



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

IMPACTING ON YOU

Newsletter

October 2016



CONTENTS

Page 2:	Content
Page 3:	PPV – Editorial
Page 4:	PPV Coffee morning and events
Page 5:	Anxiety Workshop
Page 6:	Local Area Ofsted Inspection- Q&A session
Page 7:	What's Trending in Portsmouth?
Page 9:	Parent Rep Update
Page 10:	A day in the life of a children and young person adviser
Page 11:	Dynamite
Page 13:	Appreciation Awards
Page 14:	Your Views & Consultations
Page 15:	Autism Hampshire
Page 18:	A little quiz
Page 19:	Toucan Disability Awareness Training
Page 20:	Regular Groups
Page 22:	News in Brief
Page 30:	How to contact Portsmouth Parent Voice

Portsmouth Parent Voice



Hi Everyone!

We have had a busy September month and the team has been out and about meeting new parents and professionals.

Thank you to all of you who attended the **Contact A Family** workshop in partnership with **Access Legal** about your rights and special need education. It was great to see so many parents attending and we will probably run a similar event in the New Year.

We have a couple of workshops coming up this month. The **anxiety workshop** is now fully booked but again and due to popular demand, we are planning a Saturday workshop to enable working parents to come to the training.

We also have a **Local Area Ofsted Inspection** question and answer session later this month which promises to be very informative indeed (more information on page 4).

Last but not least, we would like to mention our **star parent reps** this month namely: **Jo Fraser, Melissa Healy and Madeleine Becker** for their incredible hard work and commitment to PPV. Thank you ladies, we could not do this without you. ☺

Hope to see you soon!

Barbara and the Team

General enquiries: ppv@p-d-f.org

Barbara McDougall: PPVcoordinator@p-d-f.org.uk

Kara Jewell: engagementofficer@p-d-f.org.uk

Alison Cooper: ppvadmin@p-d-f.org.uk



Portsmouth Parent Voice

Portsmouth Parent Voice (PPV) Meetings and Events

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

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

Event	Date and Time	Venue
Anxiety Workshop In partnership with CAHMS (more details on page 5) FULLY BOOKED	Tuesday 11th October 10 am to 2pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
Local Area Ofsted Inspection Question and answer session (more details on page 6)	Tuesday 18th October 10 am to 2pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR

You will find further details in this newsletter about the booking details for our training sessions and workshops. Our coffee mornings and drop-ins are free to attend and you are always welcome to bring a friend or relative.

Remember to check our Facebook page and Twitter for the latest information.

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

Anxiety Workshop



Fully
Booked

What is anxiety? How do people experience anxiety?

Is anxiety contagious?

Tips and tools relevant to the following age group:

0-5; 5-11; 12-16; 16+

We will explore the various tools available to you and your child/
young person to enable to develop your personalised strategies.

Tuesday 11th October 2016 10am—2pm

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

£5 deposit per person is required. Lunch is not included but you are welcome to bring your own.

To book:

call: 07825 185608 / e-mail: ppvadmin@p-d-f.org.uk / online: <https://www.eventbrite.co.uk/e/portsmouth-parent-voice-anxiety-workshop-tickets-27597761648>



In partnership with

CAMHS



Portsmouth Parent Voice



Image courtesy of Master isolated Images at FreeDigitalPhotos.net

Local Area Ofsted Inspection Question and Answer Session

Tuesday 18th October, 10 am to 12 noon

At the Frank Sorrell Centre, Prince Albert Road, Southsea.

Come and find out how you can share your views and opinions about services in Portsmouth during the inspection. Speakers taking part on the day include Dr Julia Katherine, Inclusion Manager and Kelly Nash from Portsmouth City Council

This event is free to attend and refreshments will be provided.

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

What's trending in Portsmouth?

The main issues discussed by parents over the past 4 weeks are:

- Transition to adult social care
- Help with employment
- Short-breaks
- Elective home education
- Redwood Park consultation
- Lack of GP support to manage child's complex health needs
- Support in school in regards of epilepsy
- Children on part-time time table

If you would like to raise any issues around health, social care, education or any other services in Portsmouth, do get in touch either via email: ppv@p-d-f.org, Twitter (@PParentVoice) or our Facebook page.

Some of the **meetings** we have attended this month:

Schools:

Trafalgar School:

We have been invited back at Trafalgar School for their drop in session to meet parents, children and young people as they start a new term at the school and Kara Jewell attended as part of her parent engagement role as well as Gaby from Independent Support, Joe Wells from Dynamite and PPV of course.

Priory School:

Kara also attended the coffee morning at Priory school in partnership with Chris, Priory School SEN champion.

Craneswater

We also had our very first coffee morning at Cranewater Junior School where Kara and Gaby had a warm welcome from Sally Turner and the parents present.

Mary Rose School

A huge thank you to the Friends of Mary Rose School for inviting us to their coffee morning. It was great to see so many parents and to find out about the wonderful activities and support happening at the school.

If you would like to host a coffee morning or afternoon at your school, do get in touch with Kara or Barbara (contact details on page 3).

Events:

Disability Confident Event

Organised by Flick Drummond MP and supported by Penny Mordaunt MP, this event raised awareness with local employers and organisations of the benefits employment of young people and adults with additional needs or disability bring to businesses and the community as a whole. The presentations included:

Jason Bentley of The Recycled Assets Company (TRACO)

Kathryn Rankin of the Solent Jobs Programme

John Attrill of The You Trust

Jon Adams, National Autistic Society

Chris Jay of Enable Me Project Ltd

Children and Young People's Alliance

The conference covered topics ranging from engaging with service users, developments of special education in Portsmouth as well as a personal experience of support and services.

Whole school Mental Health Strategy Event

Parent reps part of the Future in Mind Strategy group and professionals took part in this interactive workshop to devise a clear way forward to enable all schools to support their students with mental health and wellbeing issues. **If you would like to receive the slides of the presentations, please email ppvadmin@p-d-f.org.uk and we will send you the set.**

Inclusion Conference

Organised by Portsmouth City Council, the 3rd annual Inclusion Conference showcased impressive guest speakers (Lemn Sissay and Sue Roffey) who both provided their incredible insight about social and educational inclusion and how important the sense of belonging for children with special needs and disability is whether in a school or in the community. Workshops throughout the day provided information about eating disorder, anxiety and engaging with students who have become marginalised.

Training:

Contact A Family and Access Legal Workshop

Our special needs education workshop was attended by 20 parents looking for support and information in relation to special educational needs. We discussed a range of topics covering the Education Health and Care Plan (EHCP), SEN Support, home elective education, home to school transport and much more. Due to the popularity of this event, we would like to plan another workshop next year.

You will find regular updates on our Facebook page, website, twitter and newsletter. We are also planning events and workshops in the autumn to keep you informed and involved.

You will find ways to get in touch with us at the end of this newsletter.

Parent Reps Update

As we mentioned earlier in this newsletter, we are so grateful to our team of parent reps who work tirelessly to represent the views and opinions of parent carers in the city.

Our parent reps either attend monthly meetings such as empowering Children and Families (ECAf), our co-production group or take part in strategic meetings, training, tendering process or focus groups.

We are in the process of recruiting new members to join our team. We are particularly interested in hearing from parents of:

- **children in early years (0-5)**
- **children who are home-educated**
- children who have had a positive experience of **inclusion** in mainstream school

We are looking
for new parent
reps

We will provide full support and training and will also pay for any expenses you may incur including childcare costs. We are also in the process of finalising our remuneration policy to recompense your hard work and commitment.

Most meetings are during school hours and last approximately 2 hours although some preparations will be required which could take up to 5 hours a month.

You will be part of a great and friendly team and we would love to welcome new members.

"We need your
expertise and vision"

Most of all, we would welcome your expertise and vision as parent carers of children and young people with special needs and disability. You hold so many solutions to problems shared by families and we need to have your voice heard.

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

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.

A Day in the Life of a Children and Young Person Adviser



What do I do on a working day?

I attend meetings at the local authority to help young people ensure that their EHCP is how they would like it and that they have had the opportunity to express their views and thoughts. I attend meetings at college to help speak with your learning support about support in college or courses you may want to do.

I can meet with a young person somewhere they feel comfortable and can talk to me about education/further training. I can help understand “Jargon”

I read emails from young people and professionals that may be helping the young person. These could be from the College, Social Services, Speech and Language, Occupational Therapy, Local Authority, Parents/Carers (If you wish for your parents/carers to be involved)

I write blogs for the young person’s Portsmouth SEND IASS webpage with useful information. This could be college open evenings, new law or something fun!

Hi, my name is Hayley Legg and I work for Portsmouth Information, Advice and Support services. I am the children and young people adviser for Portsmouth.

My job is to work with children and young people who have a special educational need and/or disability. I can offer confidential and impartial advice and support with any issues around your education. I can meet with you, email you, text or call you. If there is other ways you prefer to communicate we can discuss this.

I am here to support you, if you would like a parent or trusted family/friend member to attend, this can also be arranged. The information we discuss is confidential (so long as no-one is at risk of being hurt or in danger) and will be kept between me and you.

How can you communicate with me?

- *Mobile-text or phone call (03003 032000)
- *Email (portsmouthiass@roseroad.org.uk)
- *Face to face

Where do I go?

- *Colleges
- *Youth clubs
- *Schools
- *Meeting points suitable for young person i.e. coffee shop, library, home.
- *Local Authority



Dynamite are a group whose job it is to speak up for young people with a disability or special educational need and make sure that services in Portsmouth listen to young people's opinions.

Anyone can be a part of the group if they are aged 14 to 25, have a disability or a special educational need and if they use services in Portsmouth.

This autumn we are running an exciting new volunteering project.

The project will be made up of 5 evening sessions taking place between 5 and 7pm on the following dates.

Monday 31st October
Monday 7th November
Monday 14th November
Monday 21st November
Monday 28th November

For more
information contact
Joe Wells on
07905 682886

At the end of the project we will put on a training day for people whose job it is to work with young people.

This training day will take place during the day on Friday the 2nd of December.

The theme of the training day will be "how to listen to young people better"

It is important that volunteers are able to attend all of the evening sessions and the daytime conference.

Volunteers will each take on different jobs at the conference so we are looking for young people with different skills to help prepare for and run the conference.

We will need some young people who would be interested in drama and public speaking, some young people who would be happy to join in smaller discussion groups and also some young people who would be able to help organise people attending the conference.

By taking part in the project we hope that young people will:

- Gain new skills and build on skills they already have.
- Make new friends.
- Gain some meaningful work experience.
- Help people attending the conference to be better at listening to young people.
- Be awarded the 'City and Guilds' certificate

If this sounds like something which would interest you then please get in touch either by email (dynamiteportsmouth@gmail.com) or by phone 07905682886.

We plan to make the project accessible to everyone so let us know the best ways in which we can support you on the project.

Dynamite Survey

Dynamite are currently conducting a survey to find out what young people in Portsmouth with a disability are thinking.

We would like as many people as possible to complete the survey as long as they are aged 14 to 25, have a disability or a special educational need and use services in Portsmouth.

The questions in the survey were written by young people and focus on the topics of employment, independence and having your voice heard.

The results of the survey will help us to change how services for young people work in Portsmouth.

You can complete the survey online by going to this link:

<https://www.surveymonkey.co.uk/r/9GXS9S8>

Or you can phone or text 07905 682886 or email Dynamiteportsmouth@gmail.com to be sent a paper copy with a return envelope

Appreciation Awards

The Appreciation Award was created by the Co-production Group (or CoPro) in order to celebrate and recognise professionals who have helped parents and families of children and young people with special educational needs and disability.

We have received 3 nominations this month and here are the professionals who have been presented the award.



If you would like to nominate an individual who has made a difference for your child, young person or family, please contact Kara Jewell: engagementofficer@p-d-f.org.uk

Your Views and Consultations

Autism Survey- National Autistic Society

We want to make sure you and your family are getting the support you need. We've created a survey **so you can tell us what matters to you.**

We'll ask you about topics such as:

- what you'd like us to campaign on
- what life is like for autistic people in the UK
- the types of support that you've found/would find most helpful.

Our survey should take about 15 minutes to complete and it's completely anonymous. We won't ask for your name or address and there's no way of identifying who gave which answers.

http://www.smartsurvey.co.uk/s/SKU8A/?utm_source=autismsurvey&utm_campaign=31016&utm_medium=email&utm_content=button&dm_i=YA3,4HEO3,A2G9RQ,GO6YF,1

Secondary School Transfer Survey

It is the time of year that many parents and carers will be looking at a senior school place for their child/children. Portsmouth Parent Voice are very interested to hear about the experiences you have had during this process, if you have visited the school/s and what has influenced your decisions. We would appreciate it if you could please take a moment to complete the following survey based on your experiences – we appreciate your feedback.

<https://www.surveymonkey.co.uk/r/YNXJ7MD>

First Steps to Autism Information Portsmouth

If you want to know more about autism and local support services, it can be difficult to know where to begin. This guide has been developed to help you get started in a search for local autism information, advice and guidance.



How to Get a Diagnosis of Autism

If you are concerned that you or your relative is on the autistic spectrum, or someone has suggested it to you, contact your GP. Take along notes of things which are causing you concern. Ask any staff or professionals involved with yourself or your relative (eg: teacher, health visitor, support worker) to put in writing to you any concerns they have, so that you can take these with you too. Ask the GP if you or your relative can be referred for assessment.

If you are referred to another professional, find out what to expect so that you can prepare yourself. Try to take someone with you to the appointments so that you feel supported. If you have any questions about any of the above, ask the professionals to explain the process to you.

Portsmouth Autism Adult Diagnostic and Support Service

This commissioned service is provided by the Community Access team from Autism Hampshire. The service offers support for adults in Portsmouth with Autism, their families and those connected to them, professionals and the wider Autism community. The Support Service provides help pre, post and during diagnosis, offering advice, guidance, support, signposting and work in conjunction with the diagnostic service, Surrey and Borders Partnership NHS Foundation Trust.

Tel: 02392 814 723

Email: communityaccess@autismhampshire.org.uk

Web: www.autismhampshire.org.uk/our-services/outreach

The Local Autism Directory (LAD)

The LAD is a direct response to people's request for a one-stop-shop of information across Hampshire and the Isle of Wight. It helps to connect the autism community, professionals, employers and service providers and help them access autism information all in one place. The LAD provides information about many local issues including support groups, activities, schools, employment, housing, developments taking place across the county and neighbouring regions. It also has clear and simply written autism research articles to help people stay up to date with new approaches and helpful information.

Web: www.autismhampshire.org.uk/local-autism-directory/directory/

Portsmouth City Council Adult Autism Information Directory

Local Autism Information on services in Portsmouth for adults with autism spectrum disorder.

Web: <http://www.healthwatchportsmouth.co.uk/>

Portsmouth Local Offer

This website is a collaboration between parents and carers of disabled children, young people and Portsmouth City Council to help you find what is available in the area for those with Special Education Needs or Disabilities (ages 0-25) and how to access a variety of services.

Web: www.portsmouthlocaloffer.org/



National Autistic Society

The National Autistic Society are the leading UK charity for autistic people (including those with Asperger syndrome) and their families. They provide information, support and pioneering services, and campaign for a better world for autistic people. They provide a helpline for impartial, confidential advice and support on autism for anyone affected by, or researching autism.

Tel: 0808 800 4104

Email: nas@nas.org.uk

Web: www.autism.org.uk/

Autism Hampshire, Community Access

The Community Access Department of Autism Hampshire provides a free information, advice, guidance and signposting service to local adults, young people and children with autism, their families and professionals pre, during and post diagnosis. Their team of officers have extensive information and knowledge of local autism related services. They can offer a telephone or a face to face meeting by appointment in one their local offices and they attend a range of support groups and events. They also have several other projects and services available to access such as resource libraries, the Autism Alert Programme, the Try Before You Buy Service, Support and Social Groups and several other projects which run across the county.

Tel: 02380 766162

Email: communityaccess@autismhampshire.org.uk

Web: www.autismhampshire.org.uk/services/outreach

Portsmouth Parent Voice (PPV)

PPV is for parents and carers of children and young people with an additional or special need and/or disability; aged from 0 - 25 years old. They aim to have the Voices and Active Involvement of parent carers in the service planning and decision-making processes within the local authority and how services are shaped and delivered locally for families with a disabled child or young person. To make them Portsmouth City Council and other services more focused on the needs of the families with disabled children and young people. They provide a regular e-newsletter "Impacting On You" to keep you informed and updated on current developments and activities and run coffee morning/information session in partnership with Autism Hampshire, Information Advice and Support Service and The Carer Centre, they help to organise family activities and parent support groups.

Tel: 07825 185608

Email: ppv@p-d-f.org.uk

Web: www.portsmouthparentvoice.org/

Disability Information and Advice Line (DIAL)

Disability Information Advice Line, a free impartial, confidential service, supplying information and advice on disability related topics, also enabling individuals to complete disability related forms.

Tel: 023 9282 4853

Email: dial@p-d-f.org

Web: <http://www.p-d-f.org/>

Portsmouth Special Education Needs and Disabilities, Information, Advice and Support Service (IASS)

The Special Educational Needs and Disability (SEND) Information, Advice and Support (IAS) Service for Portsmouth provide parents or carers of a child or young person (aged 0-25) with a disability and/or special educational needs with a free and confidential service, provided independently from education, health and care providers, impartial information, advice and support relating to special educational needs and disability (SEND), advice and support from independently trained Information, Advice and Support (IAS) Service staff, support through the statutory processes relating to Statements of Special Educational Needs and the new Education Health and Care (EHC) needs assessment and planning and information and practical support to find the answers to your questions in relation to education, social care and health services. Parents or carers of a child or young person (aged 0-25) with a disability and/or special educational needs.

Tel: 0300 303 2000

Email: portsmouthiass@roseroad.org.uk

Web: www.portsmouthsendiass.info/

Portsmouth Autism Support Network (PASN)

Portsmouth Autism Support Network (PASN) provide a support service for all families and children affected by Autism and Aspergers at all stages in Portsmouth. It is not essential to have a diagnosis to access the services on offer. They run regular activities including gym sessions, an internet cafe and an indoor play area and support groups as well as special events.

Tel: 07914331876

Email: info@pasn.co.uk

Web: www.pasn.co.uk

Portsmouth City Council Carers Centre

The Carers Centre is a community resource dedicated to the support of all carers in the city of Portsmouth. They are a one stop shop for carers, offering a variety of support, including emotional support, carers' breaks, sitting service, cooking sessions, training, carers groups, support for young carers and adult mental health carers. They also have a wealth of information within the building, including leaflets, and members of staff who have a wide knowledge of services in the local area. Anyone can drop in to the centre during their opening hours.

Tel: 023 9275 6780 or 023 9285 1864

Email: carerscentre@portsmouthcc.gov.uk

Web: www.portsmouth.gov.uk/ext/health-and-care/carers/portsmouth-carers-centre.aspx

This information sheet was created by Community Access Autism Hampshire.

Portsmouth Autism Service

What to expect at the Portsmouth Autism Service.

Introduction

The Portsmouth Autism Service provides diagnostic and cognitive and communicative assessments. The diagnostic service from Surrey & Borders Partnership Foundation NHS Trust works in close collaboration with the support service provided by Autism Hampshire.

How to access the Diagnostic Assessment Service

If GPs want to refer an adult, registered with a Portsmouth GP, for an autism assessment please make the referral by sending a letter by secure email to RXX.portsmouth-asd-diagnostic-serviceSABP@nhs.net or Fax : 01372 206279. Please provide your patient with this Information sheet.

How long and how many times will I be seen?

You will initially receive a diagnostic assessment lasting approximately three hours with the Autism Specialist practitioner. The in depth assessment usually takes place on a single day with a two hour appointment with the Psychologist and two hour appointment with the Speech Therapist and a lunch break in between.

Community Access—Portsmouth, Autism Hampshire Support

Support from a Community Access Officer is available to you pre, during and post diagnosis. Referral can be from yourself, from Surrey & Borders Partnership Foundation NHS Trust, from another professional or from a family member (with your consent). We are based in the Frank Sorrell Centre, Prince Albert Road, Southsea PO4 9HR.

What happens after the assessment?

The diagnostic process will offer the diagnosis and also recommendations agreed with you, for you and how to support you after that process. At the feedback appointment the options of in-depth assessments will be discussed with you. At this stage with your consent you can be referred to Autism Hampshire Community Access – Portsmouth who provide by appointment a follow on Post Diagnostic Support session to help you work out any future help. For more information on Autism Hampshire please see their website:

<http://www.autismhampshire.org.uk/services/outreach/community-access-services.html#PortsmouthDiagnostic>

**For more information please contact Jackie Harvey, Community Access Officer Portsmouth on
023 9281 4723 or jackie.harvey@autismhampshire.org.uk.**

www.autismhampshire.org.uk

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.
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A little Quiz

How much do you know about special need education and your rights? Here is a chance to test your knowledge. You might find some of the answers surprising (or maybe not). And no cheating! ;-)

Please answer True or False:

General

- 1). Schools don't have to tell parents when they identify a child as having Special Educational Needs and needing extra support.
- 2). Schools should meet parents at least 3 times a year to discuss how their child is progressing.
- 3). Social, emotional and mental health difficulties are not special educational needs.
- 4). Schools can develop their own system of record keeping.
- 5). Every school must have a Special Educational Needs Co-ordinator (SENCO).
- 6). SENCO's do not have to be qualified teachers?
- 7). The SENCO is responsible and accountable for the progress and development of pupils with SEN.
- 8). The Local Offer provides information about the support and facilities for families, children and young people with SEN and disabilities.
- 9). The Local Offer must contain information about services and provision available outside the local authority.
- 10). My Local Offer won't have information on transport.

- 1-False. Early years and schools must inform parents. A variety of references in early years and schools section Code of Practice page 79 section 5.6.

2- True. In addition to parent evenings and those with EHCP's must have an Annual Review. Code of Practice page 105 section 6.65

3- False. A broad area of need:- 1 ;Communication and interaction 2; Cognition and learning 3;Sensory and/or physical needs Code of Practice page 98 section 6.32

4- True. Code of Practice page 105 section 6.72:- Schools can develop their own approach to record keeping in line with the requirements of the Data Protection Act. SEN provision should be recorded accurately and kept up to date. Code of Practice page 105 section 6.73:- Schools should particularly record details of additional or different provision made under SEN support

5-False. Early Years settings, maintained mainstream schools and maintained academies have to have a SENCO. Age 16-19 academies DO NOT have to have a SENCO. Special schools DO NOT have to have a SENCO Code of Practice page 92 section 6.2

6- False. The SENCO MUST be a qualified teacher working at the school. Must take National Award in SEN Coordination within 3 years if they do not already hold this. Code of Practice page 108 section 6.85

7- False. Teachers are responsible, SENCO should be called in to advise. Code of Practice page 99 section 6.36

8- True. Contains details of what MUST be contained in Local Offer. Code of Practice page 66 section 4.3

9- True. Code of Practice page 60 section 4.4

10- False. But transport is a separate area of legislation. Code of Practice page 73 section 4.48 – 4.51

Disability Equality Training & Inclusive Practice Training

Tuesday 18th October 2016, Portsmouth Guildhall
including light sandwich lunch

Disability Equality Session Outline

- ◆ History of disability
- ◆ Models of disability and the value of the social model
- ◆ Briefing on the Equality Act 2010
- ◆ Etiquette and language
- ◆ 'Real life' scenarios

Develop your awareness and understanding of Disability Equality and Good Practice in a relaxed and interactive environment!

Inclusive Practice Sessions Outline

- ◆ Gaining a better understanding of autism and visual impairments
- ◆ Practical tips and strategies to support the inclusion of individuals with visual and communication needs

Key Learning Outcomes

- ◆ Understand the value of the social model of disability
- ◆ Be confident in communicating with disabled people
- ◆ Be aware of correct language and etiquette
- ◆ Be able to promote effective inclusion

FACILITATORS



Madissa Asgari MA, BA(Hons)
Disability Equality Training



Emily Dewey BA(Hons)
Autism Awareness Training



David Shervill
Visual Impairment Awareness



Toucan
DIVERSITY TRAINING

Because Equality Matters

If interested please book your place by:
email: info@toucan-diversity.org.uk or telephone: **07581 410483**
For more information please visit our website: www.toucan-diversity.org.uk

Toucan Diversity Training Ltd
is a non-profit organisation providing equality training to promote social inclusion for the most disadvantaged groups of our society.

Venue: Venue: Portsmouth Guildhall, Guildhall Square, Portsmouth PO1 2AB

Time: 10am–2.30pm

Regular Groups and Support

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/>

Evolve

Monday 24 Oct 2016 - FREE // This Evolve Holiday workshop is a specialist creative sessions for 7-11 year olds with **autism** and SEN/D and their families.

10:00am-12:30pm

Location: Mary Rose School
Roald Dahl Storytelling with songs and crafts

Taking place in the accessible studio, come along to Mary Rose School and re-live the magic of Roald Dahl's The BFG. We will tell the story together, making props and writing an original song. It will be a fun energetic morning, so make sure you bring a snack!

To book your family onto the workshop, please contact Hayley on: 02393 870 193/
hayley.reay@portsmouthguildhall.org.uk
This workshop is being held in the studio space at the Mary Rose School, Gisors Road, Southsea PO4 8GT

Portsmouth Wellbeing Centre

We are very excited to be opening our newest Wellbeing Centre in Southsea (100 Palmerston Road).

We are Solent Mind, a registered charity providing a wide range of high quality services to support people with mental health problems across the south.

Why not try our wellbeing taster sessions including mindfulness, yoga, PLEASE workshops and our employment clinic? Find out more about the range of services and support which will be available at the centre.

For more information, please contact the Portsmouth Support and Recovery Service supportandrecovery@solentmind.org.uk, or 023 9268 0200.

Enable Ability Advocacy

This service is client led and the purpose of this service is to give independent support to our clients. Disabled clients have to deal with many problems in their day to day living, these problems to some may appear trivial and easily solved, this may well be the case but to many of our clients a minor problem can soon become a very different thing that can impact enormously on our clients, especially when they are feeling unwell. With our continuing support we can help our clients make informed choices of their own.

You can call us on **02392 670012** or check our website:

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

Portsmouth Carer Centre

The Carers Centre is a community resource dedicated to the support of carers in the city of Portsmouth.

We are based at 117 Orchard Rd, Southsea, PO4 0AD

Opening hours - Monday - Thursday 9-5, Friday 9-4.30, Saturday Café 10-2

If you are unable to visit the centre, please phone 023 9285 1864, email carerscentre@portsmouthcc.gov.uk or write to us.

Alternatively

visit www.facebook.com/portsmouthcarerscentre for news and events

We are a one stop shop for carers, offering a variety of support, including emotional support, carers breaks, sitting service, cooking sessions, training, carers groups, support for young carers and adult mental health carers, as well as volunteering opportunities

Portsmouth SEND Information Advice & Support

A free and independent service for parents and carers and children and young people with special educational needs and/or disability aged 0-25. Call 0300 303 2000 or email portsmouthiass@roseroad.org.uk

We provide:

A free and confidential service, provided independently from education, health and care providers

Impartial information, advice and support relating to special educational needs and disability (SEND)

Advice and support from independently trained Information, Advice and Support (IAS) Service staff

Support through the statutory processes relating to Statements of Special Educational Needs and the new Education Health and Care (EHC) needs assessment and planning

https://www.roseroad.org.uk/Rose_Road_Services/Family_Services/Portsmouth_IASS.ped

What's on in Portsmouth?

With half-term fast approaching, these website have plenty of activities and events suitable for children and young people with special needs and disability.

We would recommend that you check with organisers regarding accessibility prior to travelling.

You can find more information using the links below:

<http://www.visitportsmouth.co.uk/>

<http://teamlocals.co.uk/top-free-and-low-cost-things-to-do-with-kids-in-portsmouth-southsea/>

NEWS IN BRIEF

Tired Out Charity

Tired Out supports families raising disabled children to find help and information about sleep.

The sleep problems that your family experience will be unique to your own set of circumstances, and your child's condition or diagnosis will be at the heart of this. However, experts suggest that there are a number of things you can do to try to make things a bit easier.

For more information, please go to:

<http://www.tiredout.org.uk/new-page-87-1/>

Wheelchair Sports Festivals, Portsmouth & Eastleigh

Save the date! Wheelchair Sports Festivals will be held on **Tuesday 11 October**, 12.30-2.30pm, at Mountbatten Centre, Alexandra Park, **Portsmouth**, PO2 9QA and **Thursday 13 October**, 12.30-2.30pm, at Fleming Park, Passfield Avenue, **Eastleigh**, SO50 9NL. This is a great chance for people aged 18 and over who are interested in taking up wheelchair sports to try different Paralympic and wheelchair sports. Go along and find out about Wheelchair Sports Clubs in your community. There is no prerequisites to join in – anybody can give it a go! If you would like more information or to book, please contact Peter Hull on 07468 475962 or email peter.hull@activenation.org.uk.

Sensory Processing and Shopping

About five per cent of the population is estimated to suffer from some form of sensory processing disorder. Considering that everyone needs to shop at some point, there are tremendous numbers of people out and about on a daily basis who are struggling to cope with sensory overload. Parent Voice has come across a helpful article with some hints and tips to help a loved one with sensory processing disorder enjoy shopping. Use the link below to read the article:

<https://www.retailmenot.com/blog/sensory-overload-while-shopping.html>

Attwood on Autism' – a Seminar for Parents and Professionals, Winchester

The National Autistic Society South Hampshire Branch is pleased to announce the return of Professor Tony Attwood, MSc, PhD, AFBPsS, MCCPs, to the Guildhall in Winchester on **Friday 19 May 2017**, 9am-4.30pm. Tony is a clinical psychologist who has specialised in autism spectrum conditions since qualifying as a clinical psychologist in England in 1975. His book 'Asperger's Syndrome – A Guide for Parents and Professionals' has sold over 350,000 copies and has been translated into over 25 languages. His subsequent book 'The Complete Guide to Asperger's Syndrome' was published in October 2006 and is one of the primary textbooks on Asperger's syndrome.

The programme for this seminar covers: Cognitive Abilities – A Different Way of Thinking and Learning Profile (incorporating the different profile of girls/women) • Adolescent Issues for Teenagers • Adults – Employment and Relationships. The suggested minimum donation for the tickets (including refreshments and light lunch) is: £40 Parents/carers of children, young people and adults with autism or person with autism • £60 Teaching Assistants and accredited Hampshire Autism Ambassadors • £120 All other professionals. For booking and further information, follow this link: <http://www.shantsnas.org.uk/News/TonyA> Places are limited so please book early to avoid disappointment. These seminars have proved to be very popular and sold out in the past.

Leeds School discriminated against pupil with special educational needs by excluding him for his behaviour.

The student was excluded 4 times in his final year as a result of a discipline policy but a tribunal said that the academy in Leeds failed to take his needs into consideration

Read the full story: <http://www.yorkshirepost.co.uk/news/education/leeds-school-discriminated-against-pupil-with-special-educational-needs-by-excluding-him-for-his-behaviour-1-8118900>

Welcome to the first Carers Centre e-newsletter

We would like to keep you updated on matters we think are important for Portsmouth carers. From time to time we will send you an e-mail with information we believe is worth sharing.

This time we would like to let you know about forthcoming training for carers and Portsmouth Carers Voice event on 11th October.

You may subscribe to our e-news by clicking this link: <http://onet.us12.list-manage1.com/subscribe?u=89026e0a874aa0bf970f377f8&id=1373e8d05d>

RELAXED PERFORMANCE OF PETER PAN

This winter the award-winning Chichester Festival Youth Theatre are pleased to present a **Relaxed Performance of *Peter Pan*** on 30 December at 2pm.

Join Peter Pan and the Darling children on a swashbuckling adventure to the magical world of Never Land. You'll meet the lost boys, mysterious mermaids, crafty pirates and of course the villainous Captain Hook. With music, puppets, beautiful set design and costumes, this show is the perfect festive treat for groups and families.

This relaxed performance welcomes individuals, groups and families with children on the autistic spectrum, sensory and communication disorders, a learning disability or anyone who would benefit from a more relaxed theatre environment.

The performance and theatre will be adapted in a variety of ways to create a welcoming, less formal environment:

Audience members are able to leave and return to the auditorium during the performance

A chill out area will be available for the duration of the performance

The auditorium lights will be adjusted for comfort

A relaxed attitude to noise during the performance

The show's lighting and sound levels will be adjusted

To book tickets please call the Box Office on 01243 781312 or email box.office@cft.org.uk

Information, Advice and Guidance for Young People

For help and advice on employment, volunteering, work experience, interview skills, education, benefits and much more, please email WhatNext@portsmouthcc.gov.uk or call 02392 732450.

You can also attend drop-ins throughout the city:

Monday -12-2.00pm, BYAC, Charles Dickens Centre, Lake Road ,Buckland .PO1 4DY

Tuesday -12-2.00pm, Hillside Youth Club, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PY

Wednesday - 12-2.00pm, Brook Club, Somerstown Hub, Winston Churchill Avenue, Portsmouth, PO5 4BU

For more information:

http://www.portsmouthlocaloffer.org/images/What_Next_Flyer_Services_for_Young_People_aged_16-19.jpg

Carers Information Day

Portsmouth Guildhall,

Tuesday 11 October 2016, 10am till 3pm.

Portsmouth Carers Voice (PVC)

(In association with Healthwatch' Portsmouth)

The Carers' Information Day has been brought back by popular demand as many carers felt it was a very useful one day event.

This day is targeted to help and support the role of carers and an opportunity for them to find out about services available to them in Portsmouth.

For more information, please go to Portsmouth Carers Voice Facebook page: <https://www.facebook.com/Portsmouth-Carers-Voice-473213359492852/?fref=ts> or contact Jacky Charman 02392 82 2795 or email: Jacky.charman@actionhants.org.uk

Helping Young Children Understand Epilepsy

Epilepsy in Action is very excited to share their new videos with you. These animations have been made to help children understand, and feel more comfortable about, their epilepsy. There are six short videos which cover different types of seizures, taking medicine, feelings and safety. Please take a look and share the videos:

https://www.epilepsy.org.uk/info/children/animations-for-children?dm_i=720%2C4H2XH%2CG1QZ57%2CGIL81%2C1

National Minimum Wage Update

Changes to the National Minimum Wage came into force on **Saturday 1 October**.

The changes for the following age groups are:

21-24 £6.95 • 18-20 £5.55 • 16-17 £4 • Apprentices under 19, and in their first year of their apprenticeship £3.40.

Love4Life

FitzRoy, a national charity supporting people with learning disabilities to live the life they choose, runs Love4Life, a friendship and dating project based in Hampshire. It has been running for 10 years (previously called Stars in the Sky), and has a large and growing membership base. They are dedicated to providing life-changing opportunities for people with learning disabilities to develop and sustain friendships and relationships. Their membership fee is £10 a month and you will be invited to all events organised by them, be able to meet people in a group or on a one to one basis, it's your choice! The events cost

£2-£20. They also run workshops, such as cooking, improving your confidence, help with friendships and so much more, which are free. For information, call 01329 826423 or 07766 133616 or to view their leaflet:

<http://www.parentvoice.info/images/9/90/FitzRoyLove4Lifeleaflet.pdf>

Benefit Cap Changes

The government announced in the Summer Budget 2015 that it would be making around £13 billion in cuts to the Benefit System.

We now have more detail on changes to the Benefits Cap:

- **Instead of 2 rates of the Benefit Cap there are now 4. The rates have also been reduced.** The new cap rate from 7/11/2016 is £20,000 in benefit nationally (£13,400 for single adults with no children) or £23,000 (£15,410 for single adults with no children) in Greater London, which is defined as the 32 London boroughs and the City of London.
- applying the cap for currently capped claims- The assessment will be undertaken automatically using the current data held by DWP and LA systems, but with the inclusion of the lower cap level figure in the calculation. All existing capped households will have the new cap levels applied at the same time. An ATLAS bulk update file will be made available to Local Authorities.
- applying the cap for not currently affected claims- As per existing benefit cap processes, DWP will undertake a manual check of benefit awards and exemptions. This is expected to be completed during a 12 week period commencing from the 7 November 2016 and completing by the end of January 2017. All Universal Credit claimants are to be reassessed by the end of January 2017. Following consultation with LAs the agreed implementation order will be 'low to high', i.e. those LAs with the lowest volume of new claims will be processed at the beginning of the 12 week period. The LAs with the highest volumes will be processed at the end of the 12 week period.
- **New exemptions from the cap-** those entitled to Carer's Allowance/ Carers Element of UC or Guardians Allowance will be now exempt from the benefit cap.
- existing claimants of Carer's Allowance/ Carers Element of UC or Guardians Allowance should have the cap removed from them from 7/11/2016.

For more information, please go to: <http://www.socialwelfaretraining.co.uk/news/benefit-cap-changes>

CDC autumn Digest out now

The CDC Digest is back for the autumn. It's your one stop shop for all the latest news, events and resources relating to the special educational needs and disability sector.

To read more: <https://councilfordisabledchildren.org.uk/help-resources/resources/cdc-autumn-digest-out-now>

Guide to Anxiety

The Mental Health Foundation has produced an easy read guide to anxiety which is free to download by clicking on the link below. Everyone feels anxious at some point in their life. However, if you feel anxious too much it can lead to mental health problems. This easy read guide explains anxiety, its symptoms, and how to stop it from seriously impacting on your life.

<http://www.learningdisabilities.org.uk/publications/easy-read-guide-anxiety/>

Newsletter from Contact a Family

Topics covered this month range from benefits advice, home to school transport and much more:

<http://us2.campaign-archive2.com/?u=9eee2b1f9768ecfa9240bb161&id=478773578b&e=8375141730>

Rose Road Association Free 'Stay & Play' Sessions, Portsmouth

The Rose Road Association is holding FREE 'Stay & Play' sessions for disabled children (0-16) living in Portsmouth at Wacky Warehouse, in Sovereigns, Kingston Road, Portsmouth. The sessions will start on Tuesday 11 October, 5-7pm, and then every following third Tuesday, the next is Tuesday 1 November followed by Tuesday 22 November. Go along and meet the Rose Road team and get to know other local families. Staff will be on hand to support, however, parents are asked to stay with their children. Siblings are welcome. There is a mobile hoist available (please book in advance). For more information and a full list of dates, call 02380 721221 or email outreach@roseroad.org.uk. View their website at www.roseroad.org.uk.

School Transport: A Guide for Parents in England

School Transport: A Guide for Parents in England has been published by Cerebra. It explains the legal duties on local authorities to provide free school transport for disabled children in England. Cerebra's aim is to help parents and carers understand their legal rights, but this guide is not intended to be legal advice and it should not be relied on as such. The law relating to school transport can be complicated and you may need to take independent legal advice to find out how the law applies to your particular circumstances. Click on the link below to download the guide or call their Freephone helpline number 0800 328 1159.

<http://w3.cerebra.org.uk/help-and-information/guides-for-parents/school-transport-a-guide-for-parents-in-england/>

NAS Conference 'Autism & Social Skills', London

Join the National Autistic Society on **Friday 25 November** at Copthorne Tara Hotel, London and take a look at how autism affects the way people interact. The conference will focus on social skills and: mental health • sex, sexuality and relationships • employment • conflict • technology that can help. Featuring: Welsh rugby star, Tom Morgan, NAS Sports Ambassador, recently seen on Channel 4's Undateables • Sarah Hendrickx, Hendrickx Associates • Dr Nigel Newbutt, University of the West of England • Sue Mulcahy, University of Liverpool • Keran Butler, autistic speaker. The conference will feature plenary sessions looking at how confusing, unwritten social rules can be anxiety-inducing for autistic people. It will also discuss the effectiveness of existing social skills development programmes and apps.

There will be interactive seminars discussing key issues including preparing for puberty, resolving conflict and sexuality. With three different seminar streams to choose from, delegates can select the seminars which are most relevant to their work. This conference is suitable for autistic people and their families and carers, volunteers and professionals. For individuals on low income (which includes people receiving Income Support, Employment Support Allowance, Disability Living Allowance and Carers Allowance) the cost is £75 +VAT. For more information and to book, please go to:

<http://www.autism.org.uk/professionals/conferences/social-skills/about.aspx> or call 01159 113367.

Funding boost for mental health services and initiatives- Journal of Family Health

The *Time to Change* initiative, a campaign which aims to combat discrimination around mental health and raise awareness, has received a £20m boost from the Department of Health, *Comic Relief* and the *Big Lottery Fund*. The charity-run campaign works with schools and local communities and over 800 schools have already taken part. "Time To Change is already making a difference" said Health Secretary Jeremy Hunt, "but with recent studies showing that just 50% of people seek help following a suicide attempt, it's clear that

we still have major work to do." To read the full article, please go to https://www.jfhc.co.uk/funding_boost_for_mental_health_services_and_initiatives_25769837560.aspx?utm_source=http%3a%2f%2fnews.pavpub.com%2folmgroupprolz%2f&utm_medium=email&utm_campaign=JFHC+Newsletter+041016&utm_term=Highlights+from+the+world+of+community+health&utm_content=7871&gator_td=uH%2ffOMfMLxDfPL2EoteiafClY1IOUSJlqRXPP8hhSdMlc59AZkim%2fH9LMXUUCOqz1r0%2fYORmqWcglYvRa1y%2b%2bzhtv1vxwLjdnIVbbaHRii%2fv5Yv3U2azXOtS93zj854qd5XFZqLhVjeHy0mtQYQTNm4qBHR%2bp4IM2PDzAwEMi1prR%2bBzU9FvJtv4bnZ0StFY8yQxx4Td2L8PH7hDqBEvOdGelE1YG73qAsazJXmVmWTT4kudx7pqh%2bu1BiW2b2q7

From Child to Adult: A guide to disability, transition and family finances – updated 2014

How are family finances affected when your disabled child becomes an adult? When is it most advantageous for a young person to start claiming their own benefits? Can you change your working hours to fit with your disabled young person's new regime? Working Families' free transition booklet has sections for parents and carers and disabled young people, a step-by-step guide to better-off calculations and a list of useful publications, organisations and websites. You can download the Pdf version here:

<http://www.workingfamilies.org.uk/publications/from-child-to-adult-a-guide-to-disability-transition-and-family-finances-updated-2014/>

DFE SEND newsletter

You can view the latest newsletter via the Council For Disabled Children Website:

<https://councilfordisabledchildren.org.uk/help-resources/resources/departement-education-send-newsletters>

Slow Processing Speed and Anxiety: What You Need to Know

Most kids with learning and attention issues face situations that make them feel anxious. Often, these situations involve their weakness. For a child with dyslexia, it might be reading out loud in class. For a child with dysgraphia, it might be writing a book report. But for kids with slow processing speed, anxious moments can pop up throughout the day, and without warning. That's because their processing speed issues can impact everything from taking tests to talking with friends. And in some cases, the frequent anxiety turns into an anxiety disorder.

For more information, please visit:

https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/information-processing-issues/slow-processing-speed-and-anxiety-what-you-need-to-know?utm_source=fbshare&utm_medium=social&utm_campaign=share

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

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