NATIONAL CANN COMMUNICATION
November 2026

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

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/

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

MEETING DATES

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

NECANN Upcoming Meetings
TBC

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:
8th December 2026
Virtual

WYCANN Upcoming Meetings:
2nd December 2026
10am - 12pm
Interplay Theatre
Armley Ridge Road, Leeds, LS12 3LE

INFORMATION & DATES FOR YOUR DIARY - NATIONAL/ONLINE

Win an iPad Air! Step into Irwin Mitchells Christmas card competition

As we prepare to deck the halls, we're inviting your child to capture the Christmas spirit by entering our card competition.

The lucky winner's design will feature on our Christmas card and will also receive a new 128GB iPad Air. Two runners-up will each receive a £100 Amazon voucher.

We welcome entries from all children with additional needs. Please encourage them to get involved and to create their design on an A4 piece of paper, showing what Christmas means to them.

Next, take a picture of their drawing and email it to us at christmascomp@irwinmitchell.com. Please include their name, age, where they're from, and what inspired their design.

Entries must be submitted by midnight on Friday 13 November. The competition is only open to those aged 19 and under. One entry per child. Full Terms & Conditions are available here.

We can't wait to see what they come up with.



Introducing SideWays: A Sensory Playscape, coming to the Southbank Centre in 2027!

Wheel, wander, crawl or roll through a brand new interactive playscape designed to spark all the senses.

🗓️ 23 January - 6 June 2027
📍 Royal Festival Hall, Southbank Centre

Welcome to a world that's tipped sideways, where everything's a little bit wiggly and turned upside-down-ways. Here, you can feel colour, listen to light and sink into sound. Find your own path through this immersive wonderland, and experience the world from different angles. There's no 'right' way to play, only your ways.

Designed with babies, toddlers and disabled children at its heart, SideWays is an experience for the whole family to explore together, side-by-side(ways).

Tickets are on sale now! Choose the session that works best for you:

➡️ 0 - 3 years
➡️ Whole family
➡️ Reduced capacity
➡️ Twilight (for anyone aged 16+)

🎟️ **Explore sessions and book your tickets**~

Supporting Families Together – Free EHCP Webinar Opportunity

We're currently running a series of free EHCP webinars for parents and carers and would love your support in helping us reach families who may benefit from them.

These online sessions are designed to make the EHCP process easier to understand, providing clear, practical information and guidance for families navigating special educational needs and disabilities. Whether a family is just beginning their journey or already has an EHCP in place, the sessions offer useful insights and support.

As a trusted support group within the community, we know families value the information and opportunities you share. We'd be delighted if you could help us spread the word by sharing the webinar details with your members.

You can view all upcoming dates and booking links below:
September - EHCP Needs assessment workshop

October - EHCP Appeals process workshop
November - EHCP Needs assessment workshop
December - EHCP Appeals process workshop

Thank you for everything you do to support families. We look forward to working together to help ensure parents and carers can access the information they need.
Warm regards,
Amy
Events Team
The SEND Collaborative
Please find a list of our services on our website: The SEND Collaborative
Follow us on Social media: The SEND Collaborative - Facebook | The SEND Collaborative - Instagram | The SEND Collaborative - Twitter

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PEEPS HIE Conference

🗓️ Thursday 13th May 2027
⏰ 9am - 5pm (exhibition stands from 8.30am)
📍 The Lowry, Salford Quays, Manchester

The theme for this year is Awareness, Advocacy, Action and the day will consist of guest speakers, workshops, exhibitors and networking opportunities.

There'll also be quiet spaces, delicious refreshments, and of course goody bags!

Thanks to our key sponsors Bolt Burdon Kemp, CL Medilaw and Fletchers Solicitors for their support, covering the costs of setting up the event.

If you have any questions, would like to be involved as a speaker, exhibitor or sponsor, or if we can help make it easier for you to attend, please don't hesitate to get in touch.

Register for tickets here:
https://www.eventbrite.co.uk/e/hie-conference-2027-tickets-2001045682503


PEEPS
HIE AWARENESS & SUPPORT
Save the date!
H.I.E.
CONFERENCE
Following the success of our first conference, we're delighted to announce the date for 2027.
We'd love you to join us.
13 May 2027
The Lowry
Salford Quays, Manchester
Tickets available from September
JOIN US IN 2027
www.peeps-hie.org

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.

Jessie's fund

MUSIC HELPING CHILDREN

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

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

Scan to find out more and book your place

https://jessiesfund.org.uk/ info@jessiesfund.org.uk
15 Priory Street, York YO1 6ET 01904 658169
Registered Charity number: 1045731

Entries are open for WheelPower next season of Sports Festivals!

As we enter August, there is never a better time than now to get signed up for our next season of Sports Festivals after the summer break.

These popular events fill quickly so visit our events page and find out where your nearest Festival is!
https://www.wheelpower.org.uk/activities/sports-events/



Register your interest for the WheelPower Award Scheme for Schools being launched in October.

Written for both Primary and Secondary schools, students are encouraged to work their way through the Bronze, Silver, and Gold Awards by completing 8 of the 12 progressive skill based activities within each. Bitesize videos support teachers by showing appropriate techniques for each sport.

emily.weller@wheelpower.org.uk



Engaging Wheelchair Participants in Sport

We understand that there are many people in our community working with people with physical disabilities, and this short online course is here to give you the knowledge and confidence in your own organisations. Time is precious which is why we have re-engineered this course content to make the very best of your limited time. Leave confident to adapt any sport session for wheelchair users.
24 September 0930-1130
26 November 1730-1730



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admin@cann-network.org

Harry's Pal Update and Leaflets to support

Recently, I have been hearing from an increasing number of families who have reached crisis point before discovering Harry's Pals and the vital support we provide to parents facing the unimaginable challenges of caring for a child with a life-limiting or life-threatening condition.

EXECUTIVE SUMMARY

Please help us by sharing the attached Harry's Pals leaflet and social media graphic with families through your newsletters, letters, emails, social media or directly with parents.

Please display or distribute our leaflets within your service. We are very happy to send you printed copies.

Most importantly, please help us create an environment where mums and dads feel safe saying, **"I need help."**

PLEASE REMEMBER MUM AND DAD

When a child receives a serious diagnosis, understandably, the focus is on the child.

But behind that child is often a mum or dad trying to hold the whole family together while dealing with fear, grief, uncertainty, appointments, sleepless nights, caring responsibilities, siblings, relationships, work and everything else that family life brings.

Sometimes they are not coping.

And given what they are living through, **isn't that understandable?**

What concerns us is that some parents may be frightened to admit just how much they are struggling. They may worry about being judged as a parent or even fear that admitting they are not coping could raise questions about their ability to care for their child.

No parent should feel they have to hide their mental health struggles because they are frightened of what might happen if they ask for help.

Research led by Dr Siobhan O'Dwyer involving 750 parent carers in England found that **42% had experienced suicidal thoughts or behaviours while caring. Around half had never disclosed these experiences or sought help. The study also found that one in ten parent carers surveyed had attempted suicide at some point in their lives.**

Those figures are why we are asking professionals to help us reach parents before they reach crisis point.

Please help parents hear:

"We understand. What you are going through is incredibly difficult. It is OK to say you are struggling. You deserve support with your mental health too."

Harry's Pals provides bespoke counselling and therapy to families across England who have a child with a life limiting or life threatening condition. Support is available online and face to face, when families need it.

Parents can apply directly, or if they are unsure about counselling, they can simply speak to us first. We can arrange a quick, informal conversation about the support available with no pressure.

Kind regards

Hayley

Care Charges and DRE session

Join us for one of our FREE online sessions on Workshops for Individual Employers and those receiving Direct Payments.

This workshop on Care Charges and Disability Related will be delivered by our guest speaker, Jon Abrams from Inclusion London, and supported by the Bringing Us Together team and Adult Social Care Warriors. Full details below:

Care Charges and Disability Related Expenses
Wednesday 11th November 2026

at:
either 10.30am to 12.30pm
Booking: tinyurl.com/carechargesDREam

OR
6.00pm to 8.00pm
Booking: tinyurl.com/carechargesDREpm

This workshop is designed to help you understand Disability-Related Expenditure (DRE) and empower you to reduce your social care charges.
In this hands-on session, Jon Abrams from Inclusion London will guide you through using Inclusion London's DRE Calculator; a chatbot tool aimed at helping you to minimise your social care costs.

Jon will be available to address general questions about the social care charging process and provide guidance on navigating the council's complaints system.

Please note: We will be limiting the session to 30 participants so that we can try to answer everyone's questions. Any questions we are unable to cover will be followed up after the session.

Join us to learn together and meet other people who employ Personal Assistants/Carers.

For more info, and help with booking, email tony@bringingustogether.org.uk

Bringing Us Together

Workshops for Individual Employers and those receiving Direct Payments

Join us for one of these FREE online session on Zoom delivered by our guest speaker Jon Abrams from Inclusion London, supported by the Bringing Us Together team and Adult Social Care Warriors



· Care Charges and Disability Related Expenses

Wednesday 11th November 2026
at either 10.30am to 12.30pm
(scan the QR to book)

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for info and booking email: tony@bringingustogether.org.uk

ADULT SOCIAL CARE WARRIORS

BRINGING US TOGETHER

Doing It Solo workshop

Our next 'Doing It Solo' workshop for single parent carers of children with additional needs and disabilities will focus on communication - with our children, and with those who care for them.

Communication through Connection
Build confident communication skills with your children and the adults supporting them

📆 Friday 20th November
🕠 4.30pm - 6.30pm
💻Online (Zoom), book at tinyurl.com/DIScommunication

In this session, we will cover:

- Tips and strategies for more connected communication with your children
- Ways to communicate with clarity with professionals and other adults in your child's life.

Led by Steering Group member Rachael, this workshop will share strategies, underpinned by clean language and non-violent communication, to help you build more confident communication, exercise healthy boundaries and create stronger relationships with your child and those supporting them.

Join us to learn together and connect with a group of parents who face the same challenges you do and just 'get it'.

To be added to the mailing list for all future Doing It Solo workshops, please email tony@bringingustogether.org.uk.

Doing It Solo

A Bringing Us Together project for solo parents of disabled children, young people and adults

All Doing It Solo sessions are online

Communication through Connection

[Build confident communication skills with your children and the adults supporting them]

Friday 20th November

4.30pm - 6.30pm

In this session, we will cover:

- **Tips and strategies for more connected communication with your children**
- **Ways to communicate with clarity with professionals and other adults in your child's life**

Led by Steering Group member Rachael, this workshop will share strategies, underpinned by clean language and non-violent communication, to help you build more confident communication, exercise healthy boundaries and create stronger relationships with your child and those supporting them.

Join us to learn together and connect with a group of parents who face the same challenges you do and just 'get it'.

COMMUNITY FUND

BRINGING US TOGETHER

Booking via eventbrite

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

Solo Carers' Café

Join us for our second 'Solo Carers' Café' - a safe online space to connect with other parents like you.
The Solo Carers' Café is an opportunity to connect with other parents like you, share your struggles and successes, and find support with a group of people who 'get it'. Our next session will be a festive one! Details below:

📆Friday 11th December
🕔5.00pm - 7.00pm
💻Online (Zoom), book at tinyurl.com/decsolocarercafe

There will be a laid back 'café' session every other month, led by our Steering Group - a group of solo parents with lived experience, where you can share your struggles and celebrate successes together.

To be added to the mailing list for all future Doing It Solo sessions, please email tony@bringingustogether.org.uk.



Harry's Pals - Counselling Support

Do you need support?

Has your child received a life-changing diagnosis?

Harry's Pals

Providing emotional support to parents of severely ill and disabled children

We are here for you

Harry's Pals provides emotional support through **free therapy or counselling** to parents who have received a diagnosis that their child under the age of 18 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



kindly printed by irwinmitchell

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

We are passionate about ensuring that parents of children with life-limiting or life-threatening conditions are offered the mental health support they need, helping them to feel stronger and better equipped for the road ahead.

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

Harry's Pals

BUT HOW ARE YOU?

When your child is seriously ill or disabled, everyone asks how they are.

We ask how **you** are.

FREE COUNSELLING SUPPORT FOR PARENT CARERS

Bespoke counselling or therapy.
For **you** when **you** need it.

- A safe place to talk
- Qualified counsellors & therapists
- Support that starts with you

harryspals.co.uk

Hayley Charlesworth
HARRY'S PALS FOUNDER
07812 404982
hayley@harryspals.org
www.harryspals.co.uk



Harry's Pals
Registered charity number: 1198592
