

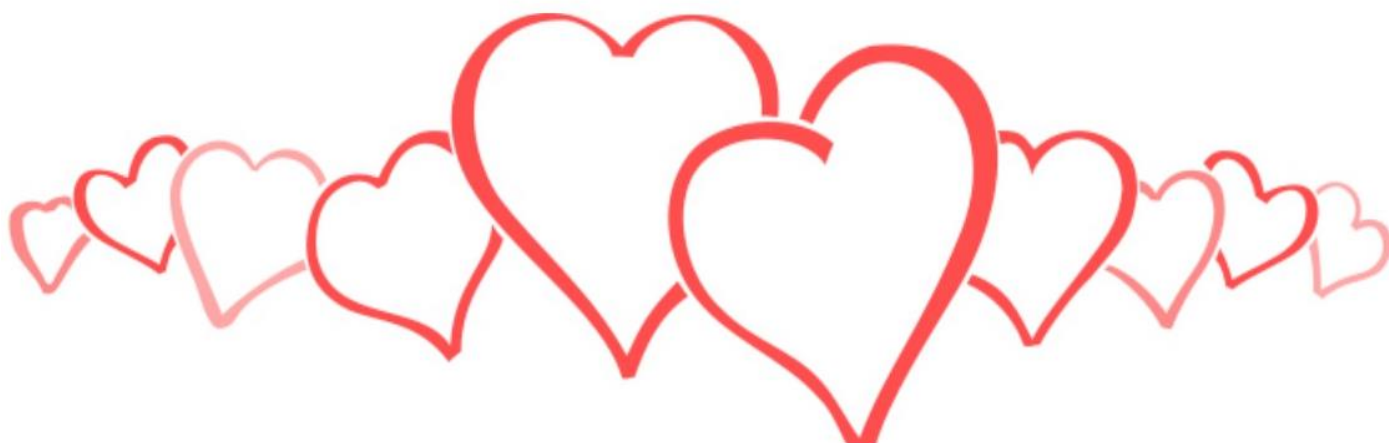


Portsmouth Parent Voice (PPV)
Run by parents for parents of children and
young people with additional needs or
disability

IMPACTING ON YOU

Newsletter

February 2018



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!

Welcome to the latest edition of Impacting on you.

We have received a lot of feedback this month from parent carers in regards to access to services around speech and language therapy, continence service, short breaks, Blue Badge and education.

With this in mind, you will find further information on current consultations and surveys on page 18 covering these topics. You will also have an opportunity to take part in those surveys at our annual event on the 14th February and your chance to win £50 Love to Shop vouchers. The more you complete, the more you can win!

There has been a lot of turmoil at a national level recently including the departure of the Education Secretary and a new Parliamentary Under-Secretary for the Department for Education. With all these changes in leadership, we are watching closely the impact it will have at a local level.

Over the next two months, we will get in touch with you regarding our newsletter mailing list. From May, the General Data Protection Regulation (GDPR) will ask any organisations working with individuals to have their consent in order to share information with them. You will find more information on page 6.

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 several voluntary groups (**Autism Hampshire, Contact**) and statutory agencies (such as **CAMHS**- Child and Adolescent Mental Health Services)

Event	Date and Time	Venue
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
Healthier Together Website Information parent carers need to have their questions answered More information on page 7	Tuesday 20th March 10 am to 2 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
PPV Coffee Morning Support and Information session	Tuesday 24th April 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

Information Update

From **May 2018**, organisations will be required to request consent from anyone on their mailing list or database. Even as a small charity, we are required to comply with this legislation.

The **General Data Protection Regulation** (GDPR) expands the rights of individuals to control how their personal information is collected and processed, and places a range of new obligations on organisations to be more accountable for data protection.

You can find more information here: <https://www.itgovernance.co.uk/data-protection-dpa-and-eu-data-protection-regulation>

Over the next couple of months, we will send you email reminders of this change. Once we are ready to send you a request for your consent, we will only be able to do this **once**. If we do not hear back from you, your name will be deleted from our mailing list.

From **April 2018**, our newsletter will move to Mail Chimp and this is when we will send you a request to confirm whether you wish to remain on our mailing list.

You will still be able to download our newsletter from our website.

You do not need to do anything now but do keep a close eye on your email folders for further communication.

Thank you



Healthier Together Website Information Event

The Frank Sorrell Centre
Prince Albert Road
Southsea PO4 9HR

Tuesday 20th March
9.30 am – 1.15 pm

*What information do you
want to see on a website?*

Where do I find support and resources?



Portsmouth Parent Voice would like you to come and share your views and expertise about information on health related matter.

Refreshments and lunch will be provided.

To book: Eventbrite

<https://www.eventbrite.co.uk/e/healthier-together-website-consultation-tickets-42897739293>

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



For more information, please go to <http://www.portsmouthparentvoice.org/news/in-control-training-programme/>



All Together Better - Portsmouth



A free citizen leadership course is being offered to residents of Portsmouth.

"If you want to be clearer about changes to health and social care, All Together Better is a free citizen leadership course which will help you better understand current thinking. It will give you the right skills and knowledge to deal with changes and can lead to better support for you / the person you care for."



"The course has given me a sense of purpose, a reason. It set my values straight and gave me value. It gives an opportunity to share knowledge, experiences, stories, hopes, dreams and fears in a place of mutual support and understanding. It is a safe place to release and come to terms with emotions. It nurtures, gives confidence, empowerment, vision and skill. For me it is a journey of discovery and delight as I seek and gain knowledge from people who have travelled or still travel on my road. I am both proud and humbled by the whole experience. I truly feel that Partners in Policymaking is the greatest investment I can make towards achieving a positive future for my daughter, myself and hopefully many others."
Margaret, Cornwall

All Together Better consists of **six two-day sessions**. They will run over 8 days
10am - 4pm Refreshments from 9.30

Free lunch

The course will starting in February 2018.

Participants must commit to attending all of the sessions. Each of the sessions will cover topics and issues that are important to disabled people and their families.

Dates of course:

23rd & 24th February

9th & 10th 23rd & 24th March

20th April includes a panel of local service Director and Managers

21st April includes Graduation & Celebration

Attend all 8 and receive an Amazon Voucher

Course topics will include:

- Understanding and relating to services and systems, including new guidance and changes.
- Learning about self-directed support.
- Getting the right support.
- Making change happen locally and nationally.
- Listening, learning, planning and creating together.
- Transforming Care.

Some of the things participants will learn:

- How to get your point across.
- Why things are the way they are.
- Why health and social care services have been designed the way they have.
- How policies and new ideas come about.

Who should apply for the course?

There are a total of **30 free places** available to people who as a result of disability or long term health issues need support to live the lives they want in their local communities, parents and relatives who support and the people who support them through their work in social care, health, education or leisure.

You will have the chance to meet other people who want things to be better and be connected with the strong network of people & families working together across the country.



We are looking for people who are:

- Keen to be part of a strong community network.
- Passionate about people's right to be included.
- Committed to action and working with other people to make life better for people who need support.
- Willing to be a champion for London.

The course is run by In Control and sponsored by NHSE as part of the Transforming Care/Integrated personal care agenda's

How do I apply?

For further information or to request an application pack, please contact:

Tel: 01564 821 650 **Email:** admin@in-control.org.uk

Post: In Control Partnerships, Carillon House, Chapel Lane, Wythall, West Midlands, B47 6JX

Closing date: 15th February 2018 missed the date? Call us anyway!



Feeling lonely or isolated? Or Just enjoy a chat and a cup of tea?

Come and join us at MAKE on a Saturday, to meet others have a chat, do a jigsaw or play a board games. The café is open to buy hot and cold drinks, tasty meals and delicious cake. So pop in 10.30am- 12.30pm for a warm welcome and friendly place to spend a morning.

1 Cornwall Rd, Fratton , Portsmouth PO1 5AA

Tel 02392822026





PORTSMOUTH DOWN SYNDROME ASSOCIATION

Portsmouth Down Syndrome Association is committed to improving the lives of children across South Hampshire and beyond, by providing friendship, advice and a range of specialist and progressive educational services, which they wouldn't otherwise receive. Through our activities and social opportunities, we help enable children to develop the vital skills they need to succeed, and become valued and productive members of society.



Support from Birth

The charity provides a warm welcome and guidance for new parents. Babies and children are invited to attend **Baby Development Groups** and **Early Intervention Sessions** where they learn the skills they need to meet their developmental milestones, and succeed at school. Older children also benefit from specialist **Communication Therapy**.

Promoting Successful Inclusion

Portsmouth DSA provides a **Schools Outreach Service** to 65+ schools, colleges and nurseries, supporting the successful inclusion of children with Down syndrome in mainstream education. This service also includes a **Training Service** on all aspects of Down syndrome for parents, teaching staff and other related professionals.



Social Opportunities

Families with a child with a disability can feel isolated, so Portsmouth DSA provides a range of activities to ensure that families have the opportunity to share experiences and have fun with friends. These activities include **regular coffee mornings**, **drama sessions for all the family**, **seasonal parties and activities**, and **social gatherings for parents**.

Portsmouth DSA is completely self-funding and relies on generous donations and support from the local community and beyond.

For more information, please go to: www.portsmouthdsa.org

In response, we have amended both documents in order to clarify that PPV, Portsmouth CCG and PCC have worked in co-production to design the guide and poster. We have also added a contact email if further information is required or if anyone would like to order printed copies.

Further feedback from parents stated that they would like a leaflet to accompany the guide and poster in order to have the information at hand rather than an A3 poster and guide. Our Future in Mind co-production group will work over the next few months to design a further leaflet which will be published before the end of March 2018.

We would also welcome your feedback and you can complete this **short survey** by following this link: <https://www.surveymonkey.co.uk/r/D27XSVG>

You can view both guides on our website:
<http://www.portsmouthparentvoice.org/links/>

Learning disabilities: Annual Health Checks

The Annual Health Check scheme is for adults and young people aged 14 or above with learning disabilities who need more health support and who may otherwise have health conditions that go undetected.

People aged 14 and over who have been assessed as having moderate, severe or profound learning disabilities, or people with a mild learning disability who have other complex health needs, are entitled to a free annual health check.

For more information, please go to:

<https://www.nhs.uk/Livewell/Childrenwithalearningdisability/Pages/AnnualHealthChecks.asp>
[X](#)

Friends and Family Tests (FFT)

The NHS have now introduced Friends and Family tests (FFT) to provide patients with an opportunity to give valued feedback on their experience.

Monkey Wellbeing's Friends and Family test forms include the headline question 'How likely are you to recommend our service to friends and family if they needed similar care or treatment?' and are **free to download**.

For more information, please go to:

<https://www.monkeywellbeing.com/resources/friends-and-family-test/>

emergencySMS

The emergencySMS service lets deaf, hard of hearing and speech-impaired people in the UK send an SMS text message to the UK 999 service where it will be passed to the police, ambulance, fire rescue, or coastguard.

Simply by sending an SMS message to 999 you can call for help and the emergency services will be able to reply to you.

You will need to register your mobile phone before using the emergencySMS service, click on the **Registering your phone** link above for more information.

For more information: <http://www.emergencysms.org.uk/>

Discussion Groups for Parents Seeking Advice on Behaviour or Development

Primary Discussion Groups Age 5- 12 years

Two and half-hour small group sessions, targeting a specific problem behaviour or issue. Each discussion group can be taken as a stand-alone session or as part of a series. There are three topics for parents of children 5 –12 (Dealing with disobedience; Managing fighting and aggression; Developing good bedtime routines).

Teen Discussion groups 12-16 years

Two and half hour small group sessions, targeting a specific problem behaviour or issue. Each discussion group can be taken as a stand-alone session or as part of a series. There are three topics (Coping with teenagers' emotions; Reducing family conflict; Getting teenagers to cooperate).

Parents can call the Family Hubs to book at one of timetabled sessions:

Buckland Family Hub Turner Rd PO1 4PN Admin -02392733440

Landport Family Hub 221 Arundel St PO1 1NF Admin - 02392815005

Somerstown Family Hub Omega St PO5 4LP Admin- 02392821816

Milton Park Family Hub Perth Rd PO4 8EU Admin - 02392827392

Northern Parade Family Hub Doyle Ave PO2 9NE Admin - 02392660866

Paulsgrove Family Hub, Cheltenham Ave PO6 3PL Admin - 02392385995

For full programme of activities in your local Family Hubs, please go:
<http://www.portsmouthparentvoice.org/news/family-hub-central/>

There are also Parenting Surgeries in each of the six Family Hubs which are available for families where the behaviour issue is for children over five years old. Appointments can be made by calling your local Family Hub (please see Family Hubs section above for contact details).

ASD Drop-in Sessions

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



MAKE & GIG BUDDIES

PRESENT...

KINGSLEYS

CLUB

NIGHT

**FOR ADULTS WITH
LEARNING DISABILITIES**

26TH FEBRUARY 7.30PM - 11.30PM

**FREE ENTRY
BAR AVAILABLE**

KINGSLEYS, OSBORNE RD, PORTSMOUTH, SOUTHSEA PO5 3LU



Prepare4Life

Who for...

Young people aged 16-18 in Portsmouth, who are homeless or at risk of homelessness, and require support to improve their overall wellbeing, and transition into adult life.

We offer...

Bespoke programmes based on the needs and aspirations of each individual. Individual programmes are a mix of specific practical modules that support each young person to;

- **Use their time meaningfully:** modules include using spare time, getting into education or gaining work experience and employment
- **Have the ability to live independently:** modules include budgeting, cooking and managing accommodation
- **Be safe:** modules include alcohol & drug use and social media use
- **Be physically and emotionally healthy:** modules include improving physical and emotional health and personal relationships

- **Mentoring:** Additional support for young people who may be experiencing social isolation, who would benefit from a positive male role model to introduce them to activities and facilities in the local area to build social relationships.

Who can refer into this service?

- Any professional supporting a young person aged 16-18 who is homeless or at risk of homelessness in Portsmouth, whose needs are not currently being met by any other agency.
- Any professional supporting a young person to move towards independent living who would benefit from additional support to prepare them for this, and whose needs are not currently being met.

Contact for further info and referral form:

Email: Jessica.lihou@ssj.org.uk

Phone: 07500 928 657



Your Views and Consultations

Wellbeing and mental health support- your views and experience.

We would like to find out about parent carers' experiences of services and support in regards to wellbeing, emotional and mental health issues for their children and young people (0 to 18).

Your feedback is so important and will enable us to share this information with commissioners and service providers in order to improve services and identify gaps.

If you have accessed the Community Paediatric Medical Services (**CPMS**), Child and Adolescent Mental Health Services (**CAMHS**) or had an admission to **A&E**, we would value your input. The survey should take between 5 and 10 minutes to complete.

To complete the survey, please follow this link:

<https://www.surveymonkey.co.uk/r/QCH5ZV2>

U Matter

The U Matter Service was launched in 2017 and we would like to hear your views on the services if you have accessed it whether as a parent or a young person.

You can find more information about the service

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

Continence service

Have you used the continence service for your child or your person? What was your experience like? Please complete this short survey to share your views.

<https://www.surveymonkey.co.uk/r/ZJ23XZH>

You views on the Education, Health and Care Plan (EHCP) Process

We would like to hear about your journey through the 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 help us with this, could you take the time to complete the following surveys:

For a new Education, Health and Care Plan

<https://www.surveymonkey.co.uk/r/VNNRL9M>

For a transfer from a statement to a new Education, Health and Care Plan

<https://www.surveymonkey.co.uk/r/VXSGDQ8>

As a thank you, you will receive a £5 Tesco gift card.

Carer's Cafe/Information Point - User Questionnaire

Portsmouth Hospital Trust would like to further support carers in the community as well as those accompanying patients who attend Queen Alexandra Hospital. We would like to hold a monthly Carers Café/ Information Point in the main entrance of the hospital. We would be grateful if you could take a few minutes of your time to let us know what this could look like, by answering the questions below. Your participation is voluntary and all answers will remain confidential.

Please could we have your thoughts by 12th February 2018. Thank you.

<http://www.elesurvey.co.uk/f/614899/b8a5/>

Try Before You Buy Resource Lending Service



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



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

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

How to borrow

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

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

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

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

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

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

Project supported by: Sensory Direct Ltd



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

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

Charity Reg No: 288141

NEWS IN BRIEF

New Special Free School Academy at Wymering

The council in conjunction with Hampshire County Council has made a successful bid for government funding to build a new special school academy in the city.

The new special school academy will help meet the needs of our growing school population and specifically cater for children with autism/social communication difficulties and associated challenging behaviour and/or sensory integration needs.

Scheduled to open in September 2020 it will offer 40 places (8 places for junior school aged pupils, 24 places for secondary pupils, 8 places for post-16 students).

These children need more specialist support and interventions than mainstream schools can provide and there is a need for this type of specialist provision in the city.

The special free school academy will provide the right environment, be staffed by highly skilled professionals and provide effective strategies and resources to enable children and young people to learn and also to help them achieve other outcomes such as being part of the community and ultimately having a job and independence.

<https://www.portsmouth.gov.uk/ext/schools/special-free-school-academy>

<https://www.portsmouth.co.uk/news/education/new-special-school-to-be-built-at-former-wymering-community-centre-site-1-8349309>

Stand Up Support Group Fundraising Events

BINGO NIGHT!!!

Back due to popular demand.....Saturday 17th February 7pm-9pm, St. Marks church hall, Derby road, Northend. £1 entry, then £1 a game....winner receives half & half goes to "Stand Up". We are also having one of our fab raffles! Bring family & friends, the more the merrier! See you there 😊

Justin Pearce - Charity Medium Night.

Tuesday, February 27 at 7:30 PM - 11 PM

The Rifle Club Southsea

<https://www.facebook.com/events/775298456000351/>

Tax-free Childcare

Tax-free Childcare is a government scheme that pays 20% of childcare costs up to a maximum of £2000 each year. The scheme is open to all parents of children under 12 (or under 17 if disabled). You can apply to open a Tax-free Childcare account online (<https://childcare-support.tax.service.gov.uk/par/app/applynow>)

If you are having difficulty with your Tax-Free Childcare account you can call the childcare service helpline on 0300 123 4097.

For more information, please go to: https://www.workingfamilies.org.uk/articles/tax-free-childcare/?utm_source=Waving+not+drowning&utm_campaign=a9c8e688bf-EMAIL_CAMPAIGN_2018_01_08&utm_medium=email&utm_term=0_fd77e1921d-a9c8e688bf-124788013

Council for Disabled Children – Winter 2018

A round up of latest news including a very interesting article on page 10 about the latest case law.

Click the following link to view: <http://www.portsmouthparentvoice.org/wp-content/uploads/2018/02/Winter-Digest-2018-final5.pdf>

Portsmouth Autism Community Forum

Autism Update

A slightly delayed Happy New Year from the Portsmouth Autism Community Forum!

Workshop on support for adults with autism

We need your input into a workshop on Thursday 8th February 2018, 10am -12 midday, in Room F, Portsmouth Central Library.

The workshop will look at what support we already have in the city for autistic adults and map what kinds of support are missing, so that we know where we need to focus. This will focus on the types of support which help to keep people living independently and prevent crisis.

The current diagnosis and support services for adults will end by September and we also want your input into what it is important for them to deliver when we go out to buy them again. This may be what questions you would like to ask the services, or your thoughts on how they could be improved.

You can drop in on the day, or reserve a place by contacting Rosie Penlington on 023 9268 8503 or emailing rosie.penlington@portsmouthcc.gov.uk

People with lived experience of autism, their carers and family members, and colleagues supporting autistic people or running support services, are invited to attend. Please pass details of the workshop on to anyone you think would be interested in attending.

Following this workshop we will be in touch with a date for the first Portsmouth Autism Community Forum of the new year, which is likely to be in April.

The Curly Hair Project

The curly hair project (CHP) is a social enterprise based in the UK, which aims to help people with Autism Spectrum Disorders and their loved ones.

All their work is based on personal, real life examples and experiences. The services and products they provide are: Books and eBooks • Podcasts and videos • Counselling with an ASD-experienced counsellor • Training for individuals and families • Training for professionals • Posters • Blog • Social media feeds • Animations. Their training is provided via workshops, conferences and webinars.

The nearest workshops coming up in February are in Dorchester, Dorset (ASD and Families Education Day Friday 16 February) or Chichester, Sussex (ASD and females workshop Saturday 17 February). The next **webinars** are as follows: ASD and females on **Sunday 28 January** • ASD and emotions on **Thursday 1 February** • ASD and education on **Monday 5 February** • ASD and socialising on **Tuesday 6 February** • ASD and sensory processing on **Sunday 18 February**. For a full list of events: <https://thegirlwiththecurlyhair.co.uk/events/> . For more information, email helen@thegirlwiththecurlyhair.co.uk.

“You Said, We did” on the Portsmouth Local Offer website

Every month, Portsmouth Parent Voice raises issues which parent carers get in touch with us about and work with the Local Offer Officer to ensure that the information available is accurate, accessible and amended in response to parents' feedback.

You can read the latest update here: <http://www.portsmouthlocaloffer.org/local-offer-search/item/447>

Pupil Premium information is also included in the document and you can find out more about the school's responsibilities here:

<https://www.theschoolrun.com/pupil-premium-explained>

Celebrating the young people of Portsmouth

Portsmouth City Council need your help to make sure that the contributions of young people who live in Portsmouth are recognised. We are asking young people to nominate their peers from schools, colleges and youth organisations across the City. **Please make sure that any outstanding students (aged 11-19) in your institution are recognised.** It is simple to nominate - just send a short statement containing the name of the young person, their age, what they have done and why you think their contribution should be recognised.

Help us recognise a young person for this year's Youth Civic Award who:

- Shows a commitment to helping the young people of Portsmouth, or
- Is a positive role model for other young people, or
- Is an ambassador for the city showing real passion for Portsmouth and its citizens, or
- Is an active member in their community

Nominations should be sent to Catherine Hornby **by Friday 23rd February 2018**

Catherine.Hornby@portsmouthcc.gov.uk

Douglas Miller and Coffin Mew Solicitors

Douglas and his team at Coffin Mew have been representing and protecting the interests of vulnerable children with disabilities for over 10 years. Doug has represented a number of children with wide ranging disabilities. This has not been limited to circumstances where disability was caused through birth injury and cerebral palsy, but also misdiagnosis of congenital conditions where disabilities may have worsened as a result of non-treatment. The clinical negligence team at Coffin Mew is ranked Tier 1 in the Legal 500 and their expertise in advising persons with disabilities is nationally recognised.

Legal Aid remains available where children have suffered neurological injuries within the first eight weeks of life. Doug can provide advice to anyone wanting to know if they potentially have a claim for damages on a no win no fee basis. With times becoming tougher and public funding being harder to obtain, anyone who feels they have a claim where medical treatment was lacking should be seeking advice.

In addition to compensation, Coffin Mew solicitors can also provide advice on other matters such as the role of the court of protection and whether applications should or should not be made, and also estate planning for persons with disabilities.

If you wish to consider any of the services you can contact [Douglas Miller](#) on 02392 366012 or Freephone 0800 834 627. You can also contact them through their website: <https://coffinmew.co.uk/> for medical negligence or court protection advice.

Tony Attwood 'Skills and Strategies for ASD Conference'

MindSenseAbility are pleased to be hosting this event on **Wednesday 9 May**, 9.15am-4.30pm (registration 8.30-9.15am), at St Mary's Stadium, Britannia Road, **Southampton**, SO14 5FP.

This exciting one-day conference will focus on strategies and tips for professionals, families, carers, and those with ASD including Aspergers.

Registration fees (including lunch and refreshments): Professionals £190 plus VAT • Family members & those with ASD £120 plus VAT. Concessions and group booking discounts available. Tickets are now on sale. For more information and to book online:

<http://www.mindsenseability.co.uk/> Alternatively, call 01590 626541 or email events@mindsenseability.co.uk.

SENspeller

SENspeller is a unique and innovative resource targeted at the parents and teachers of children with special educational needs particularly those with non-verbal autism.

Its principal focus is to assist children to recognise words and spell them correctly, in an environment that can be customised to suit each child's individual requirements. Communication and comprehension can often be limited with children on the autism spectrum.

SENspeller has three distinct stages of spelling development, and as a parent you can monitor each child's progress through the stages. This helps to ensure that your child is learning to spell rather than simply picture and word matching. For more information:

https://www.facebook.com/SENspeller/?hc_ref=ARQk2EeJkTeENqYuajyBmmqqTIC6QxVnmnPGIUBERg_Z25zeze7AR_vWO1R3Ts7yOHA&fref=nf

To view a video of the app:

<https://www.facebook.com/SENspeller/videos/269946763536637/>

Hampshire Fire & Rescue Service

'Cook with Caution'



Night Time Checks

Most fires happen between 10pm and 4am and most fire deaths happen at night, when people are asleep.

Make sure your smoke alarms are working, check them once a week.

- Do not smoke in bed.
- Do not use candles if you are likely to fall asleep.
- Do not cook when you have been drinking alcohol or taking drugs, or if you feel very tired

Before going to bed, check that:

- You have closed all doors.
- Your fire and any heaters are turned off.
- All candles have been put out.
- All cigarettes are out and ashtrays have a little water in them.
- All electrical equipment which is not designed to be left on overnight is turned off and plugs removed or switches turned off.
- Your cooker is turned off.
- Your exit routes are clear.

- **Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.**
- **Stay in the kitchen while you are frying, grilling, or boiling food. If you leave the kitchen for even a short period of time, turn off the stove.**
- **If you are simmering, baking, roasting, or boiling food, check it regularly... remain in the home while food is cooking, and use a timer to remind you that you are cooking.**
- **Keep anything that can catch fire ... oven mitts, wooden utensils, food packaging, towels or curtains away from your stovetop.**

If You Have a Fire!!

- **Just get out! When you leave, close the door behind you to help contain the fire.**
- **Call 999 from outside the home.**



For more information on keeping safe in your home:
<https://www.hantsfire.gov.uk/keeping-safe/loveyourhome/>

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