



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

IMPACTING ON YOU

Newsletter

September 2016

BACK TO
SCHOOL

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

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Portsmouth Parent Voice



Hi Everyone!

Hope you all had a restful and fun summer break and as September looms round the corner, I know some of you will welcome a return to the school routine.

I thought I would keep you updated with issues raised by local parent carers over the past couple of months and you will find more details in this newsletter. If you are interested in becoming a parent rep, do get in touch.

This is your opportunity to have a say around the way services are commissioned and delivered in the city. You can commit as much or as little as you want in order to represent the views of local parent carers.

We have a few events coming up over the next couple of months so remember to check our Facebook page and Twitter account regularly.

Finally, we will keep you informed about our readiness for the Local Area Ofsted Inspection and the way you can take part when it happens.

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
PPV and Contact A Family FREE education workshop (more details on page 5)	Thursday 15th September 10 am to 2 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
Anxiety Workshop In partnership with CAHMS (more details on page 7)	Tuesday 11th 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

Talks and advice



Free information session for parents of disabled children

Date: 15 September 2016

Time: 10am – 2pm

Place: Frank Sorrell Centre
Prince Albert Road, Southsea
Portsmouth PO4 9HR

A light lunch will be provided by
Portsmouth Parent Voice (PPV)

Booking essential –
Limited places



Local support



Meet your local Contact a Family
Parent Adviser Zobia Kalim

**Fully
Booked**

Topics presented at the information session

Education help



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

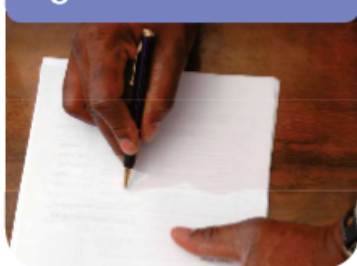
What does the law say? What support is available? Is my child eligible for an EHC plan? How does the process work?

Speaker: Victoria Federico, Access Legal Solicitors

Education, Health and Care (EHC) plans



Legal duties



To book your place, please call Barbara McDougall on 07825 185 608 or email ppvadmin@p-d-f.org.uk

www.eventbrite.co.uk/e/free-education-workshop

Note: PPV will require a £5 deposit to hold a place for you. This will be refunded on the day.

Contact a Family
209-211 City Road London EC1V 1JN
Freephone Helpline: 0808 808 3555
Tel: 020 7608 8700 Fax: 020 7608 8701
Web: www.cafamily.org.uk
Email: info@cafamily.org.uk



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Anxiety Workshop



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

What's trending in Portsmouth?

Here are some of the enquiries we have received from parents over the summer holidays.

Do these issues reflect what you are experiencing?

- Appeals and tribunals
- Home to School Transport
- Accessible Disabled Toilets
- CAMHS services (no help with issues around anxiety, autism assessment)
- Access to specialist health visitor
- Free swimming sessions
- Elective home education
- Access to short breaks services (respite)
- Benefits such as DLA (Disability Living Allowance)

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 over the past few weeks:

Trafalgar School:

PPV, Dynamite and Independent Support were invited to attend 2 coffee mornings for parents with year 6 children starting in September and children from year 7 to 11 with additional needs. Both sessions were very well attended and we were lucky enough to have a guided tour of the new Autism Unit due to open in September.

Priory School: We thoroughly enjoyed the first coffee morning at Priory School organised by the School SEN Champion, Chris, who was there on the day to welcome and support parents of children with additional needs due to start at the school in September. It was a great morning with lots of questions and friendly faces. Looking forward to the next one! We also attend regular drop-ins at **Meredith School** and **Solent Infant School**. Would you like your school to have a regular coffee mornings or afternoon where you will be able to meet other parents and to find out about support in the city? If you are a parent or professional, do get in touch at ppv@p-d-f.org or engagementofficer@p-d-f.org.uk for more information about setting up regular meetings to support parent/cares of children with additional needs.

Portsmouth Carers Voice (PCV)

PCV is a group set up to represent the voices of all carers in Portsmouth. PPV attends on behalf on parent carers of children and young people up to the age of 25 with additional or disability. A representative from PCV attends the Carers Executive Board to report directly on issues affecting carers. Topic covered at the last PCV meeting include:

- Dial a ride will restart on 1 Sept although there are various issues in the background.

- Public Health tender for wellbeing service concerning pharmacy and it was not clear how it will relate to the wellbeing service. So waiting for clarification
- Wellbeing service and better care
- St Marys parking. Will be fees.
- Patey centre – being kept going.
- Population growth
- GP surgeries
- Information Day to be on 11th October at the Guildhall
- Lack of Disabled Toilet changing facilities in Portsmouth
- Appointments at QA Hospital, patients seen 1 hour late because of double booking

Housing Options Workshop (Portsmouth City Council - Adult Social Care and NDTI - National Development Team for Inclusion)

This workshop looked at the various options available to adults with additional needs and disability and the pros and cons for each option ranging from Residential Care Homes, Shared Supported Housing, Shared Lives, Cluster Flats, Renting from the council, Private Renting, Shared Ownership, Outright Ownership, leaving a property in a Trust etc. Useful websites discussed on the day:

<https://www.keyring.org/housing> - **KeyRing's support** is based on people living in their own homes but sharing their skills and talents with each other and with their communities.

<http://www.mysafehome.info/> - Having a complex and profound disability (excluding you from conventional employment) should never stand in the way of having your own home or living the kind of life you really want to lead. These simple beliefs lie at the heart of everything we do.

<https://www.portsmouth.gov.uk/ext/benefits-and-support/benefits/local-housing-allowance---frequently-asked-questions.aspx> **Local Housing Allowance (LHA)** helps determine housing benefit for tenants in private rented accommodation.

<http://www.disabilityrightsuk.org/housing-grants> Disabled facilities grants (DFGs) are grants provided by your local authority to help meet the cost of adapting a property for the needs of a disabled person.

<http://www.camerontrust.org.uk/cameron-trust-initiatives/lets-for-life> **Lets for Life** is a new specialist housing provider focused on providing housing for people with disabilities. We believe that everyone deserves their own home and a place where they feel safe. We are here to make the whole process as simple as possible.

<http://www.glh.org.uk/> **Golden Lane Housing** works with people with a learning disability to provide supported housing around which they can build their lives. We were established as an independent registered charity by Mencap in 1998 to help tackle the immense challenges that people with a learning disability face in finding a home.

<https://www.dimensions-uk.org/what-we-do/housing/> **Dimensions (Housing)** With around 1,000 tenants living in a mix of houses, flats and registered care homes across England and Wales, Dimensions is a specialist in housing for people with learning disabilities and autism.

<http://www.paradigm-uk.org/reach-standards/> **Reach Standards** First launched by Paradigm and partners in 2002 **Reach** was designed to encourage Supported Living. *Reach* offered a set of voluntary standards; they remain the most widely recognised standards in relation to supported living.

<http://www.youknow.org.uk/component/spsimpleportfolio/item/8-housing-with-support> Jayne Knight is the founder of the **You Know** site. This was set up following her despair in constantly seeing the lack of available, practical information for people who need care, their families, other carers, and professionals leading often to poor decision making and services.

<https://preparingforadulthood.wordpress.com/2016/04/15/housing-options-and-support-for-young-people-preparing-for-adulthood/#more-192> Independent living and housing options is one of the four PfA (Preparing for Adulthood) outcomes that support young people to move into adulthood with good lives, however it seems to be one of the more challenging ones to get right. Tammy Murray explains how professionals can support young people and their families to understand their options in our new blog.

The meeting was followed by a useful discussion around what matters to us as individuals about where we live. We had 11 items to choose from ranging from “who you live with”, “independence”, “quality of accommodation”, “having a garden” etc. What seems to matter the most of people on the day was “who you live with”, “deciding who can visit” and “independence”.

If you would like a copy of the slides shown during the presentation, please contact ppvadmin@p-d-f.org and we will email you the presentation and links discussed on the day.

Meeting with Andre Imich, SEN Advisor to the Department for Education (DfE)

PPV was invited to meet Andre Imich to discuss the progress in regards to the Local Area Ofsted Inspection and the plan to engage parent carers in the process.

When the inspection happens (within the next 5 years), the emphasis will be on gaining parents views about education, health, social care and providers such as short breaks (activities provided to give families respite from their caring roles).

Views will be gained via face to face meetings, focus group as well as webinars and online surveys.

The aim will be to check whether what the inspectors are being told by professionals is matched by parents carers' experience of the various services inspected.

Andre Imich emphasised the importance of getting parents involved when the inspection happens. You might be called to attend a meeting by the school where your child attends, you will be invited by PPV to express your views in various ways such as focus groups, webinar or online and you might also be invited directly by the Local Authority.

We know, as this inspection might happen any time within the next 5 years, that we need to keep the momentum going and to keep this agenda in the forefront of what we do.

Remember that the more voices we have, the stronger we will be able to give a true reflection of what is happening in the city. Good or bad, let's be heard!

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.

Becoming a Parent Rep: A Personal Experience

I have now been in post as PPV coordinator for 2 years now and have enjoyed every minute of it (well, most of the time!).

My journey as a parent of a child with additional needs has not always been an easy one but I was always keen to get involved, not only for my own benefit but to share whatever I learned with other parent carers in a similar situation as mine.

Following my move to Portsmouth nearly 10 years ago, I was so grateful to discover a local support group, Portsmouth Autism Support Network, guiding me and answering questions about local schools and services. Most importantly, I was not alone and formed firm friendships that have lasted to this day.

I became more involved in the group, becoming Chairperson and setting it up as a Registered Charity. Through my involvement, I was invited to meetings with health and education professionals always trying to put the parent carers' perspective across. I was not aware that I was a parent representative then although it clearly was what I was to do: using my personal experience to reflect what others were going through on a daily basis.

"I was not aware that I was a parent rep"

attempting

Being a parent rep has brought me many benefits, not discounting employment (I thought I would be a carer forever and finding a job, let alone working, could not have been further from my mind) but it has also opened my mind and knowledge as to what is happening locally and how I can use this to make informed choices and decisions.

I remember attending my first formal meeting and I have to say that I was not comfortable sitting in the middle of all these professionals and being the only parent carer there. I had no training and very little support. And all the acronyms they used! I did not have the confidence to ask questions there and then, too terrified to interrupt the meeting and waiting until I got home to Google all the terms that were alluding me.

I am so thankful that a few years on, my confidence has increased and professionals are not as scary as I first thought. They really do value the parent rep's input and are always willing to listen.

"I am so keen to encourage parent carers to become involved"

I wish I had the support of a Parent Carer Forum then as it would have helped to have someone with me attending my first meeting, explaining to me who everyone was and what was going on (to be honest, I really questioned the value of my input as I spent my time writing down everyone's names and those dreaded acronyms). This is why I am so

keen to encourage parent carers to become involved as parent reps as you will never be left in that situation. We will attend the first few meetings with you, go through previous minutes of meetings to make sure you know who everyone is and what is being discussed and to review what your experience was after the meeting.

There is a strong emphasis these days about parent engagement and participation as well as the latest buzz word namely "co-production". These words can be over used and become meaningless. We are lucky enough to have a strong co-production group in

Portsmouth and we have now been meeting for the last 4 years. The group was originally set up to create the Local Offer Website but our remit is now going to grow. As well as being an active meeting where parent reps review and coproduce documents from statutory agencies (health, education and social care), we also respond to the views expressed by parents by providing training and workshops.

“How we would like things to improve...”

The feedback given by parents is given to the Local Authority with our suggestions as to how we would like things to improve. Although we do have a long wish list, the reality is that it's not always possible to deliver what we want as parents but we have achieved progress in many aspects. For example, parents were complaining of the very long wait for an autism assessment (sometimes up to 2 years). As a result, the health commissioners responded by setting the autism pilot to clear the waiting list. As a result, the waiting list for children under 6 no longer exist and the post of autism coordinator was created to help parent pre, during and post diagnosis. The situation is still not perfect but by remaining involved and invited to get feedback, we have managed to improve a service delivered locally.

If this sounds like something you would like to do and share your skills and views to improve the services in the city, then come on the journey with us. We are a friendly and hardworking group always willing to have new members join us.

“Come on the journey with us”

Thank you for taking the time to read this and I hope to see you soon at one of our various meetings.

Barbara

PPV coordinator

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.

Parent Engagement Update

Despite the summer holidays, I have had a busy few weeks getting settled in my new role.

My first task was to design several leaflets to inform parent carers of my role and remit as well as information about the School Sen Champion Role and what SEN Support means. The leaflets will be published shortly and you will be able to find them on the PPV website as well as the Portsmouth Local Offer Website (<http://www.portsmouthlocaloffer.org/>).

I have also met the team at Portsmouth Disability Forum as well as professionals I will be in contact with within my role.

I will also attend meetings such as the **Implementation Meeting** (monitoring progress of the SEND reforms), the **Joint Commissioning Steering Group** (how health, social care and education design and commission services in response to need) as well as the **SENCO Network** in my capacity of Parent Engagement Officer. I also sit on the **SEND Board** to report on the development and progress in relation to my role and my contact with parent carers.

I look forward to attending various coffee mornings and drop-in's within local schools starting with Priory School. I will also support the development of the **School SEN Champion** and I am very excited to work with parents to further this opportunity.

I will be in touch with you in the near future about our **Journey Mapping** project as well as our **Appreciation Award**.

Finally, thank you to all the organisations and professionals I have already met for your warm welcome and support.

Kara Jewell

Parent Engagement Officer- engagementofficer@p-d-f.org.uk

Updates from Barbara (Portsmouth Parent Voice) and Jackie (Autism Hampshire)

Family Fun Drop-in at the Frank Sorrell Centre

Jackie and myself fully realise that social activities for families and children need to continue during school holidays. Early in August, we held a drop-in which was very well attended by families and children of all ages.

The expected visit from chickens and rabbits sadly did not materialise however, Jackie and myself were happy to provide the entertainment (refreshments and activities)!

We were delighted to see so many people feeling relaxed during the school holidays!

Meeting with the You Trust

We met with representatives from the You Trust and Honorary Adlerman, John Attrill (Portsmouth Learning Disability Champion), who introduced us to their new service called “**Into Work**”, an employment support service for adults with a learning disability.

Into Work will help you to look at your skills, goals and interests and work with you to help you find voluntary work, paid work or maybe you would like to try some work experience.

Support can be provided to help young people and adults to meet employers, complete applications forms and attend interviews. Support can also be given to help you settle in when you start work.

Into Work also offers:

- Job Profile creation to find out what you would like to do and set goals
- CV writing
- Confidence building
- Training needs assessment
- Help to apply for jobs
- Interview support
- Travel Training to work.

Referral criteria:

The service is available to people who are 18 or over, have been diagnosed with either a learning disability or autism and live in the PO1 to PO6 area. It was acknowledged at the meeting that further work needs to take place around the criteria to access this service as not everyone on the autistic

spectrum has a learning disability. To aid the service's understanding of this, they have asked that Jackie Harvey and myself send 2 test cases through to assess their practices for young people and adults with an Autism Spectrum Disorder (ASD).

You can get in touch with Jackie Harvey,
Community Access Officer:
Phone: 023 9281 4723
Mobile: 07525 906456
Email: jackie.harvey@autismhampshire.org.uk

Picnic in College Park

Thank you to Alison and Kara for organising this picnic in College park and luckily, the weather stayed kind to them. It was nice to use a different venue where the facilities and animals were a pleasurable experience for those who attended.

Disability Confident Employment Event

On **9th September**, Flick Drummond - MP Portsmouth South, is hosting the above event to raise awareness amongst employers of the benefit to be gained from employing people with disabilities. We feel very lucky to have such an event taking place in Portsmouth.

Jackie Harvey will be attending and will have an information stand. She will also be networking with employers to increase their understanding of the skills and strengths people with autism have that could be beneficial in the workplace. I will be attending on behalf of PPV as a guest to liaise and network with organisations present to develop our information and resources available to parents.

Local Area OFSTED Inspection

PPV has been reviewed 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.

More reports have been published about the latest authorities' inspections. You can read the full reports for Bolton, Brighton and Hove, Enfield, Gloucestershire, Hertfordshire, Nottinghamshire and Stoke using this link: <https://www.gov.uk/government/publications/local-area-send-inspection-outcome-letters>

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

More updates next month!

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.

To celebrate the launch of the awards, we are pleased to present you with the first three professionals who have been nominated by parents.

So drum roll please...



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

Make a difference, get nominating!!!

Your Views and Consultations

Change NHS sight tests to meet the needs of people with learning disabilities

There are huge levels of sight problems amongst people with learning disabilities but they suffer unequal access to eye care. This is leaving many people with poor vision or even tragically losing their sight.

To sign the petition, please go to: <https://petition.parliament.uk/petitions/133239>

Consultation into proposed changes to the Council Tax Support Scheme

Portsmouth City Council are conducting a consultation into proposed changes to their Council Tax Support scheme.

They are seeking the views of as many residents and groups supporting residents as possible.

The survey closes on 29th September 2016. The consultation can be completed online by visiting www.portsmouth.gov.uk and searching 'CTS survey'.

National Network of Parent Carer Forums- Education, Health and Care (EHC) Plan survey

From Monday 25 July 2016, families in England who have had an Education, Health and Care (EHC) plan finalised in 2015 will be invited by the Department of Education to complete an anonymous survey. This survey asks parents, carers and young people about their views and experiences of gaining an EHC plan and how the plan is affecting their lives.

This is the only government survey about EHC experiences and is a chance for families to express their views. The results will help the government and local authorities learn from parents' experiences and make improvements to the system in the future.

The results will be anonymous and will show which parts of the EHC process are working well or need more support. It will also help to understand how this picture varies across the country.

Most families who received a final EHC plan in 2015 will be contacted during July to September 2016 inviting them to take part in the survey via an accessible web, postal or phone questionnaire.

The results will be published in the New Year.

The Department for Education are only surveying those families who had their EHC plan finalised between January and December 2015. This is to ensure their records for

the families they contact are up to date. It will also allow for plans to have been in place for at least 6 months meaning families will have had some time to reflect on their experience and to see some initial effects from the EHCP being in place. If families have an EHCP in place either before January 2015, or after December 2016, they should not complete this survey.

It is extremely important that the government hear the views of families so that they understand what is and isn't working and continue to improve support for families.

Read more about the survey and see FAQs on the [IFF Research website](#) or for more information email SEND.RESEARCH@education.gsi.gov.uk

We are aware, of course, that the school holidays have just started and this is not an ideal time to be sending out a survey but the closing date is not until October.

We would be grateful if forums can do all they can to encourage families who receive a letter to complete the survey so that the Department has as full a picture as possible about parent's experiences of the EHCP process.

Care Quality Commission-Mental Health Trust Inspection

The Care Quality Commission will soon have inspected and rated every mental health trust in England. Please see the press release to find out more at

<http://www.cqc.org.uk/content/first-round-nhs-mental-health-trust-inspections-completed>

Our inspection teams have talked to people who use services, their families and carers and to local user and advocacy groups and local Healthwatch across the country. We would like to thank you for helping us understand what care is like in mental health trusts. Many of you have shared information with us, invited us to your meetings and given us the chance to hear from many people about their experiences of different mental health services.

Your feedback has helped our inspectors decide what to look out for on their inspections, and it has helped them decide what rating to give each trust. You have highlighted good practice and also pointed out poor care. So far, CQC has rated 47 of the 56 mental health trusts in England. Nearly two thirds (30) are rated as 'requires improvement' and around a third are rated as 'good' (17). One is rated 'inadequate' (Norfolk and Suffolk NHS Foundation Trust – currently in special measures). None has yet been rated as outstanding. CQC will continue to publish the inspection reports and ratings for the remaining 9 NHS mental health trusts over the next few months. Once all have been rated, CQC will analyse the full findings to date, to draw national conclusions about the quality and safety of specialist mental healthcare in the NHS, so that the system understands what is working well and what needs to improve.

We hope you can use our reports to encourage services to improve and to help share good practice we have found. All our inspection reports can be found at www.cqc.org.uk and you can search the name of the trust.

Share Your Views With Government On Personal Independence Payments (PIP)

The Government is conducting an independent review of how the assessment process for Personal Independence Payment (PIP) is working. A call for evidence has been launched as part of this review to gather the views of individuals who have claimed PIP for themselves, or on someone's behalf, about their experiences of the process. Sharing your views will help to inform the review's final conclusions on the effectiveness of the PIP process, which will be presented to government.

This call for evidence closes at 5pm on Friday 16 September. To respond online: <http://survey.dwp.gov.uk/index.php?sid=63591&lang=en> Alternatively, you can submit a response by post to PIP Independent Review Team, Department for Work and Pensions, Floor 4, Caxton House, Tothill Street, London, SW1H 9NA.

You can also let Independent Lives know about your experiences of PIP. They are responding to this call for evidence and are keen to include the experiences of local disabled people in their response. Tell them how PIP has supported you to live independently by completing their online survey : <https://www.surveymonkey.co.uk/r/PIPSurvey1L> or by calling 01903 219482. If you complete their survey you will be entered into a prize draw to win £30 Amazon voucher.

Don't delay, do it today!

FUND RAISING BARN DANCE

When?...Friday, 30th September

What time?...7 .00 pm

Where?...Portsmouth Irish Club, Elm Grove, Portsmouth

Ticket Price?...£10 per person and includes a buffet lunch.



Take your partner by the hand and dosey-doe your way to raise funds for two fantastic Portsmouth charities supporting local disabled young people and their families: **The Bivol Trust** & **Enable Ability**.

...FREE WELCOME DRINK...

FREE FOOD/BUFFET for every guest included in ticket price

...LIVE BAND + DANCE CALLER...

FUNDRAISING GAMES

...FULL LICENSED BAR AVAILABLE AT DISCOUNTED CLUB PRICES...

Grand Prize Draw to be announced on the night with some fabulous prizes for all...

Event supported by Basepoint, Havant, who will be doubling all monies raised for Enable Ability...

How would you know if someone
you had contact with has

Autism?

*Together we can help understand Autism and
support you and the person you are working with.*

Are they carrying the Autism Alert card?

Has an Autism Passport been completed?

Are you using the Autism Passport feature in SafetyNet?

Are they using the Autism Alert App?

Are they displaying the Autism Alert car sticker?



HAMPSHIRE
FIRE AND
RESCUE
SERVICE



Visit Autism Hampshire at www.autismhampshire.org.uk

Other products available

Carry the Autism Alert ID Card

Display the Autism Alert sticker

ATTENTION!
POLICE/EMERGENCY SERVICES
I HAVE AUTISM

Visit www.autismhampshire.org.uk for more information on our service.



**HAMPSHIRE
FIRE AND
RESCUE
SERVICE**



Download our new app today!

The Autism Alert App

App interface text: Caring Details, I can be helped to understand things better if you, You can help me understand what is happening by, What happens when I get anxious and uncomfortable, Strategies that help me to calm are, Sensory Considerations: Liching

The App functions as a support tool on your Smartphone. Should you find yourself in a situation with the police, emergency services or other services you can present the App in order to communicate your condition. Register today by scanning the QR Code or visit our website at www.autismhampshire.org.uk/support/outreach/autism-alert-app



**Scan
me**

Just a reminder about the Autism Alert programme from Autism Hampshire. Many people have found the Autism Alert Card and App very useful. Information and application forms are available on Autism Hampshire's website www.autismhampshire.org.uk or, if you prefer and you are in Portsmouth, you can contact Jackie Harvey jackie.harvey@autismhampshire.org.uk for the application forms.



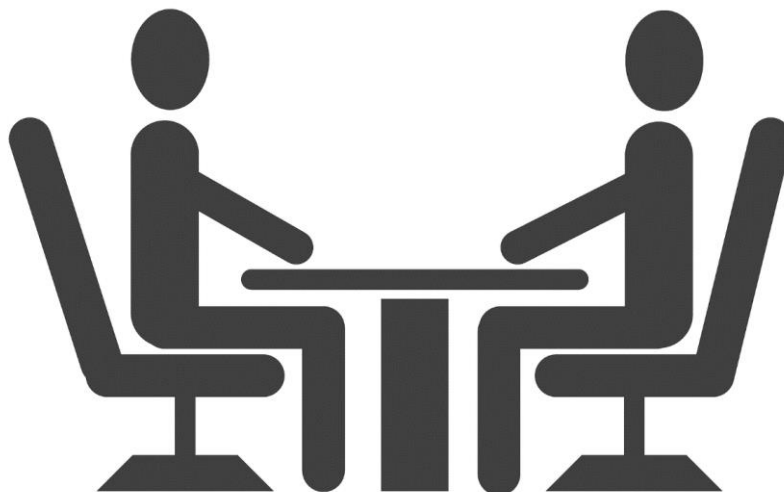
Matching [Neurodiverse](#) Talent with Inclusive Employers

Myself and a few others have put together a non-profit website, which helps individuals with disabilities obtain a job.

I have written this guide recently with the main goal being to help promote the values and attributes autistic individuals can bring to a business or organisation that may not have been initially obvious.

Joe Thomas

The Benefits of Hiring People with Autism



In the UK there are more than 700,000 individuals living with autism, however, less than 15% of these people are in full-time employment. This is a dispiriting figure when you consider the many skills and talents people with autism have, skills which are highly beneficial in the workplace.

Autism Spectrum Disorder is not a disease or illness and it cannot be cured - the unique elements of autism are an integral part of the person's make-up. As it is defined across a spectrum, people with autism will all experience it in a unique way, however, it usually has some effect on how individuals

communicate and interact with others. As well, it is also important to remember that autism is not a visible disability.

In 2010, The Equality Act came into force in the UK and made it unlawful for any employer to discriminate on the grounds of disability. Perhaps this has made some employers reassess their approach to autism, however, employing people with a disability is not a matter of filling quotas. Instead, the focus should be on the value each individual can bring to the prospective role. Those who fall within the spectrum of autism have a huge amount to offer companies. Individuals with autism are often excellent problem solvers; have outstanding concentration and memory skills; pay great attention to detail; and are highly dependable, just some of the traits that companies are looking for in employees.

While every applicant who applies for a job should be treated as an individual, there is common ground amongst people with autism that can be reached, which, when recognised by companies can make the hiring process run much more smoothly.

Things to consider:

Communication

Some individuals with autism will find understanding body language and facial expressions difficult and this can sometimes hinder communication.

Repetitive Behaviours

People with autism will often see the world in a different way and thus they tend to enjoy the security of familiarity and routine. This is a positive trait in a working environment.

Interaction

Interaction concerns how individuals with autism behave in the presence of others. For example, if they are concerned, they may retreat within themselves; or they may sometimes appear insensitive, but only because they find it difficult to read cues from those around them.

The Interview Process

People with autism often develop a keen interest in a particular subject and become hugely knowledgeable about it. If you can discover what this interest is during the interview, and encourage the candidate to talk about it, it can help put them at ease.

Sometimes jokes and sarcasm are not understood well by individuals with autism, as physical cues are hard for them to read. Therefore, be straightforward and express yourself clearly. Also, if there are gaps in the conversation don't rush in to fill the silence, the person may just need a little longer to formulate their response.

The Induction Process

Once an individual with autism has been hired, there are simple steps you can take to make their first few days with you as positive an experience as possible.

- Send induction material to the new employee early so they can take the time to read through and absorb it before they start. This will help to lessen first day nerves.
- If possible, try to seat the person away from noise or people passing by regularly, as this can be unsettling. It's also important to build structure into the day so individuals know what to expect.
- People with autism can be perfectionists so it's important to give regular feedback on how things are going and provide reassurance where necessary.

Individuals with autism tend to have strong skills in particular areas and can often outperform their peers in these capacities. It's important therefore to tap into these strengths and allow the employee the freedom to utilise their skill-set within the working environment. When this happens much of the misunderstanding about autism falls away and employers recognise what a valuable asset the individual is to their business.

For more information: <https://incluzy.com/benefits-employing-individuals-autism/>

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/>

SEND BUTTERFLIES

SEND Butterflies aim is to support parent carers and other carers of children (aged 0-25 years) with special educational needs and/or disabilities by providing one monthly get together in the north of Portsmouth and one meet up in the south. These sessions are available to any person in the Hampshire County area. They could include coffee mornings, pamper sessions, relaxation techniques, the opportunities to meet professionals from relevant local services in the NHS and the Local Authorities, the chance to meet other parent carers/carers who are in the same or similar situations.

We would like to raise awareness in our wider communities of how parents of children with SEND are carers too. For more information, please contact Beth Anne on:
sendbutterfliesnorthsouth@gmail.com

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 will help to connect the autism community, professionals, employers and service providers and help them access autism information all in one easy place. The LAD will provide 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.

<http://www.autismhampshire.org.uk/local-autism-directory/directory/>

Childcare (Portsmouth)

The Family Information Service (previously Portsmouth Chat) provides tailored information, advice and guidance for families with children from pre-birth to 19, and those working with the families.

For more information, please go to:
www.portsmouth.gov.uk/ext/learning-and-schools/pre-school/family-information-service.aspx

Choices Advocacy (Portsmouth)

Advocates support parents to attend meetings, assessments and court. An advocate can make sure that professionals are aware of a person's disability and ensure that reasonable adjustments are made so that a person is not further disadvantaged.

For more information, please go to:
www.choicesadvocacy.org.uk/advocacyportsmouth.html

DIAL

DIAL - Disability Information Advice Line -

DIAL is an information helpdesk and a telephone helpline service providing accurate information to members of the general public about the services and facilities available to all disabled people. The helpdesk service will also provide support to the individual to complete disability related forms.

email: dial@p-d-f.org or <http://www.p-d-f.org/?q=node/9>

Hampshire Dyslexia Association

Are you – a parent of a child with dyslexia?
A student needing support for continuing studies?

An employer or employee who would like to limit the frustrations of dyslexia in the workplace and so realise individual potential?

A professional looking for information on Continuing Professional Development or a place to advertise your services?

Whatever you need we will do our best to help you.

<http://hantsda.org.uk/>

NEWS IN BRIEF

POET for children's services- latest report about the Education Health and Care plan (EHCP)

We are committed to providing further evidence of the impact that greater choice and control can have. With funding from the Department for Education (DfE), we have developed a new tool for use in children's services. This tool - the Personal Outcomes Evaluation Tool (POET) - provides us with a much needed national benchmark of the impact the new Education Health and Care Plans and personal budgets have on the lives of children, young people and families.

To read the full report, please go to:

<http://www.in-control.org.uk/media/239850/national%20ehcp%20poet%20spring%202016.pdf>

Parking sign changes



Parking sign changes

You may soon see some changes to the signs and road markings we use to indicate parking restrictions.

The government has relaxed the rules, allowing us to reduce the amount of street clutter caused by signs in areas like the seafront and near historic buildings.

This means that increasingly, you'll see loading bays and 24-hour disabled parking bays without signs on poles or walls – just road markings.

You may also see loading bans without signs, just the usual yellow "blips" on the kerb next to double yellow lines.

You can get a ticket whether or not there's a sign on a pole or wall to indicate these restrictions.

The changes also mean double yellow lines no longer have to end with a T-bar to be valid.

If you have a question, please email us:
parking@portsmouthcc.gov.uk

Portsmouth City Council are planning to remove any signs on walls or posts which state parking restrictions near areas like the seafront and near historic buildings, as this may lead to parking tickets being given. We wanted to circulate this information so people are aware of the new changes.

Portsmouth introduces talking bus stops

Travelling by bus is being made easier for blind and visually impaired passengers as Portsmouth City Council have introduced 90 talking bus stops in the city.

Under the scheme, Royal National Institute of Blind People (RNIB) React trigger fobs, which can be used to hear information at bus shelters, will be available to residents at 25 per cent of the full cost, with the council paying the difference.

The RNIB React system links into the city's Bus Real Time Information signs allowing blind and visually impaired people to hear announcements at bus stops telling them which bus stop they are at, which buses are coming and when they are due to arrive, meaning they no longer need to rely on fellow passengers for help.

The RNIB React system helps make the city more accessible, bringing independence and confidence for blind and visually impaired people who want to use local buses.

The council has written to every visually impaired concessionary card holder directly to let them know about the availability of the fobs.

The RNIB React trigger fobs are available at a reduced cost of £10 from Central Library, Guildhall Square, Portsmouth. Please call Julie Duffy in advance to arrange an appointment on 02392 829923.

<https://www.portsmouth.gov.uk/ext/news/portsmouth-introduces-talking-bus-stops.aspx>

Marks & Spencer launching autism-friendly school wear

The National Autistic Society are delighted to have teamed up with Marks & Spencer to support the development of their brand new 'Easy Dressing' school uniform collection. It's available for sale from 1st August.

For more information, please go to: <http://www.autism.org.uk/get-involved/media-centre/news/2016-07-21-marks-and-spencer.aspx>

High Court ruling: West Berkshire short breaks cuts unlawful by Contact A Family

The High Court ruled that West Berkshire Local Authority's cuts to short breaks services funding is unlawful.

Our head of policy, Una Summerson commented:

"Today's High Court ruling that West Berkshire Local Authority's cuts to short breaks services funding is unlawful should be a stark reminder to all local authorities to make sure short breaks remain a priority. Sadly West Berkshire LA isn't unique in making cuts to short breaks services. Research Contact a Family carried out last year showed that more than half of local authorities have cut spending on short breaks for families with disabled children

since 2011/12. Our research also shows that families are reporting it is more difficult to access short breaks.

"The value of investing in short breaks is beyond doubt. They save the State tens of millions of pounds by supporting parent carers to look after their disabled children, and they give disabled children and young people opportunities that their peers take for granted. The reasons to invest in short breaks are clear, and it's vital that LAs have the necessary funding to protect this essential service so that the sustainability of short breaks for the future is ensured."

Read the full story: <http://www.bbc.co.uk/news/uk-england-berkshire-36865879>

Government delays introduction of changes to school & high needs funding allocations by Council for Disabled Children

In a statement to Parliament last week, the new Secretary of State for Education, Justine Greening, announced the Government will be delaying plans to introduce major changes to the way schools and local authorities are funded. The changes will now be introduced in 2018/19, rather than 2017/18 as originally planned. To read the full story, please go to: http://councilfordisabledchildren.org.uk/news-opinion/news/government-delays-introduction-changes-school-high-needs-funding-allocations?mc_cid=59433d6bad&mc_eid=303341d3f7

Tony Attwood Conference- The National Autistic Society, South Hampshire Branch

We are delighted to let you know that **booking is now open** for our conference with **Professor Tony Attwood** on **Friday 19 May 2017** at Winchester Guildhall. We have endeavoured to keep the prices as low as possible and tickets include refreshments and a buffet lunch.

We have special prices for parents/carers, people with autism, Teaching Assistants, accredited Hampshire Autism Ambassadors and other professionals.

For full details of this exciting event and to book, please visit our website at

www.shantsnas.org.uk/News/TonyA

Places are limited, so please book early to avoid disappointment.

Home to School Transport Statutory Guidance for Local Authorities

This is statutory guidance from the Department for Education. This means local authorities are under a duty to have regard to it when carrying out their duties in relation to home to school travel and transport, and sustainable travel.

Please note that this document was due to be reviewed in 2015 but we have not found any evidence that this has taken place.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/445407/Home_to_School_Travel_and_Transport_Guidance.pdf

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

Wheelchair Support

The Peter Alliss Masters Wheelchair Appeal have five entry level powered wheelchairs to give away. They are for children aged 2-18 years and are individually specified for each child. All parents need do is approach the administrator, Eric Malkin, on 07711 830922. You will need to be available to attend a presentation on **Tuesday 20 September** at Old Thorns Golf Club to receive the chair (or most likely a dummy chair pending measurement and ordering). If your child, or you know of a child who, could benefit from this, contact Eric Malkin today, it is a matter of first come first served

Carers Passport

Caring for the Carer
Caring for someone involves many different roles, from personal care such as washing and dressing, to household tasks such as shopping and cleaning, to emotional support.

Carers can be supporting a loved one, neighbour or friend for a couple of hours a week to more than 50 hours.

Carers might be caring for a child, someone who is frail, disabled, suffering from a long term health condition, supporting someone with mental health or drug and alcohol issues.

You may not recognize yourself as a Carer but if you are supporting someone to live independently it is likely that you are.

We know that sometimes caring can be overwhelming so it is really important that you look after yourself. We want to help you with this.

Portsmouth Hospitals are proud to be working in partnership with Portsmouth City Council and Hampshire County Council. They provide information, advice, emotional support and a number of other services which will help you in your caring journey.

PORTSMOUTH CARERS CENTRE
The Portsmouth Carers Centre provides support and information to Carers in Portsmouth. There is a team based at Queen Alexandra Hospital that will visit and advise you while you are with in the hospital. They can also refer you to the Carers Centre for ongoing support once the person you care for has been discharged.
Phone: 02392 283690
Mobile: 07539 351378
Bleep: (via switchboard)

PRINCESS ROYAL TRUST
The Princess Royal Trust for Carers in Hampshire provide Carer support across the County and offers advice, information and support in their caring role. The Trust also facilitates the Emergency Planning service which provides peace of mind to Carers should you become unable to fulfill your caring role should an emergency arise.
Phone: 01264 835246
Emergency Planning Helpline: 0800 169 1577
Email: info@carercentre.com

This Is Us
Guidance and information for Family and Friends Carers

Principles for supporting Carers and Carers contract

Supporting John's Campaign

It can be a worrying time when a loved one who is dependent on the care you provide is admitted to hospital. While they are here we aim to involve you in all aspects of their stay, and you may decide that you want to be here in a Carer capacity to work along-side us to care for your relative.

For more information or for copies of the leaflet, please contact the Carers Centre on 02392 283690

Communication Card from Change

Change is an organisation led by Disabled People. The power and the voice of people with learning disabilities (LD) is at the heart of everything they do. Their mission is to create opportunities for people with LD to become empowered citizens who can succeed, grow and participate equally in the community. Their services include training and resources and they have a number of projects on the go including parenting projects where they have created a range of easy read books to support parents with LD. For more details about the organisation, please go to: <http://roseroad.cmail19.com/t/r-l-whkujn-hykyliwtl-v/>

One very useful resource which they have produced is the Communication Card (<http://www.changepeople.org/getmedia/4ad774ac-23ec-4609-b1a1-13280b07a483/CHANGE-Communication-Card-v2>). It enables you to record how you communicate and the best way to contact you. You can use this to help any professionals you come into contact with such as your doctor or teacher. If you do not have access to the internet, call 01132 426619.

S.E. SEND Network Free Dyslexia Support 'Train the Trainers' Events – Now Booking

These events, from September onwards, are targeted at teaching and support staff or others who can cascade training to them and are being held across the country. There are separate events for primary, secondary and post-16 staff. Two staff from any one school can attend and ten staff from each post-16 provider. Those attending must have commitment and support to cascade training to colleagues. Participants will learn about: the range of neurodiversities • how different Specific Learning Difficulties (SpLDs) overlap • identify the signs of SpLDs • teaching strategies to support learners with neurodiversity • how to pass knowledge learnt on to your colleagues. Participants will take away: tools to help identify and build SpLDs profiles • access to informative resources on neurodiversity and SpLDs • information about how to signpost for further actions • knowledge and skills to help you and your team meet the requirements of the SEND Code of Practice.

Booking is via Eventbrite, <http://www.eventbrite.com/o/a-department-for-education-funded-consortium-10928767586> (ignore the August date on the front page), click on the focus you are interested in e.g. primary, secondary or post-16 to display all the dates and locations. Please pass this information onto your child's school to make sure they are aware of this valuable training opportunity.

Dental practice unveils new home at Somerstown Community Hub

Read more at: <http://www.portsmouth.co.uk/news/health/dental-practice-unveils-new-home-at-somerstown-community-hub-1-7539038>

Free Wheelchair Skills Workshop, Portchester

Go Kids Go is running a free wheelchair mobility training workshop on **Sunday 25 September**, 10am-3pm, at Portchester Community School, White Hart Lane, Portchester, PO16 9BD. This is a great opportunity to meet other young wheelchair users and to learn skills to help you become more independent. Extra wheelchairs provided for mums, dads, sisters and brothers to join in the games! They welcome young people from 2-18 years! TV presenter Ade Adepitan learnt his skills with Go Kids Go! Why don't you? You need to take your own packed lunch. On the workshop you will learn skills such as: coping with slopes and rough ground • back wheel balancing • road safety • emergency evacuation techniques • play games such as wheelchair basketball • try out wheelchair dance. To reserve a place, email roy@go-kids-go.org.uk or telephone 01482 887163. Please spread the word to any other families that you think might be interested.

Go Kids Go also run free manual and powered wheelchair workshops and practical wheelchair skills workshops for professionals and disability awareness workshops in mainstream schools. <http://www.go-kids-go.org.uk/>

News From Blind Children UK

Facebook Gets the Message! Facebook has launched its much anticipated tool Automatic Alternative Text (AAT) which automatically generates description of photographs posted to its site. AAT has been developed by Facebook's Accessibility Team and uses object recognition technology to identify the content of the photograph. Photographs are such a large part of Facebook that AAT will change the user experience by giving them the opportunity to know what is being liked and shared. AAT is available on iOS and support for Android is expected soon.

Accessible Games. Accessible game creators Blindfoldgames have released more audio games in their iOS kid friendly series, including pinball, pool, road trip and wildcard. All games apps are fully accessible with VoiceOver and easy to navigate and use. For more details visit their website <https://blindfoldgames.org/>

Changes to IPSEA (Independent Parental Special Education Advice) Helplines

With effect from Monday 5 September, there will be significant changes to IPSEA's helplines. They will no longer be in use and instead they will be offering a call back system where you will be able to book an appointment slot to speak to one of the volunteers. For more information about why they have made this change and how to book a call back, please go to their website: <https://www.ipsea.org.uk/contact/advice-and-support/advice-line> or email bookings@ipsea.net.

My Health Passport

Hospital passports (also known as patient profiles) have been developed for use with people with learning disabilities who are going into hospital. They help to provide information necessary for appropriate care planning and discharge arrangements.

The profile can be filled in before a planned admission or kept at home and brought in to hospital in the event of an emergency admission

We have hard copies at the Frank Sorrell Centre. Do get in touch if you would like a copy.

<http://www.accessibleinfo.co.uk/pdfs/MyHealthPassport.pdf>

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