



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

IMPACTING ON YOU

Newsletter

November 2017



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

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Hi Everyone!

November already, how time flies!

In this month's issue, you will find details of various support groups and services for children and young people with special needs and disabilities.

We have also written an update regarding choosing a secondary school in response to your enquiries (see page 7).

Mental Health and Wellbeing remains high on the agenda and we still receive a high number of enquiries about anxiety as an example. PPV has been working closely with the Local Authority to improve access to services, details of which is included on page 8. We also have a useful parent guide and poster which you can access via our website:

http://www.portsmouthparentvoice.org/news/service-guide-for-parents-children-and-young-people-with-emotional-or-mental-health-needs-0-to-25/?preview_id=734&preview_nonce=d815892f59&thumbnail_id=-1&preview=true

Looking forward to seeing you soon at one of our forthcoming events.

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
Transition Workshop What happens post 16?	Thursday 23rd November 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
SEN and Home Education Catch Up Join us over coffee and cake and meet other parents.	Saturday 25th November 10 am to 12 pm	Make @ Aldingbourne 1 Cornwall Rd (off Fratton Road) Portsmouth PO1 5AA
PPV Coffee Morning Join us for some Christmas Spirit with mince pies (and mulled wine!). Our guest speaker this month will be Claire Currie, Consultant in Public Health	Thursday 7th December 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR



LOCAL OFFER LIVE!

A **FREE** open event with
information, support and
services across the city for
children and young people
aged 0-25 with
**Special Educational Needs and
Disabilities.**

Wednesday 14th February

Miltoncross Academy

10am–3pm



PPV Tel: 07825 185608 EMAIL: PPVADMIN@P-D-F.ORG.UK

SEND Butterflies

November drop-ins

North drop-in 10/11/12 from 09:30-11:30

Portsmouth primary school-Sundridge

South drop in 21/11/17 10-12

Carer's Centre, Orchard Road, Southsea



Managing our children's additional needs can often leave us with little time to look after ourselves but it's vital that we do.

This month we will be joined again in both groups by Magdi Kovacs from Breathing Space who will use her experience of supporting families' of children with additional needs to provide us with a workshop.

Drinks and light refreshments provided-do let us know if you have special requirements



Choosing a School

We received a lot of enquiries last month regarding choosing a secondary school if you have a child with special needs or disability. A lot of the difficulties that parents seem to experience is when you have to make your choice by usually end of September the year before your child is due to transfer to secondary school and the fact that most schools have their open evening in October (making it difficult for parents to plan and organise school visits in time).

We have reported this to Portsmouth Local Authority and in light of your comments, they will amend parental guidance and will write to parents informing them that the process will start a year earlier, giving parents and families plenty of time to visit schools and make an informed choice.

You can find more information below via the **Portsmouth Local Offer Website:**

<http://www.portsmouthlocaloffer.org/local-offer-search/item/319>

Portsmouth City Council Website:

<https://www.portsmouth.gov.uk/ext/learning-and-schools/schools/school-admissions>

Council For Disabled Children Website:

<https://councilfordisabledchildren.org.uk/help-resources/resources/school-admissions-briefing>

The “U Matter” FREE Service

The U-Matter service was launched earlier this year to help children and young people dealing with mental health and wellbeing issues.

You may be dealing with:

- Bullying
- Parents splitting up
- Problems at home
- Arguments with friends
- Feeling isolated
- Stress at school
- Feeling low
- Someone close to you becoming ill or dying
- Worries about your love life

If you're finding it all too much or are just not feeling like yourself, we're here to help.

Anyone aged **11 to 25 years** old who lives in the Portsmouth area (postcodes **PO1 to PO6**) can access our 'U Matter' service. This is a new service that offers early help with problems you may be facing before they get too big.

The following services will be offered:

- Informal first face-to-face support meeting for you to understand your challenges and goals.
- Relate counselling for you and if needed your family too, at our Cosham or Southsea Centres.
- Peer support groups that help you come together with other young people, receive support, and complete fun activities in local venues.

What's the process for getting support

After, either yourself, a parent or guardian or a health professional gets in contact with us you will receive a call within 24 hours to arrange an informal face-to-face meeting at a place you've chosen. This could be your home, a coffee-shop or café, or a learning links satellite venue.

Together you'll agree on your next steps for support, whether that be counselling, joining a peer support group or both.

Registering to use the service

You can **apply to use the service yourself**, or if you are a **parent and guardian** you can register a child or young person.


Register yourself, or if you're a parent or guardian, with the **self or parent referral form**: <https://www.relate.org.uk/portsmouth/self-or-parent-referral>

If you are a health professional, then you must register using only the **agency referral form**: <https://www.relate.org.uk/portsmouth/agency-referral>

If you would like any more details about this service or how to register, please give us a call on 02392 827026 and we'll be happy to answer any queries you have.

See map and address details for our locations:
<https://www.relate.org.uk/portsmouth/our-locations>

If you have any questions about counselling take a look at our FAQs:
<https://www.relate.org.uk/portsmouth/frequent-questions>



If you have recently used the U Matter service, we would love to hear your views. You can go to page 11 and complete a short survey here:

<https://www.surveymonkey.co.uk/r/WXJ2P25>

Your Views and Consultations

Care Services in Portsmouth - What are your views?

Do you have a long-term condition and receive care services or know someone who does? What would you expect of care services in the future?

Healthwatch Portsmouth is undertaking independent research into peoples' experiences with care services and personal budgets, particularly around the level of choice and control people are given over how, when and by who these services are provided. A report with the main findings will be published and shared with Portsmouth City Council, Portsmouth Clinical Commissioning Group (CCG) and other NHS organisations to tell them what local people are saying about their experiences so they can work together to improve services for the future.

We want to invite as many people as possible living in the PO1-PO6 post code areas to get involved. The research will look into the person-centred approach and where it needs to be improved to respond to what matters most to people.

- If you, or someone you know, currently uses care services, please follow this link to this online survey - www.surveymonkey.co.uk/r/generalcareandorPB
- If you ever need to use care services in the future and want to tell us what would be important to you, please use this link to a separate survey – www.surveymonkey.co.uk/r/careinfuture

All responses received **by 17th November** will be entered into a free prize draw with a chance to win a £20 gift voucher.

If you have any questions about this research, would prefer to complete the survey on paper, or need the survey in a different format, please contact Patrick Fowler at Healthwatch Portsmouth on 02393 977079 or at patrick.fowler@learninglinks.co.uk

Have you recently been supported by CAMHS for an Eating Disorder?

The Integrated Commissioning Team would like to have your views about this service. If you are a parent and have recently accessed CAMHS in relation to eating disorder, they would like to hear your views to improve this service.

You can contact Stuart McDowell via email:

Stuart.McDowell@portsmouthcc.gov.uk or call 02392688711

U Matter Service

The U Matter Service was launched earlier this year and we would like to hear your views on the services if you have accessed it whether as a parent or a young person.

The service is free and accessible to all young people aged 11-25 in the PO1 to PO6 area, and their families. There is a walk in/call in self-referral route, or people may be referred via other routes such as their doctor, teacher or health worker.

You can find more information about the service

here: <http://www.portsmouthlocaloffer.org/local-offer-search/item/357>

If you have accessed the service and would like to share your views and experience of the service, please complete the survey below:

<https://www.surveymonkey.co.uk/r/WXJ2P25>

S upportive
T rusting
A dvising
N on-Judgemental
D etermined
U nited
P arents



Join
Us

Stand Up!

SEN Family Support Group



<https://goo.gl/Z5JbeV>



What is 'Stand Up!'?

A support group for families of children with Special Educational Needs (SEN). We provide activity sessions after school and in the holidays for SEN children and their siblings; Coffee mornings for the parents & carers.





MENTAL HEALTH FIRST AID - HALF DAY

The half day course is an introductory three-hour session to raise awareness of mental health.

It is designed to give:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health
- Confidence to interact with someone in distress or who may be experiencing a mental health issue

Visit www.supportingminds.org.uk for more information

To book your place, please contact Vicki Puttock:

Email: victoria.puttock@nhs.net

Telephone: 02392 899536

Mental Health First Aid
Half-Day

—
Increase your
Knowledge

—
Increase your
Confidence

—
Venue:

NHS Portsmouth Clinical
Commissioning Group
(CCG) HQ
4th Floor
1 Guildhall Square
(Civic Offices)
Portsmouth
PO1 2GJ

—
Tuesday 31 October
1.00 – 4.00

Monday 6 November
11.30 – 2.30

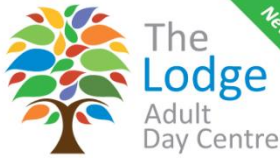
Thursday 16 November
9.30 – 12.30

SUPPORTING MINDS
CONSULTANCY

0791 7757 085

Supportingminds.org.uk

Supporting Minds Consultancy



Newly opened

Bringing local people together,
remembering the old times and sharing the new



02392 694661

hello@the-lodge-day-centre.co.uk
The Lodge
1 Northern Parade
Alexandra Park
Portsmouth PO2 9PB



The Lodge Adult Day Centre provides a homely environment for people who are looking to get out and meet others with the support of our friendly staff.

The ethos of the centre is for people to get as much out of the day as they can, with activities to suit each individual, whether that be a group activity or on a one to one basis. The centre has a small cafe area for you to have a tea or coffee at any time and will be available to any of your family members or carers, to relax and

unwind. We also have a craft/games room and a quiet room with books and daily newspapers for anyone wishing to spend some time on their own. It is not a requirement for you to join in any group work if you do not want to.

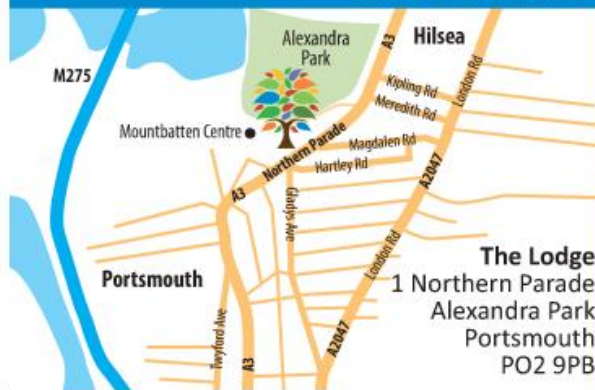
A cooked 2 course lunch is available, home baking and unlimited tea and coffee. All food is freshly cooked on the premises.

Please call June on: **02392 694661** to find out more and arrange a visit.

If you're interested in volunteering to help with activities, we would love to hear from you too.



Where to find us



- Art/crafts
- Jewellery making
- Games
- Light armchair exercises
- Afternoon film
- Easy listening music
- Quiet room/library
- Daily newspapers
- Memory Lane Cafe
- Homebaked cakes & biscuits
- 2 course lunch

www.the-lodge-day-centre.co.uk



Employability Training – Self-Employment – Is it for me?

A new autism friendly workshop for autistic adults. This workshop is aimed at those deciding whether or not self-employment* is right for them. It is aimed at those who are contemplating turning a hobby into a part time role and supplementing their income without the stresses of taking it to full employment which could impact on health and wellbeing, etc. or for those, who for confidence reasons, need incremental steps on their road into work.

Wednesday 15 November, at Autism Hampshire, Training Department, 1634 Parkway, Solent Business Park, Whiteley, Fareham, PO15 7AH. 10.00am – 12.30pm (registration & refreshments at 9.45).

- What is self-employment?
- What transferable skills are required for self-employment?
- What job roles are most typically completed in self-employment?
- The next steps—organisations that can provide further support

**This workshop does not cover the process of becoming self-employed (i.e. business plans, financial information, implications and so forth but will sign post you to these services if required)*

Prior booking is required. For further details and to book, contact

kaye.adamson@autismhampshire.org.uk

Autism an Untapped Resource – Free Workshops for Business Owners, HR Directors, etc

Autism Hampshire's Employment Pathway project is running Hampshire-wide workshops to empower Business Owners, HR Directors and those with Recruitment and Selection responsibilities to better understand autism and how they can support people on the autism spectrum through the recruitment process and into work. Common traits of people on the autism spectrum include loyalty, attention to detail, high level of technical ability – assets that many employers seek, and yet many struggle to get through the recruitment and interview process because of a lack of awareness as to the simple adjustments that can be made to support candidates on the autism spectrum. Only 16% of people on the autism spectrum are in full time work and 32% in part time work – Autism Hampshire is trying to change this locally. The workshops are on the following dates – please spread the word to any businesses you know:

- **Tuesday 5 December** – Eastleigh/Southampton
- **Monday 18 December** – Whiteley
- **Tuesday 16 January** – Portsmouth north

Prior booking is required. One Candidate FREE per organisation. Subsequent candidates £25 each. For further details and to book, contact kaye.adamson@autismhampshire.org.uk. For further information visit <https://www.autismhampshire.org.uk/how-we-can-help/learn-new-skills.html>

NEWS IN BRIEF

Contact (formerly Contact a Family)

Contact has produced a brand new guide for parents and you can get your free copy here: <https://contact.org.uk/order-your-copy-of-the-helpful-guide-for-families-with-disabled-children/>

Titled “The helpful guide for families with disabled children”, you will find information about health, benefits, support and much more!

Post-16 transport to education and training statutory guidance for local authorities

The Post-16 transport to education and training statutory guidance for local authorities has been amended and a new version is now online. The guidance is a lot stronger on highlighting post 19 duties. To view the document, please go to:

http://www.portsmouthparentvoice.org/wp-content/uploads/2017/11/Post-16_Transport_Guidance.pdf

What’s on in Family Hubs South Programme

You can view the full details of the programme here:

<http://www.portsmouthparentvoice.org/news/family-hubs-south-octdec-programme/>

New Service: Skills for Work

Susie Bravington is running a new free service within The You Trust called ‘Skills 4 Work. She will be supporting people to gain the skills they need to look, apply and get themselves a job. She will be running group sessions and providing 1:1 support. This service is for anyone not in paid work. The group sessions/ 1:1 support will be of different subjects and will be held locally in

Portsmouth and in Portsmouth Focus Point for people living in the PO1-PO6 area.

- CV writing and learning what a CV is.
- Employer expectations.
- Confidence building
- Interview technique/Preparing for interview/Mock interviews
- Job searching on line, how to apply for jobs and application forms
- Basic IT skills

Suzie Bravington

Community Outreach Disability Employment Worker

For more information, please go to:

<http://www.portsmouthparentvoice.org/news/new-service-skills-for-work/>

Have you asked your employer for flexible working hours?

Sadly, a recent report (https://www.tuc.org.uk/news/two-five-low-paid-mums-and-dads-penalised-bad-bosses-tuc-study-reveals-0?utm_source=Waving+not+drowning&utm_campaign=f54aedeee4-EMAIL_CAMPAIGN_2017_10_30&utm_medium=email&utm_term=0_fd77e1921d-f54aedeee4-124788013) finds that parents, especially low paid ones, often get penalised for asking for flexible working. If this happens to you, make notes on what has happened and ring Working Families' helpline, 0300 012 0312 or email advice@workingfamilies.org.uk for advice.

New app available from Afasic

Afasic England has produced an App based on their self-advocacy workshops for parents of children with speech and language impairments, developed in partnership with Steve Percival, a specialist in advocacy. The App has lots of information for parents about the legal system, practical tips on how to manage meetings, a glossary of terms, information on speech and language development, useful links, and also includes a journal that parents can keep up to date. The App is available for iPhones, by just searching in the App store

for 'Afasic'. For Android system, click here:

<https://play.google.com/store/apps/details?id=air.co.uk.shooflypublishing.afasic&hl=en>

For further details contact Tony Curtis by emailing tonyc@afasicengland.org.uk or call their helpline on 03006 669410.

Pompey in The Community Time Table:

FOOTBALL					
SESSION	GIRLS & BOYS	TIME	DAY	AGE	VENUE
AMPUTEE FOOTBALL		19:30 - 20:30	TUESDAY	+16	PARK COMMUNITY SCHOOL
ADULT DISABILITY FOOTBALL		18:00 - 19:00	THURSDAY	+16	FURZE LANE
JUNIOR DISABILITY FOOTBALL		12:30 - 13:30	SATURDAY	5-16	ROKO HEALTH CLUB
JUNIOR DISABILITY FOOTBALL		16:45 - 17:45	TUESDAY	5-16	ROKO HEALTH CLUB
FRAME FOOTBALL/CEREBRAL PALSY FOOTBALL		17:00 - 18:00	MONDAY	5-16	ROKO HEALTH CLUB
POWERCHAIR FOOTBALL		18:00 - 20:00	FRIDAY	ALL AGES	MOUNTBATTEN CENTRE
CYCLING					
ADAPTED CYCLING - WHEELS FOR ALL		13:00 - 15:30	TUESDAY	ALL AGES	MOUNTBATTEN CENTRE
ADAPTED CYCLING - WHEELS FOR ALL		13:00 - 15:30	WEDNESDAY	ALL AGES	MOUNTBATTEN CENTRE
ADAPTED CYCLING - WHEELS FOR ALL		09:30 - 15:30	THURSDAY	ALL AGES	MOUNTBATTEN CENTRE
ADAPTED CYCLING - WHEELS FOR ALL		11:00 - 13:00	SATURDAY	ALL AGES	MOUNTBATTEN CENTRE
ADAPTED CYCLING - WHEELS FOR ALL		09:30 - 12:00	TUESDAY	ALL AGES	BRANSBURY PARK
ADAPTED CYCLING - WHEELS FOR ALL		09:30 - 12:00	WEDNESDAY	ALL AGES	BRANSBURY PARK
MULTISPORTS					
ADULT DISABILITY HUB MULTISPORT		11:00 - 12:00	WEDNESDAY	+16	MOUNTBATTEN LEISURE CENTRE



**ACTIVITY TERM
TIMETABLE
2017**

FOR MORE INFORMATION
023 9272 8899
OR VISIT
WWW.POMPEYITC.CO.UK



For more information, please click here:

<http://www.portsmouthparentvoice.org/news/pompey-in-the-community-time-table/>

"Change is Possible"

Have you ever wanted to see an inspirational speaker but have never had the opportunity due to price or location? Well I am about to offer you something that is on your doorstep and will cost absolutely nothing!

I will be delivering the 2nd of three talks in the City. The first was in the South and 65 people attended.
My next one will be at Buckland Community Centre and let's see if we can bet my last attendance. If you live in Portsmouth then you can claim a free ticket.

Who is this talk for?

This talk is for anyone who believes life will never change, this is for anyone who feels it's everyone else's fault that their life is as it is.

So who am I?

My name is Gethin Jones and I am now an Inspirational Speaker, Trainer and Coach and have created a business called "Gethin Jones Unlocking Potential". My motto is "I unlocked my potential, now let me unlock yours". The story is one of my own transformation that I now want to share with others who may be trapped in services, systems and believe they will never achieve more than they have...

Take a moment to read my story...

I was born in Portsmouth and Social Care were present from birth. They were in my life due to historic family situations that were out of my control. I was a 'happy go-lucky' child but inside I felt lost, I was not a bad child but I was and unable to deal with my emotions and this expressed itself through negative behaviour.

Before long I was beyond parental control and I was eventually taken into care, this led to many placements including secure units and a huge amount of Police involvement. I have an extensive criminal record and my first conviction was at 12 years old and my first custodial sentence was at the age of 14. My lifestyle and choices catapulted my life in to a pattern of self-destruction which included spending 8 years of my life behind a prison wall, a dependence on drugs and destroying all my personal relationships.

Hear how, 10 years ago, I started on a journey of change that has led me to being both personally and professionally successful:

1. I went from being unemployable to being a Service Manager within Portsmouth City Council and Public Health, overseeing a staff team of 40.
2. I went from having no qualifications to now being educated to degree level equivalent.
3. I went from being totally isolated to having amazing family and friends in my life and I can support them as much as they support me.

Has this got your attention? Yes? Well click and book your ticket now as I have 100 free tickets available.

Wednesday 8th November

Doors open at 6.45pm FREE refreshments will be available

Talk starts at .7.30pm

Talk finish 8.15pm - this will be followed by FREE refreshments available at the end of the talk

Session ends 9.00pm

For more information, please go to:

<https://www.eventbrite.co.uk/e/change-is-possible-tickets-38201988175>

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