

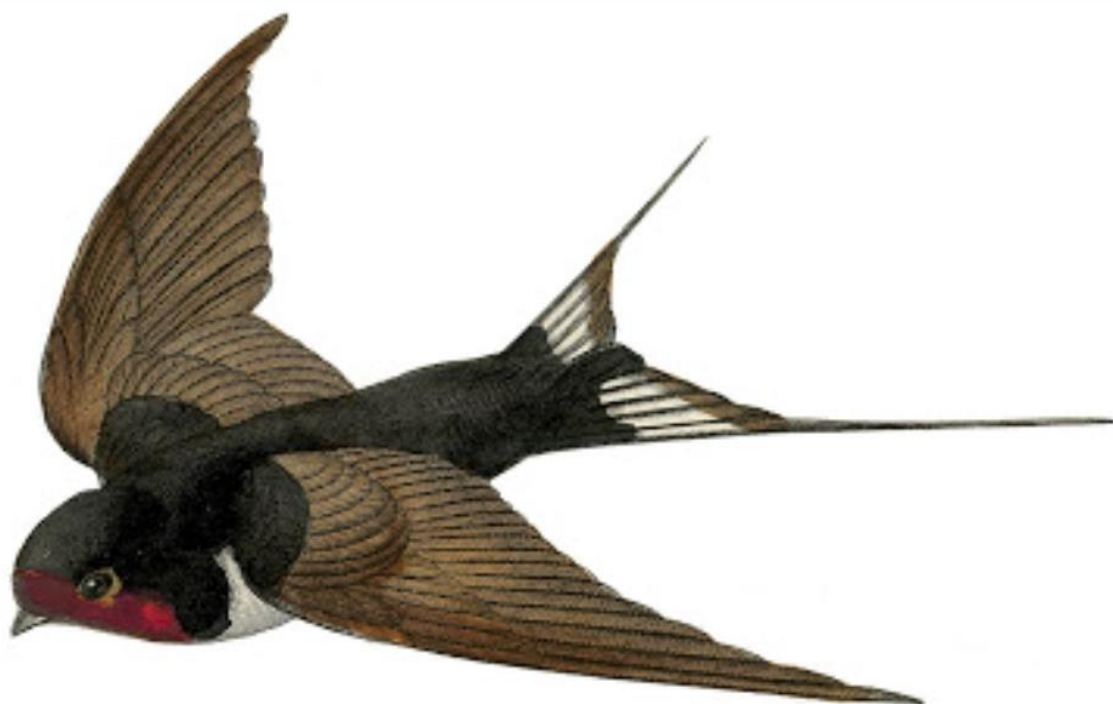


Portsmouth Parent Voice (PPV)  
Run by parents for parents of children and  
young people with additional needs or  
disability

# IMPACTING ON YOU

## Newsletter

June 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. I am sure you are looking forward to the Bank Holiday weekend 😊

We have a lot of information in this month newsletter including SEN Support, Short Breaks and a powerful letter written to her daughter.

We are also pleased to welcome Philippa Williams who will deliver our very first **Occupational Therapy workshop** in June as well as Laura and Becky who will launch their first session on **Support for Parent Carers**. These ladies are experienced professionals and are very much looking forward to meeting you.

We have published a position statement on the proposed changes to the Transport Policy Statement for Post-16 Learners with SEND which you can view on our website.

You will also find some fun activities for your children and families to enjoy over half-term 😊

Thank you!

Barbara and the Team

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

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

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

**Alison Cooper:** [ppvadmin@p-d-f.org.uk](mailto:ppvadmin@p-d-f.org.uk)

# What's On?

## Events and workshops coming up soon

Are you a parent or carer of a child or young person with additional needs and disability and living in Portsmouth?

We run various coffee mornings, events and training sessions in partnership with several voluntary groups ( **Autism Hampshire, Contact**) and statutory agencies (such as **CAMHS**- Child and Adolescent Mental Health Services)

Event	Date and Time	Venue
<b>Occupational Therapy Session</b> With Philippa	<b>Saturday 2<sup>nd</sup> June</b> <b>10.30 am to 12 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>Who Cares for the Carer?</b> Session with Laura and Becky Being a parent carer comes with its challenges, this workshop is all about resilience and support.	<b>Wednesday 20th June</b> <b>7.30 pm to 9.30 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>Healthier Together Website Consultation</b>	<b>Tuesday 4<sup>th</sup> July</b> <b>9.30 am to 1.15 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>PPV Coffee Morning</b> Support and Information session with special guest!	<b>Thursday 5<sup>th</sup> July</b> <b>10 am to 12 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR

# SEN Support

We have received a lot of enquiries from parent carers regarding SEN (Special Educational Needs) Support. If you are at all concerned about your child's progress or behaviour at school, always speak to your child's teacher.

A special educational need can be short or long term and can cover speech and language difficulties, reading difficulties to diagnosed conditions such as autism and behavioural difficulties.

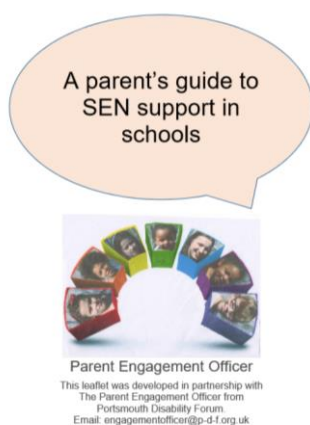
It can be very daunting for a parent to know where to start. If your child has identified special educational needs, your school SENCo (Special Educational Needs Coordinator) will talk to you about it and what actions and support will be put in place to address those needs.

Do check your child's school SEN Report on the school's website or via The Portsmouth Local Offer: <http://www.portsmouthlocaloffer.org/> The report will list what the school will put in place to help your child.

If you need further support, The Portsmouth Information Advice and Support Service (IASS) [http://www.portsmouthsendiass.info/en/Main\\_Page](http://www.portsmouthsendiass.info/en/Main_Page) can help you with advice and information.

There is also a handy guide on SEN Support which you can view here:

<http://www.portsmouthlocaloffer.org/local-offer-search/item/370>



# Short Breaks

## What is a Short Break?

Short Breaks provide disabled children and young people with an opportunity to spend time away from their parents or carers.

Portsmouth City Council provides Short Breaks during the day, evening, overnights and at weekends. These breaks may happen within the community, the child or young person's home, the home of an approved carer or a residential setting.

Short breaks come in many different forms and can last anything from an hour to days. The length and type of break will depend on your child, young person and family.

There are 3 types of short break:

Universal Provision- open to all with no eligibility criteria

Targeted Provision (Levels 1 and 2) - able to meet eligibility criteria

Specialist Provision (Level 3) - access through a social care assessment

For more information, email [shortbreaks@portsmouthcc.gov.uk](mailto:shortbreaks@portsmouthcc.gov.uk) or call 023 9268 8842

## How to access Targeted Short Breaks?

**Level 1** Short Breaks can be accessed directly by parents and carers by contacting the organisation directly as detailed in the Range of Services in the Short Breaks guide available via the Local Offer (<http://www.portsmouthlocaloffer.org/local-offer-search/item/14> ).

**Level 2** Short Breaks can be accessed directly by self-referral by the parents and carers or a professional if: the child/young person attends a specialist provision or a mainstream setting and is in receipt of an EHCP (Education, Health and Care Plan) with at least 25 hours support.

**Level 3** Specialist Provision: available via a social care assessment.

# The Portsmouth Local Offer Website



The Portsmouth Local Offer website was launched over 4 years ago and was designed in co-production with Portsmouth City Council (PCC) and Portsmouth Parent Voice (PPV). A group of parent carers still meets monthly to review the information the website contains and to ensure that the resources provided are easily accessible.

A parent representative now meets the officer in charge of the website also on a monthly basis to produce the “You Said, We did” report which you can find on the newsfeed on the left hand side of the front page of the website. We use parent’s feedback to inform us when the information can’t be found, is not worded correctly or out of date which in turn are amended accordingly.

If you **use the website as a parent carer, young person or professional**, do use the **feedback button** on the top right hand corner to give your comments not only if you **can’t find the information** but also if you **can’t find a service or support** you are looking for as it will help us identify gaps in services. We want to take the website further, not only to give information but also to **change the way services** are commissioned in the city.

Go on, have a look! <http://www.portsmouthlocaloffer.org/>



# An Open Letter...

Dear Daughter,

Nobody was as shocked as I was when the doctors said that they were going to assess you for autism, mainly because of how similar you and your mom are I could have sworn it would be ADHD like her. Autism never came on my radar but here we are and we just have to play the cards we have been dealt.

Being a teenager, universally, is tough. With all the changes going on biologically, socially and academically it's very difficult to know what's going on from one day to the next. Adding in the potential diagnosis of a lifelong neurodevelopmental condition to the equation must feel like throwing petrol on a bonfire. What I am trying to say (even though I might not express it outwardly at times) is that I understand that you have concerns, fears, worries and questions. I also understand that if it is the case that you are on the autistic spectrum that this is no doubt causing you a great deal of stress and anxiety as it would me. This is completely normal for anybody if not greatly unpleasant to deal with.

Let's assume that you are diagnosed with autism. For starters I can assure you that from our side of things nothing will change we will love you no less than we do already so you have nothing to fear there. Let me also assure that there's nothing wrong with you and you're not broken in any way shape or form your just different like me and your mom.

The problem for us is that we are designed to operate in a world that just isn't compatible with us. The way we think and experience the world isn't the same as people who don't have a neurodiverse condition but it's important to remember that this does not mean our experiences aren't as valued as everybody else.

You will face stigma. People will fear and judge that which they don't understand and again this is completely normal. For some people you may be the only neurodiverse person that they have ever and will ever meet. Think of this as more of a positive than a negative. You have the chance to challenge their beliefs and misconceptions and show them the truth. You will be an ambassador for all those who share your differences. This seems like a huge responsibility but in essence it just means being you because you are perfect as you are.

You will face situations where you feel your differences are glaringly obvious. Situations where you feel uncomfortable and embarrassed. As you grow to learn more about your condition and yourself this will happen less frequently. You will learn your own unique strategies and coping mechanisms to minimise such situations. You



will also learn to advocate for yourself, to communicate your needs to others so that they may help you be the best you can be in any situation.

You will often feel like you are the only person that feels the way you do. I assure you that's not true. There is a large community of people out there who have had similar experiences to you. Don't underestimate the power that comes from finding people with shared experiences. It helps you to realise that you aren't alone and that you aren't the only one that feels the way you do. Reach out to people, learn from them and teach them. You will always be able to contribute something no matter how great or small.

You will have to learn to live with your condition. It's not going away and there is no "cure". With time you will come to accept this and hopefully like many others realise that even if there was a "cure" you wouldn't want it anyway. With time you'll come to realise that no matter what labels people attribute to you that's all they are is labels. The only one you need to be concerned about is the one you give yourself. You are more than a label. You are you and you have lots to offer the world. Love yourself and accept yourself for who you are because if you can't do that how can you expect anybody else to.

You will realise that your differences are a double edged sword. The same trait that causes you problems in one area will bring you successes in others. Learn how to make the most of these, when and how to use them and I guarantee you that you will do great things in life. This will not be fast process. You will get it wrong on more than one occasion but that's okay. Do not be disheartened when this happens and don't beat yourself up too much. At the end of the day we are all human and we are all fallible. In life, so long as you learn from your mistakes you never fail you either win or you learn. Remove the word failure from your life.

You will have to work harder than everybody else, accept this sooner rather than later. For everybody there are no easy, quick fix paths to success but for people like us the mountain is just that little bit steeper. This too is okay. Nothing worth having in life comes easy and we often take more pleasure and lessons from the journey rather than the destination. Do not bemoan your circumstances or become a victim to life but instead keep moving forward even if at times it seems at a snail's pace. Time moves on regardless at least if you're making progress, no matter how slow, you are getting something out of it.

You face a life that's different from most but you do not face it on your own. You will find your strengths and learn to overcome your weaknesses. Focus on your talents and create your own path in life and I guarantee you will find fulfilment and satisfaction.

No matter how things turn out or where life takes you, remember that you are always loved by us no matter what. We will be your biggest cheerleaders, your toughest critics, your confidants and your strength when you needs us...we will also grow old

and annoy you and hopefully spoil your kids and then send them back but that's just our prerogative.

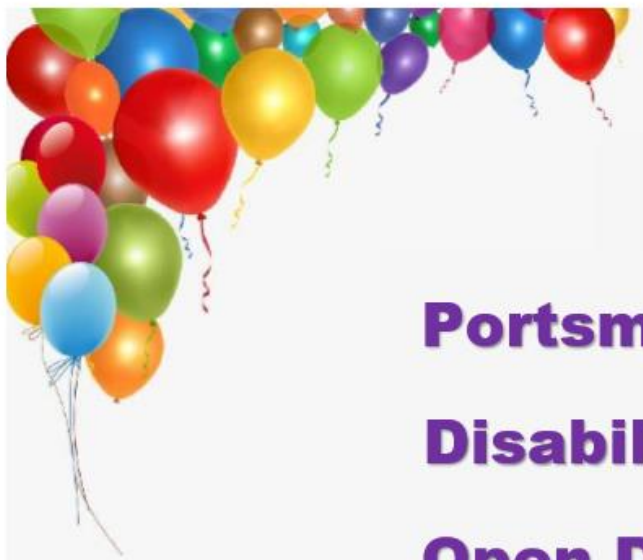
No matter what though we will always be here with our love and we will always be proud of you.

All our love

Mom and Bob

*We are so grateful to Bob and his family for sharing their experience and this letter with us.*





# **Portsmouth Disability Forum Open Day**

**An Opportunity to meet local Disability Services and other  
disabled people living in Portsmouth**

**20th July 2018**

**10:00AM -2:00PM**

**Frank Sorrell Centre**

**Prince Albert Road**

**Southsea PO4 9HR**

**To book a stand please contact: Tim Smithson:**

**[portsmouthdisabilityforumtim@hotmail.com](mailto:portsmouthdisabilityforumtim@hotmail.com)**

**Telephone: 023 9281 5266**



**What Do You Think You Know?**



# **Portsmouth Disability Forum**

**Information and Fun Day!!!**

**Come and enjoy yourselves**

**Games, Stalls, Animals, Scooter Slalom**

**21<sup>st</sup> July 2018**

**10:00AM -2:00PM**

**Frank Sorrell Centre**

**Prince Albert Road**

**Southsea PO4 9HR**

**[portsmouthdisabilityforumtim@hotmail.com](mailto:portsmouthdisabilityforumtim@hotmail.com)**

**Telephone: 023 9281 5266**

**DISABILITY** 



**What Do You Think You Know?**

# Your Views and Consultations

## New Mental Health and Wellbeing Support Group for Parent Carers

Portsmouth Parent Voice, Portsmouth Carers Centre and CAMHS are seeking your views about setting up a support group for parent carers of a child or young person dealing with a mental health issue like anxiety, depression, eating disorders, psychosis or self-harm.

We are looking to start a new support group for parent carers to meet and share their thoughts, feelings and experiences.

Your feedback to the questions below would be greatly valued.

The survey closes on 31st May.

Click here: <https://www.surveymonkey.co.uk/r/TR9JQML> to complete the survey.

## 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>

And complete the survey here: <https://www.surveymonkey.co.uk/r/WXJ2P25>



Small changes,  
big differences.



## Teen Triple P Discussion Groups

*"For anyone who wants to help their child to be the best they can be."*

### **Getting Teenagers to Cooperate**

Monday 30<sup>th</sup> April 2018 - 9.30-12.00- Somerstown Family Hub, Omega Street,  
Somerstown, Portsmouth PO5 4LP (02392 821816)

### **Reducing Family Conflict**

Tuesday 22<sup>nd</sup> May 2018 - 10.00-12.30- at Buckland Family Hub, Turner Road,  
Buckland, PO1 4PN (02392 733 440)

### **Building Teens Survival Skills**

Thursday 28<sup>th</sup> June 2018 12.00-2.30pm - at Northern Parade Family Hub,  
Doyle Avenue Hilsea, PO2 9NE (02392 660866)

### **Dealing with Teens Emotions**

Tuesday 17<sup>th</sup> July 2018- 9.30-12.00pm - Somerstown Family Hub, Omega Street,  
Somerstown, PO5 4LP (02392 821816)

**TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB**

For more information please contact Lorraine Morgan 07766 050 055

Lorraine Morgan- Specialist Family Support Worker (Parenting)

[www.triplep.net](http://www.triplep.net)



Small changes,  
big differences.



## Triple P Discussion Groups

*"For anyone who wants to help their child to be the best they can be."*

### **Developing Good Bedtime Routines**

Wednesday 9<sup>th</sup> May 2018 9.30-12- at Somerstown Family Hub, Omega Street,  
Southsea PO5 4LP (02392 821816)

### **Dealing with Disobedience**

Friday 8<sup>th</sup> June 2018 - 9.30-12 noon - at Buckland Family Hub, Turner Road,  
Buckland, PO1 4PN (02392 733 440)

### **Managing Fighting & Aggression**

Monday 2<sup>nd</sup> July 12.00- 2.30pm - at at Somerstown Family Hub, Omega Street,  
Southsea PO5 4LP (02392 821816)

### **Hassle-free Shopping with Children**

Wednesday 18<sup>th</sup> July 2018- 9.30-12 noon - at Northern Parade Family Hub,  
Doyle Avenue Hilsea, PO2 9NE (02392 660866)

**TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB**

For more information please contact Tracy Brooks- Specialist Family Support Worker  
(Parenting) - 02392 827392

[www.triplep.net](http://www.triplep.net)



# Family Fun Day



**Friday 3<sup>rd</sup> August**  
**10am – 3pm**



**Free Admlsslon, charges apply  
for some activlities**

**Stamshaw & Tipner Community Centre**  
**69 Wilson Road, PO2 9EL**

Children's  
Activities

Sellers' Market  
Place



Hog Roast

Nerf Shooting  
Range

SEN Dome

Tombola   Raffle





# EXAM STRESS

## Healthy Young Minds



### *What is exam stress?*

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

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

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

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

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

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

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

#### ➤ *Some useful websites:*

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



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

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

# Specialist Early Intervention Unit

for children with  
Cerebral Palsy and other motor disorders

**Enrolling now and for September 2018**

## What we can offer:

- Access to specialist conductor-teachers who give constant guidance and support every step of the way
- Happy and secure environment where children enjoy learning
- Help you to understand your child's needs
- Family friendly environment



## Early Intervention / School for Parents (6 months—3 years)

This unique service offers placement for children to learn together with their parents/carers. Early intervention is vital as it has been proven that children develop and progress much more quickly in the early years.

The Rainbow Centre for Conductive Education  
The Bradbury Building, Palmerston Drive,  
Fareham, Hants, PO14 1BJ  
[www.rainbowcentre.org](http://www.rainbowcentre.org)  
Contact us: [enquiries@rainbowcentre.org](mailto:enquiries@rainbowcentre.org)  
Tel No 01329 289500

Registered Charity No 1096603  
Registered Company No 4465743



ofsted 'Outstanding' for the last four consecutive inspections.

# Rainbow Sensory Group

for premature babies and for toddlers  
with Motor Developmental Delay and Cerebral Palsy

**Come and Play**

**Every Tuesday afternoon 1:30-3:00**

**8th, 15th and 22nd of May**

**5th, 12th, 19th and 26th of June**

## What we can offer:

- A happy and secure environment where babies and toddlers enjoy learning
- Constant guidance and support every step of the way
- Sessions run by conductor-teachers



Contact us: [enquiries@rainbowcentre.org](mailto:enquiries@rainbowcentre.org)  
01329 289500

This unique service offers precious time for children to learn together with their parents/carers. Early intervention is vital as it has been proven that children develop and progress much more quickly in the early years.

The Rainbow Centre for Conductive Education  
The Bradbury Building, Palmerston Drive,  
Fareham, Hants, PO14 1BJ

[www.rainbowcentre.org](http://www.rainbowcentre.org)

Registered Charity No 1096603

The   
**Rainbow**  
Centre

Enabling greater independence





# Parent Support Group

For parents and carers of babies and toddlers  
with Motor Developmental Delay or Cerebral Palsy

Every fourth Thursday of the month

1:30-3:00

24th of May, 26th of June ,17th of July

## What we can offer:

- Relaxing Environment
- A place to unwind
- Professional Support
- Meeting and networking with other parents
- Trained staff to play with your child



Contact us: [enquiries@rainbowcentre.org](mailto:enquiries@rainbowcentre.org)  
01329 289500

The Rainbow Centre for Conductive Education  
The Bradbury Building, Palmerston Drive,  
Fareham, Hants, PO14 1BJ

[www.rainbowcentre.org](http://www.rainbowcentre.org)

Registered Charity No 1096603

The   
**Rainbow**  
Centre

Enabling greater independence



## Neurodevelopmental Awareness Workshops — Summer 2018

### **Tuesday 5<sup>th</sup> June**

*What now? Understanding Autism and what it holds for the future...*

*Dr Jonathan Prosser (Solent NHS)*

### **Friday 15<sup>th</sup> June**

*The parent journey: living with autism and building a support network.*

*Portsmouth Parent Voice*

### **Friday 22nd June**

*So what about ADHD? Understanding and Management.*

*Dr Asha Gowda (Portsmouth CAMHS)*

### **Wednesday 27th June**

*Sensory issues and management.*

*Bonnie Hanley (Portsmouth CAMHS)*

### **Monday 2nd July**

*Understanding challenging behaviour.*

*Portsmouth CAMHS Learning Disability Team*

### **Friday 13th July**

*Supporting the anxious child.*

*Portsmouth CAMHS Learning Disability Team*

*These sessions are designed with you in mind as parents, so please do come to as many mornings as you feel you need. There will be space put aside to get your feedback and views on how we can improve these group sessions.*

*Venue: Civic Offices, Ground Floor Meeting Room 5, Portsmouth City Council, Guildhall Square, PO1 2AL*

*Time: 9.30-11.30am*

*Contact Daniel Bevan ([dan.bevan@nhs.net](mailto:dan.bevan@nhs.net)) to book a place or for further information.*







## **Volunteer opportunity**

**We are looking for volunteers for several social groups for adults with High Functioning Autism or Asperger's.**

**If you have autism or have knowledge of the condition and would like to gain skills in running a social group and want to volunteer we would like to hear from you.**

**As a volunteer you will receive;**

Training

Reasonable travel costs

Ongoing support

If you are interested or would like more information

Please contact Jamie Pratt on 07701397511

Jamie.pratt@autismhampshire.org.uk

<https://www.facebook.com/serendipitysocialgroups/>

## Making the most of a visit to your GP: a guide for those on the autistic spectrum

**If you or someone you are caring for has autism there are some simple steps you can take to make it easier to access your GP:**

- You should make sure the diagnosis is coded as a significant active problem on the records
- You should make sure you are on the carers register if appropriate
- You should highlight any reasonable adjustments that are needed to allow you to access the services
- You should make sure these adjustments are clearly “flagged” on the records.
- If you are registering at a new practice and you/your relative are anxious about visits, arrange some time to visit without an appointment and when no interventions are needed – “training”
- Use a patient passport and take it to appointments in case you see a doctor/nurse who does not know you: [www.autism.org.uk/living-with-autism/out-and-about/my-hospital-passport.aspx](http://www.autism.org.uk/living-with-autism/out-and-about/my-hospital-passport.aspx)
- If you do not understand something – say so
- If you are being referred to hospital for tests or investigations ask them to write on the referral letter the reasonable adjustments you will need at the hospital

**Reasonable adjustments might include:**

- Early or late appointments
- Longer appointments
- Somewhere quiet to wait
- Or waiting outside and being called in from there
- Seeing the same clinician if at all possible (recognising that in an emergency this may not be possible)
- A key named contact person who will navigate the system for you – this may be a receptionist, administrator or nurse and not necessarily your doctor
- Alternative ways of booking appointments – such as on-line that do not involve the telephone
- Accessible information in a format you understand about how and when appointments are available and how to get prescriptions or access services like cancer-screening tests.

# NEWS IN BRIEF

## Family Hubs Half Term Programme

You can find the full programme list for all Portsmouth Family Hubs here:

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



## The Portsmouth Carers Centre- Carers Week

Carers Centre OPEN DAY on Saturday 16th June 10AM-2PM

Come and celebrate **Carers Week**, thank our volunteers and learn about carers services.

We will also be celebrating 10 years of delivering services from Orchard Road.

We'd like to invite everyone to come and visit, especially those of you who haven't been to the centre before or haven't been in touch for a while.

You will have an opportunity to speak to other carers, our volunteers, our staff and service manager too! We've invited few other people representing various organisations like Citizens Advice Portsmouth, Alzheimer's Society, Landport Community Centre, parent carers representative and more. Jenna from a new service for carers called My time will be coming along, so you will have an opportunity to ask her questions about what they plan to do.

Since it's our big celebration, we will have a lovely 10 years anniversary cake and super

tasty cupcakes made by our volunteers! We plan to save a few so you can decorate your own cupcake before you have it. If you bring your loved one with you there will be space for mindful colouring, games and short session of armchair exercises.

For more information, email [carerscentre@portsmouthcc.gov.uk](mailto:carerscentre@portsmouthcc.gov.uk) or call 02392 851864

## **New Life- The Charity for Disabled Children**

**FREE EQUIPMENT AVAILABLE NOW - FIRST COME, FIRST SERVED**

We have a large quantity of equipment suitable for disabled children and young adults, which is available to families free of charge, with just the delivery costs to pay. This is a genuine offer, which we have made in the past because so many families struggle to get the equipment help they need.

All available equipment can be found at [www.newlifeable.co.uk](http://www.newlifeable.co.uk)

## **GROWFest – Free Event – Festival – Awareness for Physical & Learning Disabilities**

This event is taking place on **Sunday 3 June**, 11am-2pm, at Royal Victoria Country Park (The Oaks BBQ area), **Netley Abbey**, Southampton, SO31 5GA.

It is for children and adults with learning and physical disabilities. Entry is free but there will be a number of stalls where you can purchase goods such as face painting, burgers, ice cream and more.

Entertainment includes live bands, magicians, jugglers, bouncy castle and sensory tent. The GROW Project adult Day Service aims to bring the community Learning, Mental and Physical Disabilities together to enjoy a new experience, for care providers to unite together and to promote inclusion and integration in a safe, fun environment and to showcase what can be achieved if everyone worked together.

For more information, call 0330 133 0174 or email [Sonja@srglimited.co.uk](mailto:Sonja@srglimited.co.uk). Follow #MakingMemoriesGROW.

## **Transition to Adult Life – the Care Act & Rights to Social Care Support**

This is an event for parents, carers and professionals explaining the rights to social care for adults and young people from 18 years with SEN/Disabilities. The seminar is taking place on **Wednesday 20 June**, 10am-2.30pm, at St. Alban's Centre, Baldwins Gardens, **London**, EC1N 7AB.

The cost is £15, including lunch for parents & carers and £45 for professionals. For more information and to book: <https://www.eventbrite.co.uk/e/b-transition-to-adult-life-1-the-care-act-rights-to-social-care-support-tickets-41852260237> or call 07775 653933.

## Young Mind 360- School- Supporting your pupils through transition

Children face lots of different types of change in life. They may find change fun and exciting, but also scary and worrying. At this time of year, you may have pupils preparing to transition from primary to secondary school. That's why in this email, we've provided you with resources you can use to help your pupils cope with the transition and understand how they're feeling about it.

These resources - aimed for both Year 6 and Year 7 pupils - will help children face some of their fears and worries about moving to secondary school. We've included activities that will encourage pupils to find solutions or strategies to manage their feelings. Learning about transition and how to cope with it will prepare your pupils for the many other changes they face in life.

**For more information:** <https://youngminds.org.uk/resources/school-resources/transitioning-from-primary-to-secondary-school/>

**There is also a useful parent helpline:** <https://youngminds.org.uk/> **0808 802 5544**

## Saturday kids zone for deaf children

Amazing club running activities and events for deaf children and their families.

For more information, please go to:

[https://www.facebook.com/portsmouthdeafclub/?timeline\\_context\\_item\\_type=intro\\_card\\_work&timeline\\_context\\_item\\_source=100010682622197](https://www.facebook.com/portsmouthdeafclub/?timeline_context_item_type=intro_card_work&timeline_context_item_source=100010682622197)

## Hampshire Fire & Rescue Service

# E-Cigarettes - Safety Tips

- Never leave E-cigarettes on charge unattended for long periods
- Do not mix components of different e-cigarettes
- Only use the charger supplied
- Ensure you purchase your E-cigarette from a reputable source
- Check the e-cigarette carries CE certification
- Contact Trading Standards over any E-cigarette safety concerns

### E-cigarette charger test

[https://youtu.be/bjd4N\\_kabRE](https://youtu.be/bjd4N_kabRE)



### 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.

**For more information on keeping safe in your home:**

<https://www.hantsfire.gov.uk/keeping-safe/loveyourhome/>

## Hampshire Fire & Rescue Service

### Safety tips for smokers



#### 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.

If you or someone in your home smokes you can take the following simple steps to prevent a fire from happening in your home.

- Never smoke in bed - if you need to lie down, don't light up. You could doze off and set your bed on fire
- Take extra care when you're tired, taking any sort of drugs or have been drinking alcohol. It's very easy to fall asleep while your cigarette is still burning
- Take extra care when smoking if you have been drinking alcohol or taking medication
- Make sure your cigarette is fully extinguished. Put it out, right out !
- Never leave lit cigarettes, cigars or pipes unattended - they can easily overbalance as they burn down
- Use a proper, heavy, ashtray that can't tip over easily and is made of a material that won't burn. Make sure your cigarette is not still burning when you are finished - put it out, right out
- Do not empty your ashtray into a bin because this can cause the bin to catch fire. A drop of water in the ashtray will help to make it safe, then leave it to cool down fully.

**For more information on keeping safe in your home:**

<https://www.hantsfire.gov.uk/keeping-safe/loveyourhome/>



## IPSEA launches brand new website

Our informative new site has a fresh new look with user friendly navigation, providing a more logical journey for visitors. We've improved the structure of our content so that you can easily access useful guidance and resources, and view the full range of services that IPSEA has to offer.

### Key features of the new site

**Get support:** access our free legal advice, guidance and resources on all aspects of SEND law – from Education Health and Care plans, to making a complaint or challenging a decision – as well as our model letters which are available to download and amend for your own purposes

**Book an appointment for advice:** book an appointment online for legally based information and advice regarding children and young people's legal rights and entitlements to education provision

**Learn about and book training:** book IPSEA training online, including our e-learning, upcoming training days and bi-weekly webinars exploring different topics in SEND law

**Support us:** we cannot deliver our important services without your help, so we've made it easy for you to donate to IPSEA, pulled together a range of fundraising ideas, and included information on how you can get involved by volunteering, along with details of other ways you can give.

For more information, please go to: [www.ipsea.org.uk](http://www.ipsea.org.uk)

## Department for Education 0-25 SPECIAL EDUCATIONAL NEEDS AND DISABILITIES, ALTERNATIVE PROVISION AND ATTENDANCE UNIT Newsletter

This month, the newsletter focuses on Transfer of Statements to EHC plans, DfE consultation on elective home education, Supported internships in action, Education Select Committee SEND Enquiry, SEND School Workforce contract, The European Agency for Special Needs and Inclusive Education.

To view the newsletter, please go to:

<http://www.portsmouthparentvoice.org/news/department-for-education-0-25-special-educational-needs-and-disabilities-alternative-provision-and-attendance-unit-newsletter/>

## What Next Newsletter

Information for post 16 courses, employment and training. To read the newsletter, go to:  
<http://www.portsmouthparentvoice.org/news/whats-next-may-2018-newsletter/>

## Activities for Half-Term

### **Kids Go Free this Half Term @ Portsmouth Historic Dockyard**

**26 May 2018 - 03 Jun 2018**

Families can enjoy a range of activities this half term at Portsmouth Historic Dockyard - and kids go free!

### **Tropical Treasures @ Blue Reef Aquarium Portsmouth**

**26 May 2018 - 03 Jun 2018**

With exciting competitions and a Tropical Treasure Hunt, there's plenty of family fun at Blue Reef Aquarium this May half term!

### **The Reptile Run Trail @ Queen Elizabeth Country Park**

**26 May 2018 - 03 Jun 2018**

Take the Reptile run around the park to see who you can find amongst the trees. When you are finished head back down and collect your treat.

### **May Half Term Dinosaur Trail @ Staunton**

**26 May 2018 - 03 Jun 2018**

For a 'roarsome' time, visit Staunton Farm. There'll be face painting and animal encounters, plus a great dinosaur-themed trail to join in with!

You can find more information here: <https://www.familiesonline.co.uk/local/havant-waterlooville/in-the-know/what-s-on-in-half-term-in-havant-waterlooville-and-petersfield>

## Make @ Aldingbourne

Based in Fratton, Make @ Aldingbourne have organised lots of activities over half-term. It's also a wonderful place to sample delicious food, browse their amazing shop (always a bargain to grab!) and always a warm welcome assured by their team.

You can find more information here: <https://www.facebook.com/MAKEALDINGBOURNE/>

## Wheels For All

Wheels for All provides inclusive cycling opportunities for children and adults (all ages) with disabilities and deferring needs. Using a range of specially adapted cycles, individuals and families can cycle together, learn new skills or rediscover a previous pastime.

<http://www.portsmouthlocaloffer.org/local-offer-search/item/185>

## Stand Up

Support group for parent carers of children and young people with special needs and disabilities. Lots of activities taking place over half-term including an SEN Inflatable session due to take place on Tuesday 29<sup>th</sup> May:

[https://m.facebook.com/events/241998339691076?acontext=%7B%22ref%22%3A%223%22%2C%22action\\_history%22%3A%22null%22%7D&aref=3](https://m.facebook.com/events/241998339691076?acontext=%7B%22ref%22%3A%223%22%2C%22action_history%22%3A%22null%22%7D&aref=3)

## SEND Butterflies

Support group for parent carers of children and young people with special needs and disabilities. You will need to join their closed Facebook page to access activities including sessions at Wacky Warehouse.

<https://www.facebook.com/groups/509649702549058/>

## Activities Websites

### Portsmouth Local Offer

<http://www.portsmouthlocaloffer.org/>

### Families Online

<https://www.familiesonline.co.uk/local/portsmouth>

### About My Area Portsmouth

<http://www.aboutmyarea.co.uk/Hampshire/Portsmouth/PO6/Whats-on-in-Portsmouth>

### What's on in and around Portsmouth for our children Facebook

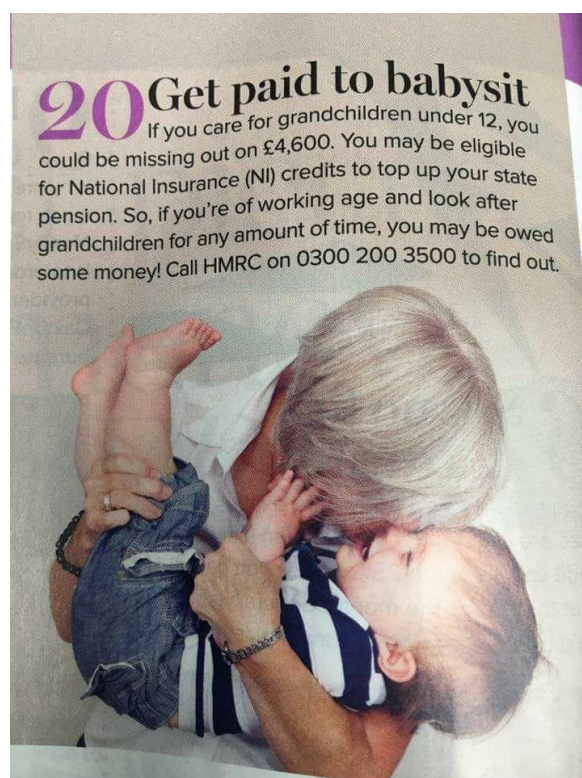
<https://www.facebook.com/groups/403455093086902/>

## Ebable Ability

Activities, clubs and Support available to Portsmouth Families:

<http://www.enableability.org.uk/>

## Get Paid to Babysit



It's estimated grandparents provide 1.7 billion hours of childcare every year for more than 1.5 million grandchildren. However, they can't be paid for it using childcare vouchers, tax-free childcare or childcare tax credits, as they don't provide regulated childcare.

However, there is a way for some grandparents (and others) to gain. If you care for grandchildren aged under 12, this can qualify for class 3 national insurance credits (known as specified adult childcare credits). These count towards your qualifying years for a full state pension.

You can find more information here: <https://www.moneysavingexpert.com/family/childcare-costs#step5> and via the government website: <https://www.gov.uk/government/news/looking-after-the-grandchildren-make-sure-it-counts-towards-your-state-pension>

## You can keep in touch with us using the following



Website: [www.portsmouthparentvoice.org](http://www.portsmouthparentvoice.org)



Facebook: Like our page Portsmouth Parent Voice



Twitter: You can follow us at @PparentVoice



Email [ppvcoordinator@p-d-f.org.uk](mailto:ppvcoordinator@p-d-f.org.uk)



Phone: 07825 185 608



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



Pinterest: Portsmouth Parent Voice



Write: Portsmouth Parent Voice

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