDAN registered so that if a child attends in term time they are classed as being 'educated off site' and their school attendance is not affected.

Children are referred to us for many reasons, including bereavement, neglect, poverty, bullying, caring responsibilities, being in care, or having a parent in prison. Some are the 'invisible' child who need help to build confidence and self-belief. Some children have additional needs, and others have a sibling with additional needs. In short, we support any child who would benefit from a break away from home, school, or both. These breaks give children space to be themselves and put their worries aside.

<http://www.gobeyond.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

RESEARCH

Have Your Say on Housing and Safety for People with Learning Disabilities

Do you care for someone with a learning disability? Your experiences could help shape future housing and support services.

A survey by Carers Support Bristol and South Glos for South Glos Learning Disabilities Partnership Board is gathering the views of carers on housing, safety, independence and support for people with learning disabilities. By sharing your experiences, you can help highlight what's working well, the challenges families face, and where improvements are needed.

The survey is open to carers and only takes a few minutes to complete. Every response helps build a clearer picture of the issues affecting families and can support efforts to improve services and outcomes.



Take the survey here:

https://forms.cloud.microsoft/pages/responsepage.aspx?id=m8g6N83y5EitsWOzi_yy5Q27ABD1U25PqUulc4p9hOFUMU00UDk3SVZCWUxMVTRPMzJZTDY0Vk85Ri4u&route=shorturl&utm_source=Master+List+%28Updated%3A+20%2F08%2F2026%29&utm_campaign=d9281aec50-EMAIL_CAMP_AIGN_2026_08_03_09_35&utm_medium=email&utm_term=0_-d9281aec50-636103032

EVENTS AND INFORMATION - REGIONAL

Join a Walk & Talk This Summer and Autumn

Walk & Talk for carers looking after someone with Parkinson's

In partnership with [Parkinson's UK](#)

Hanham

Mondays, 14, 21 and 28 September, 5, 12 and 19 October

11.00 am to 12.30 pm

Young Adult Carers Walk and Talk Group (18-25 years)

Being a young adult carer can sometimes feel isolating, but you're not alone.

Looking for a break from your caring role? Our new Walk and Talk group is designed just for young adult carers (18–25), with a new approach! It's a chance to meet others who understand, enjoy some fresh air, and take time for yourself in a relaxed, supportive setting. Whether you're up for a chat or just want a change of scenery, you're warmly welcome.

<https://www.carersbsg.org.uk/our-support-services/walk-and-talk>

Free NHS Wellbeing Courses to Support Your Mental Health

Caring for someone else can leave little time or energy to focus on your own wellbeing. If you're feeling stressed, anxious, overwhelmed, or struggling with low mood, free NHS-supported online courses from Vita Health Group could help.

Designed to fit around everyday life, these practical courses provide tools and techniques to help you understand your mental health, build resilience, and feel more in control.

Courses available

Mental Health Course for Women

A four-session online course exploring stress, anxiety and low mood. You'll learn practical coping strategies, discover ways to challenge negative thinking, and build confidence in managing your wellbeing.

Mental Health Course for Men

A four-session online course offering straightforward, practical tools to manage stress, reduce overthinking, and develop habits that support positive mental health.

Mind & Movement

A six-session wellbeing course for people living with long-term health conditions. Combining Cognitive Behavioural Therapy (CBT) approaches with gentle movement, the course explores the connection between physical and emotional wellbeing and helps you build sustainable healthy habits.

All courses are:

Free NHS treatment

Delivered online

Designed to fit around your life

Available through self-referral

No camera or microphone required for the mental health courses

<https://vitahealthgroup.co.uk/nhs-talking-therapies/mental-health-courses>