



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

IMPACTING ON YOU Newsletter

January 2018



www.thelearningsite.info

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!

Happy New Year and welcome to our first edition of 2018.

Looking back at all the work our parent carer forum has been involved over the past 12 months, we are looking forward to developing new projects for this year.

We are particularly interested in hearing your thoughts about talks and training which would be useful and valuable to you as a parent carer. We are already looking at the possibility to run workshops about applying for Disability Living Allowance (DLA) and social care provision for children and over 18s with special needs and disability.

We are also starting an exciting project about the Healthier Together website (<https://what0-18.nhs.uk/>). Working in co-production with Portsmouth Clinical Commissioning Group (CCG), our parent reps are currently looking at the content of the website to ensure that the information is accessible and relevant to parent carers. Have a look and let us know what you think.

If one of your new year resolution is to become involved with our parent carer forum to have your say and represent the voices of parent carers in Portsmouth, do get in touch to find out the many ways you can volunteer for us.

Finally, don't forget to book your **FREE** tickets to the **Local Offer Live** event in February!

Best wishes

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**) and statutory agencies (such as **CAMHS**- Child and Adolescent Mental Health Services)

Event	Date and Time	Venue
Beat The January Blues A bit of pampering and relaxing!	Tuesday 16th January 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
Local Offer Live 2018 Our big annual event showcasing local services and activities	Wednesday 14th February 10 am to 3 pm	Miltoncross Academy School Milton Road, Milton, Portsmouth, PO3 6RB
PPV Coffee Morning Your views on Education, Health and Social Care	Tuesday 20th March 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR



Book your free place at:
<https://www.eventbrite.co.uk/e/portsmouth-parent-voice-local-offer-live-2018-tickets-39549693197?aff=es2>

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

**Would you
like to join
us.....?**



Are you a parent carer of a child or young person aged 0 to 25 with special needs or disability?

We are looking for parent carers to share their views on local services, what is working and not working in Portsmouth.

We need parent carers who can commit around 1-2 half days each month to help us:

- Find out what is working well for you and other families in the city
- Find out what could be done to improve what is not working so well
- With feedback on education,

In exchange for your time you will get:

- Shopping vouchers to spend at high street stores.
- Travel and expenses paid.
- Skills to add to your CV.
- Help improve local support services
- Opportunities to meet other parents

For all enquiries contact:

ppvadmin@p-d-f.org.uk
or call 07825 185 608

If you are interested in taking part or learning more about how you can become a Parent Rep please complete the online form. Alternatively please contact a member of team using the details provided. Once we have received your note of interest we will call you.

Health

Flu Jabs for Carers

If you are caring for someone you may be concerned about how being ill will affect you as a carer and the person you care for.

If you are the main carer for an elderly or disabled person who may be put at risk if you fall ill, and/or if you are in receipt of Carer's Allowance, you should be offered a free flu jab, according to government policy.

Other categories of people are also eligible for a free flu jab, including those aged 65+, those who are pregnant, and those with certain health conditions.

For more information, please go to: <https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/>?

Healthier Together Website



Healthier Together provides you with information to help keep your child safe and healthy, as well as helping you decide what to do when your child is unwell.

Topics covered include what to do if your child is unwell, common conditions such as fever, asthma as well as anxiety and behavioural issues.

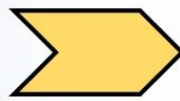
There are also useful information for parent carers, young people and professionals.

For more information, please go to: <https://what0-18.nhs.uk/>

EHC....easy as ABC

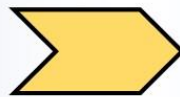
A live planning event at the Frank Sorrell Centre on 18/01/18 from 10-12 empowering you to make the most of your child's transfer review and or annual review meeting,

Aspirations



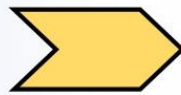
What are they?

Outcomes



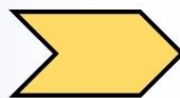
How are they agreed?

Provision



What will this look like?

SEND Needs



Who identifies them?



This is an interactive session brought to you by Portsmouth Independent Support Service, feel free to bring any paperwork which might be a useful support at this session. To book email: info@portsmouthis.org.uk or call 0330 6600925 or just turn up on the day !



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



FUTURE IN MIND EVENT

WHEN?

**8:30am to midday, 8th of February
2018**

WHERE?

Portsmouth Guildhall

WHO FOR?

- Anyone Aged 12 to 25
Who Would Like To Have A Say In
How Mental Health Services In
Portsmouth Are Run.**
- Professionals who work with
young people in Portsmouth**

HOW DO I FIND OUT MORE?

Call, text or email Joe on
07905682886 or
dynamiteports-
mouth@gmail.com

MAKE CHANGES

We will be discussing
government proposals to
improve mental health in
schools and also talking
about what can be done to
improve mental health for
young people in schools
or colleges locally.
The event will be attended
by commissioners with
the power to make real
and meaningful changes
to how schools respond to
mental health.

NEED SOME SUPPORT?

If there is any way that we
can make it easier for you
to attend then just ask.

FUTURE IN MIND

Future in Mind are a young
person lead group funded
by Portsmouth City Coun-
cil and managed by Ports-
mouth Disability Forum
who aim to involve young
people in decisions about

You can book online for this FREE event: <https://www.eventbrite.co.uk/e/mental-health-and-education-a-future-in-mind-workshop-tickets-41700426097>

Your Views and Consultations

Transforming children and young people's mental health provision: a green paper

The government is asking people for their views on a green paper setting out measures to improve mental health support for children and young people.

The green paper focuses on earlier intervention and prevention, especially in and linked to schools and colleges.

The proposals include:

- creating a new mental health workforce of community-based mental health support teams
- every school and college will be encouraged to appoint a designated lead for mental health
- a new 4-week waiting time for NHS children and young people's mental health services to be piloted in some areas

You can read the Green Paper below:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/664855/Transforming_children_and_young_people_s_mental_health_provision.pdf

A short video explains the consultation process:

<https://engage.dh.gov.uk/youngmentalhealth/>

Closes 2nd March 2018



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 8th January 2018 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



Community Access - Southampton
3 Bassett Avenue
Southampton SO16 7DP
Tel: 02380 766162

Email: communityaccess@autismhampshire.org.uk Website: www.autismhampshire.org.uk



Autism Hampshire is very proud to launch the Autism Alert Initiative. The Alert Card and Car Sticker have been produced by Autism Hampshire in partnership with Hampshire Constabulary, Police Authority and Fire & Rescue Service. The App has been produced in partnership with Crimson Tide and Premier telecom.

The card should be carried at all times and can be displayed if the individual finds themselves in a situation where they cannot easily explain their behaviour. It will also assist the Emergency services to identify that they are dealing with someone with Autism. The card will carry the Autism Hampshire's logo, Hampshire Constabulary, Hampshire Fire and Rescue Service, and South Central Ambulance Service crests so they will be easily identifiable to the Emergency services.

The card gives some simple advice, the person's name and emergency contact details. If you or someone you know would like a card, please complete the attached application form and return it to the above address. Your card will be sent to you as soon as possible together with a car sticker. Please note there is a fee of £1.00 for any replacement cards.

The sticker is to be placed with information facing inwards, blank side outwards, on the passenger side of the windscreen above the tax disc (or where the tax disc used to be placed). In the event of a Road Traffic Accident, Emergency services would be able to identify that a person with Autism may be on board.

The App is placed on a Smartphone for you to use as a tool to support you in the community, whilst allowing you control to choose when you use it and who you show it to.

You can download the application forms for all of the above here:
<https://www.autismhampshire.org.uk/how-we-can-help/outreach/community-access-projects.html#Autism Alert Programme>

Yours sincerely

J. S. Harvey

Jackie Harvey
Community Access – Portsmouth



We would like to thank Autism Anglia for their help and support in producing this card.

Autism Hampshire, A charitable company limited by guarantee in England. Registered office 1634 Parkway, Solent Business Park, Whiteley, Fareham, Hampshire, PO15 7AH Charity reg. No. 288141 © 2014 Autism Hampshire. All rights reserved

Do you have a child who has been referred for ASD Neurodevelopmental Assessment with Community Paediatric Service (0-5) or CAMHS (6-19)?
 Do you have questions about challenging or unusual behaviour?
 Are you looking for a support network to connect with?
 Do you have questions about the assessment pathway and what to expect?

CAMHS & CPMS (Community Paediatric Medical Service) have a Liaison & Support Worker ready to give you advice and guidance at a number of rotating drop-in sessions, details below. Please contact Daniel Bevan on 07585960296, or by email dan.bevan@solent.nhs.uk for more information or to book a drop-in slot.

Date	Time	Venue
4 January 2018	9.30 - 11.30	Battenburg Child Development Centre Battenburg Avenue, Portsmouth
18 January 2018	9.30 - 11.30	Somerstown Family Hub Omega Street, Southsea
1 February 2018	9.30 - 11.30	Portsmouth CAMHS Falcon House, St James Hospital
15 February 2018	9.30 - 11.30	Paulsgrove Family Hub Cheltenham Road, Paulsgrove
1 March 2018	9.30 - 11.30	Battenburg Child Development Centre Battenburg Avenue, Portsmouth
15 March 2018	9.30 - 11.30	Somerstown Family Hub Omega Street, Southsea
29 March 2018	9.30 - 11.30	Portsmouth CAMHS Falcon House, St James Hospital
12 April 2018	9.30 - 11.30	Paulsgrove Family Hub Cheltenham Road, Paulsgrove





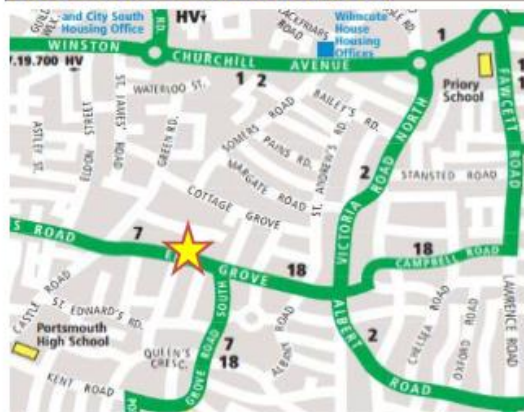
Cross Cultural Women's Group (CCWG)
Meeting Wednesday's 12.00pm -2.30pm
Friendship Centre, Elm Grove Southsea PO5 1JT
Programme January - March 2018



Wednesday	Start 12.00pm	Workshop / Activity approx. 1.15pm start	Delivered by
JANUARY			
3/1/2018	GROUP CLOSED		
10/1/2018	English Class	Iraqi Cooking	Aya & Nasem
17/1/2018	English Class	Immigration advice - Biscoes Solicitors	Rabia Aleem
24/1/2018	GROUP CLOSED	**FAST Workshop from 12- 2pm at Friendship Centre**	
31/1/2018	English Class	Why do we need - Power of Attorney & Wills	Liya Edin - Biscoes
FEBRUARY			
7/2/2018	English Class	Talking Change	Celaine & Miles
14/2/2018	GROUP CLOSED		
21/2/2018	English Class	Arts & Crafts	Highbury College
28/2/2018	English Class	Arts & Crafts	Highbury College
MARCH			
7/3/2018	English Class	Computer IT session	Highbury College
*8/3/2018	*Thursday 8 th March International Women's Day event (TBC) 12-3pm, Friendship Centre		
14/3/2018	English Class	Computer IT session	Highbury College
21/3/2018	English Class	Computer IT session	Highbury College
28/3/2018	English Class	SDAS - Harmful Community Practices	Aminah Khan
APRIL			
04/04/2018	GROUP CLOSED		
11/04/2018	GROUP CLOSED		

24/1/2018 **FAST Workshop from 12- 2pm at Friendship Centre Booking not required - Open to all communities Men & Women. Information Stalls and local services represented. Light lunch provided.**

***8th March - International Women's Day (IWD) 2018 campaign theme: #PressforProgress**
 IWD is a global day celebrating the social, economic, cultural and political achievements of women.
 IWD first run by the Suffragettes in 1911 belongs to all groups collectively everywhere.
www.internationalwomensday.com;



★ Friendship Centre, Elm Grove, (on Corner of Grove Road South)
 Bus stops 7 & 18

Contact
Shipa Ahmed Khan
on 023 9284 1762
Or 07341 888 912

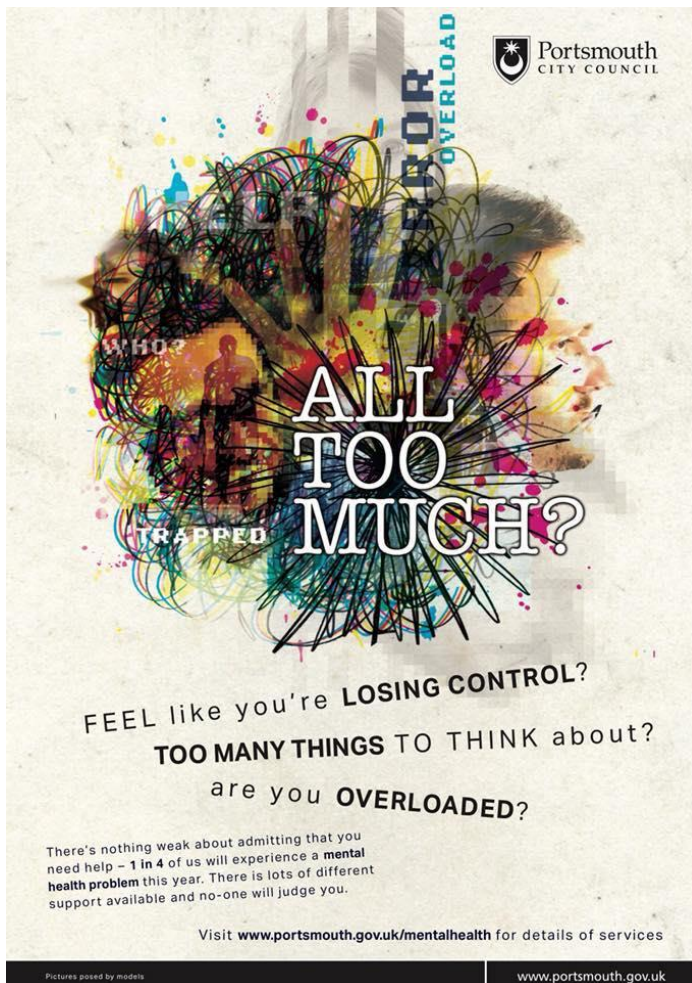
Email: cdw@portsmouthcc.gov.uk

Workshops supported by:
 Highbury College
 Southern Domestic Abuse Service
 Biscoes Solicitors
 Talking Change

The 'Cross Cultural Women's Group' (CCWG) is run by the PCC Mental Health Community Development Workers (CDW)
 The group is supported in kind by the Friendship Centre

NEWS IN BRIEF

All Too Much Campaign

A poster for the 'All Too Much' campaign. The central image shows a person's face partially obscured by a dense, chaotic web of colorful lines and splatters. The text 'ALL TOO MUCH?' is prominently displayed in the center. Above it, the words 'FEEL LIKE YOU'RE LOSING CONTROL?' and 'TOO MANY THINGS TO THINK ABOUT?' are written in a similar style. Below the main text, it asks 'are you OVERLOADED?'. The Portsmouth City Council logo is in the top right corner. At the bottom, there is a small text block providing information about mental health support and a website link.

Portsmouth
CITY COUNCIL

FEEL LIKE YOU'RE LOSING CONTROL?
TOO MANY THINGS TO THINK ABOUT?
are you OVERLOADED?

There's nothing weak about admitting that you need help - 1 in 4 of us will experience a mental health problem this year. There is lots of different support available and no-one will judge you.

Visit www.portsmouth.gov.uk/mentalhealth for details of services

Pictures posed by models

www.portsmouth.gov.uk

For more information, please go to: <https://www.portsmouth.gov.uk/ext/health-and-care/health/mental-wellbeing>

The Grow Project



Supporting people to achieve their goals by providing a sense of purpose, choice and opportunity.

THE GROW PROJECT DAY SERVICE RUNS SHORT COURSES BASED AROUND 6 KEY SKILLS. OUR PROJECTS ARE WITHIN COMMERCIAL PREMISES WHICH ENABLES COMMUNITY INTEGRATION. THE PROJECTS ARE BASED ACROSS HAMPSHIRE.

EACH PROJECT IS OPEN MONDAY TO FRIDAY 9:30AM UNTIL 3:30PM.



0330 133 0174  www.thegrowproject.co.uk  thegrowproject@srglimited.co.uk

 @thegrowprojects  www.facebook.com/thegrowprojects

For Adults with Learning, Mental and Physical Disabilities

Webinar “Negotiating the new SEND Code of Practice”

Findings from Williams Syndrome, Down Syndrome and Autism Spectrum Disorders’: This webinar is being hosted by Child Development and Learning Difficulties (CDLD) Unit at Kingston University London. The webinar is being held on **Wednesday 17 January**, 7.30-9pm. It will be discussing the findings of their RASE developmental disorders study and will be of interest to parents and professionals caring for or working with a child with special educational needs (especially Williams syndrome, Autism spectrum disorders and Down syndrome). This is free but you do need to register for the webinar: <https://www.eventbrite.co.uk/e/negotiating-the-new-send-code-of-practice-findings-from-williams-syndrome-down-syndrome-and-autism-tickets-41309603135>

Parent Carers Support Groups

Stand up: Support group for families of children with special educational needs

Event coming up

SEN Kids Club

Friday 12th January; 4 pm to 5.30 pm;

St Mark's Church Cafe 10-12 Derby Road North End, PO2 8HR Portsmouth

Bingo Night Fundraiser

Saturday 20th January; 7 pm to 9 pm;

St Mark's Church Cafe 10-12 Derby Road North End, PO2 8HR Portsmouth

For more information, please go to

<https://www.facebook.com/groups/447190202346638/> or email:
standupportsmouth@gmail.com

SEND Butterflies

This group is set up to support parents and carers of children and young people with Special Educational Needs and Disabilities from birth to age 25. We provide two coffee mornings a month one in the north of the city and one in the south.

For more information please go to: <https://www.facebook.com/SENDButterflies/> or email sendbutterfliesnorthsouth@gmail.com

Moriah Family Support Group

This group is for parent carers of children with special needs and disabilities and from ethnic minorities. They meet twice a month (next meeting will be on Monday 15th January, 10.30 am to 1.30 pm) at the Cockleshell Community Centre. For more information, please go to <https://www.facebook.com/moriahfamilysupportgroup/> or email moriahforyou@gmail.com

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