



Portsmouth Parent Voice (PPV)
Run by parents for parents of children and
young people with additional needs or
disability

IMPACTING ON YOU

Newsletter

February 2019



Information, advice and support for parents/carers
of children and young people (0-25)
with special needs and disability

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Hi Everyone!

Hope you are all staying warm and cosy during this cold spell. People young and old have been disappointed that the snow did not materialise today and, I suspect, were hoping for a day off work/school!

In this latest issue, we are focusing on health and we have included useful information and resources for all age groups covering a range of topics.

We are less than 2 weeks away from our annual event, The Local Offer Live with some fantastic exhibitors and 10 workshops from benefits to occupational therapy and sensory integration. It's going to be a busy day and we look forward to seeing many of you there. For more information, please go to our Facebook page:
<https://www.facebook.com/events/1178519092295207/>

Finally, a huge thank you to Michelle Love, Safer Travel Manager – Regeneration, from Portsmouth City Council, for taking part in our Questions and Answers session which you can read on page 13.

Stay warm and safe ☺

Barbara and the Team

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What's On?

Events and workshops coming up soon

Are you a parent or carer of a child or young person with additional needs and disability and living in Portsmouth?

We run various coffee mornings, events and training sessions in partnership with several voluntary groups (**Autism Hampshire, Portsmouth Carers**) and statutory agencies (such as **CAMHS**- Child and Adolescent Mental Health Services)

Event	Date and Time	Venue
PPV Local Offer Live 2019!	Tuesday 12th February 9.30 am to 3 pm	Paulsgrove Community Centre Marsden Rd, Portsmouth PO6 4JB
PPV Coffee Morning Guest speaker this month: Lisa Caine from Multi-Agency Behaviour Support Service(MABS)	Tuesday 26th February 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
PPV Coffee Morning	Tuesday 12th March 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
Parent Carer Mental Health and Wellbeing Peer Support Group More information on page 16	Wednesday 27th March 09.30 am to 11.30 am	Paulsgrove Family Hub Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PL

These sessions are opened to parent carers of children and young people with additional needs and disability. Feel free to bring a friend or family member. Parking is available in the Frank Sorrell Centre car park. Light refreshments provided. For more information, email ppvadmin@p-d-f.org.uk or call 07825 185 608

Local Offer Live 2019



LOCAL OFFER LIVE!

A **FREE** event with workshops and information about the services available across the city for children and young people aged 0-25 with **Special Educational Needs and Disabilities.**

NEW
VENUE!

FREE
WORKSHOPS

Tuesday 12th February 2019
Paulsgrove Community Centre

9.30am–3pm



PPV Tel: 07825 185608 EMAIL: PPVADMIN@P-D-F.ORG.UK

Solent Pulse Text Service



A text Messaging Advice Service
Advice for parents/carers and young people in Portsmouth

Do you need help/support with:

Continence
day/ night
wetting

Healthy
weight

Sleep

General
health
questions

Healthy
lifestyles

Emotional
health and
wellbeing

Constipation
and soiling

Fussy eating

Healthy
relationships

Text Solent Pulse on **07491163276** (School Nursing Service) to get advice from a qualified Nurse.

For more information visit www.what0-18.nhs.uk/solent

The advertisement features a large blue speech bubble on the left containing the "Solent PULSE" logo. To the right is a photograph of a young girl with blonde hair, smiling. Overlaid text includes "Health and wellbeing", "Text messaging service", and "for parents and carers in Portsmouth". At the bottom, it says "For more information visit www.what0-18.nhs.uk/solent".

Are you worried about the health and wellbeing of your child?

Text Solent Pulse on **07491 163275** (Health Visitor Service) in confidence to get help from a qualified nurse.



Parent Buddies

A brand new service in the Family Hubs for 2019

Volunteer led drop-ins for parents of children aged 5-19

Have you got a concern about your child but don't
know where to turn for help?

education / behaviour / relationships

Come and see our friendly volunteers, have a chat,
and find the best service to support you.

Our drop-in sessions run weekly at the following
Family Hubs from the week commencing 21st Jan

- Somerstown: Wednesdays 11.00 -1.00
- Northern Parade: Thursdays 12:15 - 2:45
- Milton: Fridays 9:45 - 12:15

For further information, please contact Rachael on
rachaelh@hsportsmouth.org.uk.

Please also get in touch if you would like to volunteer for this service.

Healthier Together Website



Wessex **Healthier Together**

Healthier Together Website Information Guides

Over the past few months, PPV parent reps and professionals have worked together to design easy guides covering a range of topics ranging from anxiety to eating disorders.

The guides are now live on the Healthier Together website. The information is generic as the website is not only for Portsmouth but covers the Wessex area including Southampton, Hampshire, Isle of Wight all the way to Dorset.

For more information, go to the Healthier Together Website to see the guides in action. You will be able to download the guides and there is also a useful print option: <https://what0-18.nhs.uk/resources> (under mental health resources) as well as the following page: <http://ow.ly/jaHj30mhigv>



AUTISM

Autism is a condition which affects the way in which a person communicates with and relates to other people. It can also be called a neurodevelopmental condition or Autistic Spectrum Condition (ASC).

SIGNS AND SYMPTOMS

- Difficulties understanding and recognising communication such as verbal language, facial expressions, tone of voice and body language.
- Possible speech and language delay.
- Difficulties recognising and understanding other people's feelings and understanding and managing their own.
- Difficulties with understanding other people's intentions and behaviour.
- Preferring to stick to their own routines.
- Many people with autism experience some kind of under or over sensitivity to the seven senses: auditory, visual, touch, taste, smell, vestibular (balance) and proprioception (movement).

All of the above can lead to a heightened level of anxiety for individuals on the Autistic Spectrum. The condition can affect every aspect of a person's life.

LINKS

National Autistic Society
http://www.autism.org.uk/?gclid=EAIaIobcCHMvqfwbGMzwhgfwEhQAMzCIAAYASAAgJ7P0_BwE

Autism Hampshire
<https://www.autismhampshire.org.uk/>

Social Stories
<http://www.autism.org.uk/professionals/teachers/myworldhub/socialstories.aspx>

RESOURCES

Picture Exchange Communication System (PECS)
<https://www.nationalautismsociety.org.uk/the-picture-exchange-communication-system-pecs/>

Makaton
<https://www.makaton.org/>

Sensory Diet
<https://www.understood.org/en/learning-attention-issues/treatments/approaches/therapies/sensory-diet-treatment-what-you-need-to-know>

TOP TIPS (Continued)

- Make sure what you say matches your tone of voice, facial expression and body language. At times of anxiety or distress reduce the "volume" of your communication e.g. use fewer words, less eye contact etc.
- Be careful of giving open ended choice e.g. "What do you want for tea?". You may find it better to give a choice of options "Would you like spaghetti or fish fingers?".
- Praise and reward when things go well.
- Use the timetable to agree when to do homework, when to go on the computer or when to go to bed etc.
- If there are changes to plans let your child know in advance.
- Use normal daily routines to provide structure to the day. Have a good morning routine, meal routine, bedtime routine.
- Be aware of how much sensory information there is going on and think about reducing it e.g. sounds, smells, lights etc.
- Clearly indicate the beginning or end of something, possibly using timers to count down time to something finishing, so the child is prepared.
- Physical exercise can be really useful in managing anxiety e.g. a small trampoline.
- It may be useful to create a document, such as a hospital passport, as a quick and easy way to explain your child's difficulties.

FURTHER HELP

- Speak to your child's school.
- Speak to your doctor.
- Look at your local authorities Local Offer website.

Health Passports and Information

Hospital Passport

A hospital passport is for patients who have a learning disability or with communication difficulties, and should be brought to hospital with them for both inpatient and outpatient appointments.

You can download the form here:

<https://www.porthosp.nhs.uk/Learning/HCSW/Learning%20Disabilities/Hospital%20Passports%202014.pdf>

For more information, please go to: <https://www.porthosp.nhs.uk/PHTNEWS/What-is-a-hospital-passport.htm>

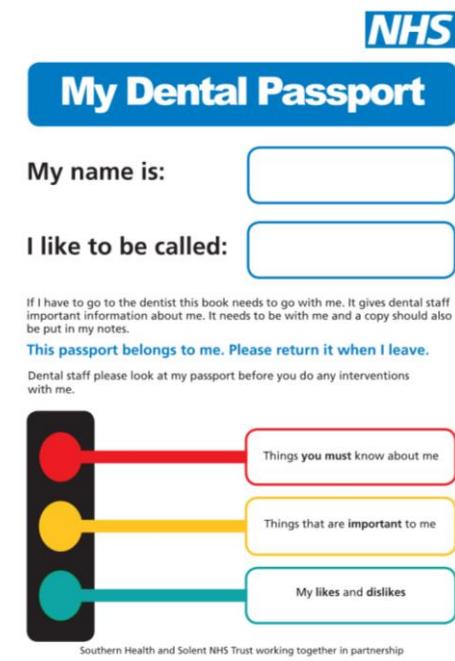


Dental Passport

This document has been designed to help those with learning disabilities or special needs when going to the dentist. It gives dental staff important information about you before they do any interventions with you. It covers: Things you must know about me, Things that are important to me, My likes and dislikes.

To view the passport please click the link below:

http://www.solent.nhs.uk/_store/documents/newdentalpassportversion4714.pdf



You can also find more information about the **Special Care Dental Service** on the Portsmouth Local Offer website:

<http://www.portsmouthlocaloffer.org/local-offer-search/item/182>

Annual health checks- - Learning disabilities

People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case.

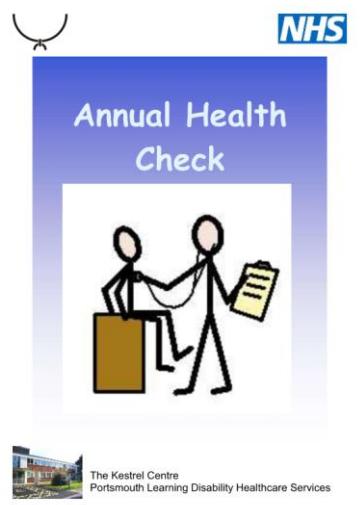
Annual health checks are for adults and young people aged 14 or over with a learning disability.

An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care.

You do not have to be ill to have a health check – in fact, most people have their annual health check when they're feeling well.

If you're worried about seeing a doctor, or there's anything they can do to make your visit better, let the doctor or nurse know. They'll help make sure it goes well for you.

You can watch this film about annual health checks for people with a learning disability:
https://www.youtube.com/watch?v=C8R_bJdLSQ



Who's eligible?

Anyone aged 14 or over who's on their GP's learning disability register can have a free annual health check once a year.

What if my GP doesn't offer the annual health check?

Most GP surgeries offer annual health checks to people with a learning disability. However, GP surgeries don't have to offer this service.

If your GP surgery hasn't offered you an annual health check, you can ask them if they could provide one. If they say no, ask your local community learning disability team for advice. They should be able to help you access an annual health check.

<https://www.portsmouthccg.nhs.uk/Annual%20Health%20Check%20leaflet.pdf>

You can also help the young person do this by talking to their doctor's surgery or by using this template letter: <https://www.mencap.org.uk/sites/default/files/2017-03/GP%20Access%20needs%20letter%20Final.pdf>

Complete this letter and give it to the doctor during their next appointment. Once on the register they can speak to their doctor about having a free Health Check every year.

Your Views and Consultations

Wellbeing and mental health support- your views and experience.

We would like to find out about parent carers' experiences of services and support in regards to wellbeing, emotional and mental health issues for their children and young people (0 to 18).

Your feedback is so important and will enable us to share this information with commissioners and service providers in order to improve services and identify gaps.

If you have accessed the Community Paediatric Medical Services (**CPMS**), Child and Adolescent Mental Health Services (**CAMHS**) or had an admission to **A&E**, we would value your input. The survey should take between 5 and 10 minutes to complete.

To complete the survey, please follow this link: <https://www.surveymonkey.co.uk/r/QCH5ZV2>

Appreciation Awards

The **Appreciation Award** was created by the Shaping Better Future Together, our co-production steering group, in order to celebrate and recognise professionals who have **helped** parents and families of children and young people with special educational needs and disability.

We often receive more complaints than compliments so it is important to recognise that there are individuals who are committed to making a difference to parent carers and their families.

We want to highlight good practice by sharing the positive impact these professionals are delivering to local families.

We usually give the award in person and we will get in touch to let you know about their reaction!
Thank you!

Want to nominate?

Please go to: <https://www.surveymonkey.co.uk/r/6SF9VGB>

Home to School Transport Update

Last month, we met with Michelle Love, Safer Travel Manager – Regeneration, from Portsmouth City Council and we asked her a few questions following parent carers' enquiries. You will find details of our Questions and Answers below. Thank you to Michelle for taking the time to meet with us and providing details about her service.

Overview of the service

- How many children are transported every day?

658 to 56 different schools and 4 different colleges.

- What kind of vehicles are used to transport children and young people?

A mixture of private contractor minibuses, PCC minibuses, taxis and parent transport through the personal entitlement budget.

- Are vehicles safety checked?

All minibuses and taxis are compliant with all of the legal requirements for vehicle safety and PCC have an independent risk assessor travelling on the routes to carry Health and Safety Assessments on the vehicles. This carried out via a rolling program over the year. If the child is transported by its parent, it is the responsibility of the owner of the vehicle that they are being transported in to ensure it is compliant with the law.

- How many staff work within your service?

1 x Safer Travel Manager, 1 x Transport Operations Manager, 3 x Home to School Coordinators - 115 Passenger Assistants

- How do I apply for home to school transport?

The Local Offer website (<http://www.portsmouthlocaloffer.org/local-offer-search/item/12>) or <https://www.portsmouth.gov.uk/ext/schools/school-transport-and-travel>

Information and Communication

- Who do I need to get in touch with if I have concerns about the service?

If you have concerns about your child's entitlement to the service please contact Education on 023 9283 4962 or 023 9284 1238

- What if my child is unwell and doesn't need transport? Who do I get in touch with?

Please contact transport@portsmouthcc.gov.uk or 023 9284 1345

- Are Transport Assistants allowed to give me their mobile phone number?

Yes, but the Transport Operations Team are responsible for the Passenger Assistant and the children while they are being transported on PCC or contracted transport. Any information from a parent about attendance or illness, or information a parent needs e.g. if a vehicle is late can be given to the Transport Assistant but should also be sent to the Transport Operations Team so that it

can be logged.

- Can Transport Assistants let me know if they are going to be late picking up my child?

The Transport Operations Team are on duty from 07.30-17.00 Monday-Friday in term time and will contact parents if their vehicle is delayed.

- If I have a disability myself, can the Transport Assistant come to my front door to collect my child?

It is the parents responsibility to take their child safely to and from the vehicle when leaving or returning home, and unless there is an emergency the Passenger Assistant does not leave the vehicle. Parents and Guardians are advised of the time of pick-up and it is their responsibility to be ready on time. Transport will wait for 4 minutes if parents/children are not at the pick-up point address.

- The taxi driver has made negative comments about my child. Who do I contact to talk about this?

Please contact transport@portsmouthcc.gov.uk or 023 9284 1345, the co-ordinators will then contact the taxi company to carry out further investigation.

- My child has severe behavioural problems and has been denied transport because of safety issues. What do I do?

If your child has been denied entitlement in the first instance then you will need to contact Education, if your child has been excluded from transport because of unacceptable or dangerous behaviour or aggression towards passenger assistants or other children on the vehicle then this will be part of a staged process with warning letters going to parents and head teachers of the school in the first instance. If the behaviour or aggression continues or escalates then the decision may be made to exclude the child from school transport. In these cases you will be offered the transport entitlement as a personal budget to transport your child or as a bus pass.

- My child is now 16. Will his transport entitlement change?

There is no automatic entitlement to assisted transport for students over the age of 16 years However, the local authority will assist with travel expenses for some Post-16 students with special educational needs and disabilities where there is evidence of exceptional circumstances. Home to school or college transport will usually only be provided up to the age of 19, where a young person has an Education Health and Care Plan and meets the points criteria for exceptional and significant circumstances.

- How often do I have to apply for home to school transport?

If your personal circumstances change, you move house or there is a change in your child's condition then you will need to inform the Education Department who may advise you to reapply. The education department will contact parents every year to request that they reapply for the next academic year.

- How can I appeal decisions made about my child's transport?

If you wish to appeal the decision relating to entitlement please contact the Education Department. There is currently no route of appeal if the decision is made to have to remove the child from transport for safety reasons, however, this decision will have been made after prior contact with the parent and school head teacher by the Transport Operations Team.

Training

- What kind of training Transport Assistants receive and how often?

Autism, Back Care and Posture Awareness, First Aid, Managing Challenging Behaviour, Manual Handling, Safe Guarding

- Is this training shared with taxi driver/ minibus driver?

No unless they are employed by PCC, taxi drivers undergo their own training through their employers

You can find more information about Transport to School and College here:
<http://www.portsmouthlocaloffer.org/local-offer-search/item/12>

You will also be able to download useful guides including application forms, eligibility criteria and details about the appeal process.





**Mental Health
and
Wellbeing
Support Group**

**Supporting parent carers of
children and young people
Aged 0-25**

Wednesday 27th March

9:30am-11am

Paulsgrove Family Hub

Cheltenham Road



North of the City-New Mental Health & Wellbeing Support group for parent carers of children, young people up to 25 years old.

The group will be Peer support with topics covering support available in the city, sign posting to voluntary and statutory organisations, evaluating and feeding back. The group will start on **Weds 27th March 9:30-11:30 at Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth PO6 3PL**

The Group will initially begin with Paula (from the Carers Centre) and Barbara (Portsmouth Parent Voice co-ordinator) who will be facilitating the meeting.

The first session will be to find out what parents want support with and how we are going to support this. Hopefully, there will be support from other organisations who will drop in on an invitation basis based on the need of the group.

Please note that no clinical advice can be given as neither facilitators are clinicians.

The group is primarily **focused on mental health and wellbeing issues such as eating disorder and self-harm.**

The group will meet on the **last Wednesday of the month except during school holidays.**

For more information, contact Paula: Eddy, Paula Paula.Eddy@portsmouthcc.gov.uk or Barbara: ppvcoordinator@p-d-f.org.uk

SPEAK YOUR MIND

WHEN
February 10th, 2019
12:30pm - 5:00pm

WHERE
Fratton Community Centre

Trafalgar Place
Fratton PO15JJ

**AN OPPORTUNITY TO HAVE YOUR SAY IN HOW SCHOOLS AND
HEALTH SERVICES SUPPORT YOUNG PEOPLE'S MENTAL HEALTH.
FEATURING KEY NOTE SPEAKER PAUL MCGREGOR (BBC, SKY NEWS,
VOGUE, GQ, HUFFINGTON POST)**



Finding the way forward for Fratton



Portsmouth
CITY COUNCIL

AGES 12-25

**FREE
TICKETS**

Must be booked online
from www.eventbrite.co.uk
(search 'speak your mind')

FREE LUNCH

Free lunch from 12:30pm
to 1:30pm when the event
officially starts.

SUPPORTED BY:

Portsmouth City Council
Fratton Big Local
Portsmouth Education
Partnership
and run by Future in Mind
young people's group

FIND OUT MORE

To find out more, ask any
questions about the event,
or if we can do anything to
make it easier for you to
come email

Dynamiteports
mouth@gmail.com



NEWS IN BRIEF

	<p><i>HIVE Portsmouth launches in Central Library</i></p> <p>HIVE Portsmouth is a project bringing people together to build a happier, healthier and more connected city. Based on the lower ground floor of the Central Library, the Hive will act as a 'one stop shop' to help residents with issues ranging from mental health, debt, loneliness and physical illnesses. The Hive will allow local voluntary, community and social services to share resources more easily with the council and the city's Clinical Commissioning Group (CCG). There is a shared desire to build strong communities and resilient neighbourhoods within Portsmouth, which are able to take social action to improve the health and wellbeing of everyone living and working in the city. There is a recognition that the VCSE, the council and the CCG need to work together as equal partners to co-produce, with the people of Portsmouth, the future well-being of the city. For more information go to: www.portsmouth.gov.uk/ext/community/hive/welcome-to-hive</p>
 Be My Eyes	<p><i>Be My Eyes: A guide for blind and low-vision users</i></p> <p>Be My Eyes enables you to lead a more independent life by giving you access to a network of sighted volunteers and company representatives. By the tap of a button, you can get connected to a sighted volunteer, who is ready to provide you with visual assistance for the task at hand. You can request assistance at any time of the day, from anywhere, and it will always be free. More information www.bemyeyes.com/get-started</p>



Flexible recruitment

Are you happy to talk flexible working? Try our strapline for job adverts

"Seeing the Happy to Talk Flexible Working strapline and logo on the advert for my current job was such a relief. At that point, it was like a lighthouse amidst a sea of adverts for full-time and seemingly inflexible jobs. I knew I wouldn't need to minimise the difficulties I knew I'd encounter juggling work with two small children. It made my organisation a hugely attractive place to work."

Catherine, 37, mother of a 9-month-old and two-year-old

Read more: www.workingfamilies.org.uk/employers/htfw

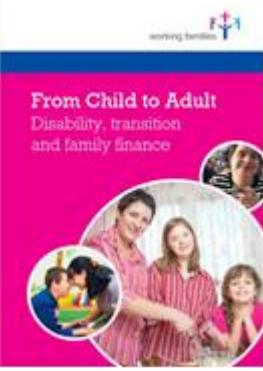


Travel Insurance: Covering yourself when travelling abroad

If you are travelling abroad it is really important that you have sufficient travel insurance to cover any losses or damage to specialist equipment or in case of any medical emergency. Many travel insurance companies will not provide cover if a person has an existing medical condition or disability, however there are some companies that specialise in this type of insurance and don't cost the earth. Here are just a few such companies:

- <http://www.freespirittravelinsurance.com>
- <http://www.holidayextras.co.uk>
- <http://www.oktotravelinsurance.co.uk/disability-travel-insurance.aspx>
- <http://www.staysure.co.uk>
- <https://www.world-first.co.uk/home/travel-insurance/medical-problems.aspx>
- <https://www.towergateinsurance.co.uk/travel-insurance-for-pre-existing-medical-conditions>

Please note we do not endorse the above companies

	<p>Sport Hampshire Disability Guide</p> <p>Arranged into local authority areas, the Guide provides contact details for Inclusive Fitness Initiative (IFI) Facilities, sports clubs and local sports development and governing body officers.</p> <p>You can view the guide:</p>
	<p>From Child to Adult: A guide to disability, transition and family finances</p> <p>Working Families have completely updated their Transition to Adulthood guide in January this year for you to download and share with others. This free booklet has sections for parents and carers and disabled young people, a step-by-step guide to better-off calculations and a list of useful publications, organisations and websites. It covers questions like: How are family finances affected when your disabled child becomes an adult? When is it most advantageous for a young person to start claiming their own benefits? Can you change your working hours to fit with your disabled young person's new regime?</p> <p>You can download the guide here:</p> <p>https://www.workingfamilies.org.uk/publications/from-child-to-adult/?utm_source=Waving+not+drowning&utm_campaign=932e4546b6-EMAIL_CAMPAIGN_2019_01_30_09_30&utm_medium=email&utm_term=0_fd77e1921d-932e4546b6-124788013</p>



Cliffdale Primary Academy Support Our Cause!

Cliffdale Primary Academy is a special school for pupils who have a wide range of complex learning needs. The school serves families living in Portsmouth and the surrounding areas and we have on average around 116 pupils aged 4 – 11 years old.

We are launching our **Pool Project** and really need the help and support from the local community.

We are looking for extensive funding to replace our existing pool which has been out of action for some time. So please join the **Portsmouth Lottery** to help us make this dream come true and provide the school and the local community with a much-needed resource.

This is a very large expensive project so any help and support will be gratefully received.

You can buy tickets here:

<https://www.portsmouthlottery.co.uk/support/cliffdale-primary-academy/buytickets>



Spa 61

We have had an exciting new rebrand and are no longer called City Women but are now **Spa 61**. But we will be offering the same lovely treatments, brunch and warm welcome at each event.

The first half hour will be registration for appointments and cafe time, treatments begin at 11:30am. Please arrive between 11 - 11:30am to book your preferred treatment.

If you would like to book your free place, please email Spa61@harbourchurchportsmouth.org

Spa Morning Dates at St George's Church, PO1 3AT

Friday 15 February 11am - 1:30pm

Saturday 16 March 11am - 1:30pm

Friday 12 April 11am - 1:30pm

You can keep in touch with us using the following



Website: www.portsmouthparentvoice.org



Facebook: Like our page Portsmouth Parent Voice



Twitter: You can follow us at @PparentVoice



Email ppvcoordinator@p-d-f.org.uk



Phone: 07825 185 608



Instagram: ppvcoordinator



Pinterest: Portsmouth Parent Voice



Write: Portsmouth Parent Voice

The Frank Sorrell Centre, Prince Albert Road, Southsea, PO4 9HR