

February 2025

Dear all,

Welcome to PPV's February newsletter. We hope you find it useful to see all we have been doing.

We will be back to the office on Monday 24th February 2025. Enjoy the half term!

PPV Team

PROJECTS PPV BEEN WORKING

Coproduction work – During SBFT we have been working hard with services such as Portsmouth City Council, Health and Care Portsmouth, Gosport Leisure Centre, SENDIASS and the carers centre. Our parent reps and members from other parent/carers led groups in Portsmouth have given feedback on

- Local Offer Visual Assets – changes are being made to graphics used on the Local Offer after discussions with parent/carers and young people.
 - New Parent/Carer guide to SEN Support – A document originally designed in 2012 has been given an update to make it more useful to parent/carers and professionals accessing services within Portsmouth.
 - Period Guidance for parent/carers of children with SEND – how this can be adapted and what is different for our young people.
 - Back to Basics – A new campaign to help with children and young people's emotional wellbeing.
 - Ordinarily Available provision – Sarah Christopher from PCC joined us to share findings from a recent evaluation of the OAP, and gave us the opportunity to feedback how the OAP could be better shared with parent/carers across the city.
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January 2025

Time spent in strategic meetings,
parent hubs and 1:1s supporting
Parent/Carers

80

HOURS

121

MEETINGS

87

PARENTS



PARENT/CARER QUOTES

"Thank you for your prompt and comprehensive response to my email, this is much appreciated and enables us to immediately feel more supported."

*"I can't thank you enough. Truly appreciate the advice.
I'll do this and see what happens. Many Thanks."*



Upcoming events

March
4

CAMHS DROP IN – ‘LEARNING DISABILITIES AND NEURODIVERSITY’

10:00am – 12:00pm

Portsmouth Central Library, Guildhall Square, Portsmouth, PO1 2DX

March
10

MORIAH COFFEE MORNING

10:30am – 12:30pm

Portsmouth Central Library, Guildhall Square, Portsmouth, PO1 2DX

March
11

FLYING BULL PARENT HUB

8:30am – 10:00pm

Flying Bull School (for Flying Bull Parents only)

March
12

‘WORRYING EATING HABITS’ EVENT

5.00pm – 7:00pm

TBC

March
18

ZOOM SLEEP COURSE

7.00pm – 9:00pm

Online – booking required

March
19

ND DROP IN

9.45am – 11.45am

Portsmouth Central Library, Guildhall Square, Portsmouth, PO1 2DX

March
19

‘WORRYING EATING HABITS’ EVENT

5.00pm – 7:00pm

TBC

March
20

‘CELEBRATING NEURODIVERSITY’ EVENT

10.00am – 2:00pm

Lord Mayor’s Banqueting Room, Portsmouth Guildhall

March
25

ZOOM SLEEP COURSE

7.00pm – 9:00pm

Online – booking required

March
27

MOVING FORWARD

9.00am – 3:00pm

Portsmouth Football Club, Fratton Park

April
1

CAMHS DROP IN

10:00am – 12:00pm

Portsmouth Central Library, Guildhall Square, Portsmouth, PO1 2DX

April
16

ND DROP IN

9.45am – 11.45am

Portsmouth Central Library, Guildhall Square, Portsmouth, PO1 2DX

These sessions are open to parent carers of children and young people with special additional needs and disability. Feel free to bring a friend or family member.

spotlight on a service



SPOTLIGHT ON A SERVICE HOME-START PORTSMOUTH

What is Home-Start PORTSMOUTH?

Home-Start Portsmouth is a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age. They empower local parents to be the best they can be by offering emotional and practical help through trained volunteers, both in family homes, out in the community and in the Portsmouth Family Hubs.

What support do they offer?

Support is available for families struggling with postnatal depression, isolation, illness, bereavement or family breakdown, and many other issues. They receive the support of a trained volunteer who will spend around two to three hours a week in a family's home supporting them in the ways they need. This is supported by expert help from our coordinators who also run parenting programs to support families.

A range of Stay & Play groups are also run in the Portsmouth Family Hubs and are open to all. The **Little Stars SEN Groups** are for parents and children with SEND up to the age of 5. These groups are completely free to attend.

Mondays at **Northern Parade Family Hub**, 10am – 11.30am

Thursdays at **Somerstown Family Hub**, 1pm – 2.30pm

To book your spot, please visit www.picktime.com/portsmouthfamilyhub

and supported by experienced coordinators who are there to guide and advise them throughout.

They support families in all areas of Portsmouth, PO1 – PO6. There are other local Home-Start's who would be able to offer support if you live outside of the Portsmouth city boundary.

Support for you and your children with SEND (up to 25years) is available within the Portsmouth Family Hubs from your Family Hub Champion, please visit www.portsmouthfamilyhubs.co.uk for information on where you can find your local hub.

Website: www.hsportsmouth.org.uk

Contact form: www.hsportsmouth.org.uk/contact-home-start

Email: office@hsportsmouth.org.uk

Telephone: 023 9273 4400 Stay & Play

Facebook group: www.facebook.com/groups/1810408252302678



GET TO KNOW A MEMBER OF THE PPV TEAM: ÈLISE MEYER

Position at PPV and the year you joined:

Reason for joining:

I started volunteering for Home Start's Parent Board to give back to the service and during this time I met my predecessor at PPV. I worked alongside her volunteering, attending meetings across the SEND strategy and I realised I could support families like mine. I wanted to make real changes within the local authority and NHS and make a positive impact. I felt it was important to make sure families voices were heard and their family's needs met.

Biggest achievement whilst working at PPV:

PPV turned 15 years old in 2024 and is still actively supporting families in coproduction with many different services and groups locally and nationally. Personally though, I would say the ND work and training I co-facilitate with the ND Team is something I'm really proud of.

The song that gets you on the dance floor:

Unfortunately, I'm not a dance floor person but I will always dance around the kitchen to Pierce The Veil Ft Kellin Quinn - King For A Day.

Three people you'd invite to your dinner party (dead or alive):

Marilyn Monroe, John F Kennedy and Abraham Lincoln

What superhero would you be and why:

Poison Ivy because she is very smart, she has a PHD in Botany and controls nature.

If you were an animal what would you be and why:

I would be a wolf because for many years humans have both feared and have been fascinated by wolves. I feel they show us a window into our natural wild nature and they are fiercely loyal and protective of their tribe.

What I wanted to be when I was a child:

I wanted to be a dragon, so I could fly and breathe fire.

Moving Forward

Education, employment, health and community support event for young people and adults with SEND or a learning disability in Portsmouth.

 **Thursday 27 March 2025**

 **9.30am – 3pm**

 **Victory Suite, Fratton Park**

A free event. No need to book, just drop in and find out about the many opportunities for young people and adults with SEND.



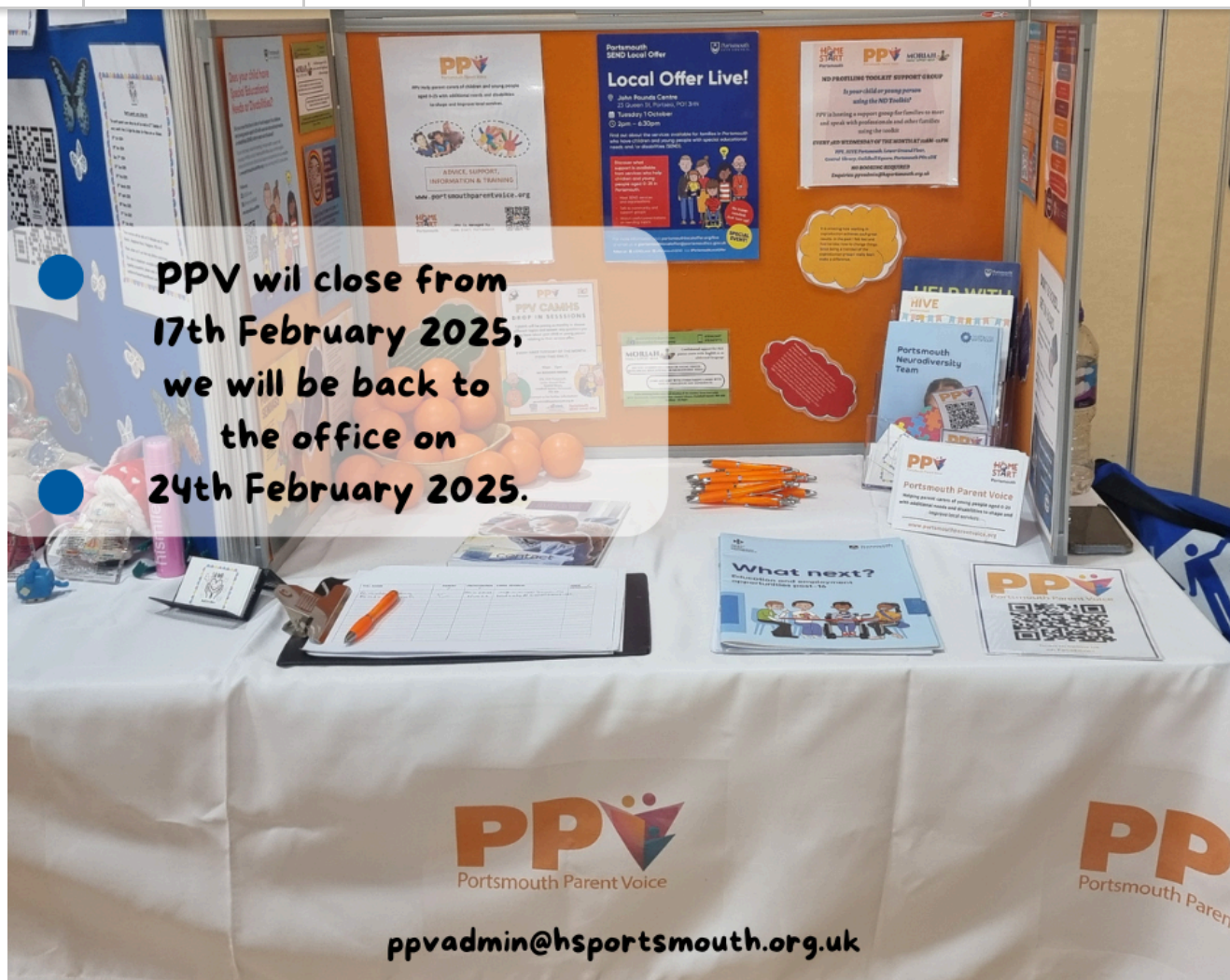
Solent
CAREERS HUB

**THE CAREERS &
ENTERPRISE**
COMPANY



NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

 **Portsmouth**
CITY COUNCIL



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