



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

# IMPACTING ON YOU

## Newsletter

May 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:** Your Views on Inclusion
- Page 6:** Home Education and SEN Workshop
- Page 7:** Welcome to Holland
- Page 8:** Healthy Young Mind- Exam Stress
- Page 9:** A Strategy for Improving Wellbeing and Resilience in Education
- Page 10:** School SEN Champion
- Page 11:** Your Views and Consultations
- Page 12:** Autism Hampshire- Employment Pathway Project
- Page 13:** Independent Support Information Drop in
- Page 14:** News in Brief
- Page 17:** How to contact Portsmouth Parent Voice



Hi Everyone!

This is the time of year when we are busy completing reports for our funders and looking back at what we have achieved over the past 12 months.

Our reach increases every year and we now have 820 parents, schools and professionals on our mailing list; 841 likes on Facebook, 457 followers on Twitter and our new website has received 3,063 since it went live in February.

These are big numbers and we could not achieve all the projects we set out to do without the support of our incredible parent reps.

We are trying to condense the information contained in this newsletter as many of you mentioned that it was a bit of an information overload at time and we will try to link news and updates to our website.

See you soon!

Barbara and the Team

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

**Barbara McDougall:** [PPVcoordinator@p-d-f.org.uk](mailto:PPVcoordinator@p-d-f.org.uk)

**Kara Jewell:** [engagementofficer@p-d-f.org.uk](mailto:engagementofficer@p-d-f.org.uk)

**Alison Cooper:** [ppvadmin@p-d-f.org.uk](mailto: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
<b>PPV Coffee Morning</b>	<b>Tuesday 16<sup>th</sup> May 10 am to 12 noon</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>Your Views on Inclusion</b>	<b>Tuesday 23<sup>rd</sup> May 6 pm to 8 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>Home Education and SEN workshop</b>	<b>Saturday 17<sup>th</sup> June 10.30 am to 12:30 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR

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 185 608



## Your Views on Inclusion

Are you a parent carer of a child/ young person attending a mainstream school/college?

Do you feel the school supports your child's needs?

Does your child receive extra support at school (either SEN Support or with an Education, Health and Care Plan)?

Do you want to find out more about support in Portsmouth?

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

Join us on  
Tuesday 23<sup>rd</sup> May  
6pm-8pm  
The Frank Sorrell Centre  
Prince Albert Road  
Southsea





# Follow-up Home Education And SEN Workshop

The Frank Sorrell Centre  
Prince Albert Road  
Southsea

**Saturday 17th June**  
**10.30am – 12.30pm**

*What is Home Education?*

*Where do I find support and resources?*



**Portsmouth Parent Voice** would like you to come and share your experiences of Home Education, or come to find out more information.

**Refreshments will be on offer including cake and croissants!**

To book online: <https://www.eventbrite.co.uk/e/follow-up-home-education-and-sen-workshop-tickets-33526452522>  
[ppvadmin@p-d-f.org.uk](mailto:ppvadmin@p-d-f.org.uk) or call 07825 185 608 for more information



## Welcome to Holland

I am often asked to describe the experience of raising a child with a disability – to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this...

When you are going to have a baby, it's like planning a fabulous vacation trip – to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum, Michelangelo's David, gondolas in Venice! You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess come in and says, "Welcome to Holland."

"Holland?!?" you say "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy! All these months I have dreamed of going to Italy."

But there has been a change in the flight plan. They have landed in Holland and there you must stay. The important thing is that they haven't taken you to a horrible, disgusting, filthy place full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books.

And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower paced than Italy, less flashy than Italy. But after you have been there for a while and catch your breath, you look around...and you begin to notice that Holland has windmills...and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going in Italy and they are all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I planned."

And the pain of that will never, ever, ever, ever go away...because the loss of that dream is a very significant loss.

But...if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things...about Holland.

By Emily Perl Kingsley about the birth of her son who has Down Syndrome.

# EXAM STRESS

## Healthy Young Minds



### What is exam stress?

- Stress is the body's natural response to something threatening or frightening.
- Exam stress happens particularly around the time of exams.
- Mild levels can make us more alert and help motivate us.
- If stress levels are too high, it can impair our ability to prepare for exams, leading to more stress.
- A certain level of stress is normal about exams.

### What signs should I look out for in a young person?

- Feeling frightened, nervous or panicky
- Difficulties sleeping
- Bad dreams
- Eating more/less than usual
- Difficulties concentrating on homework
- Not wanting to go to school
- Avoiding or excessive revising
- Not wanting to do activities previously enjoyed
- Feeling tired
- Tearfulness
- More irritable than usual
- Using the toilet often
- Fidgety
- Complaints of:
  - \* Racing heart
  - \* Feeling faint
  - \* Stomach ache
  - \* Feeling sick
  - \* Pains in the chest
  - \* Feeling breathless
  - \* Headache
  - \* Butterflies in the stomach

### Why is it important to look out for it?

- Levels of self-harm increase around the Summer exam time
- If we can spot it, we can help young people develop helpful strategies to manage the stress
- Stress can impair performance if not managed

### What can I do to help a young person with exam stress?

- ✓ Talk to them about how they are coping
- ✓ Help them to plan study time with regular breaks and rewards
- ✓ Emphasise their other strengths if they struggle academically
- ✓ Reassure there are other options if things don't work out how they hope
- ✓ Make sure they eat well
- ✓ Encourage half an hour 'wind-down' before bed
- ✓ Make sure they have somewhere comfortable to study
- ✓ Remind them that feeling anxious about exams is normal
- ✓ Encourage light exercise
- ✓ Be reassuring and positive before an exam
- ✗ Don't expect them to do household chores, tidy room etc during revision time
- ✗ Talk through the parts of the exam that went well and then move on to the next one; don't dwell on the bits that didn't go well

#### ➤ Some useful websites:

- <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/Coping-with-exam-stress.aspx>
- <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>



CAMHS would be very grateful for any feedback on this newsletter. Please could you complete the online survey:

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



## A Strategy for Improving Wellbeing and Resilience in Education

2017–2019



“Improving the mental health of our children and young people is a priority nationally and locally.

Portsmouth has pledged: “to create a culture where all services work together to improve a range of outcomes for children, young people and their families with emotional and mental health needs”. Our local transformation plan outlines how we will deliver the Future in Mind outcomes in our City. The way that local services are delivered is being reviewed and additional funding has been secured to transform service provision.”

Our incredible **parent reps** have been involved in this particular project over the last 12 months and we are delighted that the strategy is there to address the **many issues** faced by our families.

You can view the full document here:

<http://www.portsmouthparentvoice.org/wp-content/uploads/2017/05/Future-in-Mind-Strategy-Final-BPR.pdf>

# 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)

# Your Views and Consultations

## Autism Assessment Feedback Survey

Has your child received an autism assessment via the Child Development Centre or CAMHS? We need to hear your views about your experience of the process. The survey takes about 5 minutes to complete.

<https://www.surveymonkey.co.uk/r/QGWD5SH>

## CHILDREN AND YOUNG PEOPLE'S EMOTIONAL/MENTAL HEALTH GUIDE PARENTS CONSULTATION

In 2016 an extensive consultation was undertaken with all stakeholder groups with regards to the service provision for children and young peoples' mental health across the city. One of the main issues raised by all stakeholders was the lack of information on the services available for children, young people, parents, carers and professionals.

Following further consultation stakeholders thought that a series of mental health guides for professionals, parents and young people would be the best way of promoting the services/support available. We have recently been developing these guides with those stakeholders and we are now at a stage where we would like to hear your views on the draft guide for parents.

Could you please summarise what you see are the main strengths and weaknesses of the guide. In essence what we are keen to know is whether you think the guide is clear and easy to follow, whether the information is relevant and ultimately whether the guide will help you to understand what the main services and support is available for young people up to 25 years of age who present with emotional health/mental health needs.

We are aiming to complete and distribute these guides at the start of June 2017 and so we will need your feedback by Friday 12th May 2017 at the latest.

You can view the proposed guide here: <http://www.portsmouthparentvoice.org/wp-content/uploads/2017/01/Service-Guide-Parents-FIM.pdf>

Link to survey: <https://www.surveymonkey.co.uk/r/KNSRG9S>



**AUTISM HAMPSHIRE – EMPLOYMENT PATHWAY PROJECT**

Autism Hampshire are pleased to announce that they are managing funded projects to support people on the autistic spectrum along the pathway to employment and are looking for 80 participants to take part all over Hampshire. To be eligible participants must

- Live in Hampshire and meet the criteria in the table below
- Be eligible to work
- Be of employment age
- Be willing to attend employment skills workshops
- 36 of the participants will be able to complete an ‘Individual Employment Profile’, an online tool, devised by Portsmouth University’s Autism Centre for Research into Employment (ACRE).

Participants will need to declare that they are

**Inactive**

If someone is economically inactive then they are not in work and are either not seeking work or are not available to work. Participants may be in receipt of certain benefits (such as incapacity benefit or Employment Support Allowance) and could also be in training or education of some kind. They may also be retired, disabled or a fulltime carer BUT NOT on job seeking or employment related benefits. May be looking for work, volunteering or coming to the end of education within the year – **ELIGIBLE** to partake in either project **anywhere in Hampshire**

**Active**

Receiving job seeking benefits but not currently employed – **MUST LIVE in East Hampshire, New Forest, Test Valley, Winchester council areas**

**Employment**

In receipt of remunerated work – **THIS PROJECT IS NOT FOR YOU**

	HCC	ESF Solent LEP
East Hampshire HCC	Inactive Job Seeking	Inactive only
New Forest HCC	Inactive Job Seeking	Inactive only
Test Valley HCC	Inactive Job Seeking	Inactive only
Winchester HCC	Inactive Job Seeking	Inactive only
Havant	Not Available	Inactive only
Portsmouth	Not Available	Inactive only
Gosport	Not Available	Inactive only
Fareham	Not Available	Inactive only
Eastleigh	Not Available	Inactive only
Southampton	Not Available	Inactive only

\*Please note: - We are running 2 projects funded by different commissioners who have different criteria for project participant selection based on geography and employment status. Acceptance onto the project will be based on this. Potential participants who would like to take part are asked to show interest by mailing the employment pathways project manager [kaye.adamson@autismhampshire.org.uk](mailto:kaye.adamson@autismhampshire.org.uk). You will be contacted by Kaye or a member of her team within 2 weeks of your interest.



Portsmouth Independent Support is hosting a joint drop with Parent Voice and Portsmouth Information Advice and Support Service. Lots of tea, coffee and support, all for **free**!!



# NEWS IN BRIEF

## Overcoming Barriers: Unpaid Care and Employment

### Summary of Results from the Follow-on Study

These results are from a study about people in employment who look after family or friends in need of help because of their physical or mental ill-health, disability or old age.

To view the survey result, please use the link below:

<http://www.portsmouthparentvoice.org/wp-content/uploads/2017/05/Unpaid-Care-Employment-Follow-on-Study-Results.pdf>

## Financial Hardship Directory

Money problems? Struggling to afford household essentials, like furniture or food? Use this directory to look for local and national services that could help. It can be used by anyone in Portsmouth, and by any advice and support services working with people in need. Please note: If you have problems with money - get advice as soon as possible. There are lots of advice services, both in the city and nationally, who give free help, face to face, online or by phone. The help is confidential and impartial, and they won't judge. They can tell you your options and help you find the best solution for you. To find advice on money, debt and benefits, visit [www.portsmouth.gov.uk](http://www.portsmouth.gov.uk) and search for 'money advice'.

<http://www.portsmouthparentvoice.org/wp-content/uploads/2017/05/cou-financial-hardship-directory.pdf>

## DfE publish results from family survey on EHC process

The survey was completed by over 13,000 parents and young people asked respondents for their views on different aspects of the EHC needs assessment process and what impact the EHC plan has had for them. It found that two thirds (66%) of parents and young people were satisfied with the overall process and 62% agreed that it would achieve the outcomes agreed for the child or young person. <https://councilfordisabledchildren.org.uk/news-opinion/news/dfepublishresultsfamily-survey-ehc-process>

You can read the full report here:

<https://www.gov.uk/government/publications/education-health-and-care-plans-parents-and-young-people-survey>

## **Free, fun and practical podcasts to strengthen family life**

Useful podcasts by Care for the Family covering early years, teenagers and relationship.

<https://www.careforthefamily.org.uk/podcasts>

## **Carers Information Day**

**10am-2pm, Tuesday 13th June 2017 at Guildhall**

To celebrate Carers Week this year we have teamed up with Portsmouth Carers Voice to bring you a Carers information day at the Portsmouth Guildhall. Organisations and service providers from across Portsmouth will be providing advice and support on all things carer related. Areas include; equipment, having fun and health corner. There also will be a relaxation zone.

## **YOU WILL FAIL HER at the New Theatre Royal, Portsmouth**

21st September 2017 - 23rd September 2017

New Theatre Royal, Resident Artist Jon Adams of Flow Observatory and DYSPLA will present an exploration of the neurodivergent mind through their collaborative R&D project called 'YOU WILL FAIL HER'. Each night DYSPLA will question the suitability of Britain's education system and how it can affect society for generations, via our panel discussion and invited guest speakers. WHO IS DYSPLA? DYSPLA is an arts organisation producing and develops the work of dyslexic and NeuroDivergent (ND) storytakers.

DYSPLA work in Film, Immersive Theatre, Installation, and Digital Art to exhibit and develop new work by ND artists, both locally and internationally. DYSPLA run monthly professional development New Writing workshops designed for ND artists called SundaySurgeryScripts

<https://www.newtheatreroyal.com/performances/you-will-fail-her/>

## **Welfare Reforms: Support In Portsmouth**

Brief overview of key changes being implemented in April 2017 and how it might affect you and your family.

To view the full document, please go to: <http://www.portsmouthparentvoice.org/wp-content/uploads/2017/05/Welfare-reform-2017-overview.pdf>



## 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