



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

IMPACTING ON YOU

Newsletter

July/August 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:	Co-production Celebration Event
Page 6:	Parent Rep Updates
Page 7:	Appreciation Awards
Page 8:	CAMHS Open Day
Page 9:	Bournemouth Conference for Severe and Complex Needs
Page 10:	Free Wheelchair Training Workshop
Page 11:	Disability Living Allowance Workshop
Page 12:	Disabled Go Accessibility Checker event
Page 13:	Your views and consultations
Page 15:	Autism Hampshire Updates
Page 17:	Summer Activities
Page 22:	News in Brief
Page 24:	How to contact Portsmouth Parent Voice



Hi Everyone!

The summer holidays are around the corner and I am sure you are all looking forward to the break!

We held our second **Home Education and SEN Workshop** and we had some interesting discussions around what led parents to take the decision to home educate, what help was needed, how to reduce the sense of isolation experienced by many and linking them with other support groups. Thank you to all of you who took part and for your excellent ideas and suggestions. We will hold another meeting towards the end of the year.

Our **Parent Reps** and **School SEN Champion** had a get together in June to find out about the various project we are all currently working on ranging from the **Shaping Better Futures Together** (Co-production Steering Group) to **Future in Mind** (Mental Health and Wellbeing). If you would like to take part, we are in the process of designing a document listing all projects you can get involved in and this should be on our website within the next couple of weeks. In the meantime, you can find out more here:

<http://www.portsmouthparentvoice.org/get-involved/> and on page 6 of this newsletter.

As the summer holiday is around the corner, we have included a short section about **activities** taking place in the area over the next few weeks. Remember to check our Facebook age for the latest updates.

Have a great summer!

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
PPV Coffee Morning	Thursday 6th July 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
PPV Family Day Activities for children and grown ups	Wednesday 9th August 10 am to 1 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
Picnic in the Park Bring your beach ball and picnic blanket!	Thursday 24th August 10.30 am to 1.30 pm	Canoe Lake Near the splash pool area
PPV Coffee Morning Autism Talk with Jenn Davies, Starlight ASD	Thursday 14th September 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR



Please email
ppvcoordinator@p-d-f.org.uk to
book

Celebration of Co-Production in Portsmouth

Are you interested in working in partnership with families to design and review services to better meet needs and improve outcomes?

Come and hear about some of the exciting work that is already taking place in the city including hearing from parents, carers and young people about the difference this has made to them.

Get ideas, advice and support about how to introduce or further develop this approach in your area of work.



Tuesday 4th July

10:30am—12pm

Civic Office, PO1 2AL
Floor 2, Conference Room A
Refreshments from 10am

Parent Reps Update



Thank you to all the parent reps and School SEN Champions who attended our get together in June. We had some great conversations about future and current work and looking at ways of developing our parent carer forum.

We are currently recruiting new parent reps to join our busy team. We are very flexible and you do not need any experience as full training will be given. You are the expert when it comes to special educational needs and disability and your input and views are an important part of changing the way services are delivered in the city.

We are recruiting
new parent reps!

You can commit as much or little as you want and you can get involved in topics that matter to you and your family including autism, wheelchair services, early years and many more.

You will find more information about the role on our website and there is an easy form to complete online should you be interested.

You can get involved
to make a difference.

We will publish **videos in July** and you will be able to hear from parents and professionals what it means to them to be able to work together to improve the life chances of children and young people with special needs and disability.

If you require further information. Do visit our website:

<http://www.portsmouthparentvoice.org/get-involved/> or call on 07712 439 159.

Appreciation Awards

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

We often receive more complaints than compliments so it is important to recognise that there are individuals who are committed to 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 benefiting other families in the same situation.

So go on, get nominating!

Congratulations to:

Lisa Kent, Priory School



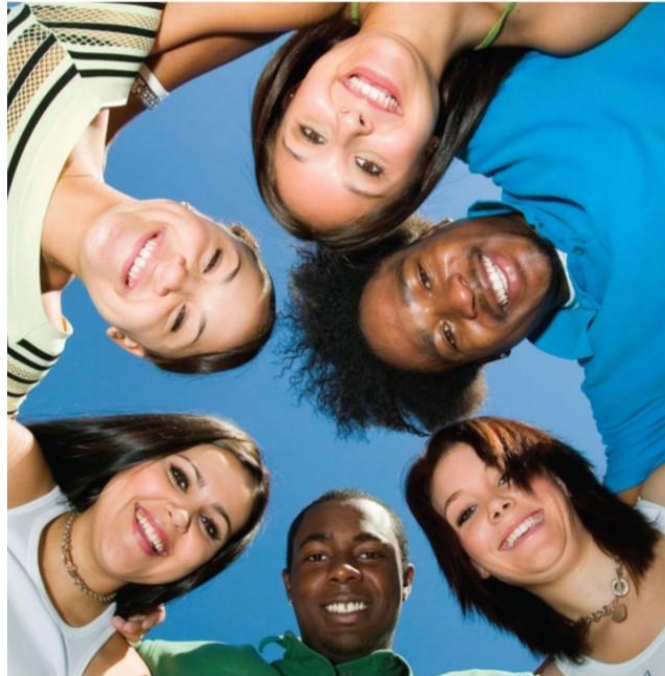
Jo Petch, Cliffdale Primary Academy



If you would like to nominate an individual who has made a difference for your child, young person or family, go to:

<http://www.portsmouthparentvoice.org/get-involved/> and complete the online appreciation award form.

CAMHS OPEN DAY!



Solent East CAMHS Open Day **Tuesday 11th July 2017 1-7pm**

We are pleased to be opening the Solent CAMHS Service for a day of information sharing, advice and the opportunity to meet the team.

We'll be offering a day of informative activities, creative games and mindfulness sessions. It will also be an opportunity to meet other services within the city who offer support and intervention around children's emotional wellbeing. This information day is open to all, families, children and professionals alike.

Refreshments will be provided.

**Falcon House, St James' Hospital, Locksway Road,
Milton, Portsmouth, PO4 8LD.**


For more details please call: 0300 123 6632



Enabling access to an interactive world !

LINWOOD
TEACHING SCHOOL ALLIANCE

14th, 15th September 2017
Bournemouth

National Teaching School
designated by

National College for
Teaching & Leadership

Linwood TSA presents two inspirational days packed with opportunities for parents and professionals to engage in presentations and workshops about children and young people who experience Profound and Multiple Learning Disabilities (PMLD) or Complex Learning Difficulties and Disabilities (CLDD)



Guest speakers include :

- Jo Grace (Sensory Projects)
- Becky Lyddon (Sensory Spectacle)
- Julie Calveley (Intensive Interaction)
- Jacqui Warne, Executive Headteacher, Ellen Tinkham School (Learn to Live Foundation: Providing a framework to listen and respond)
- Michael Armstrong (Soundstorm : Open Up Orchestra)
- Rachael Moat (Objects of Intrigue...enabling switch access to music)



Bournemouth University Fusion building

Where?

Fusion building, Bournemouth University,
52 Gillett Rd, Poole BH12 5BF

Cost ?

£125 for two days (no charge for parents & carers)

How to book :

www.bournemouthcpdonline.co.uk

or contact Will Green on 01202 525107

willgreen@linwood.bournemouth.sch.uk

(From 23/07-31/08 ie school holiday.. all enquiries to stevemason@linwood.bournemouth.sch.uk)

Key speakers, workshops and exhibitors throughout both days will enable attendees to explore the latest technology and adaptive aids as well as raising their awareness of good practice across a range of sensory, communication and learning themes

DAY 1: For all support staff and parents and carers of children and young people who experience PMLD & CLDD

DAY 2: More for teachers and other staff involved in the education and welfare of children and young people who experience PMLD & CLDD.



Inclusive Technology
All the help you need



INTEGREX
touch the future



Conference programme

Go Kids Go!

Independence through mobility



**Skills
Games**



A great chance to meet other young wheelchair-users and to learn skills to help you become more independent. Extra wheelchairs provided for mums, dads, brothers and sisters to join in with the games. We welcome young people from 2 - 18 years!

TV presenter Ade Adepitan learnt his skills with us. Why don't you?

Free Wheelchair Skills Workshop
Sunday 1st October 10am – 3pm
Portchester Community School,
White Hart Lane, Portchester, PO16 9BD

Please bring a packed lunch

To reserve a place email roy@gokidsgo.org.uk

Or Telephone 01482 887163



Please share this flyer with any other families that you think might be interested

www.go-kids-go.org.uk



Southampton Parent Carer Forum, Hampshire Parent Carer Network,
Portsmouth Parent Voice and Parents Voice Isle of Wight
welcome you to attend this informative and useful workshop around
Disability Living Allowance and Benefits.

The workshop is run by Cerebra



Friday 22nd September 2017

10am—2pm

Meon Room, Rose Road Association, Bradbury Centre,
300 Aldermoor Road, SO16 5NA

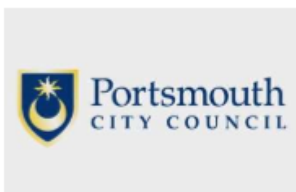
Including refreshments and a light lunch

Please confirm your place by email to clairepritchard@roseroad.org.uk
As this will be a popular session, spaces are restricted to 6 parents/carers
per local area so please confirm your place asap



HAMPSHIRE
PARENT CARER
NETWORK





Come along to talk about Portsmouth's Accessibility Checker!

Please join DisabledGo and Portsmouth City Council to talk about the online DisabledGo Access Guide to Portsmouth.

Portsmouth Access Guide has been live for 2 years and since then the Portsmouth guide has been providing comprehensive access information across the City. Everything included has been asked for by disabled people, carers, their friends and family so it covers much more than just automatic doors and ramps.

Most important of all, everywhere has been visited and assessed by a trained surveyor, so you can get all the facts, knowing someone has actually been there to collect the details.

Come along and find out more about the guide and how it aims to maximise independence and choice for disabled people in Portsmouth but more importantly we want your feedback on the Access Guide. We have added 25 new places to Portsmouth's guide this year and want to tell you more about what we're doing in the area!

Tuesday 25th July 2017

Arrive: 1:15pm

Start: 1.30pm

Close: 3:00pm

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

If you would like to come along please let us know. You can contact us by phone, email, text or by post. If you have any specific requirements please let us know so we can make sure the event is as accessible as possible for you.

Friends and colleagues are welcome to attend too.



www.disabledgo.com



Your Views and Consultations

Your Views on Wheelchair services

Have you used the wheelchair services recently? What was your experience? Did you receive appropriate advice/help? We need your stories.

Please get in touch by emailing ppvcoordinator@p-d-f.org.uk or call 07712 439 159.

Children Blood Test Services for Portsmouth & South East Hampshire Clinical Commissioning Groups

In Portsmouth, Fareham & Gosport and South East Hampshire, children up to the age of 16 who need a blood test, are currently signposted to Queen Alexandra Hospital. The number of referrals to this service are increasing, therefore we are looking at options on how to manage this increase. The results from this survey will be used to develop options and recommendations on how to do this.

To complete the short survey, please go to: <https://www.surveymonkey.co.uk/r/BJFWPXQ>

Parenting Needs Survey for Parents of 5-19 year olds (5-25 with SEND)

This survey is being carried out by Portsmouth Parent and Carer Board to find out about the needs of parents of children aged 5-19 (up to 25 with SEND) with regards to parenting support. The information will be used by Portsmouth City Council to inform future decisions about service provision via the new Family Hubs (formerly Children's Centres).

This survey has 3 questions and should take less than 5 minutes to complete.

To take part please go: <https://www.surveymonkey.co.uk/r/DN2XS8T>

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>

Your views on inclusion

We would like to find out about your experience as parent carer of inclusion in mainstream school. What was good, not so good? Do you have ideas how we could improve inclusion when a child has special educational needs or disability?

Please complete the short survey here: <https://www.surveymonkey.co.uk/r/VBX9SSK>

Your experience of the Education, Health and Care Plan (EHCP) process

We would like to hear about your journey through the new assessment process, whether you have transferred from Statement to the new EHCP (Education Health and Care 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.

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.

To choose a new assessment survey or the transfer survey, please go to our website: <http://www.portsmouthparentvoice.org/get-involved/>

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 emailing the employment pathways project manager kaye.adamson@autismhampshire.org.uk. You will be contacted by Kaye or a member of her team within 2 weeks of your interest.



If you are an adult and have **high functioning autism** or **Asperger's** and want to meet new people come along to the **Red Lion hotel** for the **Cosham Social Group**. The group will be meeting in this spacious pub and is a convenient and relaxed setting for our social group

The group will be meeting:

Monday 3rd July 2017 5-7pm

Then every fortnight (except bank holidays)



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



Summer Activities

Supportive
Trusting
Advising
Non-Judgemental
Determined
United
Parents



- New, weekly group to support families of children with special educational needs (SEN)
- Coffee morning for parents/carers
- Activity sessions after school for SEN children, their parents/carers and siblings.

July 2017

4th Coffee Morning 10-12 (Room 3)
11th Activity Session 4-6 (Main Hall)
18th Coffee Morning 10-12 (Room 3)
25th Activity Session 4-6 (Main Hall)

August 2017

1st Coffee Morning 10-12 (Room 3)
8th Activity Session 4-6 (Main Hall)
15th Coffee Morning 10-12 (Room 3)
22nd Activity Session 4-6 (Main Hall)

Find us at: Buckland Community Centre
Malins Road, Portsmouth

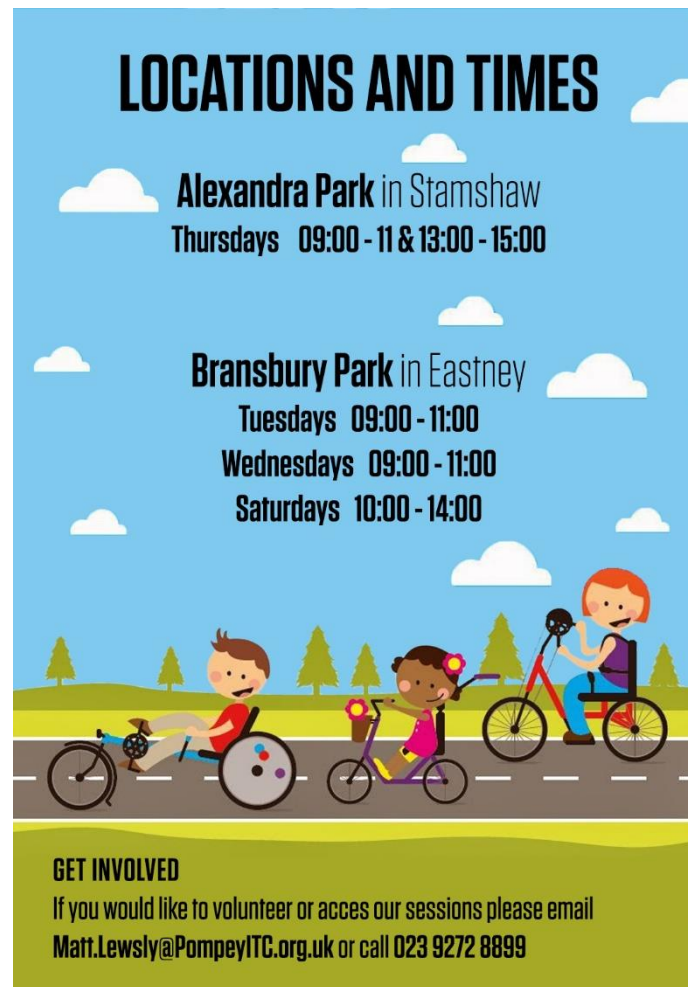




WHEELS FOR ALL
PORTSMOUTH

INCLUSIVE CYCLING OPPORTUNITIES
WE CATER FOR PEOPLE WITH LEARNING DIFFICULTIES,
DEPRESSION, ANXIETY, POOR CO-ORDINATION, LIMITED
MOBILITY AND MORE!

WHEELS FOR ALL
Providing cycling opportunities for children and adults with disabilities and differing needs. Using specially adapted cycles, individuals and families can cycle together, learn new skills or rediscover a previous pastime.



LOCATIONS AND TIMES

Alexandra Park in Stamshaw
Thursdays 09:00 - 11 & 13:00 - 15:00

Bransbury Park in Eastney
Tuesdays 09:00 - 11:00
Wednesdays 09:00 - 11:00
Saturdays 10:00 - 14:00

GET INVOLVED
If you would like to volunteer or access our sessions please email
Matt.Lewslly@PompeyITC.org.uk or call 023 9272 8899

SEND Butterflies - parent/carer support group

Support for parents and carers by providing one monthly get together in the north of Portsmouth and one meet up in the south of the city. These sessions could include pampering sessions, relaxation techniques, opportunities to meet professionals from relevant local services in the NHS and the Local Authority. They are intended as a safe place to share your experiences and strengths and to offer activities/parties/days out for parents, carers and their families.

The group also organise activities for children and their families such as stay and play sessions. For more information, email sendbutterfliesnorthsouth@gmail.com or join their Facebook page: <https://www.facebook.com/groups/509649702549058/>

Hampshire Teenage Project (HTP)

Run by Enable Ability for young people aged 13-21 years living in Hampshire; areas include: Emsworth, Havant, Hayling Island, Waterlooville, Fareham, Gosport, Eastleigh, Petersfield, Alton 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 disabilities, or additional needs, with the opportunity to engage in a variety of planned recreational, social and sporting activities as part of a group setting. Coming up for July: Tangmere Aviation Museum • HTP Bake Off • Can Do Volunteering Programme • Cinema & Snack • London Film & Comic Con. For more details about the project and their programme :

<http://www.enableability.org.uk/services/hamshire-teenage-project-02392671848/> or telephone Mary on 02392 671874 or 07857

Movies at the Intech Centre

Children's films are going to be shown at the Intech Centre, Winchester Science Centre, Telegraph Way, Winchester, SO21 1HZ with no trailers, just the film. Start your action-packed day with the little ones with an early morning film screening in the planetarium, followed by exploring the Centre's exhibition area for a fully hands-on experience.

Doors open at 8.45am and film begins at 9am. Film finishes about 10.35-10.50am depending on the running time of the film. Exhibition open until 5pm (general entry ticket required). The programme for the next few weeks is as follows: Sunday 16 July – Zootropolis (PG) • Sunday 30 July – The Good Dinosaur (PG) • Sunday 13 August – Frozen Sing-along (PG). For details, call 01962 863791 or email info@winchestersciencecentre.org.

SEN Summer Party!

Being held on **Friday 14 July**, 6.15-8.15pm, at Monkey Bizness, Unit 1 Frater Gate Business Park, Aerodrome Road, **Gosport**, PO13 0GW. Go along and join them at their beach party for a fun filled night of fancy dress and games! Tickets £6 each for one adult and one child and includes a picnic box for each child. Tickets must be purchased before the night! Staff trained in Autism awareness and Makaton. Call 01329 239035 for details and to book. To visit their website, please go to: <http://www.monkey-bizness.co.uk/>

Relaxed Performance – Fiddler on the Roof

Being held on **Wednesday 26 July**, 2.30pm, at Chichester Festival Theatre, Oaklands Park, **Chichester**, PO19 6AP and starring Omid Djalili and Tracy-Ann Oberman. Welcomes individuals, groups and families with children on the autistic spectrum, sensory and

communication disorders, a learning disability or anyone who would benefit from a more relaxed theatre experience.

Audience members are able to leave and return to the auditorium during the performance • A chill out area will be available for the duration of the performance • The auditorium lights will be adjusted for comfort • A relaxed attitude to audience noise during the performance • The show's lighting and sound levels will be adjusted. All tickets £15 (no discounts apply). For information or to book call 01243 781312 or email box.office@cft.org.uk.

New – Introducing **Chichester Festival Theatre Buddies** - would you love to see the show but can't get carer support to accompany you? New for 2017, CFT can provide you with a buddy for the performance to support all your access needs at the theatre. For more details, please go to: <https://www.cft.org.uk/your-visit/access> or call the Box Office as above.

Peter Ashley Activity Centres

A range of activities such as wall climbing or horse riding for all abilities. For more information, please go to their website:

<http://www.peterashleyactivitycentres.co.uk/>

Portsmouth Watersports Centre

A range of group and individual session to suit different levels of ability:

<http://www.parkwoodoutdoors.co.uk/centre/portsmouth-watersports-centre>

Portsmouth Autism Support Network

Between Flip Out, Lego Club or the Gym sessions, there is something for everyone! For more information, please go to: <https://www.facebook.com/PORTSAUTISM/>

Enable Ability

The charity runs various project including playschemes and the PALS project. For more information, please go to: <http://www.enableability.org.uk/category/services/>

Portsmouth Carers Centre: Young Carers Group

The Carer Centre offers support to many groups but also to young carers by organising group sessions and activities. For more information, please go to:

<https://www.portsmouth.gov.uk/ext/health-and-care/carers/portsmouth-carers-centre.aspx>

Pompey in the Community

Pompey in the Community provides a range of fun and structured sports sessions for children and young people with disabilities. Our clubs with expert coaches will be able to develop your sporting ability whether you are new to sport or an experienced sportsperson.

For more information, please go to: <http://pompeyitc.co.uk/disability/>

NCS Programme (run by Pompey in the Community)

Along with thousands of other people their age, participants enjoy different outdoor activities and develop confidence and skills – especially the teamwork and leadership skills that employers and admission tutors value. They learn lots, help their local community and perhaps most importantly of all, make new friends, developing socially too.

For more information, please visit: <http://pompeyitc.co.uk/ncs/ncs-parents/>

You will also find a range of activities on the Portsmouth Day Out with the Kids website:

<https://www.dayoutwiththekids.co.uk/things-to-do/south-east-and-london/hampshire/portsmouth>

Have a great summer!!

NEWS IN BRIEF

What Next Post 16 education and Employment Newsletter

http://www.portsmouthparentvoice.org/wp-content/uploads/2017/07/July17_WhatNext-Newsletter.pdf

Continuing Health Care (CHC)

Looking for a Continuing Healthcare (CHC) Provider for Someone over 18? Organisations helping people find CHC may be interested to hear about Beacon. They provide a free service to help individuals navigate through the CHC maze, ensuring that people get all the help they are entitled to. To view their website, visit: <http://www.beaconchc.co.uk/> Beacon have also compiled a list of top tips on how to prepare for a NHS Continuing Healthcare assessment. To access the list: <http://www.beaconchc.co.uk/how-to-prepare-for-a-chc-assessment/> Alternatively, call 03455 480300.

Signs of Autism – new Training Film

The Welsh Autism Research Group have developed a fantastic resource on the early signs of autism. A 40-second trailer of, and access to, the new training film which launched on Thursday 15 June, can be viewed here: <http://www.asdinfo.wales.co.uk/autismchildsigns>

Portsmouth Down Syndrome Association

As well as support, the group organises coffee mornings and activities. To check their full list of events, please use the link below:

<http://portsmouthdsa.org/events/>

Housing development opening in Portsmouth for people with complex needs

A purpose-built housing development is set to open for people in Portsmouth with autism and other complex requirements, giving them an opportunity to live more independently.

Over the summer, 12 people will move into three bungalows at Temple Court in Nessus Street, Buckland, built by Portsmouth City Council. They'll have en-suite rooms or individual flats, as well as communal areas, and staff will be on-site to support them.

To read the full article, please go to: <http://teamlocals.co.uk/housing-development-opening-portsmouth-people-complex-needs/>

Toucan Diversity Training:

Disability Equality & Autism Awareness

by Toucan Diversity



When: Wednesday 26th July 2017
Time: from 10:00am to 14:00pm
Venue: Somerstown Community Hub

FREE training for informal Carers
Light lunch included

*What are barriers?
The respectful language and etiquette
What is Autism?
Effective ways of dealing with autism
Quizzes
Table discussion and lots more...*

Booking your place in advance is essential

**Please contact your group leader or
call 077 4147 7412 for booking**

Facilitated by
Portsmouth Carers Umbrella Group (PUG)



You can keep in touch with us using the following



Website: www.portsmouthparentvoice.org



Facebook: Like our page Portsmouth Parent Voice



Twitter: You can follow us at @PparentVoice



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



Phone: 07825 185 608



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



Pinterest: Portsmouth Parent Voice



Write: Portsmouth Parent Voice

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