SOUTH WEST CANN COMMUNICATION
October 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:
TBC

CHAIR COMMENTS

As the days grow shorter and we settle into November, we find ourselves reflecting on another full, collaborative year across our South West network.

First, a quick housekeeping note regarding our regional network gatherings: we have no further South West CANN meetings scheduled for the remainder of this year. We are currently finalising our meeting calendar for 2027 and will be releasing the new dates and termly focus topics very soon so you can get them straight into your diaries.

With November also marking Carers Rights Day later in the month, our thoughts are particularly focused on the practical, emotional, and systemic realities facing parent carers and families. The run-up to the festive period and the turn of the year can often amplify pressures—whether that is navigating seasonal sensory overloads, coping with the rising cost of living and heating, or managing the continued administrative weight of statutory systems and support packages.

Now, more than ever, the strength of our network lies in community, shared resources, and mutual signposting. We encourage everyone across the South West to keep connecting, sharing your local events and service updates, and looking out for one another as the winter months approach.

Thank you, as always, for your ongoing dedication, resilience, and commitment to the children, young people, and families we all serve. Please keep an eye out for our 2027 dates coming shortly!

Best wishes,

Sarah Okoro and Chereka Carty
South West CANN Chairs

NEW MEMBERS

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

Could You Be Missing Out on Council Tax Support?

If you help look after a family member or friend, you may be entitled to Council Tax discounts, reductions or other support that you have never been told about.

This Carers Rights Day, carers are invited to attend a free community event bringing together local organisations, information, advice and practical support.

As part of the event, Carers Support will be hosting a Know Your Rights session focused on Council Tax support for carers, helping you understand what support may be available and whether you could be missing out.

The session will cover:

- Council Tax discounts and reductions
- Council Tax disregards
- Who may be eligible for support
- Common myths and misconceptions
- Where to get further advice and information

You'll hear from a specialist speaker, have the opportunity to ask questions, and leave with practical information you can use straight away.

Many carers miss out on financial support simply because they don't know what is available. Carers Rights Day is an opportunity to learn more about your rights, understand what support you may be entitled to and connect with organisations that can help.

The event will also feature advice stalls from local organisations, practical information workshops and the Invisible Army: Stories of Carers exhibition.

Event Details
Date: Thursday 19 November 2026, 4pm to 6pm
Location: Lockleaze Neighbourhood Trust, The Hub
Cost: Free entry, including tea, coffee and cake

Come along and find out whether you're receiving all the support you're entitled to as a carer.

Event Spotlight: Ignite Bristol Winter Inclusive Multi-Sport Festival 2026!

Looking for fun, accessible ways for your family to get active this autumn? We're thrilled to share this fantastic, FREE event organised by Ignite Bristol!

The Winter Inclusive Multi-Sport Festival is open to d/Deaf, Disabled, and Neurodivergent people of all ages and their families to come along and try out a wide range of local inclusive sports and physical activities in a welcoming, supportive space.

Event Details:

- 📅 Date: Sunday 22nd November 2026
- ⏰ Time: 1:00 pm – 4:00 pm
- 📍 Location: 224 Youth Zone, Hartcliffe Way, Bristol, BS4 1GQ
- 🎟️ Cost: FREE (Registration essential)
- 🤟 Accessibility: BSL interpreters available upon request during sign-up

Whether you're keen to discover a new passion or just want an active, friendly afternoon out together as a family, it's a brilliant opportunity to see what Bristol has to offer!

A full list of sports and specific accessibility provisions will be announced soon.

👉 Register your free place here:
https://forms.cloud.microsoft/e/0KKt3aALQu

(Or scan the QR code on the flyer!)

Please tag a family or share with your networks across Bristol and the South West to help spread the word! 💜

Ignite BRISTOL
Active. Inclusive. Together.



Winter Inclusive Multi-sport Festival 2026



A great opportunity for d/Deaf, Disabled and Neurodivergent people and their families to try local inclusive sports and activities - Full list of sports/ accessibility options to be announce soon

Sign up is now open!

Sunday 22nd November 2026, 1 - 4 pm

224 Youth Zone, Hartcliffe Way, BS4 1GQ





Please let us know if you require a BSL interpreter at the event

Register your FREE place using this link or QR code:
https://forms.cloud.microsoft/e/0KKt3aALQu


