



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

IMPACTING ON YOU

Newsletter

January 2017



HAPPY NEW YEAR
2017

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

CONTENTS

- Page 2:** Content
- Page 3:** PPV – Editorial
- Page 4:** What’s on?
- Page 5:** Local Offer Live Event
- Page 6:** Beat The January Blues
- Page 7:** Journey Mapping: Your experience of the Education, Health and Care Plan (EHCP) process
- Page 8:** Little Blabbers Group
- Page 9:** Feedback from “If I had a magic wand” event
- Page 10:** School SEN Champion
- Page 11:** Parent Reps Update
- Page 12:** Appreciation Award
- Page 13:** Your Views and Consultations
- Page 17:** Elizabeth Foundation- Parents as Partners
- Page 18:** Future in Mind
- Page 19:** New Autism Liaison and Support Worker for Portsmouth
- Page 20:** Careers Advice
- Page 21:** Princes Trust: Programme for young people with learning difficulties and disabilities
- Page 23:** Autism Hampshire
- Page 26:** Regular Groups
- Page 28:** News in Brief
- Page 34:** How to contact Portsmouth Parent Voice

Portsmouth Parent Voice



Hi Everyone!

Happy New Year! Hope you all had a good break and are ready to face 2017's opportunities and challenges.

Thank you to all of you who attended our "If I had a magic wand event" and for your amazing feedback. You will find more information in this newsletter.

Coming up over the next couple of months, we have several events and workshops planned including our big annual event, LOCAL OFFER LIVE, on 1st April 2017.

Our list of projects is ever growing and evolving so if you want to improve, change or create new services or support available for children and young people with special needs and disability, please do get in touch or check our website.

Just before Christmas, a new survey was launched about this newsletter and our website asking your views about what you like and dislike about the information provided (more information on page 9). Please do let us have your thoughts as we want to deliver the right information and support you need.

See you soon!

Barbara and the Team

General enquiries: ppv@p-d-f.org

Barbara McDougall: PPVcoordinator@p-d-f.org.uk

Kara Jewell: engagementofficer@p-d-f.org.uk

Alison Cooper: ppvadmin@p-d-f.org.uk

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 various voluntary groups (**Autism Hampshire**, **Contact A Family**) and statutory agencies (such as **CAMHS**- Child and Adolescent Mental Health Services)

Event	Date and Time	Venue
Beat the January Blues Pampering, croissants and pains au chocolat!	Thursday 19th January 10 am to 12 noon	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
PPV: our aims for 2017/18 What would you like PPV do work on next year?	Thursday 16th February 10am to 12 noon	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
Local Offer Live! Information roadshow about services available in Portsmouth	Saturday 1st April 10 am to 3 pm	Miltoncross Academy Milton Road, Milton, Portsmouth, PO3 6RB

You will find further details in this newsletter about the booking details for our training sessions and workshops. Our coffee mornings and drop-ins are free to attend and you are always welcome to bring a friend or relative. Remember to check our Facebook page and Twitter for the latest information.

ppvadmin@p-d-f.org.uk or call 07825 182 608

PORTSMOUTH
**LOCAL
OFFER
LIVE!**

**This event
showcases the
services available
in the city, for
Children, Young
People and
Families with
Special
Educational
Needs and
Disabilities**

HOSTED BY



Portsmouth
Parent
Voice

Tel: 07825 185608

EMAIL: PPVADMIN@P-D-F.ORG.UK

FREE OPEN EVENT

Saturday 1st April 2017

**Miltoncross
Academy**

Milton Road, Portsmouth

10am-3pm



Activities

Workshops

Information





Portsmouth Parent Voice

Beat the January Blues

The Christmas decorations have come down, we have all returned to our old routines so we thought we would organise a little get together and get ready to face 2017.

If you are a parent of a child or young person with special needs or disability, do join us on **Thursday 19th January** from **10am to 12.30pm** at the **Frank Sorrell Centre, Prince Albert Road, Southsea, PO4 9HR** for a friendly chat, light refreshments, make your own **sensory toy** and have your **nails done!**



For more information please email: ppvadmin@p-d-f.org.uk

You can also check our Facebook page

or call 07825 185608

Portsmouth Parent Voice: Journey Mapping 2017



We will then work with the Local Authority to share any **good practices** across all the schools in Portsmouth and look at ways we can improve anything that is not working.

We would like to hear about your journey through the new assessment process, whether you have transferred from **Statement to the new EHC Plan** or if you have requested an assessment for an EHC Plan. We want to **see what is working** for parents and what needs more work, so we can take this back to the Local Authority.



If you would like to share your journey with us, please join us at one of our **coffee mornings**. If you are unable to make them, please contact us and we can arrange a time that suits you. This is your chance to have your voice on the new process and you will also receive a **£5 voucher for your time**.

For more information please contact
Portsmouth Parent Voice
on 07825 185 168 or
Email: ppvadmin@p-d-f.org.uk





**Sure Start
Children's Centres**
Portsmouth

Little Babblers

Speech and Language singing group
For children aged 18 months upwards.

Booking Required

Starting **Tuesday 1st November 2016**
1.00 - 2.00pm for 4 weeks at **Havelock Community Centre,**



For more information and to book please contact:
Claire Chance at Milton Park Children's Centre
023 92 827392 or email Claire.chance@portsmouthcc.gov.uk



Because children don't come with a manual

Thank you to those of you who attended our “If I had a magic wand” event back in December. Also thank you to **Matt Foster** who was our resident photographer on the day and to **Liz Herrick** who came to talk to us about special needs early year provision in the city. Have a look at the pictures below and some feedback from parent carers about their wishes for the future. We had some very talented and creative parents on the day who also made their very own “Worry Eaters”.



Not to have to fight for help



More courses for parents and teachers

Professionals to understand autism and not think it's bad parenting

Services working together

Groups for children under 5



Teachers being trained to understand the autism spectrum and related conditions



Help my child to sleep better



Information of how to help my child – being made aware of support

School SEN Champion

Would you like to be more involved in your child's school?

Would you like to find out more about the support for children with Send in schools?

Would you like to meet other parents of children and young people with Send at your child's school?

Would you like to work alongside your child's SENco and help improve the schools Send work?

If so why not become a school Sen Champion? We are looking for volunteers to help organise coffee mornings and help distribute information to parents.

We are looking for representatives across the city.

Full training and support will be offered as well as a free Dbs check.

If you would like to find out more please email engagementofficer@p-d-f.org.uk

Parent Reps Update

Our parent reps either attend monthly meetings such as empowering Children and Families (ECAf), our co-production group or take part in strategic meetings, training, tendering process or focus groups.

We are in the process of recruiting new members to join our team. We are particularly interested in hearing from parents of:

- **children in early years (0-5)**
- **children who are home-educated**
- children who have had a positive experience of **inclusion** in mainstream school
- **children with health needs** (such as epilepsy)

We are looking for new parent reps

We will provide full support and training and will also pay for any expenses you may incur including childcare costs. We are also in the process of finalising our remuneration policy to recompense your hard work and commitment.

Most meetings are during school hours and last approximately 2 hours although some preparations will be required which could take up to 5 hours a month.

You will be part of a great and friendly team and we would love to welcome new members.

"We need your expertise and vision"

Most of all, we would welcome your expertise and vision as parent carers of children and young people with special needs and disability. You hold so many solutions to problems shared by families and we need to have your voice heard.

For more information, please contact: ppvcoordinator@p-d-f.org.uk or call 07825 185 608

You will find a list of all the projects we are currently involved on our website (<http://www.portsmouthparentvoice.org/Consultations.html>) so if anything is of particular interest to you or if you want to find out more, please get in touch. You can also fill in an online form to register your interest on the same webpage.

Appreciation Awards

The Appreciation Award was created by the Co-production Group (or CoPro) 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 are in the process of setting up a web page on our website to make it easier for you to nominate a professional who has helped you and your child/young person.

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

Maybe by highlighting good practice in the city, we will be able to change the way services are delivered to you and benefitting other families in the same situation.

So go on, get nominating!

Our latest awards go to:

Lee Harris, Motability Specialist at Hendy Ford. Nominated by Tracy and Lee James for “**Helping us as a family at a stressful time when we thought we lost our Motability car.**”

Rod Sheila and Team at Southcoast Opticians. Nominated by Tracy James for “**Being always supportive and giving my son an excellent experience at the opticians**”.

If you would like to nominate an individual who has made a difference for your child, young person or family, please contact Kara Jewell: engagementofficer@p-d-f.org.uk

Your Views and Consultations

Portsmouth Parent Voice: Your views on our newsletter and website

We are looking at updating the way we communicate with you and we would really like your help! We are reviewing the monthly newsletter; *Impacting on You*. As this is your newsletter we value your suggestions.

We would also like to update our website; www.portsmouthparentvoice.org. If you haven't already, please take a look at the website and the latest newsletter (the newsletter is available via the website) and help us by taking a few moments to complete our survey. Thank you very much!

<https://www.surveymonkey.co.uk/r/55KT7LZ?platform=hootsuite>

Early Years Consultation

A consultation is taking place around **early year provision** and special educational needs and disability. We need your views and experience to inform how **future services** will be delivered in the city. This can include nursery settings, childminders or more specialist provision such as Willows. What do you value as a parent carer, what makes a difference to your child and family? Please email us at ppvadmin@p-d-f.org.uk and let us know what your views are.

Portsmouth Educational Psychology Team policy on reading difficulties.

Portsmouth Educational Psychology Team has produced some draft guidance for schools, colleges and parents about identifying, assessing and supporting children and young people who have reading difficulties. We have deliberately decided not to use the term "dyslexia" and we are referring to "reading difficulties" instead. "Dyslexia" can be a confusing term because it can cover so much. Our policy explains this in more detail. We have reassured schools and colleges that our assessments will continue to be very thorough and we will always provide advice and support based on current research and evidence based practice. We have spoken with school SENCOs and colleges already to answer their questions. We want to do the same with parents.

On **Friday 10th February** we are holding a meeting for parents at the Civic Office, room B (second floor) Guildhall Square from 9.30 to 11am to explain our policy and answer any questions or concerns from parents. We would really like you to join us for this meeting. To book, please contact Alison Cooper, PPV admin Assistant on 07825 185 608 or email ppvadmin@p-d-f.org.uk

We want to know what you think about Portsmouth Educational Psychology Team

Portsmouth Educational Psychology team is keen to get some **feedback from parents** who have met an educational psychologist from the Portsmouth team in the past year. **How helpful was the educational psychologist?** We also want feedback about our written reports. **We will be contacting parents directly with an invitation to join a meeting** with us or we will be sending out a short survey. If you want to know more, please contact Liz Robinson, Principal Educational Psychologist liz.robinson@portsmouthcc.gov.uk Portsmouth Parent Voice is helping us with this work and two Psychology students from Portsmouth University are organising the survey. We are interested in what they find out and report back to us so we can continue to develop and improve our service.

Have Your Say: Family Carers of Individuals with LD

<p>Do you have a family member with learning disabilities? Have your say!</p>		<p><i>Many things are assumed about caregivers' perceptions & attitudes regarding caregiving for someone with LD.</i></p>
<p><i>Now it's time to hear <u>your</u> perceptions of caregiving & other attitudes. #LDhaveyoursay</i></p>		

If you care for such a family member, our research team would like to hear from you. We're conducting a survey online and looking specifically for family members who are 18 years and older.

Your views will help greatly in understanding caregivers' experiences. Simply copy and paste the following link:

https://uclpsych.eu.qualtrics.com/SE/?SID=SV_37CMEb2ZdwYusXH

Call at 07784297380 or email natasha.mitter.14@ucl.ac.uk for more information. #LDhaveyoursay

Our research group at University College London (UCL) is looking to gain a better understanding of family members' experiences of caregiving, with a particular focus on perceptions and experiences relating to others' attitudes to learning disability. There has been quite a lot of research on attitudes to people with learning disabilities among professionals and the general public. There has been very little research though on family members' perceptions of others' attitudes and behaviours, both to their family member with a learning disability and to them as parent/sibling/aunt or uncle etc. In order to gain a better

understanding of this we would be grateful if you would consider completing a survey. Your responses will be anonymous and completion of the survey on average will take 15 to 20 minutes. You will be asked about positive and negative experience you've had as well as about broader aspects of caring for/supporting your family member. There will be some additional questions about your family members' needs to help us put your responses into context.

We are looking to hear from family members of children as well as adults with learning disabilities. The study has formal ethical approval from University College London's Research Ethics Committee.

Have your say by accessing the survey at this

link: https://uclpsych.eu.qualtrics.com/SE/?SID=SV_37CMEb2ZdwYusXH

Find us on social media: #LDhaveyoursay

Information on the Government's new green paper and consultation

The green paper sets out a ten-year vision of how the Government's will halve the employment gap for disabled people and people with long-term health conditions, through changing attitudes and working with employers to transform disabled people's access to employment.

You can access the green paper here:

<https://www.gov.uk/government/consultations/work-health-and-disability-improving-lives>

The easy read version is here:

<https://www.gov.uk/government/consultations/work-health-and-disability-improving-lives/work-health-and-disability-green-paper-plain-english-version>

The consultation closes on Friday 17th February 2017

Care Quality Commission

We want your views on changes we're planning to the way we regulate health and adult social care services.

The way that health and social care is delivered is changing, and we want to develop our approach to respond to emerging new care models.

We've also now carried out a comprehensive inspection of every NHS trust in England. We propose to use this understanding together with improved systems for gathering intelligence to move towards more targeted inspections for NHS trusts.

For more information and how to take part in the consultation, please go to:
<http://www.cqc.org.uk/content/our-next-phase-regulation>

Closing date: 14th February 2017

Improving the experience for patients with additional needs, and their carers, in out patients at Queen Alexandra Hospital.

**Friday 20th January 2016 at 13.30 – 15.30 hrs,
Portsmouth Carers Centre, Orchard Road, Portsmouth**

Portsmouth Hospitals NHS Trust has been working with family carers, the voluntary sector and teams who support carers, to improve the experience of carers in the hospital.

We have recently been asked by NHS England to take part in an exciting programme called 'Always Events'. Always Events are aspects of the patient experience that are so important to patients, family members and carers that health care providers must aim to perform them consistently for every individual, every time.

These can only be developed with the patient firmly being a partner in the development of the event, and the co-production is key to ensuring organisations meet the patients' and carers needs and what matters most to them.

We would like to make some changes to the experience that patients with additional needs and their carers have in our out patient department.

If you are a patient or family carer that has accessed our out patient services, please join us to:

- Learn more about the NHS England 'Always Event' programme
- Help us decide what we can change
- Be part of planning how the change happens

AND

- Take part in a local consultation for the nationally recognised NHS England programme that will make positive changes to our services, but also be shared with other organisations.

To register please contact:

Claire Dyson at Claire.Dyson@porthosp.nhs.uk or telephone 02392 286000 ext 6304

Do you have a deaf child?

Would you like to get involved in developing local services?

Have you recently become involved in your CHSWG and would like some support?

Then this workshop may be for you

Parents as Partners

**Saturday 4 February 2017
10am - 1pm**

**The Elizabeth Foundation
Southwick Hill Road, Cosham, Portsmouth,
Hampshire PO6 3LL**

Parents can play a crucial role in developing and improving services for deaf children by being involved in their local Children's Hearing Services Working Group (CHSWG) and giving their views and experiences. If you are already involved with your local CHSWG or would like to become involved, this free half day workshop is for you. The aim of the day is to support and develop your own skills in being an active parent member of a Children's Hearing Services Working Group, alongside other parents

The topics covered will include:

- What is a CHSWG and what should it do?
- Being an effective and confident member of the group
- Representing yourself and others (parents and deaf children)
- Strengthening relationships with professionals
- Sharing experiences and building peer support

Light refreshments will be provided

For a booking form please contact:

**Wendy Gallagher
NDCS, 38-42 Hill Street, Belfast, BT1 2LB
Tel: 028 9332 4010 (v) Mob: 07968 143165
Email: wendy.gallagher@ndcs.org.uk**

NDCS is a registered charity in England and Wales no. 1016532 and in Scotland no. SC040779.



Future in Mind-Portsmouth



Promoting, protecting and improving our children and young people's mental health and wellbeing

**Future in Mind Portsmouth - One Year On Event
Wednesday 11th January 2017 (10am-4pm)
Royal Maritime Club, Queen Street, Portsmouth, PO1 3HS**

Work is underway in Portsmouth to improve how services are provided to children, young people and their families across the city and we have been successful in securing £2m worth of funding over the next 5 years which is being used to transform service provision.

This event will be an opportunity for us to update you on what we've achieved so far, tell you about the new services we've commissioned as well as hear about the 'Whole Schools Strategy' that's been developed. It will also be an opportunity for stakeholders to discuss how together we can further promote, protect and improve our children and young people's mental health and wellbeing across our city.

If you would like to book a place at this event please contact Alison Cooper, Admin Assistant, Portsmouth Parent Voice by no later than Friday 16th December 2016 on 07825 185 608 or email: ppvadmin@p-d-f.org.uk

New Autism Liaison & Support Worker for Portsmouth.

My name is Daniel Bevan, I would like to introduce myself as the new Autism Liaison & Support Worker with Solent NHS Trust in Portsmouth.

I am the first point of contact for you to discuss any questions you may have about the ASD assessment pathway and to offer advice and information about accessing a network of support around the city, whether you are in the assessment process or have completed it.

I would very much like to hear from you to offer support and provide you with any information you require. I am going to be working closely with local partners such as Portsmouth Parent Voice, Autism Hampshire and Portsmouth Autism Support Network and will be attending group activities help by these services as much as possible.

Attendance at these groups gives you the opportunity to come and meet me and other parents, discuss any concerns/questions and feedback your thoughts, feelings and opinions about the service you are receiving or have received and how this might be improved upon in the future.

I work Monday to Friday 9:00am-17:00pm. I can be contacted using the details below, or ideally in person as needed. If you need to contact outside of these hours messages can be left and contact will be made as soon as possible. I will be based between the Child Development Centre at Battenburg Avenue (CPMS) and Falcon House (CAMHS)

I look forward to meeting you,

Daniel Bevan

tel: 07585 960296 or 02392 685240 (direct line)

e-mail: dan.bevan@nhs.net

**Helping you
take the
next step**

Hi there!

**Are you getting ready for
learning or work?**

Need some help?

Starting 2nd February 2017

**Free Careers Advice
Sessions here with Sue for
anybody aged 19 to 90:**

▪ **Thursdays 10-4**

**Book an appointment and
let me help you get where
you want to go!**

**For more details, contact
Sue on 07468 474712**

**National
Careers
Service**
Helping you take
the next step



Prince's Trust

Prince's Trust 12 Week Team Programme for young people with Learning difficulties and disabilities

> **Work Placement**

> **Qualification**



Prince's Trust

Team programme



> **Residential Week**

> **Community Project**

Start Date: Monday 6th February 2017
Apply Now!

For more info call: 023 92 383131

Or

E: princes.trust@highbury.ac.uk

Or

Text 'Prince's Trust' to 07771644771

Prince's Trust 12

Week Team

Programme

For 16 - 25 year olds



Prince's Trust

> Work Placements

> Qualifications



> Residential Week

> Community Projects

**Next Start Dates: January and February
(LDD only) 2017 Apply Now!**



For more info call: 023 92 383131

Or

E-mail: princes.trust@highbury.ac.uk

Or

Text 'Prince's Trust' to 07771644771



If you are an adult and have **high functioning autism** or **Asperger's** and want to meet new people come along to the **Portsmouth Guildhall café** for the **Portsmouth Social Group**. The group play board games, word games and have general discussions so please come along.

The group will be meeting:

Wednesday 11th January at 2-3pm

Then every fortnight



If you have any questions about the group please contact Jamie on 02380 766 162 or email Jamie.pratt@autismhampshire.org.uk



First Steps to Autism Information Portsmouth

If you want to know more about autism and local support services, it can be difficult to know where to begin. This guide has been developed to help you get started in a search for local autism information, advice and guidance.



How to Get a Diagnosis of Autism

If you are concerned that you or your relative is on the autistic spectrum, or someone has suggested it to you, contact your GP. Take along notes of things which are causing you concern. Ask any staff or professionals involved with yourself or your relative (eg: teacher, health visitor, support worker) to put in writing to you any concerns they have, so that you can take these with you too. Ask the GP if you or your relative can be referred for assessment.

If you are referred to another professional, find out what to expect so that you can prepare yourself. Try to take someone with you to the appointments so that you feel supported. If you have any questions about any of the above, ask the professionals to explain the process to you.

Portsmouth Autism Adult Diagnostic and Support Service

This commissioned service is provided by the Community Access team from Autism Hampshire. The service offers support for adults in Portsmouth with Autism, their families and those connected to them, professionals and the wider Autism community. The Support Service provides help pre, post and during diagnosis, offering advice, guidance, support, signposting and work in conjunction with the diagnostic service, Surrey and Borders Partnership NHS Foundation Trust.

Tel: 02392 814 723

Email: communityaccess@autismhampshire.org.uk

Web: www.autismhampshire.org.uk/our-services/outreach

The Local Autism Directory (LAD)

The LAD is a direct response to people's request for a one-stop-shop of information across Hampshire and the Isle of Wight. It helps to connect the autism community, professionals, employers and service providers and help them access autism information all in one place. The LAD provides information about many local issues including support groups, activities, schools, employment, housing, developments taking place across the county and neighbouring regions. It also has clear and simply written autism research articles to help people stay up to date with new approaches and helpful information.

Web: www.autismhampshire.org.uk/local-autism-directory/directory/

Portsmouth City Council Adult Autism Information Directory

Local Autism Information on services in Portsmouth for adults with autism spectrum disorder.

Web: <http://www.healthwatchportsmouth.co.uk/>

Portsmouth Local Offer

This website is a collaboration between parents and carers of disabled children, young people and Portsmouth City Council to help you find what is available in the area for those with Special Education Needs or Disabilities (ages 0-25) and how to access a variety of services.

Web: www.portsmouthlocaloffer.org/



National Autistic Society

The National Autistic Society are the leading UK charity for autistic people (including those with Asperger syndrome) and their families. They provide information, support and pioneering services, and campaign for a better world for autistic people. They provide a helpline for impartial, confidential advice and support on autism for anyone affected by, or researching autism.

Tel: 0808 800 4104 Email: nas@nas.org.uk Web: www.autism.org.uk/

Autism Hampshire, Community Access

The Community Access Department of Autism Hampshire provides a free information, advice, guidance and signposting service to local adults, young people and children with autism, their families and professionals pre, during and post diagnosis. Their team of officers have extensive information and knowledge of local autism related services. They can offer a telephone or a face to face meeting by appointment in one their local offices and they attend a range of support groups and events. They also have several other projects and services available to access such as resource libraries, the Autism Alert Programme, the Try Before You Buy Service, Support and Social Groups and several other projects which run across the county.

Tel: 02380 766162 Email: communityaccess@autismhampshire.org.uk

Web: www.autismhampshire.org.uk/services/outreach

Portsmouth Parent Voice (PPV)

PPV is for parents and carers of children and young people with an additional or special need and/or disability; aged from 0 - 25 years old. They aim to have the Voices and Active Involvement of parent carers in the service planning and decision-making processes within the local authority and how services are shaped and delivered locally for families with a disabled child or young person. To make them Portsmouth City Council and other services more focused on the needs of the families with disabled children and young people. They provide a regular e-newsletter "Impacting On You" to keep you informed and updated on current developments and activities and run coffee morning/information session in partnership with Autism Hampshire, Information Advice and Support Service and The Carer Centre, they help to organise family activities and parent support groups.

Tel: 07825 185608 Email: ppv@p-d-f.org.uk Web: www.portsmouthparentvoice.org/

Disability Information and Advice Line (DIAL)

Disability Information Advice Line, a free impartial, confidential service, supplying information and advice on disability related topics, also enabling individuals to complete disability related forms.

Tel: 023 9282 4853 Email: dial@p-d-f.org Web: <http://www.p-d-f.org/>

Portsmouth Special Education Needs and Disabilities, Information, Advice and Support Service (IASS)

The Special Educational Needs and Disability (SEND) Information, Advice and Support (IAS) Service for Portsmouth provide parents or carers of a child or young person (aged 0-25) with a disability and/or special educational needs with a free and confidential service, provided independently from education, health and care providers, impartial information, advice and support relating to special educational needs and disability (SEND), advice and support from independently trained Information, Advice and Support (IAS) Service staff, support through the statutory processes relating to Statements of Special Educational Needs and the new Education Health and Care (EHC) needs assessment and planning and information and practical support to find the answers to your questions in relation to education, social care and health services. Parents or carers of a child or young person (aged 0-25) with a disability and/or special educational needs.

Tel: 0300 303 2000 Email: portsmouthiass@roseroad.org.uk Web: www.portsmouthsendiass.info/

Portsmouth Autism Support Network (PASN)

Portsmouth Autism Support Network (PASN) provide a support service for all families and children affected by Autism and Aspergers at all stages in Portsmouth. It is not essential to have a diagnosis to access the services on offer. They run regular activities including gym sessions, an internet cafe and an indoor play area and support groups as well as special events.

Tel: 07914331876 Email: info@pasn.co.uk Web: www.pasn.co.uk

Portsmouth City Council Carers Centre

The Carers Centre is a community resource dedicated to the support of all carers in the city of Portsmouth. They are a one stop shop for carers, offering a variety of support, including emotional support, carers' breaks, sitting service, cooking sessions, training, carers groups, support for young carers and adult mental health carers. They also have a wealth of information within the building, including leaflets, and members of staff who have a wide knowledge of services in the local area. Anyone can drop in to the centre during their opening hours.

Tel: 023 9275 6780 or 023 9285 1864 Email: carerscentre@portsmouthcc.gov.uk

Web: www.portsmouth.gov.uk/ext/health-and-care/carers/portsmouth-carers-centre.aspx

This information sheet was created by Community Access Autism Hampshire.

Regular Groups and Support

This is a small sample of groups and activities in the area.

For an extensive list of activities for children and young people with additional needs, please go to our website:

<http://www.portsmouthparentvoice.org/Links.html>

or the Portsmouth Local Offer website:

<http://www.portsmouthlocaloffer.org/>

Rose Road Stay and Play

For disabled children (0-16) living in Portsmouth at Wacky Warehouse, in Sovereigns, Kingston Road, Portsmouth, every third Tuesday, 5-7pm, the next sessions are Tuesday 24th January.

Go along and meet the Rose Road team and get to know other local families.

Staff will be on hand to support, however, parents are asked to stay with their children. Siblings are welcome.

There is a mobile hoist available (please book in advance).

For more information and a full list of dates, call 02380 721221 or email outreach@roseroad.org.uk.

View their website:
<https://www.roseroad.org.uk/>

Havant GO! Mini's

go join in the fun Club for children and young people with additional needs and their siblings! Aged 3-8 years. Held at Havant Leisure Centre, Civic Centre Road, Havant, PO9 2AY. They have a variety of different sports, arts and crafts at each session – something for everyone! GO! welcomes children and young people with a wide range of learning difficulties and disabilities who live in Havant to enjoy GO! Minis. Fun for children and siblings! This is a short break so parents can leave their children with the trained and friendly staff and volunteers. Dates are **Wednesdays 18 January, 1 & 15 February, 1, 15 & 29 March**, 4-6pm. Cost is £5 per person and booking is essential. For more information and to book, contact Angela Fry on 01256 636288 or email bookings@greatopportunities.org.uk. To view the website: <http://www.greatopportunities.org.uk/>

Wheels for All

Wheels for All provides cycling opportunities for children and adults with disabilities and differing needs. Using specially adapted cycles, individuals and families can cycle together, learning new skills or rediscovering a previous pastime. We are currently running weekly sessions every Saturday 12:00 - 2:00 at Alexandra Park. Feel free to check out our Facebook page. Any likes and shares would be appreciated. To find out when and where our next cycling session is, please phone 023 9284 1560, or email asha.lal@portsmouthcc.gov.uk

To view the full programmes, please go to: <http://www.portsmouthparentvoice.org/News-and-Newsletters.html>

Portsmouth Disability Forum Health Cafe

Worried or concerned about health or social care related issue?

In a relaxed environment, share your concerns with people who listen, understand, and will sign post you in the right direction. Drop in session between 1pm and 3pm, on a monthly basis at the Frank Sorrell Centre, Prince Albert Road, Southsea, Portsmouth PO4 9HR

Tel: 02392 815266

Or check PDF Facebook page:

<https://www.facebook.com/portsmouthdisabilityforum/>

Beneficial Foundation

Employment skills

Students undertake a range of employment skills which include communication skills, health and safety guidelines and hygiene requirements.

They develop skills enhancing CV building, mock interviews and supported work placements.

For more information, please go to: <http://www.beneficial.org.uk/contact-us> or check the Portsmouth Local Offer website: <http://www.portsmouthlocaloffer.org/local-offer-search/item/200>

Gym 01 Amateur Boxing Club

Gym 01 Amateur Boxing Club has a wealth of experience in delivering engaging, inclusive boxing sessions for members of the local disabled community. Having been involved in the Disability Boxing Project last year, their coaches have received training in disability/inclusive coaching from Sports Coach UK and England Boxing and have delivered session in partnership with the charity Enableability and the PALS Project. All are welcome and changing facilities are available. £6 Pay as you go (first week free for juniors) or £30 a month for 2 sessions a week (£3.75 per session). Just come down to socialise and get fit during a non-contact beginners session in a welcoming family feel club. The sessions are held **Tuesdays** 5.30 - 6.30pm and **Fridays** 6.00 - 8.00pm.

For more information contact James Connor by e-mail atuniboxingclub@gmail.com or telephone 02392 177323

NEWS IN BRIEF

Autism Music & Arts Festival, Southampton

An autism festival is being organised for Sunday 19 March at the 1865 venue in Southampton. This event will be an autism awareness music and arts festival and the aim is for at least the majority of the performers to be on the autistic spectrum. The organisers are Southampton Solent University students and one has autism and have been involved in organising something similar a couple of years ago in Stourbridge. ITV made a documentary about the previous event, use this link:

<https://www.youtube.com/watch?v=8dRgs8-4hX4> to view. Jordan, the main point of contact, can be contacted on aoamusicfestival@gmail.com.

Jordan is looking for musicians, artists, poets, bands, singers and any other people who are talented in any of the other arts to perform on the day in a really nice venue that can hold up to 800 people. You can also get involved by volunteering for the event in a number of different ways including giving out flyers, selling merchandise, helping with layout of event, greeting guests, helping at the box office and they are also looking for a graphic designer. This will be an event for all and more information will follow closer to the time. If you want to be added to the autism fest mailing list or would like to get involved in any way please contact Jordan by email on aoamusicfestival@gmail.com or Jamie by email on jamie.pratt@autismhampshire.org.uk.

Wheelchair Accessible Vehicles (WAV) in London

Wheelchair users can now book an Uber in London using the app with UberWAV: In May 2016, Uber launched uberWAV on its existing smartphone app. The WAV (wheelchair accessible vehicle) option is designed for wheelchair users travelling within zones 1-4 in London who require an affordable, reliable and safe travel option. WAV riders pay the same fare as an uberX, Uber's low-cost option for travelling, and WAV was recently recognised for this achievement, winning the Extra Costs Award at the Disability Smart Awards 2016. To find out more, please go to:

<https://www.disabilityrightsuk.org/news/2016/november/wheelchair-users-can-now-book-uber-london-using-app-uberwav>

Get £15 off your first WAV or ASSIST ride – got to:
<https://get.uber.com/invite/DISRIGHTS17> to sign up.

Blind and Vision Impaired Participants Needed for Tactile Astronomy Public Engagement Event

On Saturday January 14th 2017, the University of Portsmouth's Institute of Cosmology and Gravitation will run a free public event for its Tactile Universe Pilot. This event is part of a project which aims to make astronomy accessible to blind and vision impaired members of the community using 3D printed tactile images and models of astronomical objects as teaching tools. We are looking for interested blind and vision impaired people of all ages to attend the event and provide feedback. No prior knowledge of astronomy, physics or other space-related topics is required.

There will be four 1.5 hour sessions held during the day. Places are limited to 5 blind or vision impaired attendees per session, so that we can spend as much time with each of you as possible. We also encourage attendees to bring a maximum of four additional family members, friends, or relatives, so that you can all experience the activities together.

Sessions will run between 9:15 - 10:45, 11:15 - 12:45, 13:15 - 14:45, 15:15 - 16:45 at the Portsmouth Disability Forum's Frank Sorrell Centre, Prince Albert Road, Southsea, Hampshire, PO4 9HR

If you wish to attend, or want to know more about the activity day, please contact Tactile Universe project lead and blind astronomer Dr Nicolas Bonne at email nicolas.bonne@port.ac.uk, via phone on 02392 845158 during working hours or on mobile number 07541484755 after hours or on weekends and holidays. If you wish to attend the free event, we will need to know which session will suit you best, and we would also like to ask you about your level of vision, and what special requirements you may have for the day.

Waving not Drowning Newsletter

Waving *not* drowning, Working Families' Project for Carers and Parents of Disabled Children who Work or Wish to Work. A very useful list of support and information available for you to access using the link below:

<http://us10.campaign-archive1.com/?u=3306c56188545754cc0241ca4&id=a6b63b4de3&e=f1aaef69e1>

Special Needs Jungle: Article about Ofsted/CQC inspection

Latest report about local area inspection.

<https://www.specialneedsjungle.com/ofstedcqc-send-inspections-and-parents-more-than-a-feeling/>

Parent Carer Participation Joint Bulletin

A review of the annual conference that took place back in November last year as well as the future of parent carer participation.

http://www.cafamily.org.uk/media/974458/joint_bulletin_-_dec_2016_final.pdf

NHS England Easy Read Newsletter

We offer easy-read newsletters that tell you about what NHS England is doing to make the NHS better for people with a learning disability. To subscribe to receive the Learning Disability Update, please email LDEngage@nhs.net.

<https://www.england.nhs.uk/learningdisabilities/wp-content/uploads/sites/34/2016/12/Learning-Disability-Update-Autumn-Newsletter-2016.pdf>

TES article: Four reasons why SEND funding is in crisis

The new schools national funding formula will have serious implications for all areas of education, including provision for students with special educational needs, explains the head of a special school.

To read the full article, please go to: https://www.tes.com/news/school-news/breaking-views/four-reasons-why-send-funding-crisis?utm_content=buffer4fd28&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer

Contact A Family - Department for Education announces £40m special education funding

The Department for Education has announced £40m of new funding to local authorities, for 2017-2018, to continue to support transition to the new system for special educational needs (SEN) in England.

<http://www.cafamily.org.uk/news-and-media/department-for-education-announces-40m-special-education-funding/>

“What’s New” the monthly newsletter from Contact a Family

Topics covered this month include benefits, education and support for children’s behaviour. Well worth a read!

<http://us2.campaign-archive2.com/?u=9eee2b1f9768ecfa9240bb161&id=91b910dc47&e=8375141730>

Epilepsy Pathway Mapping Workshop:

As part of the Southampton, Hampshire, Isle of Wight and Portsmouth (SHIP) Transforming Care Partnership (TCP) they are holding a workshop to help them map the current Epilepsy pathway to identify any gaps for people with a Learning Disability and/or Autism. They are looking for professionals and people with lived experience to attend the workshop. They will be looking at experiences in the morning with a focus on the learning and listening to make adjustments to the pathways in the afternoon. The workshop will be held on Wednesday 1 February, 10am-4pm, the venue is yet to be confirmed. Refreshments will be provided. If you are interested in attending or would like more information, please email louise.osborne@westhampshireccg.nhs.uk or call 02380 627890.

Save the Date

Summer extravaganza/cancer fun day 25th June 2017 10 am till 4 pm in grounds of Admiral Lord Nelson School, Portsmouth. FREE spaces for Charities and opportunities for Individuals and Groups to promote their services whilst coming together as a community to support one another. Money raised from this event will be supporting Macmillan, Cancer Research, Naomi House and The Rowans. If anyone would like details please contact janandrews0306@hotmail.co.uk

Evolve Event

Date: Tuesday 24th February at 10 am

Evolve is a consortium between Aspex, New Theatre Royal and Portsmouth Cultural Trust which seeks to provide opportunities for artists and audiences with disabilities. Throughout a one-year pilot project, funded by Esmee Fairbairn Foundation, we have been developing artistic opportunities, exhibitions, workshops and residencies across the three venues.

One of the biggest challenges we have faced throughout this project, have been around the language we use and the labels that we put on both ourselves and others we work with. Where some artists actively promote their disability and the influence it has or does not have on their work, understandably there are many artists who choose not to disclose this information.

This has led us to question how mainstream organisations can effectively support artists, improve accessibility for audiences and embed diversity within our work without the use of labels?

With talks from artists and organisations with differing opinions on the issues of identity and labels, we aim to explore the subject further, open up discussion and lose the fear, so we can all move forward with the Creative Case for Diversity.

For more information and to book: <http://www.newtheatreroyal.com/performances/evolve-symposium/>

Social care support for young people & adults with SEND

This seminar on social care rights for parents and professionals, hosted by Action for Kids, is being held on **Wednesday 8 February**, 10am-2.30pm, at St Alban's Centre, Baldwins Gardens, **London**, EC1N 7AB. The cost is £15 including lunch. Go along and hear top lawyers and care experts talk you through: The Care Act 2014 – new improved rights for young people, adults and carers • Learn who is entitled to a care plan, and what to put in it to enable you to get what your young person needs • Hear about your rights as a carer • Benefits entitlement for PIP and DLA. For more details and to book: <https://onedrive.live.com/?authkey=%21AGSFyY8Xk7hEuEo&cid=25F7964FC3F38CFD&id=25F7964FC3F38CFD%211566&parId=root&o=OneUp> or call Action for Kids on 02083 478111.

Life, Animated (PG)

This film is being shown for one night only at No 6 Cinema, **Portsmouth** Historic Dockyard. This film is the true story of a young American boy with autism who learns to communicate with his family via favourite Disney cartoons.

It is being shown on **Wednesday 1 February**, 7pm.

For more details, email peter.gruner@btinternet.com. Watch a trailer via this link : <https://www.no6cinema.co.uk/films/life-animated>

Relaxed performance for Panto next year!

With over 50 thousand theatregoers attending pantomime at Mayflower Theatre each festive season it's never too early to book for next year's show!

Starring Strictly judge **Craig Revel Horwood** as the Wicked Queen, **Snow White and the Seven Dwarfs** will be spectacularly brought to life with an abundance of comedy, sensational song and dance numbers, **fab-u-lous** costumes and stunning scenery. Throw in a magical mirror, seven friendly dwarfs, a beautiful princess, a handsome prince and

plenty of audience participation as we outwit the Wicked Queen and let love prevail in this glittering festive treat for all ages.

Mirror, mirror, on the wall, don't miss the fairest pantomime of them all!

With generous discounts for groups, concessions and special rates for schools available for selected performances, book your seats today.

https://www.mayflower.org.uk/Whats_On/Panto2017

Volunteer for the Conan Doyle Collection

Volunteering for the Conan Doyle Collection can be a very interesting and varied experience. Volunteers can help with cataloguing the collection, researching our databases for new projects, helping out at talks, creating exhibitions, preparing for activities and taking part in community workshops to name but a few. This is all done under the supervision of Laura Weston who provides volunteers with the support to do what is required.

We recruit volunteers into specific roles that ensures a good fit between the volunteer and the collection. The process is as follows:

- An initial application form
- Informal meeting to see if the volunteer would like to join the team
- Discussion of the different volunteering roles available
- Once a starting date has been arranged, Laura will provide an induction to the collection, and will then be on hand for supervision and support until the volunteer feels comfortable in the role.

The Arthur Conan Doyle Collection, bequeathed to the city of Portsmouth by Richard Lancelyn Green, brings together an unparalleled variety of books, documents and objects connected to Sherlock Holmes and the life of his creator. An archive research centre is available in the city's Central Library which allows access to Richard's amazing collection. At Portsmouth City Museum there are many extraordinary items from the Collection in the exhibition '*A Study in Sherlock*', including unique photographs, film posters, and letters from the influential and the famous.

For more information or an application form please contact

Sherlock.Holmes@portsmouthcc.gov.uk, www.conandoylecollection.co.uk

or phone Laura on 023 9283 4184.

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



Write: Portsmouth Parent Voice

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