



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

# IMPACTING ON YOU

## Newsletter

March 2017



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

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# Portsmouth Parent Voice



Hi Everyone!

Thank you to all of you who attended “Our priorities for 2017/18. We have received some very interesting suggestions and feedbacks. More in the newsletter.

Have you completed the **surveys** on school **transport and short breaks** in Portsmouth? Both consultations close on March 20<sup>th</sup>. We have also included a **legal guide** on short breaks on page 28 if you would like more information before you complete the survey.

Not long now till the **LOCAL OFFER LIVE**, on 1<sup>st</sup> April 2017. This is the annual special needs roadshow in Portsmouth with plenty of new exhibitors and activities for children.

We have also planned a **Home Education and SEN workshop** on Saturday 18<sup>th</sup> March. More information in this newsletter and spaces are going fast so please book soon!

See you soon!

Barbara and the Team

**General enquiries:** [ppv@p-d-f.org](mailto:ppv@p-d-f.org)

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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 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
<b>Home Education and SEN Workshop</b>	<b>Saturday 18<sup>th</sup> March 10 am to 2pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>PPV Coffee Morning</b>	<b>Tuesday 21<sup>st</sup> March 10 am to 12 noon</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>Local Offer Live!</b> Information roadshow about services available in Portsmouth	<b>Saturday 1<sup>st</sup> April 10 am to 3 pm</b>	<b>Miltoncross Academy</b> 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](mailto: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](mailto:PPVADMIN@P-D-F.ORG.UK)**

**FREE OPEN EVENT**

Saturday 1<sup>st</sup> April 2017

**Miltoncross  
Academy**

Milton Road, Portsmouth

**10am-3pm**



Activities

Workshops

Information

Back by  
popular  
demand!

Now in its 3rd year and following fantastic feedback from parent carers, the Local Offer Live 2017 event will showcase services, support and activities available to families with children and young people with special needs and disabilities aged 0-25 living in Portsmouth. Please check our Facebook page for confirmed activities and exhibitors. ☺

Light refreshments and activities will be on offer on the day.

Please note that pictures will be taken to be shared on social media and as part of future publicity and promotion. Please notify us if you do not wish to have your picture taken.

You can book via this link: <https://www.eventbrite.co.uk/e/local-offer-live-2017-tickets-31021511175>



Last few  
spaces  
remaining

# Elective Home Education And SEN Workshop

Saturday 18th March  
10am – 2pm

The Frank Sorrell Centre  
Prince Albert Road  
Southsea

*Where do I find support and resources?*  
*What is Elective Home Education?*

**Portsmouth Parent Voice**

would like you to come and share  
your experiences of Elective Home  
Education, or come to find out more  
information.

**\*Lunch provided\***

**\*enjoy some pampering\***

**£5 deposit per person required\***

*\*Refunded on the day on completion of the workshop*

**To book online:** <https://www.eventbrite.co.uk/e/elective-home-education-workshop-tickets-31595018551>

**ppvadmin@p-d-f.org.uk or call 07825 185 608 for more information**

Hosted by:



# 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](mailto:engagementofficer@p-d-f.org.uk)

# Parent Reps Update

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

Last month, parents took part in “Our aims for 2017/18” event and here are a few of the suggestions made on the day:

- Managing / support for **transition** from children to teenager puberty; where does hormones / disability begin / end?
- Personal hygiene
- **Support for siblings**
  - Explain their brothers / sisters condition
- Social stories
  - What else is available?
- **Practical tips for older age group** – apps?
- Safety and steps towards **independence**
- **Sensory toy / equipment** -
  - Borrow
  - Try before you buy
  - Make your own
  - Connors Toy Library
  - Sensory room sessions in children centre / schools
- **Gap in services**
  - OT / Sensory processing / S&L
  - Autism training – delivered by parents to share perspective
  - Healthy eating
- Language used by professionals –
  - **Easy read document**
- **Counselling** sessions for parents/peer support
- **Early Years** provisions: list of toddlers and baby groups

Would schools with sensory rooms be willing to let parents use them for a fee?

Better Early Years information

Would you like to add anything to this list? Some of these points are already being addressed through various projects our parent reps are working on. Want to join the team to make a difference and improve what is on offer in Portsmouth? Please get in touch ☺

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




# 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:

**Julie Houghton- Enable Ability**

**Susan Hanley- Portsmouth Social Services**

**Mrs L McDonald- Fernhurst Junior School Inclusion Manager**

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](mailto:engagementofficer@p-d-f.org.uk)

# Your Views and Consultations

## Consultations on Short Breaks and Home to School Transport

Some families with children and young people who have special educational needs or disabilities are eligible for assistance with Short Breaks which are provided at two levels dependent on need and eligibility.

However like all councils, we're facing further cuts to the money we get from the government and in the next three financial years we need to make £24m of savings from our £117m net controllable spend. This is in addition to £86m of savings already made in the last six years.

As part of the budget savings that the council need to make we're reviewing how we provide our Level 1 Targeted Short Break Service - which is accessed directly by parents and carers for all children and young people with special educational needs and/or a disability.

In order to help us review this service we have launched a consultation and we'd like to hear your views on how we can save 10% from this budget.

Please access the consultation survey on line via the following link and tell us what you think: <https://www.research.net/r/PCCShortBreak>

Our Level 2 Service which is accessed by parent/carer self-referral or a referral by a lead professional from education, health and social care will remain unchanged.

To access the survey on Home to School transport, please use the link below:

<https://www.research.net/r/PCCTransport>

**Both consultations close on 20<sup>th</sup> March.**

## Understanding NHS Complaints - FREE Workshop

**Thursday, March 9, 2017 from 12:30 PM - 4:30 PM**

Healthwatch Portsmouth is the independent consumer champion for health and social care in Portsmouth.

- We provide people with **information, advice and support** about local health and social care services.
- We **gather views and experiences** of local people on the way services are delivered and provided.

- We **influence local services** based on the evidence that we gather and through our position on the Health and Wellbeing Board in the city.
- We work with other **Healthwatch organisations** to build a national picture of people's views on health and social care services.
- Our **advocacy service** offers support and guidance to people who wish to make a complaint about NHS care.

This practical, interactive workshop is designed to introduce the NHS complaints process and understand the local process.

The workshop will cover:

- How to make an NHS Complaint and offer support to others.
- Understanding the NHS Complaints system and underpinning legislation.
- How to identify where to go for help and support when making a complaint.
- Qualities of what good NHS advocacy support looks like.

By then end of the workshop you will feel more confident in raising concerns or supporting others dealing with NHS complaints and have an understanding of what good advocacy looks like.

If you have any questions regarding this training please contact us on Email:

[info@healthwatchportsmouth.co.uk](mailto:info@healthwatchportsmouth.co.uk) Tel: 02393 977 079

## **The Lenehan Review**

Dame Christine Lenehan is seeking evidence to inform her review into the experiences and outcomes of children and young people in residential special schools and colleges. She would like to receive evidence about:

- the characteristics of the children and young people currently in residential special schools and colleges;
- how and why these children and young people come to be placed in residential special schools and colleges;
- the pattern of provision across the country and how it is commissioned and procured;

- what good quality support looks like for these children and young people, both pre- and post-placement (including the role of early intervention, family support and community services);
- the experiences and outcomes of these children and young people and their families, and how these can be improved;
- how schools and colleges are supported to meet the needs of these children and young people by all agencies;
- how effectively the workforce in residential special schools and colleges meets the needs of these children and young people; and
- destinations for these children and young people.

Dame Christine Lenehan is interested in evidence from:

- people running or working in residential special schools or colleges
- children and young people who are attending/have attended residential special schools or colleges, and their parents/carers
- local authorities
- representative bodies from across the sector
- academics with an interest in this area

Please send responses to [Lenehan.Review@education.gov.uk](mailto:Lenehan.Review@education.gov.uk) by **17 March 2017**, along with any other enquiries about this call for evidence. For more information please click here <https://consult.education.gov.uk/special-educational-needs-and-disability-division/lenehan-review/>.

Download Lenehan review: independent call for evidence

<https://consult.education.gov.uk/special-educational-needs-and-disability-division/lenehan-review/consultation/download>.

## Your Big Health Conversation

The three local CCGs (Portsmouth, Fareham and Gosport, and South Eastern Hampshire) want your opinion in their “Your Big Health Conversation” survey. They want a ‘plain English’ discussion about the challenges that the NHS faces in Portsmouth and ask local people to take part in a survey about how the NHS can meet these challenges in the future. The survey is now open and will close on 7 April. You can find out more information and take part in the survey by using this link: <http://www.portsmouthccg.nhs.uk/your-big-health-conversation>

**The Parent Engagement Officer**  
Supports parents to be involved in projects and meetings that can change how services in Portsmouth meet the needs of parents and carers.

**Portsmouth Parent Voice (PPV):**  
Information & participation group for parent carers of children and young people with special needs or disability aged 0 to 25.

**Portsmouth SENDIASS**  
Impartial information & advice to children, young people and their parent carers on matters relating to SEND including: local policy & practise, local offer, SEN education law and guidance on disability, health and social care and personal budgets.

**Dynamite:**  
A service for young people age 14-25 to be involved in changing how services are designed for children and young people in Portsmouth.

**What support is available to parents at the Frank Sorrell Centre?**

**Independent Supporters:**  
Are an impartial service who can assist any parent / young person through a transfer of statement to an Education Health & Care Plan (EHCP).

**Autism Hampshire**  
Provide information, advice, guidance and signposting to adults, young people & children with autism, their families & professionals. This is available pre, during & post diagnosis.

**Disability Information and Advice Line (DIAL)**  
The DIAL helpline provides a free impartial, confidential service supplying information and advice.

**Portsmouth Autism Support Network (PASN)**  
Offers support for families where a child has a diagnosis of autism as well as those without a formal diagnosis.



## Quick Reference Guide

Please turn over for further information of  
the services available to parents and young people.

To find the latest contact details and further information please visit [www.portsmouthlocaloffer.org](http://www.portsmouthlocaloffer.org)

	Works with parents	Works with young people	Supports individual parents at school meetings	Can help with forms	Organises training sessions for parents	Runs activities for children & Young people	Signpost parents to other sources of support
Portsmouth Parent Voice (PPV)	YES	NO	NO	NO	YES	NO	YES
Parent Engagement Officer	YES	NO	NO	NO	YES	NO	YES
Portsmouth SENDIASS	YES	YES	YES	YES	NO	NO	YES
Dynamite	NO	YES	NO	NO	NO	YES	YES
Disability Information and Advice Line (DIAL)	YES	YES	NO	YES	NO	NO	YES
Independent Supporters	YES	YES	YES	YES	NO	NO	YES
Autism Hampshire	YES	YES	NO	YES	NO	NO	YES
Portsmouth Autism Support Network (PASN)	YES	YES	NO	NO	NO	YES	YES

Organisation	Contact Number	Contact Email
Portsmouth Parent Voice (PPV)	07825 185608	portsmouthparentvoice@hotmail.com
Parent Engagement Officer	07760 245246	engagementofficer@p-d-f.org.uk
Portsmouth SENDIASS	0300 303 2000	portsmouthiass@roseroad.org.uk
Dynamite	07905 682886	dynamiteportsmouth@gmail.com
Disability Information and Advice Line (DIAL)	023 9282 4853	dial@p-d-f.org
Independent Supporters	0300 660 0925	info@portsmouthis.org.uk
Autism Hampshire	023 92814 723	jackie.harvey@autismhampshire.org.uk
Portsmouth Autism Network	07914 331876	Portsmouthpasn@outlook.com

**Portsmouth Disability Forum (PDF)** is a user led lobbying and campaigning charity working to ensure disabled people have the same life chances as everyone else. By working in partnership, PDF has a valuable voice to promote the needs of all disabled people within the local community and national debates. We run regular forums all of which are open to the general public and have made major impact on the provision of better access, services and support for disabled people their families and carers in Portsmouth.

Telephone PDF 10am -4pm Mon-Fri 023 9281 5266

Registered Charity no. 1096327 Company Limited by Guarantee 4530443

## *Future in Mind* Co-production meeting 9<sup>th</sup> March, Havelock Community Centre

*Future in Mind* is a project which aims to improve mental health services for children and young people in Portsmouth.

One way in which the project will try to improve mental health services is by having young people aged 12 to 25 involved in making decisions about how those services look and what they do.

When young people are involved in making decisions about services this is sometimes referred to as 'co-production'.

We will be holding an initial co-production meeting on the 9<sup>th</sup> of March from 4:30pm to 6:30pm.

The meeting will take place at Havelock Community Centre in Southsea and everyone attending will receive a £5 high street voucher.

At the meeting we will be discussing the new *Future in Mind* website, how that website should look and what it should have on it which would be useful for young people with experience of mental illness/emotional distress.

We will also be talking about how to go forward with co-production work in Portsmouth.

The room is wheelchair accessible and there will be access to a quiet room throughout the evening. If there is any way in which we can make the meeting easier for you to attend or if you would like to attend via skype then let us know by phoning or texting 07905682886, or emailing [dynamiteportsmouth@gmail.com](mailto:dynamiteportsmouth@gmail.com).



### **Volunteer Parent Participants**

My name is Clare Walker, I am a member of PASN, as I am the mum of a 12 year old with Autism Spectrum Disorder (ASD) and I am in the final year of an Occupational Therapy degree at the University of Southampton. I am undertaking a final year research project to explore the experiences of parents who have children with ASD sensory difficulties, if your child accesses any sensory-based interventions and how you feel they impact on your child and your family.

**The study is titled: Parents' perceptions of their children with Autism Spectrum Disorders (ASD) sensory difficulties and of the sensory based interventions (SBI) they receive.**

Do you have a Child with a diagnosis of Autism Spectrum Disorder aged between 5-11 and live within a 20-mile radius of Portsmouth?

If so, would you like to take part in my study?

This study will involve either one audio-recorded telephone call or one audio-recorded face-to-face interview, for a maximum of 1 hour focussing around 5 different question areas. It is up to you to decide if you wish to participate on the telephone or face-to-face. Face-to-face interviews can either be held at your home or within a private room at the Pompey in the Community, Anson Road, Portsmouth.

As this study is looking for a maximum of 10 parents to participate.

All information given during the study will be anonymous and no other information apart from the interview information will be used in the study

If you are interested in participating in this study, please contact Clare Walker via email on [cw1e13@soton.ac.uk](mailto:cw1e13@soton.ac.uk) or if you have any questions regarding the study, please telephone me on 07904 583439.



# Are you worried about your child's development?

If you think there could be a problem with the way your child walks, plays, learns or speaks, you can call our Advice Line.

 **0300 300 2019**

## Our Advice Line can:

- offer reassurance
- give you tips on ways to help
- give you activities to improve your child's skills
- decide if your child needs to be referred to us for a more detailed assessment
- suggest others who can offer you more advice e.g. health visitor or children's centre.

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Email: [SNHS.SolentChildrensTherapyService@nhs.net](mailto:SNHS.SolentChildrensTherapyService@nhs.net)  
[www.solent.nhs.uk/childrenstherapies](http://www.solent.nhs.uk/childrenstherapies)



# FREE Stay and Play Sessions

5pm-7pm every third Tuesday  
from 11th October 2016

At Wacky Warehouse, in  
Sovereigns, Kingston Road

For disabled children  
living in Portsmouth



Contact us on 023 8072 1221  
Email [outreach@roseroad.org.uk](mailto:outreach@roseroad.org.uk)  
Or visit [www.roseroad.org.uk](http://www.roseroad.org.uk) for more information

## Little Stars!

Stronger Futures

Drop in group for any children aged 0-5 years with Additional Needs



Every Wednesday: 1pm - 2.30 pm  
@ Northern Parade Children's Centre  
Doyle Avenue, Hilsea, PO2 9NE

This is a fun and informal group led by Children Centre Staff and a volunteer. There are fun activities for the children and time for you to meet other parents for a chat and tea/coffee.

For more information please contact: Northern Parade Children's Centre  
Phone: 023 9266 0866 Email: [louise.barker@portsmouthcc.gov.uk](mailto:louise.barker@portsmouthcc.gov.uk)





# HEALTHY YOUNG MINDS

## Anger Management



Parents use the term 'anger management' when they are talking about wanting their child to stop losing their temper or to stop them getting angry.



Anger tends to be a secondary emotion triggered by another feeling such as frustration, fear, embarrassment and other feelings that are a normal part of life. So what we need to do is help children manage their emotions and not be overwhelmed or controlled by them.



Children feel angry when they feel threatened but this may not be in a physical sense. If a child feels they have been treated unfairly, even if their perception is not accurate, their sense of justice feels threatened and they may become angry.

physical  
they



Our bodies, from caveman times, are made so that if we feel threatened we can react instantly to fight or run away (called fight or flight). Once a child is in this state then the thinking part of their brain is shut off; so it is best to have conversations about this when they are calm and relaxed, not when they are angry.

### What can parents do?

- Help your child to understand that to feel angry is normal. It is how we react to that anger that is important. Discuss with your child ways they can manage those feelings before they become overwhelming i.e. talk to someone about how they feel or spend some time alone listening to their favourite music, write a letter about how they feel then tear it up or distract themselves with an activity they enjoy.



- Model the use of 'feeling words' and how you manage them i.e. 'I was annoyed it rained on my washing today but at least I didn't have to water my garden', 'I was angry my boss made me work late but it cheered me up hearing how well you had done at school today'.
- Help your child recognise the things they are good at. Praise their strengths and skills because unless they know others believe in them they will not believe that they can make positive changes to their behaviour.



- Help your child to think about what the triggers are for their anger, how to recognise when they are getting angry and how to use opportunities to manage this. For instance, do they need a snack or drink break, do they need a change of activity or to move away from someone who is annoying them.

- Help the child learn that by changing the way they think it can change the way they feel i.e. 'I could feel angry that your brother broke the computer game but I know that he really liked playing with it too so it must have been an accident.'



- Explore with your child what activities help them to feel calm and relaxed so they can use these if they feel stressed.



- Make a 'reward chart' with your child to reinforce/reward positive behaviour. Each time your child reacts in positive manner, such as walking away when angry or using distractions or activities to help them 'calm down', they get a tick (or sticker) on the chart. At the end of the week they get a small reward of their choice (such as choosing a film for the family to watch, having their favourite meal made).

- You could even make them a 'calm box' to use if they feel they are getting angry. Items you may use could include:- a sweet to suck, Velcro to rip apart, a puzzle to complete, a straw to blow through, a photo of a pet or person they are close to, bubbles, a stress reliever to squeeze, scented soap etc. For older children a pen and pad of paper or notebook to help them write how they feel or nail polish to paint their nails. There are lots of ideas online if you Google 'items for a calm box'.



**This newsletter was produced by Portsmouth Children and Adolescent Mental Health Services (CAHMS).**

**We need your feedback on this kind of information share with parents carers.**

**Would you like more information like this on a monthly basis on a range of topics?**

**Please complete the short survey below to share your views and feedback:**

<https://www.surveymonkey.co.uk/r/XN9QSHG>

## Try Before You Buy Resource Lending Service



The Community Access team at Autism Hampshire are developing a set of resources such as weighted blankets, ear defenders and compression vests, which can be viewed and borrowed free of charge\* for a trial period.

\*Refundable deposit required.



**Why Try Before You Buy** - there are many resources available to purchase which may help people who have autism. This service enables people with autism to try a resource to see if it meets their needs, before they purchase it. We also aim to raise awareness of useful resources that are available.

**Who can borrow** - the resources are available to borrow for adults, young people and children with autism who live in **Southampton, Hampshire, Portsmouth and Isle of Wight.**

### How to borrow

- Email, telephone or write to our Community Access team arrange to borrow an item.
- Collect the item from either the Southampton or Portsmouth office or by arrangement at a support group.
- Pay a refundable deposit, provide proof of your address and sign a loan agreement.
- Return the item at the end of the agreed loan period.

**Examples of what is currently available to view or borrow** - pocket weighted blankets, other weighted items such as lap pads, shoulder wraps, cap, wrist weights and weighted jackets, compression vests ( various sizes and styles), timers, ear defenders and more...

**Where** - resources are available at both of our Community Access offices, in Southampton and Portsmouth, where you can arrange to view the items by appointment. Our officers will also take items to some of our support group meetings and other events for people to view.

For more information and a full list of items available please contact the Community Access team.

**Community Access - Southampton** Suite 1c, Fairways House, Mount Pleasant Road, Southampton, Hampshire, SO14 0QB, Tel: 02380 633 951, Email: [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk)

**Community Access - Portsmouth** Frank Sorrell Centre, Prince Albert Road, Southsea, Hampshire, PO4 9HR Tel: 02392 814 723, Email: [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk)

Project supported by: Sensory Direct Ltd



Autism Hampshire takes no responsibility for any damage or loss, which may be incurred as a result of action taken on information contained in this document.

*Acceptance of the individual and their autism  
A culture of continuous learning and personal growth for all  
Personalised strategies developed with and for the person with autism*

Charity Reg No. 266141

## 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/>

### Farm Buddies

A Social Enterprise based near Petersfield, arrange for accompanied individuals and groups to visit farms one day a week to do a variety of regular farm jobs, including animal work, according to age choice and ability. The concept, known as Social or Care Farming, is a new expanding opportunity now available across the South East region.

Most sectors are catered for from Young People starting at 12 years old up to Older People over 70 with the onset of dementia. The outcomes from regular visits, usually over 12 weeks, are outstanding; they include improved confidence, self-esteem, work skills and knowledge as well as health benefits. A typical day starts at 10am until 3pm with breaks for lunch and light refreshments. The cost varies depending on the farm but is usually £60 per day.

For more information, email [Stephen@farmbuddies.org.uk](mailto:Stephen@farmbuddies.org.uk) or call 01420 538793 or 07596 077261. Website: [www.farmbuddies.org.uk](http://www.farmbuddies.org.uk).

### Hampshire Teenage Project

Run by Enable Ability and funded by the Big Lottery Fund for young people aged 13-21 years living in Hampshire; areas include: Emsworth, Havant, Hayling Island, Waterlooville, Fareham, Gosport and surrounding districts. **Young people living in Portsmouth are only accepted if they attend a Hampshire school or college.**

The project aims to provide young people with physical and/or mild-moderate learning disability, or additional need, with the opportunity to engage in a variety of planned recreational, social and sporting activities as part of a group setting. They usually take place on a Saturday but occasional on a Sunday or weekday. For more details about the project and to view their programme for March, please go to <http://www.enableability.org.uk/services/hampshire-teenage-project-02392671848/> or telephone Mary on 02392 671874 or 07857 328390 or email [hampshiretp@gmail.com](mailto:hampshiretp@gmail.com).

## SSAFA Short Breaks

Being part of a service family with either parents or children with additional needs can be incredibly tough. SSAFA offer free, week long breaks for currently serving families and reservists who have a child or a parent with an additional need or disability in their family.

These breaks are an opportunity for children to gain some independence and new experiences and for families to spend quality time together.

We welcome applications from anywhere and will review on a case by case basis.

[https://www.ssafa.org.uk/help-you/currently-serving/short-breaks-and-holidays-service-families?utm\\_content=buffer6b4f1&utm\\_medium=social&utm\\_source=twitter.com&utm\\_campaign=buffer](https://www.ssafa.org.uk/help-you/currently-serving/short-breaks-and-holidays-service-families?utm_content=buffer6b4f1&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer)

## Connors Toy Library

Connors Toy Libraries provides 13 Community Toy Library sessions providing stay and play sessions and toy loan to over 2000 families or carers with pre-school aged children annually.

The only free bank of resources for families with children with additional needs to borrow to support their child's development within their own homes Through the Community based Toy Library sessions, families come together and share ideas, concerns with each other.

Weekly Community Toy Libraries providing stay and play and toy loan are based across Portsmouth, with the aim of having a Toy Library within walking distance of all families.

<http://www.portsmouthlocaloffer.org/local-offer-search/item/159>

## Gym Club - Portsmouth Autism Support Network

Gym provides a unique experience for children with ASD to interact and socialise with their siblings and peers in a safe, secure and fun environment. There is a fully trained Gym member of staff on site and a PASN representative there to answer any questions that parents may have. We also ask parents to remain in the Gym with their children.

For children and young people affected by ASD, siblings are also welcome to attend this session. The session costs £3 per session per child.

<http://www.portsmouthlocaloffer.org/local-offer-search/item/274>

## Portsmouth Penguins Swimming Club

This is a friendly disabled swimming club for disabled children, adults, carers and families.

Every Sunday 3.00 - 3.55 at Charter Academy. There is a reduced admission price for carers and also for people holding a Portsmouth City Council leisure card.

Charter Academy, Greetham Street, Portsmouth, PO5 4LH

<http://www.leisurecentre.com/charter-community-sports-centre/Activity/childrens-swimming-lessons>



# NEWS IN BRIEF

## Department for Education- Special needs newsletter January 2017

The newsletter includes:

- New funding for SEND support in 2017-18
- Headlines from the Autumn 2016 Implementation Surveys
- Monthly data collection - finalising Transfer Reviews for existing statements of SEN
- Naming of colleges/post-school placements in EHC plans by 31st March
- Lenehan Review - Views sought ahead of Review of Residential Special Education
- Publication of recent and upcoming reports
- The Youth Sport Trust - Play Unified Campaign
- The Young People's Advisory Group (FLARE)
- Making Participation Work conference by Council for Disabled Children and KIDS
- Whole School SEND Summit 2017
- Supporting children and young people with life-limiting conditions

To view the full version, please go to:

[https://search3.openobjects.com/mediamanager/blackpool/fsd/files/2017\\_january\\_newsletter.pdf](https://search3.openobjects.com/mediamanager/blackpool/fsd/files/2017_january_newsletter.pdf)

## New funding boost for pupils with SEND

DfE have just announced a multi-million pound investment to create more school places and improve facilities for children with special educational needs and disabilities

- Every council allocation is at least £500,000
- Money can be used to build specialised classrooms, install lifts or expand existing classrooms
- Minister 'Every child should have the opportunity to reach their full potential'.

For more information: <https://www.gov.uk/government/news/new-funding-boost-for-pupils-with-send>

## **Council for Disabled Children: Understanding the needs of disabled children with complex needs or life-limiting conditions**

There are growing numbers of disabled children and young people with complex needs and/or life-limiting conditions in the UK. These children, and their families, need support from statutory services in health, education and social care: but there is a data challenge. Local authorities and providers do not have the data that allows them to adequately plan and commission services for these children and young people.

You can read the full report here:

[https://councilfordisabledchildren.org.uk/sites/default/files/field/attachemnt/CDC.datareview.final\\_revised.pdf](https://councilfordisabledchildren.org.uk/sites/default/files/field/attachemnt/CDC.datareview.final_revised.pdf)

## **SenseAble Families Workshop**

Does your child struggle with any of these behaviours? Difficult in busy environments • Un-coordinated • Hyperactive • Frequent melt downs • Poor concentration • Over sensitive to different sensations • Anxious • Fussy eater. Sensory processing difficulties are often mislabelled as behavioural and/or emotional problems. Addressing only these may not get to the root of the issue. The one-day SenseAble Families Workshops are run by specialist Sensory Occupational Therapists. The day will include two tailored workshops running side by side; one for parents/carers and one for children/young people. Each workshop will be small and personalised to work with a maximum of eight families. There will be a set age group for the young people. Go and learn how to build up a tool kit of ideas and strategies to take away with you.

The workshops are held throughout Hampshire and Dorset. To register your interest and check availability, please email [senseablefamilies@gmail.com](mailto:senseablefamilies@gmail.com) or call 07498 280185

## **Looking after your eyes – information resources for adults and children with learning disabilities**

SeeAbility have produced some very useful resources providing information for adults and children with learning disabilities about how to look after their eyes and having eye sight tests. To access the information and resources, please use this link:

<https://www.seeability.org/eye-tests-children> or call 01372 755000. Children with learning disabilities are more at risk of having problems and may be less likely to be able to communicate them, so regular eye care is essential. It is recommended that all children who have a learning disability have a full eye examination at least once a year. One of the resources available is how to prepare your child for such examinations with easy read factsheets including versions for Makaton users.

## The Listening Books Library

Listening Books is a national charity that provides an audiobook library service to children and adults who struggle to read or hold a book due to an illness, disability, mental health issue or learning difficulty. They have recently received funding to offer a number of FREE individual memberships to people living in Hampshire who would find usual membership fees (ranging from £20 to £45 per year) a barrier to joining the service. The service caters for people with a wide variety of print impairments including learning difficulties such as ADHD, dyslexia and autism where it affects an individual's ability to read in the usual way, perhaps by affecting concentration, memory or comprehension.

Listening Books have a huge range of wonderful fiction, non-fiction and educational titles for children (supporting the National Curriculum from Key Stage 2 to A Level) available across three easily accessible formats: MP3 CDs sent through the post (all postage is included in the membership) • Downloads and Online Streaming from the website or app through a computer, tablet or smartphone. Audiobooks provide vital access to the comfort, relaxation and joy of reading; do you know someone who would benefit from Listening Books?

If you would like to make a referral or to request some application forms, please contact 02074 079417 or email [jcord@listening-books.org.uk](mailto:jcord@listening-books.org.uk). Individuals can also be registered by visiting the website and ticking the box to apply for a free place: go to <https://www.listening-books.org.uk/join-us.aspx> to access. Please be assured that there are no costs for the free memberships which will continue for as long as the member wishes to use the service.

## Law change demands equal treatment for disabled taxi users

From 6 April it will be illegal for taxi drivers to discriminate against wheelchair users. Taxi drivers face a fine of up to £1,000 if they refuse to transport wheelchair users or attempt to charge them extra, in a change to the law announced on 7 February by Transport Minister Andrew Jones. From 6 April taxi and private hire vehicle drivers will be obliged by law to: transport wheelchair users in their wheelchair • provide passengers in wheelchairs with appropriate assistance • charge wheelchair users the same as non-wheelchair users. The new rules will apply in England, Wales and Scotland affecting vehicles that are designated as wheelchair accessible and will apply to both taxis and private hire vehicles. All taxis in London and a significant number in most major urban centres are wheelchair accessible. To read about the changes, please go to: <https://www.gov.uk/government/news/law-change-demands-equal-treatment-for-disabled-taxi-users>

## Disability Rights Handbook and PIP Guide

Disability Rights Handbook edition 42 is now available to pre-order. It is a guide to benefits and services for all disabled people, their families, carers and advisers. It will be dispatched early May. To pre-order your copy, please go to <https://crm.disabilityrightsuk.org/benefits-information/disability-rights-handbook-edition-42-2017-2018> **Changes are being made to the Personal Independent Payment (PIP) rules from 16 March.** These changes will hit

disabled people and those with serious health conditions very hard. Disability Rights have updated their PIP guide to reflect these changes. For more information and to view the guides, please go to: <https://www.disabilityrightsuk.org/personal-independence-payment-PIP>

## **Welcome to Waving *not* drowning's February e-bulletin.**

If you need time off for an appointment your child needs, does your employer have to grant it? No, but you might be able to use Parental Leave. You have 18 weeks to use before your child is 18. You need to have been with your employer for a year, give 21 days' notice and, if your child gets DLA (Disability Living Allowance) or PIP (Personal Independence Payment) you can take it in units of one day.

For more useful information and tips for working parent carers, please go to: [https://www.workingfamilies.org.uk/articles/the-waving-not-drowning-campaign/?utm\\_source=Waving+not+drowning&utm\\_campaign=80d017a24a-EMAIL\\_CAMPAIGN\\_2017\\_02\\_22&utm\\_medium=email&utm\\_term=0\\_fd77e1921d-80d017a24a-124788013](https://www.workingfamilies.org.uk/articles/the-waving-not-drowning-campaign/?utm_source=Waving+not+drowning&utm_campaign=80d017a24a-EMAIL_CAMPAIGN_2017_02_22&utm_medium=email&utm_term=0_fd77e1921d-80d017a24a-124788013)

## **Awareness of Autism- Southampton**

The main aim of the festival is to provide a platform for people on the Autistic spectrum to showcase their talent to the world and prove that just because someone has the condition it doesn't hold them back.

We aim to spread the word of Autism and educate them on the talents that lie within it.

All proceeds for the event will be going directly to our chosen charity Autism Hampshire.

For more information, please go to: <https://www.facebook.com/events/110257556136454/>

## **Short Breaks for Disabled Children: A Legal Guide**

Written by barrister Steve Broach and CDC, the purpose of this guide is to assist local authority officers and Members to understand the law in relation to short breaks and to apply it effectively. This should assist in supporting and protecting the provision of vital services for families.

<https://councilfordisabledchildren.org.uk/help-resources/resources/short-breaks-disabled-children-legal-guide>

## The Traffic Light Tool

It can be hard for families to get across to doctors the many things that worry them when they go to a clinic with their disabled child. The Health, Functioning and Wellbeing Summary, known as the Traffic Light Tool, was designed to help. It was developed with disabled young people, parents, and other experts.

For more information: <http://www.bacdis.org.uk/policy/documents/HFWSummary.pdf>

[https://www.scope.org.uk/Support/Professional/Medical/Traffic-light?mc\\_cid=8941bc3149&mc\\_eid=829687f04a](https://www.scope.org.uk/Support/Professional/Medical/Traffic-light?mc_cid=8941bc3149&mc_eid=829687f04a)

## U Matter- Counselling service for 11 to 25 year olds

**Relate Portsmouth to deliver the new 'U Matter' service.**

**A citywide Emotional Health and Wellbeing service for young people and their families, in partnership with Learning Links and Motiv8.**

Relationships charity, Relate Portsmouth is set to deliver a new citywide Emotional Health and Wellbeing service for young people and their families. Working in partnership with Learning Links and Motiv8, the service, which launched in January 2017, will support young people and their families by building resilience, improving emotional wellbeing, and supporting good mental health.

The following services will be offered:

- Informal first face to face support meeting for the young person to understand their challenges and their goals.
- A targeted therapeutic counselling service for young people, and if needed their families too.
- Peer support groups that help young people come together, receive support, and complete fun activities in local venues.

### **Self/Parent referrals**

Our telephone line 02392 827026 is open;

Monday: 8:00-22:00

Tuesday: 8:00-22:00



Wednesday: 8:00-22:00

Thursday: 8:00-22:00

Friday: 8:00-18:00

Saturday: 9:00-17:00

Our **web form**: <https://www.relate.org.uk/portsmouth-district/self-or-parent-referral>

Our **Email address**: relate@relateportsmouth.org.uk

**Relate Centre Walk-In Opening Times:** 58d High St Cosham

Monday to Thursday: 09:30-21:00

Friday: 09:30-14:30

Saturday: 9:00-13:30

## You can keep in touch with us using the following



Website: [www.portsmouthparentvoice.org](http://www.portsmouthparentvoice.org)



Facebook: Like our page Portsmouth Parent Voice



Twitter: You can follow us at @PparentVoice



Email [ppvcoordinator@p-d-f.org.uk](mailto:ppvcoordinator@p-d-f.org.uk)



Phone: 07825 185 608



Instagram: [ppvcoordinator](https://www.instagram.com/ppvcoordinator)



Pinterest: Portsmouth Parent Voice



Write: Portsmouth Parent Voice

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