

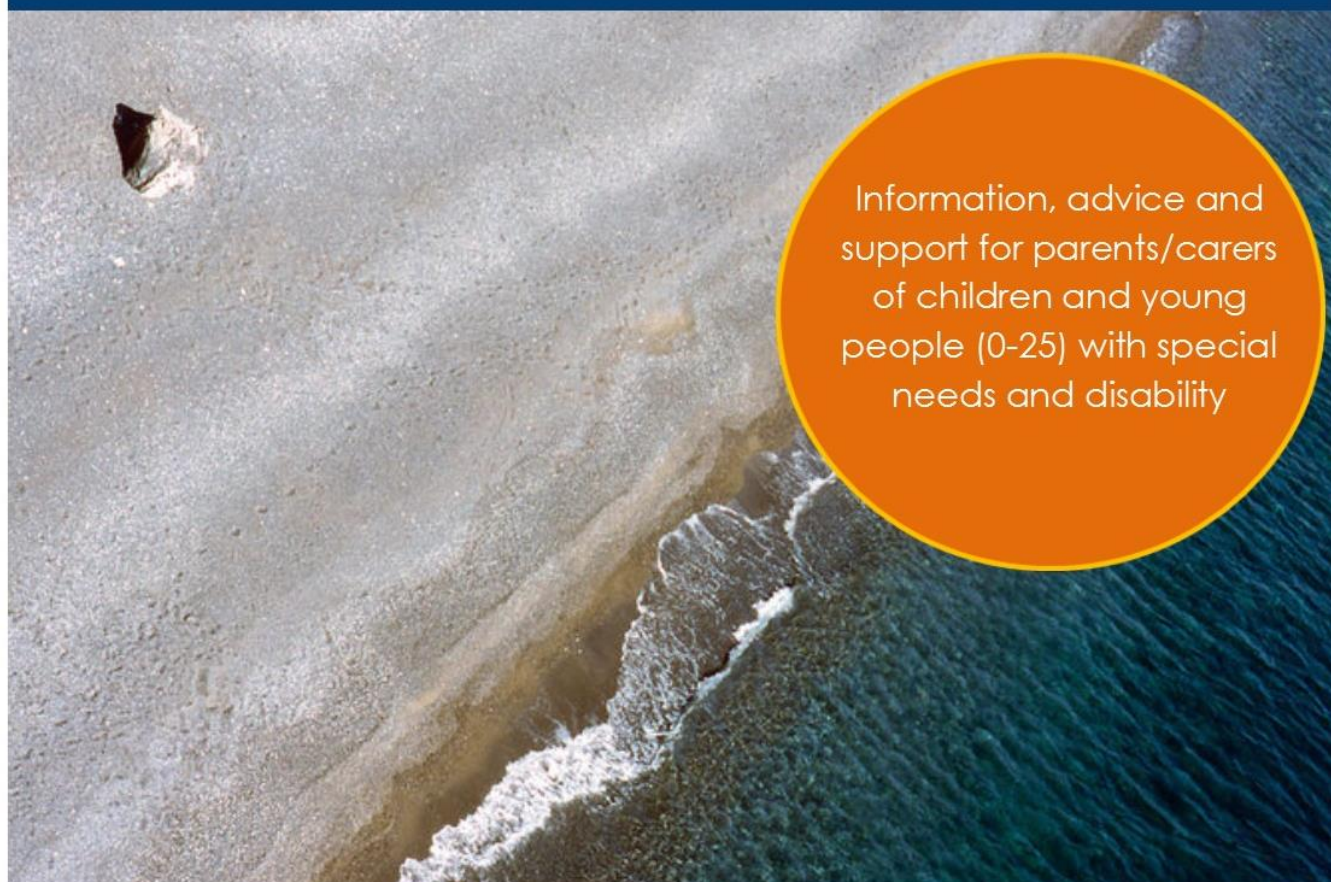


Portsmouth Parent Voice (PPV)
Run by parents for parents of children and
young people with additional needs or
disability

IMPACTING ON YOU

Newsletter

July/August 2016



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

CONTENTS

- Page 2:** Content
- Page 3:** PPV – Editorial
- Page 4:** PPV and Autism Hampshire- Coffee morning and events
- Page 5:** PPV and Contact A Family Free Education Workshop
- Page 6:** Meet the Team
- Page 7:** PPV: Become a parent representative or a volunteer
- Page 9:** Project you can get involved in
- Page 10:** Co-production Group update
- Page 11:** Local Area Ofsted Inspection
- Page 12:** Westminster Commission on Autism
- Page 13:** Your views and Consultations
- Page 14:** Autism Hampshire, Try Before You Buy
- Page 15:** Autism Hampshire, Autism Alert App
- Page 16:** Regular Groups
- Page 19:** News in Brief
- Page 31:** How to contact Portsmouth Parent Voice

Portsmouth Parent Voice



Hi Everyone!

Many of us are looking forward to the summer break and the challenges it brings when it comes to keep the kids busy and have some semblance of routine. We have planned a couple of days during August to get together and you will find further details in the newsletter.

The last couple of weeks have turned a lot of things upside down not only on the national political scene but also at a local level. In times of division and uncertainty it is crucial that parent carers stand together to protect the provision and services dedicated to help our children and young people with special needs and disability. Our voice cannot be lost in this turmoil so be prepared to shout 😊

On a very positive note, I am delighted to welcome Kara Jewell, Parent Engagement Officer and Alison Cooper, Admin Support Assistant to our team.

As new members of staff have joined us, we also have new email addresses:

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

Hope to see you soon!

Barbara



PPV and Autism Hampshire Coffee

Morning and Events Dates

Are you a parent or carer of a child or young person with autism (or of a young person awaiting autism assessment), SEN and disability and living in Portsmouth?

Event	Date and Time	Venue
PPV Drop in Children and Family Fun Afternoon (with rabbits and chickens!)	Thursday 4th August 1 pm to 3.30 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
Pic Nic in the Park Bring your lunch and games (weather permitting)	Thursday 25th August 10 am to 12 noon	College Park Portsmouth Located between Copnor Road and Kirby Road and Mayfield Road, just north of the junction of Burrfields Road and Copnor Road.

All are welcome – parents, carers, children, family, friends.

Jackie Harvey, Community Access Officer - Portsmouth, Autism Hampshire

023 9281 4723 jackie.harvey@autismhampshire.org.uk

Jackie and Barbara (Autism Hampshire & Portsmouth Parent Voice) look forward to seeing you.

Autism Hampshire, a charitable company limited by guarantee in England, Reg. No. 01710300.
Registered Office 1634 Parkway, Solent Business Park, Whiteley, Fareham, Hampshire PO15 7AH.
Charity Reg. No. 288141



FREE Education Workshop

Thursday, 15 September 2016 from 10 am to 2 pm

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

Does your child need extra help in education? Portsmouth Parent Voice in partnership with Contact A Family and Access Legal Solicitors, are delighted to offer a free workshop for parents of children with special educational needs or disability (SEND).

Topics covered include: Help for families to navigate the new system of support for children with special educational needs and disability (SEND) in schools and colleges

What does the law say? What support is available? Is my child eligible for an EHC plan? How does the process work?

Speakers: Zobia Kalim, SEND Parent Advisor for South East

Victoria Federico, Access Legal Solicitors

Further information:

Refreshments and a light lunch will be provided. Do notify us if you have special dietary requirements.

£5 deposit required refundable on the day. We expect this event to be oversubscribed so if you are unable to attend, do inform us early as we will offer your place to another parent on our waiting list. Failure to attend on the day will incur a £5 charge in order to cover our costs.

To book or if you would like more information, please call 07825 185 608 or email ppvadmin@p-d-f.org.uk You can also book online via Eventbrite: <https://www.eventbrite.co.uk/e/free-education-workshop-tickets-26483320324?aff=es2>

You can drop your £5 deposit at the Frank Sorrell Centre, Prince Albert Road, Southsea, P4 9HR Monday to Friday, 10 am till 4 pm.

Meet the Team

We are delighted that we now have appointed a new Admin Support Assistant and a Parent Engagement Officer.

By way of introduction, here they are:

Alison Cooper Admin Support Assistant (ppvadmin@p-d-f.org.uk)

Hello! My name is Alison and I am pleased to say that I am the newly appointed part-time Admin Assistant with Portsmouth Parent Voice.

I have 3 beautiful young children, my eldest child has ASD/ADHD so my house is always busy and full of energy- never a dull moment!

Up until now my career has been working within the hospitality sector with the last few years being admin based, so I hope I can bring something with me to PPV. I am looking forward to this new and exciting role and I hope to be able to meet with other parents, share our experiences and make a difference.

I will be working most days from 11 am to 1 pm.

I am delighted to be working at PPV and I look forward to meeting with you.

Kara Jewell, Parent Engagement Officer (engagementofficer@p-d-f.org.uk)

Hi, my name is Kara and I am delighted to be part of the team at Portsmouth Disability Forum. I will be working closely with parents, Portsmouth Parent Voice as well as schools and professionals around the City.

My working days will be Tuesdays and Fridays although I am always contactable by email.

I am a child-minder by trade and I have two children. I have personal experience of special needs and disability and a real passion to enable our children and young people to be part of our community whether at school or in life.

I look forward to meeting you soon and do get in touch if you need to discuss issues with me.

Portsmouth Parent Voice: Become a Parent Representative or a Volunteer

PPV would not be able to represent your views without your engagement. We hold regular events, attend schools coffee mornings and information days in the community as well as the use social media to keep you informed.

In 2016/17, we want to develop the role of the parent representative (parent rep for short) and expand our volunteer base.

The parent rep role:

Parent carers can help pinpoint problems frequently experienced by families with disabled children. This knowledge is useful to professionals to help them improve how children's services are delivered so they better meet families' needs.

To be truly representative, parent reps have the interesting task of representing the views of parents from a huge range of backgrounds whose children have a wide range of impairments.

You will be attending **strategic meetings** at various locations around the city but mainly at Portsmouth Civic Offices. You can **commit** as little or as much as you want and you will get our **full support** to attend meeting, to **understand** the documents you will have to read, to provide you with the **training** you need and to pay for your **expenses**.

If strategic meetings are not your thing, you can get involved in the running of PPV, establishing what the **priorities** of our parent carer forum should be, decide what we should spend our grant money on and make sure we are doing what we are supposed to do!

This is an extremely rewarding role and your skills and experience are highly valued by professionals, parents and stakeholders.

The SEN School Champion:

This is a **new role** that we are currently developing. With the **Local Area Ofsted Inspection** in mind, we are looking to have an **SEN School Champion (parent rep within the school your child attends)** in primary and secondary, mainstream and special needs schools in the city.

You will be the **link** between PPV, your **school SENCO**, your **Family Link Worker** (if applicable) and the parents. Your role will be to **organise coffee mornings** or **drop-ins**

within your school, **share information** and gain feedback from parents around issues that concern them and involve them in **consultations** or **focus groups** relevant to them.

Again, you will receive the same amount of support that the parent reps receive.

Volunteer:

We run many activities and events so if you feel you can spare a **couple of hours a month** (or more if you want to), we would really appreciate your help. If you are interested in social media, designing newsletter, admin, help at events... please get in touch. We are a small but active and laid back team and would welcome you with open arms.

You will find a list of all the projects we are currently involved on our website (<http://www.portsmouthparentvoice.org/Consultations.html>) so if anything is of particular interest to you or if you want to find out more, please get in touch. You can also fill in an online form to register your interest on the same webpage.

For more information, please contact: ppvcoordinator@p-d-f.org.uk or call 07825 185 608



Portsmouth Parent Voice

Projects you can get involved in

We are always looking for parents to get involved and to engage them in the decision making process when services are being reviewed and changed in the City.

We have a few vacancies on several projects we are currently involved in. This is your opportunity, as a parent carer, to have a voice and share the opinion of other parents at these meetings.

Meeting	Activity	Time and Location
Parent Co-Production Group	Monthly meeting with other parents and a representative from the Local Authority. We review communication such as letters from the Local Authority to parents as well as the effectiveness of the Portsmouth Local Offer website. We also discuss issues affecting parent carers such as accessibility to children centres, education and health provision. This meeting is informal. We are particularly interested in recruiting new parents who have 0-5 year old children with SEN within mainstream and SEN provision.	Tuesdays (next meeting 27th September), 10am-12pm Portsmouth Academy for Girls. St Mary's Road Portsmouth Hampshire PO1 5PF
Empowering Children and Families Forum (ECAFF)	Monthly meeting where parents, professionals, local service providers and voluntary and statutory representatives come together to discuss and find possible solutions to issues affecting families, children and young people with special educational needs and disability. This is an informal meeting and we usually bring our lunch!	Wednesdays (next meeting 14th September), 12pm to 2pm The Frank Sorrell Centre , Prince Albert Road, Southsea, PO4 9HR

If you would like further information about joining these groups, do get in touch. You will have the copies of the minutes to give you an idea of what is involved and whether this is something you would like to know more about. Full training will be given and expenses paid. We can also meet with you on a one to one basis to explain the projects in details.

Coproduction Group Update

The Co-production (or Co-Pro) group still meet once a month and has done so for the past 3 years.

We review the effectiveness and the information held on the Portsmouth Local Offer Website at each meetings by using case studies. It's always interesting to check that the wording entered in the search engine works effectively and what we do to address this when it doesn't work.

We also review documents sent to parents from the Local Authority; this can be letters, leaflets and various communications. We are also working on designing a leaflet about SEN Support in co-production with two Sencos, Sarah Christopher from Priory School and Di Cook from Arundel Court to ensure that the information is clear and accessible to parent carers.

We have also created an Appreciation Award to celebrate professionals who have made a positive difference to local families. If you would like to nominate someone, please get in touch.

Parents have also recently discussed accessibility of children's centres as well as special toilet facilities and transition from secondary school to college.

If you would like to be part of the Co-production group or would like to find out more about what we do, please get in touch with Kara Jewell, chair of the Co-production group and Parent Engagement Officer.

Kara Jewell,

engagementofficer@p-d-f.org.uk

Local Area OFSTED Inspection

The latest 2 authorities to be inspected were Hertfordshire and Stoke. I haven't received feedback as yet but there were some technical difficulties when trying to set up webinars in order to give parent carers an opportunity to give their views when they were unable to attend meetings or consultations in person. This set-up was particularly effective to enable working parents to take part in the Local Area Ofsted Inspection however the IT system needs to work for everyone to take part.

PPV will be reviewing their arrangements over the summer holidays to ensure that we are ready when the inspection takes place. We will be looking at a training session in the autumn around webinars and the process needed to give parent carers the opportunity to have their voice heard regarding education, health and social care as well as other service providers in the local area.

Read more information on local area duties toward children and young people with SEND at:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/417435/Special_educational_needs_and_disabilities_guide_for_parents_and_carers.pdf

Special Needs Jungle have published a brilliant parent carer guide to the Local Area Ofsted Inspection.

You can find out more at: http://www.specialneedsjungle.com/parents-carers-guide-new-special-educational-needs-disability-inspections/?utm_source



Westminster Commission on Autism

Westminster Autism Commission – an independent, cross-party group with leaders from the autism sector influencing policy & practice for an autism friendly world

Following a seven-month inquiry and a consultation of over 900 people, the Westminster Commission on Autism launches its inquiry report and calls for improved access to healthcare for all autistic people.

They have also published an easy read version for you to access online as well as the full report.

<https://westminsterautismcommission.wordpress.com/>

Your Views and Consultations

National Network Of Parent Carer Forums: DEVELOPMENT OF A NEW CARERS STRATEGY – CALL FOR EVIDENCE

You may recall that during the passage of the Children and Families Act through Parliament, the NNPCF was instrumental in having the legislation for Parent Carers strengthened. Parent Carers span the Children and Families Act (when our children and young people are 18 and under) and the Care Act (when our young people are over 18). We have spoken about this to Department of Health (DH) who are leading on the new Carers Strategy. We have agreed that it is really important, given the legal framework, to have a joined up response from DH and Department for Education in the new Carers Strategy for Parent Carers.

In order to help understand the different Acts, here is a link to a very good guide to the Children and Families Act and the Care Act:

<http://www.councilfordisabledchildren.org.uk/media/548760/Care-Act-and-CFA-link-PFA-2014.pdf>

You can complete the online survey - the Call for Evidence webpage can be accessed here: <https://consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers> There has already been a fantastic response to the online survey so far – over 3000 responses, of which over 85% are from carers themselves. We want to make sure that Parent Carers are well represented.

The closing date of the Carers Call for Evidence has been extended by one month – until the 31st July.

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

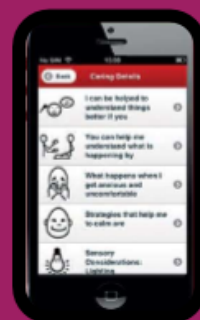
Charity Reg No: 288141

Autism Alert App and Helpful Apps List

Includes Smart Phone Loan Information



Apps can be useful for people who have autism to help them with everyday tasks, routines, communication or coping with stress. An App is a piece of software that can be downloaded onto a smart phone or other electronic device.



List of useful Apps on the Local Autism Directory (LAD)

We are creating a list of useful Apps on the LAD. Use the LAD link below and select the APP category in the search bar or contact the Community Access Autism Hampshire to access the list.
<http://www.autismhampshire.org.uk/local-autism-directory/directory/>

Share if you care

If you can recommend Apps which would be useful for people who have autism, please let the team at Community Access know so they can share this information on the LAD.

Autism Alert App

Autism Hampshire provides the Autism Alert App, which enables people who have autism to share information about their autism and support their autism. These can be used by young people and adults who live in Hampshire (including Southampton, Portsmouth and Isle of Wight)

- The App is held on a Smart Phone. You can also have an alert card.
- If you would like an Autism Alert App contact Community Access, Autism Hampshire for an application form.
- You can decide which information goes on your App and who sees it.
- Information you chose to include might be emergency contact details, information about how your autism affects your communication or sensory issues you may have.
- Autism Hampshire hold your details on a secure central data base and you can ask them to add or change your details.
- Hampshire Police Officers and other emergency service personnel receive autism and alert card/app awareness

training. The app can also be used to explain your autism to any professional, family member or friend you chose to share it with.

- The app is part of the Autism Alert programme which includes the Autism Alert card and car sticker.

Smart Phone Loan

If you would like to be able to use Apps but don't have a smart phone, Autism Hampshire have a limited supply of smart phones which you may be able to borrow at very low cost. Anyone who is over 18, has autism and who lives in Southampton, Hampshire, Isle of Wight or Portsmouth is eligible to apply. Each application will be reviewed by an independent panel and you will be informed of the panel's decision within 6 weeks of applying. For more information or to apply for a smart phone loan, contact Community Access Autism Hampshire.

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

Service supported by: Frank Mistlebrook Foundation, George Cadbury Trust, Chandlers Ford and District Round Table and Hampshire Autism Voice.



TRANSFORMING BUSINESS
mpro5

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.

Regular Groups

This is a small sample of groups and activities in the area.

For an extensive list of activities for children and young people with additional needs, please go to our website:

<http://www.portsmouthparentvoice.org/Links.html>

or the Portsmouth Local Offer website:

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

Active Soccer

Football related activities available to children of all ages and abilities.

The active soccer mission statement is 'Fun, Healthy and Inclusive'. Everyone involved in the active coaching team understands the importance of providing a 'Fun, Healthy and Inclusive' experience for children who attend active soccer sessions.

For more information, please go to:

<http://www.activesoccer.co.uk/areas/portsmouth> or call 07585 586 317

OmniArts

Our drama, music and dance school is open to anyone! We are an all inclusive group, and welcome anyone who is interested in the performing arts.

If you are worried about you/your child joining OmniArts due to a disability or confidence issues, please don't hesitate to get in touch with Becki, our director via email: becki@omniartsps.co.uk or call her on 07584 662225, to discuss meeting up with one or more of us before attending a lesson.

For more information, please go to

<http://omniartsps.co.uk/>

Wheels for All

Wheels for All provides cycling opportunities for children and adults with disabilities and differing needs. Using specially adapted cycles, individuals and families can cycle together, learning new skills or rediscovering a previous pastime. We are currently running weekly sessions every Saturday 12:00 - 2:00 at Alexandra Park. Feel free to check out our Facebook page. Any likes and shares would be appreciated. To find out when and where our next cycling session is, please phone 023 9284 1560, or email asha.lal@portsmouthcc.gov.uk

To view the full programmes, please go to: <http://www.portsmouthparentvoice.org/New-s-and-Newsletters.html>

Portsmouth Penguins Swimming Club

Portsmouth Penguins Swimming Club is held at charter academy (St Lukes School) Portsmouth every Sunday 3- 3.55pm. This is a disabled swimming club for all families, children and carers. There is reduced admission price for carers, and also for people holding a Portsmouth city council leisure card. **Contact Details:**

Parkwood Leisure -Charter Community Sports Centre, Greetham Street, Portsmouth, PO5 4LH

Tel: 02392 838 798 Email

address: charter@parkwood-communityleisure.co.uk

Website: <http://www.leisurecentre.com/charter-community-sports-centre/Activity/childrens-swimming-lessons>

Email: charter@parkwood-communityleisure.co.uk

Portsmouth Disability Forum Health Cafe

Worried or concerned about health or social care related issue?

In a relaxed environment, share your concerns with people who listen, understand, and will sign post you in the right direction. Drop in session between 1pm and 3pm, on a monthly basis at the Frank Sorrell Centre, Prince Albert Road, Southsea, Portsmouth PO4 9HR

Tel: 02392 815266

Or check PDF Facebook page:

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

Horizon Leisure Centre

Havant and Waterlooville Leisure Centres' activities are all **fully inclusive** and we actively welcome those with additional needs. However, we also provide a few **specially organised activity sessions** for those that prefer it.

For more information , please contact our Disability and Special Needs Coordinator, Debbie Jarman (023 9247 6026).

We have strong links with the Parent Voice, Activities include: Supported Swimming Lessons, Additional Needs Cricket Sessions, Additional Needs Badminton Club and many more.

For more information, please go to <http://www.horizonlc.com/activities/disability-sports/>

Enable Ability

Enable Ability is an independent charity for the care, welfare and advancement of disabled children and adults, their families and carers, to provide a range of high quality services including [Hampshire Teenage Project](#) (<https://www.facebook.com/hampshiretp>), [Enable Ability Pals Project](#), [Portsmouth Teenage Project](#) and [Sports Club](#)

For more information, please go to:

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

To view the full programmes, please go to:

<http://www.portsmouthparentvoice.org/New-s-and-Newsletters.html>

Havant GO! Club Minis

Come join our club for children and young people with additional needs aged 3 – 8 years in Havant and their siblings!

We have a variety of different sports, arts and crafts at each session – something for everyone!

This is a short break so parents can leave their children with our trained and friendly staff and volunteers.

To register, please call 01256 636 288 or go to

<http://www.greatopportunities.org.uk/havant-go-club-minis/>

Dis-Play Portsmouth CIC

Dis-Play is a Sport and Social session for adults 16+ with disabilities and/or additional needs.

Participants will be able to play sports games, learn skills, socialise and most importantly have fun! The club is every Wednesday from 7.30pm until 9pm.

Contact: Havelock Community Centre, 324 Fawcett Road, Southsea, Portsmouth, Hampshire, PO4 0LQ

Tel: 07783 946609

Email: displaycic@gmail.com

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

Pompey in the Community

Pompey in the Community provides a range of fun and structured sports sessions for people with disabilities. Our clubs with expert coaches will be able to develop your sporting ability whether you are new to sport or an experienced sports person. Activities include: Powerchair Football, Wheelchair Racing and Disability Athletics, Pompey Disability Sports Club and many more.

For more information, go to

<http://www.pompeyitc.co.uk/disability/>

NEWS IN BRIEF

SEN Family Boogie Mites Session, Southsea

A SEN family 'Boogie Mites' session is being held on **Saturdays**, 2-2.45pm, at The Studio, Mary Rose Academy, Gisors Road, Southsea, PO4 8GT. This is an interactive music and movement session exclusively for children with additional needs, aged 2-18 years, and their families and carers. There is no restriction on age or ability and that includes the grown-ups! The cost is £5 per family. To book please go to: <https://boogie-mites-hampshire.class4kids.co.uk/info/64>

Or contact Pauline at Pauline@boogiemites.co.uk.

Inclusion Days, Bransgore, New Forest

Avon Tyrrell, The UK Youth Outdoor Activity Centre, Bransgore, BH23 8EE, has been running their inclusion events in Partnership with Hampshire County Council for the last six years, and they are incredibly popular. They provide a safe environment for young people to develop friendships, spend time with family, and take on a new challenge. Throughout the year, they offer a range of residential weekends and day visits, enabling as many people to access the facilities as possible. The activities on offer include, but are by no means limited to, zip wire, high ropes, climbing, canoeing, pioneering, mountain biking, bush craft and archery. All of the activities are fully inclusive, with a wide range of specialist equipment available and fully trained staff.

Their upcoming 'Inclusion Day' events will be held as follows: **Friday 29 July • Monday 1, Saturday 6, Sunday 7 and Tuesday 30 August • Thursday 1, Friday 2, Saturday 10 and Sunday 11 September • Saturday 8 October • Sunday 4, Sunday 11 and Sunday 18 December**. The cost is £15 per person, and the day includes: 3 inclusive activities • tea and coffee • hot lunch. For further information, and the most up to date information on upcoming events, please go to <https://www.facebook.com/AvonTyrrellInclusion/> take a look at their new Facebook group, which you are welcome to share. For booking, email info@ukyouth.org or call 01425 672347. View their website by [clicking here](#).

Challengers

It's nearly time to book Challengers sessions for the **Summer Holidays 2016** for all Challengers schemes running from the **1st-27th August**.

Book online at the Challengers Booking Website https://www.bookings-challengers.org/?dm_i=2YT,46HQQ,M8G8KB,F7IG3,1

Call the Challengers Booking Line on 01483 230 939.

Summer Workshops at Making Space, Havant

In addition to Making Space's mainstream activities, which runs from 8-12 August, they will also be running a 3-day Reach Out Summer school specifically for children and young people with additional needs. This is a great opportunity for them to learn new skills and make new friends! The workshops will be held at Making Space, 2 Bishopstoke Road, Leigh Park, Havant, PO9 5BN as follows: **Monday 15 August** 10am-12pm Tie Dye T-shirts • **Monday 15 August** 1-3pm Cushion Covers • **Wednesday 17 August** 10am-3pm Summer Film Workshop • **Friday 19 August** 10am-3pm Minecraft Workshop. The cost is £7.50 half-day, £14.50 full-day or £43 all week. The workshops are aimed at 7+ years. Children can come on their own or they can bring a parent/buddy. If you have a creative young person you would like to book on, get in touch now as this is very popular and spaces go fast. For more information and online booking please go to <http://makingspace.org/courses/> . Alternatively, call 02392 472491 or email admin@makingspace.org

Did you Know?

Did you know that if your child or young person needs to go in to hospital for a period of time their Disabled Living Allowance (DLA) payments or Personal Independence Payment (PIP) payments (if they are under the age of 18) will no longer be stopped! A new law which came in to force on the 29 June 2016 means that hundreds of families of the most disabled and poorly children will no longer lose this financial support when they often need it most.

The Children's Sleep Charity

The Children's Sleep Charity (CSC) was set up in 2012 and is registered with the Charity Commission. Their aim is that all children are supported to get a good night's sleep. Sleep deprivation can have a serious impact on emotional, physical and mental health, many families seeking support are approaching crisis point. The charity offers a range of services from working directly with parents to training professionals in the NHS. Their work is based on the latest research and they have a team of experts who input into their training

materials and courses. CSC believe in working in partnership with families and offer a gentle approach to making lasting changes to your child's sleep patterns. For more information on how they can help you and any training courses <http://www.thechildrenssleepcharity.org.uk/> to go to their website or call 01302 751416.

Family Breaks and Holidays by Family Fund

Family Fund and Haven have been working closely together for five years to provide much-needed opportunities for families to enjoy memorable holidays together. With 36 parks around the UK coastline, there is a park to suit everyone. If you book a Haven holiday through SENDirect you can **save up to 10%** on top of Haven's best public prices. You can have a short break or a holiday at a Haven park any time from March to November. Haven understands that the needs of families raising disabled children can vary from family to family and want to ensure that every guest has the best possible holiday experience. If you have any particular queries, get in touch with one of their specially trained advisors in the contact centre, who are available to support you with advice and information at every stage of the booking process. You can book online 24 hours a day, 7 days a week, or call Haven's UK control centre on 0333 202 5427 and quote CH_SENDIRECT or go to <http://www.haven.com/promotions/splashpage/send-direct.aspx?source=other&channel=other-promotions&wacampaign=sendirect> or visit their website. You must quote this code to get your extra savings. Please note: this discount cannot be redeemed in conjunction with you Family Fund Grant.

Care Quality Commission- Not Seen Not Heard

We're calling on health services to do more for children at risk of harm. Children and young people have the right to get the care that they need, when and where they need it.

Healthcare services and other organisations that work with children and young people have a responsibility to keep them safe.

Vulnerable children and young people in England are not getting the help they need when and where they need it. The risks of harm to many children are revealed with the right questions and support.

In our review of 50 local area inspections, we found health and social care services failing to adequately support young people. We also found examples of innovative and outstanding care

You can get the full report at the address below:

http://www.cqc.org.uk/sites/default/files/20160707_not_seen_not_heard_report.pdf

Care Quality Commission- Identifying and managing clinical risks in newborn babies and providing care for infants in the community who need respiratory support

This review looked at how risks for newborn babies are identified and managed and at the care for infants in the community who need respiratory support.

Newborn babies may need extra care in a neonatal intensive care unit or special care baby unit if they were born prematurely or if they need care for a particular health condition. Babies and infants that need long-term care can be transferred to a local unit or discharged to receive care at home. A baby with complex health needs may move between distinct areas of care or 'pathways'.

For this review, we have focused on the quality and variability of NHS care, to help us identify if there are gaps that need to be addressed. By doing this, we aim to identify opportunities for improvement and influence the development of clear national guidelines.

You can access the full report here:

http://www.cqc.org.uk/sites/default/files/20160707_babyclinicalrisks_web.pdf

Independent Lives

An update on Independent Lives action since the EU Referendum

In the last few days we have been working with national organisations and groups, looking at the implications of the EU Referendum outcome on health and social care, and specifically the lives of disabled people.

VODG gathers comments from its members

Steve Scown, Chair of [Voluntary Organisations of Disability Groups \(VODG\)](#) asked us to respond to the EU Referendum outcome.

We put forward 6 areas that we will closely monitor in the coming months:

1. How legislation on **human rights** may change, for example will the Human Rights Act be replaced by a British Bill of Rights, and how might this affect anti-discrimination law and workplace rights.
2. How the economy and austerity measures may **further impact on NHS and local authority health & social care budgets**.
3. The risk of uncertainty within national leadership and clarity around implementing a Brexit strategy causing other **programmes and commitments to potentially fall off the agenda** (such as halving the employment gap).

4. How will **EU funding** work in future, and what impact might this have on areas of deprivation, where it supports accessible infrastructure, and rural development.
5. **Hate crime** reporting has increased since the EU Referendum, is there a risk of hate incidents towards vulnerable adults also increasing.
6. The adult social care **workforce** is already at crisis point - the number of social care jobs is increasing by between 2-5% per annum, with 230,000 new roles being created between 2009-2014 and set to continue to increase. In 2015 the adult social care workforce had 62,000 new entrants to the market from outside the UK. Restrictions on immigration could significantly limit the availability of care and support to disabled people leaving people without support. (Source "*The size and structure of the adult social care workforce in England*" & "*Recruitment and retention in the adult social care sector*" Skills for Care 2016)

The Care Act - one year on

Review shows new law has made little difference to England's unpaid carers

A year on from the introduction of the Care Act, a review by the UK's largest charity for unpaid carers has found that the new act has made little or no difference to the 5.4 million carers in England.

Carers Trust surveyed and spoke to unpaid carers looking after their sick or disabled family and friends, and to health and social care professionals to find out how well they thought the new act, which entitles carers to an assessment of their needs, was working.

The review, led by former care minister Paul Burstow, found a 'mixed picture' with examples of good practice, but in many cases found that the act had made no difference to carers. In some instances, carers hadn't heard about the measures that had been introduced, which could support their needs and well-being as a carer.

The new Care Act came into force on 1 April 2015 and gave carers rights on an equal footing to the people they care for.

Their new rights include taking into consideration the carer's health and wellbeing, family relationships and their need to balance their home life with their education or work. If they are found to be eligible they are entitled to support, sometimes funded by their local authority. In addition, all local authorities must provide advice and information and prevent carers' needs from getting worse.

To read the full report, please go to: <https://carers.org/press-release/care-act-one-year>

Working Families

Waving *not* drowning, Working Families' Project for Carers and Parents of Disabled Children who Work or Wish to Work.

Welcome to Waving *not* drowning's June e-bulletin.

Don't worry. Brexit is not going to have any effect yet on your rights in the workplace or on your rights not to be discriminated against. Working Families will be keeping a close eye on any changes and Waving *not* drowning will make sure that you're bought up to date

News for Parents and Carers

- A law firm had to [apologise](#) after a gloating tweet when they won a case against a family seeking SEND (Special Educational Needs and Disability) support for their child.
- For this year's Carers Week, Carers UK has produced a report on building [carer-friendly communities](#) .

The Transition Information Network is running *It's my life! Decisions, capacity and EHC Plans* [interactive training](#).

If you would like to subscribe to the Waving not Drowning newsletter, you can do so following this link: <http://www.workingfamilies.org.uk/>

Council for Disabled Children Newsletter

We've rolled together all the latest news from the sector in one neat little package to get you up to speed. In this issue you have:

- **An update on the support funded by the Department for Education to implement the SEND reforms in 2016-2017.**
- **An article from SIBS and Family Fund looking at the barriers faced by siblings of disabled children.**
- **Three new case law updates from Steve Broach looking at breaches of human rights, school transport duties and what education means post-18.**
- **A spotlight on NHS England's new project to empower children and young people with autism to make decisions about their lives.**
- **Member Focus - looking at The Children's Sleep Charity's work supporting families of children with autism to get a good night's sleep.**

All this along with the usual updates on policy announcements, training, events and resources.

Click the link below to read and download the digest.

http://councilfordisabledchildren.org.uk/help-resources/resources/cdc-summer-digest-full-latest-sector-news-out-now?mc_cid=32d2628305&mc_eid=303341d3f7 . Don't forget to share it with contacts if you think it will come in handy.

The National Autistic Society, South Hampshire Branch

Tony Attwood to visit us next year

We are delighted to announce a return visit to Winchester by Professor Tony Attwood, one of the most respected autism and Asperger syndrome experts in the world, following our very successful one-day sell-out seminar in 2011.

Tony is a clinical psychologist who has specialised in autism spectrum conditions since he qualified as a clinical psychologist in England in 1975. He works in private practice in Brisbane, but is also adjunct professor at Griffith University, Queensland. His book *Asperger's Syndrome – A Guide for Parents and Professionals* has sold over 300,000 copies and has been translated into twenty languages. He has worked with over 3,000 individuals of all ages with Asperger syndrome.

Parent Voice Factsheet and Articles

Parent Voice have added two new factsheets to their website (www.parentvoice.info). These are as follows:

Post 16 Options – Deciding what to do after 16 can be a very daunting experience for both young people and their parent/carers. This factsheet looks at some of the Post 16 options available to young people in the Hampshire area. To view the factsheet, go to https://www.parentvoice.info/en/Post_16_Options_-

School Exclusion - Hearing that your child has been excluded from school can come as a huge shock. This guide offers information on legal responsibilities, necessary actions and how you can look to the future. To view the guide go to https://www.parentvoice.info/en/School_Exclusion_-

Other subjects covered by our Factsheets and Articles are as follows:

Factsheets: Sensory Processing Disorders • Support for Siblings • What is The Local Offer • Sexuality • Where to go for Support • Challenging Behaviour • DLA Support and Advice • Toilet Training • Going on Holiday • Hampshire Short Breaks-Information for Parents • Haircuts Pack • Short Breaks – Information for Providers Guide • Complaining to Children's Services • Sleep • Summer Holiday Guide.

Articles: Setting up a support group or small charity • Further Education/College Open days • Selective Mutism • School Holidays • Staying Safe Online • School Uniform • Preparing your Child for a Stay in Hospital • Bullying • Preparing for Power Cuts • Mental Health • Going to the Cinema • Anxiety • Dentists.

To access any of the above, please use this link

http://www.parentvoice.info/en/Home_Page to go to our website and click on 'Useful guides / factsheet' button and scroll down for the relevant item or type the title given above into the search bar. Click on the following link

<http://www.parentvoice.info/images/7/76/FactsheetArticleLinks.pdf> for a summary of the above titles and their links. If you do not have access to the internet, please call 03003 038603.

Living With Epilepsy Event, Southampton

Southampton 'Living with epilepsy' advice and information event is being held on **Saturday 23 July**, 10am, at Solent University, East Park Terrace, Southampton, SO14 0YN. Epilepsy Action are hosting this event for you to find out more about treatment options available. They also want to give you a face-to-face opportunity to learn about the resources they can offer to support you in managing your epilepsy. By going along to the event, you will: get to know the treatments available for epilepsy beyond medication • learn about the eight steps they suggest to better treatment • find out about how Epilepsy Action can help you • learn new skills to help manage health and wellbeing • get better quality of life through self-care. The event's aim is to impact on your self-management levels, psychological wellbeing, quality of life, knowledge, skills and confidence. Tickets start from £4. For more information, call **0113 210 8781**.

Autism Hampshire Community Access

The Serendipity Social Group Project now has a Facebook page, to keep you up to date with social group dates and activities: <https://www.facebook.com/Serendipity-Social-Groups-Project-1708225532774212/timeline>

Hampshire Autism Voice Survey

Services for Adults (age 18+) with Autism

A survey of 19 questions was circulated from 30.01.16 – 29.02.16 via Survey Monkey web link relating to housing, services and benefits for adults with autism (18 and over) and their families. A total of 99 responses were received.

<http://btckstorage.blob.core.windows.net/site13113/documents/Final%20Report%20Services%20for%20Adults.pdf>

Supporting Adoptive Families with Empathy (SAFE) Programme

SAFE is based in Chubut Suite, Ashurst Lodge, Ashurst, Southampton, SO40 7AA. Their aim is to support adopted families who are experiencing difficulties due to unresolved childhood trauma caused by the young persons' experiences prior to being adopted. SAFE includes a targeted programme of six week 1-2-1 support for adopted young people 12-18 years old to build their understanding of the links between their early life experiences and their feelings, behaviour and actions in the present. Sessions include: Risk Taking Behaviours • Protective Factors • Understanding Empathy • Healthy Relationships • Feelings Around Adoption • Goal Setting. Wherever possible, SAFE aims to provide 12 weeks of mentoring post the 1-2-1s. Alongside this they offer a programme of peer led support groups for parents of the adopted child providing a safe place to share experiences/challenges/successes/offer various workshops/training.

The work with the young people will provide a supportive, relaxed environment where the young person can discuss their life experiences and how these experiences have impacted on their feelings and behaviour. The sessions aim to build their empathy and understanding of others' feelings, give an understanding of the importance of goalsetting in their daily lives and space to reflect on personal risk and protective factors. For more information, email Karen.jordan@hamptontrust.org.uk or call 02380 009898. Also view information on their website, <https://www.hamptontrust.org.uk/our-programmes/safe/>

Enable Ability- looking for a Trampoline Coach

We are still looking for a level 2/3 Trampoline coach for our multi sports club for young people aged 5 – 25 with mild – moderate disabilities/special needs. We run during term time at Charter Community Sports Academy in Portsmouth on a Friday from 5.00 – 8.00pm. We need a Trampoline Coach for 2 hours from 5.00 – 7.00, our young people are split into 2 age groups and each group has an hour of trampolining and multi sports followed by swimming.

If you are able to help/would like more information please contact us

caroline@enableability.org.uk or call Direct line 02392 671874

Gym 01 ABC – Beginners Boxing Sessions, Portsmouth

Gym 01 Amateur Boxing Club, Unit 16, Partnership Park, Fratton, Portsmouth, PO4 8DF, has a wealth of experience in delivering engaging, inclusive boxing sessions for members of the local disabled community. Having been involved in the Disability Boxing Project last year, their coaches have received training in disability/inclusive coaching from Sports Coach UK and England Boxing, and have delivered sessions in partnership with the Charity 'Enableability' and the 'PALS Project'. All welcome, changing facilities available, £6 PAYG (First week free for Juniors!), or £30/month for x2 sessions a week (£3.75 per session). No need to fight (!), just come down to socialise and get fit during a non-contact beginners session, in a welcoming family-feel club. The sessions are held **Tuesdays**, 5.30-6.30pm and **Fridays** 6-8pm. For more information: <http://www.gym01.com/> or contact James Connor by email at uniboxingclub@gmail.com or telephone 02392 177323.

Why an unfortunate series of tweets must be a SEND game-changer- Special Needs Jungle

Brilliant article by Tania Tirraoro giving her perspective of the Baker Small law firm and the result of a series of unfortunate tweets!

<http://www.specialneedsjungle.com/why-unfortunate-series-tweets-must-be-send-gamechanger/>

IPSEA - New Case Law

A recent case has provided much-needed clarity on how Tribunals should deal with appeals involving young people. This also includes cases where the young person lacks the mental capacity to conduct an appeal themselves. The decision is a very positive one for young people. It confirms the wide category of those who might need an EHC plan. Please click here: https://www.ipsea.org.uk/news/2016/upper-tribunal-decision-buckingham-cc-v-sj?dm_i=PWP,4AA0J,4UJBP5,FO4B0,1

ADRC- “TRANSITIONS: Navigating the barriers along the Autistic Journey”

Autism Diagnostic Research Centre (ADRC) is hosting its first major conference.
18th October 2016

Saint Mary's Stadium, Britannia Road, Southampton, Hampshire SO14 5FP

Keynote Speaker: Dr Francesca Happé,

Professor of Cognitive Neuroscience,

Director of the MRC Social, Genetic & Developmental Psychiatry Centre,

Institute of Psychiatry, Psychology & Neuroscience, School of King's College London

Keynote Speaker: Professor Digby Tantam

Emeritus Professor at the University of Sheffield and Consultant Psychiatrist at Dilemma

Consultancy Ltd

Dr Ewelina Rydzewska

Research Associate at the Scottish Learning Disabilities Observatory

The programme will also include video presentations of patients that ADRC has diagnosed talking about the transitional challenges and barriers they have faced.

Visit www.adrc.co.uk for full details and for fast, easy, secure booking.

You can help to make this event a success. Just **download and print our A4 poster**.

Place it on a noticeboard or somewhere prominent. We are looking forward to what promises to be an excellent meeting and we hope that you and your colleagues will join us.

Early Bird Delegate Rate (available until 1st July 2016) £195 per person

Delegate Rate (available from 2nd July 2016) £245 per person

Concession rates available - please contact: 023 8020 2631

Book here: <http://www.adrc.co.uk/conference-2016>

www.adrc.co.uk/conference-2016

EVOLVE Programme

EVOLVE is a pilot project which aims to address a lack of arts and cultural provision for children, young people and adults with physical and learning disabilities and autism in Portsmouth.

All workshops are FREE! Please contact the venue to book:

Portsmouth Cultural Trust: 02393 870 193, www.portsmouthguildhall.org.uk,
hayley.reay@portsmouthguildhall.org.uk

Aspex: 02392 778080, www.aspex.org.uk, vicky@aspex.org.uk

New Theatre Royal: 02392 649000, www.newtheatreroyal.com, nic@newtheatreroyal.com

A list of events until August are below.

The Evolve Family workshops are specialist creative sessions for children with autism and SEN and their families. The sessions are led by practicing artists and supported by an occupational therapist.

Click here to view the full list of activities and booking enquiries:

<http://portsmouthguildhall.org.uk/userfiles/file/EVOLVE%20ONLINE.pdf>

E Newsletter from Contact A Family

Topics covered this month: **Victory for the Stop the DLA Takeaway Campaign!, Councils terminate contracts with law firm Baker Small, Sussex police misconduct in restraint of disabled child and much more.**

To view the full newsletter, please use the link below:

<http://us2.campaign-archive2.com/?u=9eee2b1f9768ecfa9240bb161&id=fed6ea89fb&e=8375141730>

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



Write: Portsmouth Parent Voice

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