

newsletter



Issue 23 Autumn 2014

Welcome

Our newsletter is one way in which we keep our members up to date with the latest news affecting children/young people with additional needs/disabilities and their families, both locally and nationally. We also have a useful website www.wspcf.co.uk and Facebook page, West Sussex Parents Forum at www.facebook.com or click on the link on our website, where you will find further information.

News from our Co-Chairs, Gráinne and Carrie

Gráinne Saunders

Carrie Phillips



Welcome back after the summer break. I am now one year into my term as co-chair (6 months to go) and would like to thank Carrie Phillips for supporting me as fellow co-chair until end of December. This is an interim position for Carrie and her previous co-chair experience will enrich the Forum in the next few months.

Gráinne Saunders

I'd like to add my welcome to Gráinne's as we jump straight back into the Autumn Term; as you'd expect there's lots to keep us busy between now and (dare I say it), Christmas! I'm delighted to join Gráinne to lead the team at the Forum once again, at a time when our diaries have never been busier and our volunteers have never been more important. Following a frenetic, fun and

fast paced team day in July, we've had the summer to reflect on how much the Forum has achieved and to prepare ourselves for the months ahead....

Carrie Phillips

The Children & Families Act became law on 1st September. You may not have noticed many changes yet, but we are now in a whole new world with respect to the law for children with SEND (Special Educational Needs & Disabilities). Our article tells you what you need to know and places you can go to get help. Thank you to the very many parents who have worked hard and stepped forward to make our voices heard at national and local level; you have all participated in a momentous once in a lifetime

opportunity towards supporting our children and the bigger picture.

And this is what Parent Carer Forums are all about; Facilitating Participation - helping parents to get involved in planning services, making decisions and getting the right support we need to care for our disabled children.

I am passionate about participation and know that the Management Team and volunteer Parent Representatives are too. But what is Participation when you see it in the daylight? When the 80's singer Alison Moyet (what a voice!)

...continued on page 2

Our purpose and ethos can best be defined by our mission statement:

"Our mission is to bring about positive change for families of children and young people with any additional need or disability. We achieve this by empowering parent carers in effective participation to shape services and provide information and support."

Inside this edition

- Invite to our AGM
- SEND Updates
- PACT Awards
- Let's All Communicate Update
- Parent Groups in West Sussex

Funding News

Funding News from our Operations and Projects Manager, Angela Watt



We are now a registered charity and this has opened up new opportunities for funding and donations. We have received grants from existing funders and stakeholders, but also applied for new grants which will sustain the Forum and provide the invaluable support to our members, parent carers and families.

We have been awarded £2,750 from West Sussex County Council Prevention and Wellbeing Grant. This has enabled us to provide an experienced Parent Carer Rep as Project Co-ordinator to meet with and support our volunteers. We're delighted that Denise Berry has taken on this role and you can contact her on deniseberry@wspcf.co.uk

We've also received confirmation of the second part of our Contact a Family, Parent Participation Grant for £7,500 which originates from the Department of Education. This grant enables our membership and parent carers to participate in events, workshops and training, as well as information, marketing and outreach work.

The Forum continue to be supported by West Sussex County Council and Clinical Commissioning Groups. We provide trained volunteers to attend meetings/events and co-produce new ideas and decisions which affect parent carers and their families. We've built strong relationships with health, education and social care professionals working alongside them and providing an insight into what is involved with being a parent carer. This has also evolved into paid project work for our experienced Parent Representatives.

Thank you to everyone who donated their green coins to our box in Littlehampton Waitrose recently which raised £318.

We are currently fundraising for the next PACE conference and welcome donations to ensure this event continues. If you would like to make a donation for this or to the Forum, please contact us at parents@wspcf.co.uk or telephone 01903 726188.

Co-Chairs News *...continued from page 1*

was asked on radio if she liked going to 'watch music' and listen to live bands (now she was older), her indignant answer made me smile. *'No way. I want to participate. I want to sing, make music and be part of it.'* And this sums it up. Participation – the tangible feeling of being in the band or bopping along in the audience dancing and singing along. Not standing outside, watching and listening to the concert on a tv screen and no-one inside the room knows you are there. Participation is about taking part and being part of it.

We have loads happening this term, Making Your Voice Heard training, PACE conference in Worthing, PACT Awards training and assessments, public meeting and support groups etc. Please come to all but especially to our lunch and AGM event on Friday 17 October, full details below. It will be a celebration of everything we have done towards Parent Participation in the last year and we look forward to seeing you there.

Gráinne and Carrie

Co-Chairs, West Sussex Parent Carer Forum

AGM and Lunch Invite

**West Sussex Parent Carer Forum
Invites you to our
Celebratory Lunch and AGM
On Friday 17th October 2014, 12 - 2.30pm**

**In the Roundstone Room at
Haskins Roundstone Garden Centre,
Angmering BN16 4BF**

- Join us to celebrate the Forum's Achievements over the past year
- Meet the Forum team and the Parent/Carer Reps
- Hear more about the projects we run and how you can get involved
- Find out more about the new PACT Award Scheme
- Come and find out what the plans are for the next year
- Have your say! We'd like to hear your thoughts about what we do

A light buffet lunch will be served

**RSVP by Friday 3 October to parents@wspcf.co.uk or call 01903 726188
Please advise us of any dietary or access requirements**

Haskins Roundstone has free car parking. Nearest station is Angmering (15 mins walk)



Registered Charity No. 1156360 Company No. 07955164
Office address: Dove Lodge, 49 Beach Road, Littlehampton BN17 5JG

New West Sussex Disabled Young People's Forum

This is a new Forum to ensure that in West Sussex we listen to what disabled children and young people say about what matters to them and make sure adults in charge take their views and interests into account.

This Forum will be consulted on a wide range of issues and will also be able to contribute their own ideas.

We know that not all young people will be comfortable in groups or formal meetings and there will be lots of different ways to contribute. Information will be available in many different formats including symbol systems and iPads and our staff are experienced in supporting people with complex communication needs.

If your child would like to be on our list of Forum members we would send details of consultation opportunities, this might be coming to an event, returning a questionnaire, or meeting one of our staff to say what you think. We hope our Forum members will also tell us how they like to be consulted and participate in decision making.

We will produce regular newsletters detailing the issues the Young Peoples Forum has contributed to and the outcomes that have been achieved.

Please contact Mark Williams or Kim Steadman at Orchard House on **01444 454226** or by email:

Kim.steadman@westsussex.gov.uk or
Mark.williams@westsussex.gov.uk

Sensory Bus Project

On behalf of West Sussex County Council Short Breaks, the Forum is managing the refurbishment of the Sensory Bus as it has a rather tired interior and the wish from the parents and professionals alike, is that it needs more interactive play and be more accessible to various groups of children.

I have visited a number of sensory rooms and facilities and have now requested a quotation from a company who are also in a position to refurbish the bus. I have engaged the help of two volunteer mothers, Louise and Inga, to assist in looking at the sensory toys that will go on the bus as well. This will ensure that the bus has its own toys. We are also looking for voluntary drivers, and two people have responded so far. One of the main reasons for underuse of the bus, was the lack of drivers. We also need to make sure that the bus can reach out



to as many organisations, schools and early years settings as possible, to ensure that many children across the County can have a wonderful sensory experience.

We would like to launch the new bus at the next PACE event on Saturday 15th November 2014.

Shirley Sutton, Parent Rep

A Service of Choice: Future Changes to the Child Disability Service

The West Sussex Child Disability Service is to be redesigned to enable disabled children, young people and their families to exercise more choice and control over the services they receive. In the redesign we aim to ensure that:

- Families receive the right level of support at the right time.
- Families will not have to repeat their story in order to find out if the help available is right for them.
- A service which offers a 'lighter touch' support, empowering families to determine which services are best to achieve the best outcomes for their disabled children/young people.
- A service which will be the point of contact for the family and practitioners seeking advice and support for a disabled child or young person.
- A support service with skilled and knowledgeable staff

who will know about what matters to disabled children, young people and their families.

- Annual reviews are held which include the disabled child/young person, significant family members and relevant practitioners.

We will be adopting a phased approach to the redesign over the next six months. Parent carers are involved in the planning of the service.

We welcome your views, please talk to Denise Berry or Niki Websdale at the West Sussex Parent Carer Office and they will pass them on to us. We will keep you updated on how things are going in future newsletters.

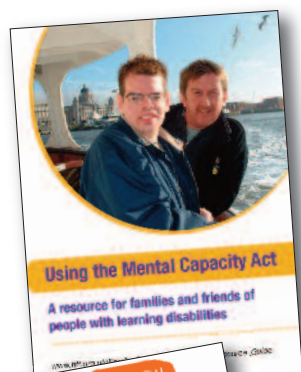
Maura Parris, Team Manager (interim),
Service Development, Child Disability
Maura.Parris@westsussex.gov.uk

Thoughts on the SEND Reforms Now We Are in a New World...

The Children & Families Act became law on 1st September and Part 3 concerns children and young people aged 0-25, with Special Educational Needs and Disabilities (SEND) as detailed in the new Code of Practice. You will start to see changes and need to know what is happening and, if it affects you, what to do and where to get information.

West Sussex Local Offer is in place so have a look- <http://westsussex.local-offer.org>. Visit the website, it's not just a directory of services; you can personalise viewings, save your results and leave comments.

At school, class teachers must know about differing needs and the support needed to meet your child's **Outcomes**.



There remains a 'graduated approach' to supporting every child to reach their **Outcomes**. This is about **Outcomes not Hours** with much more emphasis on **Assess, Plan, Do, Review** for every child and working together with you and your child/young person to do that. All the support your child had previously will still be there. There are many ways to reach an **Outcome** and you

are part of that conversation.

School Action/School Action Plus are now one category called **SEN Support**. The legal definition of SEN has not changed in the new law. If your child has significant needs they may need an **Education Health and Care plan** (or **Statements of SEN** pre 1st September). **EHCp's**

differ to Statements of SEN mainly in that they focus towards Outcomes. If there are Social Care and Health issues that affect your child's education they will be brought into their plan. Children become Young People at 16 years old in this law. If your young person has significantly complex needs and they remain in Full-time Education, their EHCp can continue until they are 25 years old. And you will be offered the option of a **Personal Budget** to help meet your child's Outcomes, if they cannot be supported by their EHCp. So, the option of a Personal Budget will only be relevant to a small number of families.

Transfers of Statements to EHCps

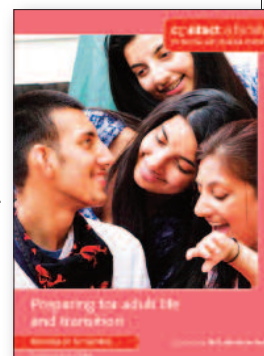
Pathfinder EHCp, Statements in Years 2, 6, 11 and 14

There are approximately 3,400 Statements to TRANSFER in West Sussex and this will happen in a timetabled way. If your child has a **Pathfinder EHCp** or is in **Year 2, 6 11 or 14** (aged phase transfer) their Statements will be transferred

this year to EHCp. Your thoughts and aspirations for your child (as well as young people's own views) will be actively collected and included so it's important to get involved.

Post16 specific support

The Post 16 or Preparing for Adulthood world is new for many services. New processes have to be put in place as FE Colleges have never done Annual Reviews or been familiar with Statements. The www.yourspacewestsussex.co.uk website has revived activity and WSCC are planning some information events.



Want to know more?

Places for support and information?

Work with your child's **School/College** to collect views (yours and theirs) and understand the process.

Parent Partnership Service - Officers and Independent Parental Supporters (trained volunteers) can support you. PPS now fulfils the role of the Independent Advice and Support Service (set out in the new Code of Practice) 0845 075 1008.

Independent Supporters - AMAZE will have six Independent Supporters in West Sussex but this service won't be for everyone, and certain criteria will apply.

At the next Parent Carer Action Group on Wednesday 22nd October (details on back page) there will be the opportunity to meet the organisations involved in supporting families going through Transfers (from Statements to EHCp) or Statutory Needs Assessment. Meet the new Independent Supporters from Amaze Brighton, the Parent Partnership Service and SEN Assessment & Planning Team Leader.

Web resources to download:

Council for Disabled Children

– Fact Sheets for Young People

<http://www.councilfordisabledchildren.org.uk/getting-involved/sen-and-disability-reform-support-organisations>

Department for Education – Guidance Booklets

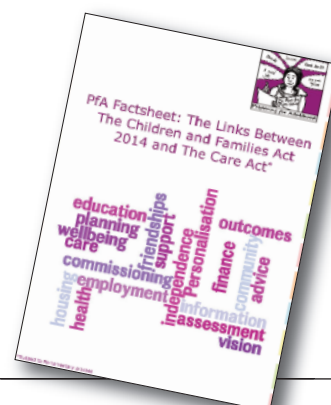
<https://www.gov.uk/government/collections/statutory-guidance-schools#special-educational-health-needs>

National Network of Parent Carer Forums

– Fact Sheets for Parents

<http://www.nnpf.org.uk/send-reform-factsheets>

The Forum has more information on its website or contact us as we have a few paper copies of the documents available.



PACT Awards



Hello I'm Jane Binns and I'm delighted to have recently joined the West Sussex Parent Carer Forum as Project Manager for the PACT Awards on this exciting new scheme.

What are the PACT Awards?

If you haven't heard about them, The Parent and Carer Team 'PACT Award' rewards excellence in services for children and young people with disabilities or additional needs across the County. Run by West Sussex Parent Carer Forum, it is an award with a difference as it is given by local parents and carers for local parents and carers and focuses on areas that families have told us are most important to them when choosing which services or activities to access, including:

- Staff attitude
- Environment
- Safety
- Communication, Information and Feedback
- Involvement, Inclusion and Participation
- Policies and Procedures

An organisation is rated Bronze, Silver, or Gold standard depending on their facilities and service. We are supported by West Sussex County Council and this funding includes PACT Award assessments of the Children and Families Centre Hubs and activity organisations funded by Short Breaks.

How the Awards can help you?

The purpose of the PACT Awards is to help parents and carers from across the County make informed choices about which services they use for their children.

Why should services get involved?

A PACT Award is a clear way to demonstrate that an organisation offers excellence in the provision of services for disabled children and young people.

Who has an Award?

We're delighted to announce that we have so far awarded 5 Awards, all of them silver, to the following providers:

- Worthing Leisure
- Enable Me
- Springboard Horsham
- Chanctonbury Community Playscheme
- Impulse Leisure Lancing

They have been through a rigorous assessment carried out by two of our PACT Award Assessors who are fully trained, but who are also parent carers, and therefore know exactly what to look for in a service.



These providers can now proudly display their certificates and window stickers and also carry the PACT Awards logo on their website, demonstrating that they show a commitment and ability to providing an excellent service.

What happens next?

More assessments are being carried out over the next few months, look at the website or in the next newsletter for more news. We will be marketing the PACT Awards locally so hopefully you will see more information around the County.

Assessors

The assessor role is a paid position for the Forum and if you would like more details about this opportunity, please contact me. Details of the next training opportunity will be on our website.

How to win a £20 Amazon Voucher by giving us your feedback?

We are just about to carry out an evaluation of the PACT Awards. We need to find out what you think about the Short Break Providers in West Sussex and the services they provide for children and young people with disabilities or additional needs.

You will shortly be receiving an email from us in partnership with Coleman Research asking you to take part in a Survey Monkey. This is very simple with just a few questions and will take 2 minutes, but it will be a really valuable source of information for us. All replies will be strictly confidential. We would be very grateful if you would take part and as a thank you we will be entering all names into a prize draw for a £20 Amazon Voucher. In 6 months, we will complete the survey again, to see what difference the PACT Awards have made. We'll let you know the results.

More Information

If you would like more information on the PACT Awards or would be interested in being involved please contact me.

Jane Binns

janebinns@wspcf.co.uk or call me on 01903 726188

Let's All Communicate Event Update

Let's all Communicate

This free event for parents and carers was organised by WSPCF, WSCC, Sussex Community Trust, NHS and Short Breaks and took place in June at Fontwell.



Peter Evans, Cabinet Member, started the day expressing the importance of communication for everyone. Bella Cobby (SEND Hub Development Officer) and Lara Roberts (WSPCF), shared news about all the SEND Hubs and the great work happening in the county supporting children with all additional needs.



Compass, the SEND Hub based at QEII School Horsham was introduced. This SEND Hub has expertise and a specialist knowledge of Alternative & Augmentative Communication (AAC). Its role supporting schools was explained. Look at the website: compass@queenelizabeth2.school.w-sussex.sch.uk for more information.

The day ended on a high with Oak Grove College giving an outstanding singing signing performance and there was also a presentation from a youth club which everyone enjoyed.

There were around 30 stalls with a range of information at hand for any type of communication need as well as workshops and taster sessions on variety of topics including eating and drinking, intensive interaction, sensory stories, social stories, visual aids, 'Go', a game where all can join in and a session on switch capability and mobility potential. Speech and Language Therapists were on hand all day for one-to-one sessions with parents.

It was a hugely successful and enjoyable day. A huge thank you to ALL involved in making this day happen. We are starting to plan the next event - please watch this space for more information.

Sharon Langton

Some parent's comments:

"I found the eating and drinking workshop very helpful and will be able to put something into practise as soon as I get home. This will make all the difference I am sure. Thank you."

"If I don't see another thing all day, coming to this workshop alone has been worth it."

"We can now start to help our little boy with his communication. Thank you so much." (visual aid workshop)

"With so many workshops, I found it hard to choose as wanted to go to more."

"I was spoilt for choice and it's been a great day."

"I loved the choir at the end. Brilliant."

Visual Aids Workshop

Next workshop is on Friday 28th November, 10am-1pm at Durrington Children and Families Centre. Contact: rosemary@reachingfamilies.org.uk or charlotte@reachingfamilies.org.uk

AAC Forum giving online support

This is a pilot for online support and is continuing for a further month to see how it will work for users and their families gathering information from Communication Matters members and 1 Voice. At present it is a closed forum – our next newsletter will give updated information.

AAC services Pathway update

This has been a difficult time, in particular for all AAC Users and their families. The Complex Disability Equipment and NHS England are in final talks and will need the Specialist Oversight Group to accept their recommendations. Notification will be sent out regarding service providers shortly.

If anyone has any Speech and Language issues that our WSPCF representatives can take forward to meetings to improve services delivered to your children, please contact us.

It's Your Newsletter – let us know what you think!

In our newsletter, we aim to give you information about issues that affect you as a parent carer and your family. We'd like to know what you think of it. Does it give you the information you need? What would you like to see more of in the newsletter? Are you a parent carer or professional reading it? How useful is it to you? We'll be carrying out a survey soon to find out what you'd like from our newsletter but, in the meantime if you have any comments please let us know by emailing:

janebinns@wspcf.co.uk



PACE Event

Saturday 15th November 9.30am – 3.30pm
Worthing College, 1 Sandition Way, Worthing, BN14 9FD

Keynote Speaker will be Sherann Hillman, Co-Chair, National Network Parent Carer Forums, talking about the importance of the new Care Act 2014 to parent carers. There'll be a cheque presentation to the Forum by PC Paul Allen from West Sussex Police, who also will talk about their work towards making communities more inclusive.

More information on our website: www.wspcf.co.uk and Facebook page or contact the Forum office: **01903 726188**

Reaching Families

Empowering families of children with disabilities

Training Roadshow



Understanding DLA & Recent Changes to Benefits

Understand Disability Living Allowance and the move to Personal Independence Payment (PIP) at 16

Date & Time: Wed 15th October 9.45am-12.30pm

Venue: Chichester Baptist Church

Understanding Challenging Behaviour

Explore ways to respond to your child so that positive behaviour is encouraged and challenging behaviours are reduced.

Date & Time: Mon 3rd November 9.45am-12pm

Venue: Charis Centre Crawley

Visual Aids

Do you use a visual aid or timetable with your child? Learn more about them and how they can help your child. You will have an opportunity to make your own visual aid.

Date & Time: Fri 28th November 10am-1pm

Venue: Durrington Children & Family Centre

Managing Sleep Difficulties

Learn about strategies that could help your child sleep better.

Date & Time: Mon 15th December 9.45am-12pm

Venue: Kingston Buci Children & Family Centre, Shoreham

Handling Stress & Building Resilience

Learn how to recognise stress, reduce it and build your resilience.

Date & Time: Wed 14th January 9.45am-12.30pm

Venue: East Grinstead Library

Changes in Education

Learn how your child will be supported, including new code of practice, Education Health & Care Plans and the Local Offer.

Date & Time: Wed 21st January 9.45am-12pm

Venue: Arena Sports Centre Bognor

Understanding Challenging Behaviour

Explore ways to respond to your child so that positive behaviour is encouraged and challenging behaviours are reduced.

Date & Time: Mon 9th February 9.45am-12pm

Venue: Maybridge Children & Family Centre, Worthing (1st floor via stairs)

Managing Sleep Difficulties

Learn about strategies that could help your child sleep better.

Date & Time: Mon 9th March 9.45am-12pm

Venue: Crawley Library

To book a place on any of the workshops please call our Outreach & Training Co-ordinators:

Rosemary Hudson on 07704 037664 or rosemary@reachingfamilies.org.uk

Charlotte Linington on 07864 599474 or charlotte@reachingfamilies.org.uk

We regret that we cannot accommodate children at any of the workshops so we kindly ask that you make alternative childcare arrangements. There is no charge for our workshops however we welcome donations to contribute to the costs of running the sessions. we suggest a donation of £3.

Registered Charity No. 1131030 Company Limited by Guarantee No. 8261096



Parent Carer Support Groups in West Sussex

Parent Carer Support Groups throughout the county do all we can to support parent carer participation. That means helping services (local authority, NHS etc.) understand the people they are providing for and also helping parent carers speak for children and young people with any additional need or disability. Having well informed, supported parents can lead to effective participation and in turn help services change to meet the needs of a wider group; it's a win-win relationship. This is about coming together to share experiences, learn from each other, support each other and importantly to make friends with people like yourself.

There are fantastic parent support groups in West Sussex run by parents just like you. We work closely with them via Lindsey Butterfield, our Outreach Co-ordinator, and we've listed those we know of. Please let the Forum office know, if you know of others.

Parents for Autism (Worthing)

Lindsey Butterfield – lindsey@parentsforautism.org.uk or www.parentsforautism.org.uk
Supports 350 families within the Worthing area. Bi-monthly evening meeting with notable guest speakers. Join our Facebook page for more info.

Autism Support Crawley

Maria Box – maria@autismsupportcrawley.co.uk or Janet 07596 737741 'Closed' Facebook page: www.autismsupportcrawley.co.uk
Autism Support Crawley for parent/carers with children or adults with Autism Spectrum Disorder/Social Communication Disorder, with or without a diagnosis. Support 400 families and welcomes anyone who lives within the RH postcode. Monthly coffee morning and evening meeting, information sharing, peer support and sometimes guest speakers. Members have access to library of ASD related books and have social events.

Sussex Autism Support (Haywards Heath)

Katarina Wilmore – sussexautismsupport@live.co.uk or website www.sussexautismsupport.co.uk

National Autistic Society (Worthing Branch)

Clare Greaves – worthing@nas.org.uk or www.nasworthing.webeden.co.uk
Parent Carer led providing a monthly Lego Club for children and also events.

WKDS – Worthing Kids Dapper Snapper

info@wkds.org or www.wkds.org
Supports families with children with any additional need. Offer a youth club, swimming school, after school music club and regular toddler get togethers.

Umbrellas – Worthing

Rosemary Hudson – rosemary@reachingfamilies.org.uk
Monthly meetings in Worthing for parents whose children have any additional needs and attend mainstream schools within the Durrington area.

Puzzle Pieces Support Group (Bognor Regis)

Laura – 07702055874
For parents of a child or family member with an Autistic Spectrum Condition (with or without diagnosis). Meet 1st Wednesday of month. The Tree House Children and Family Centre, Bognor Regis. 10am - 12pm. Children welcome.

Carers Support West Sussex

0300 028 8888 or www.westsussexcarers.org.uk
Offering support and information on carers benefits, emotional support and more to all parent carers in West Sussex. Hold a variety of coffee mornings. Register with us for a regular newsletter and information.

PATH – Parenting Autism Together in Horsham

Sarah Willis – 07588460954, pathgroup1@hotmail.com or search for above group name on Facebook and request to join. A parent led support group meeting first Sunday evening of the month. Also coffee mornings at Springboard House (contact Chris Huckstep on 01403 218888).

Special Families East Grinstead (Facebook page only)

Emma Bashford – Informal, Facebook based support group for families in East Grinstead and surrounding villages with children with any disability or additional needs. Providing social opportunities for parents, with (coffee mornings) and without (social nights out) their children. In holidays picnics and park visits for the whole family.

Chichester Downs Group

Jessica Craft – 07500 775596 / 01243 920579 or sussexrose@hotmail.co.uk
www.chichesterdownsyndrome.org.uk
<https://www.facebook.com/groups/chichesterds/>
www.chichesterdownsyndrome.org.uk
Supports families of children with Down's Syndrome. Hold regular social evenings, coffee mornings, picnics, Christmas and Easter parties, trips etc. They also subsidise specialist speech therapy.

Maidenbower Group Crawley

Catherine Fitzgerald – Autism Sussex
Catherine.fitzgerald@autismsussex.org.uk
Group for children on the autistic spectrum.

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WAM – What About Me (Burgess Hill)

Inga – ingaherlihy@sky.com

or 'What About Me Support Group' on Facebook

For families living in Burgess Hill area with a child with any additional need.

North Heath Parents Group (Facebook Only)

Rachel Evans – 07967 831289

northheathparentshorsham@gmail.com

Meet twice each half term for parents with children with any SEND, diagnosed or not.

Unique Kent, Surrey, Sussex Facebook page

Marion Mitchell (Family Support Officer) runs this page. Lots of really useful information; local and national for anyone with a unique chromosomal disorder.

Little PACSO (Chichester)

Ruth Steward – 01243 533353 / 07875 601157

or play@pacso.org.uk

For parents and their children under 5 with any additional needs. Meet at Chichester Children & Family Centre.

The Forum Support Parent Groups in Schools

It's fantastic to learn about the support groups in schools for parent carers whose children have any SEND. Last term the Forum visited fifteen schools who started new groups. Thank you to those schools for inviting and welcoming us; Angmering School, Baldwins Hill Primary, Brantridge School, Central Primary School, Copthorne Primary, Holy Trinity Primary, Easebourne Primary School, East Preston Infant School, Halsford Park Primary, Handcross Primary, Holbrook Primary, Manor Field Primary School, Parklands, St Wilfreds Catholic Primary School and Whytemead Primary School.

The Forum have invitations to seven more schools this term. Please support your school parent group if you can and we look forward to meeting you there. If you are interested in setting up a group in your school and would like some help or resources, please contact the Forum office and let us know.

Reaching Families

Empowering families of children with disabilities



Therapeutic Focus Group

Reflections

Come and join us as we offer reflective space to focus on your wellbeing, to share experiences and resources!

Tea/coffee and biscuits provided.

The group will be facilitated by Angela & Esther, both parent carers and professional counsellors.

There is no charge as costs are covered by Reaching Families.

Beginning on:

Wednesday 5th November

Time: 10-11am

Venue: Arena Sports Centre, Westloats Lane,

Bognor Regis PO21 5JD

For booking details please email

Esther at:

cornerstone_house@yahoo.co.uk

47 Hurst Avenue, Worthing, West Sussex,

BN11 5NZ Tel. 01903 502649 Email. info@reachingfamilies.org.uk

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YOU are invited to a Whizz-Kidz Taster Day!

If you aged 8-25 and a wheelchair user living in West Sussex - come along and meet us



Details

When: Wed 29th October 2014

Where: Ingfield Manor School, Ingfield Manor Drive, Five Oaks, West Sussex, RH14 9AX

Time:

10:00 - 12:00 (for ages 8-13 years)

1:00 - 3:30pm (for ages 13-25 years)

Parents carers come and meet other parents and talk to the Short Breaks Team over coffee.

To book your place contact the Short Breaks Team on:
T- 03302 222562 or email us:
short.break.team@westsussex.gov.uk

Who are Whizz-Kidz?

Whizz-Kidz is a children's charity with the largest network of young disabled people in the UK.

What will be at the Taster Day?

- Take part in our Ambassador (Youth) Club
- Take part in Wheelchair Skills Training
- Find out about Whizz-Kidz and our work experience programme.
- Come and meet the Whizz-kidz Team

Parents Carers Time

Come and meet other parent carers and talk to us about Wheelchair Services in West Sussex.



Whizz-kidz
move a life forward

Whizz-Kidz is the working name of
The Movement for Non-Mobile Children.
Registered charity number 802872.



Give your Party some Polka!

Photoshoot Parties



'You did an amazing job. Thanks for making it an unforgettable day.'
Mum's quote

'Maria was brilliant with all the children with every need. A very fun-filled day!'
Chancetonbury Community Playscheme

Transform your home or venue into a Studio, dress up and have some fun!

It's your party!

Perfect for birthday parties and other special events, Polka photoshoots create a real sense of occasion and, here's the icing on the cake, give guests truly memorable photos to take home. With many years' experience working with children with disabilities and additional needs, Polka photoshoots are totally accessible and great for siblings, parents and carers too!

Do get in touch to discuss your special day and any requirements you might have. After all, it's your party!

Book today!

T (01243) 536937
M 07796 298955
hello@polkaphotography.com

 Like us! Polka Photography
www.polkaphotography.com

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design@danjubb.co.uk

How it works

- ★ We travel to you with a seriously cool and funky selection of costumes and props
- ★ Experience your personal photoshoot with friends & family
- ★ Choose photos and have them printed there and then
- ★ Get crafty and transform your photos into keepsake cards and other memorable items
- ★ Photos available on DVD
- ★ We're flexible! Number of guests and time tailored to your needs
- ★ Prices start from £185 for 8 guests for a 2 hour session

Re-design of Emotional Health and Wellbeing Services for Children and Young People

Nationally and locally there is an increasing demand for services for children and young people who require emotional and mental health support. Consultations and a Joint Strategic Needs Assessment (<http://jsna.westsussex.gov.uk/> JSNA-Reports) have revealed concerns about the range and quality of provision available, and service users have told us that they do not always receive the support they want or need.

In partnership with service users, families and providers the Children and Families Commissioning Team is responding to the findings and the national trends reflected locally, by considering how services could be re-shaped to provide better outcomes for children and young people.

The re-design project team is working hard to deliver services that build resilience and emotional well-being for children, young people and their families and that assess potential problems early. Following effective assessment, the aim is to ensure that appropriate interventions are available to bring about the best possible outcomes.

With these aims in mind a set of principles have been agreed which will underpin service commissioning and delivery. These principles emphasise an outcomes-based approach, and health promotion, as outlined in 'Five Ways to Wellbeing' (www.neweconomics.org/projects/entry/five-ways-to-well-being). Making sure that needs are identified early and services are available and relevant for all young people, including those looked after, and those with disabilities, is

another fundamental principle. We also recognise that children and young people change, as do need and demand and therefore services must be flexible and responsive to those changes. Alongside these is a commitment to clear and consistent communication within and between service users, professionals, commissioners and providers and that this is enabled by close and regular collaboration.

The project team has been asked by its Management Board to deliver re-design proposals to an ambitious timeframe. By January 2015, the team will have consulted with numerous stakeholders, including service users, to consider what the re-designed service should deliver and how. The proposals will be supported by a clinical evidence base provided by a Clinical Reference Group, and informed by a financial analysis and forecast.

Once the Management Board is satisfied with the proposals, further formal consultations are required with stakeholders including satisfying governance requirements for the Clinical Commissioning Groups and West Sussex County Council. The next step after that is to undertake a procurement exercise to secure the highest quality delivery of the specifications.

It is anticipated that the process from January to new service delivery will take approximately 10 months.

For further information, please contact:
Kate.Wesson@westsussex.gov.uk



West Sussex Parent Carer Forum Membership Form

If you would like to become a member of the West Sussex Parent Carer Forum, please complete this form and return it via the address provided below or email: parents@wspcf.co.uk

Name:

Address:

Postcode:

Tel no:

Email:

We are trying to reduce postage costs – are you happy to be contacted by email? Yes ☐ No ☐

Details of your child or young person

Name of your child / young person Age Year of Birth

Disability / Special Need either diagnosed or non-diagnosed

Work with us

The running of West Sussex Parent Carer Forum is undertaken by Parent Volunteers who believe that by having a collective voice, parents can make a difference to the services available for their children and young people. If you would like to become more involved with the Forum then please let us know.

Would you like to attend meetings and represent the Forum as a Parent Representative? Yes ☐ No ☐

If you are unable to attend meetings would you be able to help in other ways (ie. admin)? Yes ☐ No ☐

PACT Awards help parents and carers make informed choices about which services they use for their children. Parent Carers carry out assessments and make the awards.

Would you like to know more or become an assessor? Yes ☐ No ☐

As a Parent Carer, your knowledge and expertise is invaluable to us. You may have other skills that you could bring to the Forum too. If so, please let us know.

Support us

I would like to support the work of the WSPCF by making a donation.

Please send me details about how I can do this. ☐

Signature: **Date:**

Thank you for completing this form. Please return it to:

West Sussex Parent Carer Forum, Dove Lodge, 49 Beach Road, Littlehampton, West Sussex BN17 5JG
or email to: parents@wspcf.co.uk or complete the form on our website.

West Sussex Parent Carer Forum

Dove Lodge, 49 Beach Road, Littlehampton, West Sussex BN17 5JG

Phone: 01903 726188 Email: parents@wspcf.co.uk Web: www.wspcf.co.uk

<https://www.facebook.com/#!/pages/West-Sussex-Parents-Forum/357548895577>

Company Registration No. 07955164 Registered Charity No. 1156360

WSPCF Events for the Diary

The Forum Book Club

The Forum invite you for coffee, cake and informal chat. Please come along if you are a Parent Rep, a Forum member or a parent carer wanting to discover more about our work. Run by Gráinne and Denise.

See website for dates and more details.

Personal Budget Coffee Morning

Networking, information & support session

12th November 10am - 12pm

Avisford Park Hotel, Arundel

Make Your Voice Heard Training

This training supports parent carers to have a voice, giving them confidence and empowering them in the involvement and co-production of representing all Parent carers to shape services in West Sussex.

For more information or to book a place email

Niki Websdale at: parents@wspcf.co.uk

- Monday 13th October 10am - 2pm
Crawley Baptist Church, West Green, Crawley, RH11 7HJ
- Tuesday 14th October 10am - 2pm
Jeneses Community Arts Centre, Linden Road, Bognor, PO21 2AS
- Monday 20th October 10am - 2pm
Impulse Leisure Centre, Lancing Manor, Lancing BN15 0PH

PACT Assessor Training

Contact: pactawards@wspcf.co.uk for future dates.

Useful Contact No.

Children's Access Point (CAP): 01403 229900

WSPCF AGM

Friday 17th October 12pm - 2.30pm

Roundstone Room, Haskins Roundstone Garden Centre, Roundstone Bypass, Angmering BN16 4BF

RSVP: parents@wspcf.co.uk

PACE

Saturday 15th November 9.30am - 3.30pm

Worthing College, 1 Sandition Way, Worthing BN14 9FD.

Contact parents@wspcf.co.uk for details of how to book.

Travel expenses cannot be reimbursed for this event.

Parent Rep Group meeting

For existing Parent Reps:

Friday 14th November 11.30am - 1.30pm

Air Balloon Pub, Horley

PCAG Parent Carer Action Group

Wednesday 22nd October 10.30am - 1pm

Field Place, Worthing, BN12 6BS

The next group meeting will be co-chaired by Jon Philpot, Principal SEND and Inclusion and Ranti Fallowfield, Management Team, the Forum.

Come and meet the organisations involved in supporting families going through transfers (from Statements to EHCP) or Statutory Needs Assessment.

Meet the new Independent Supporters from Amaze Brighton, the Parent Partnership Service and SEN Assessment & Planning Team Leader. This is your opportunity to get answers to your questions. Also there will be the Continence Nursing Team with information on how to get support and help.

For more information on these events and similar, please visit the events page of our website at: www.wspcf.co.uk/events or contact the Forum office. WSPCF can reimburse Parent Carer travel expenses. The West Sussex Parent Carer Forum is an accessible organisation. If you require this publication in an alternative format, please contact us to discuss your requirements.

The Forum rely on grants and donations and we would like to thank all of our supporters who include:



For more information please contact:

West Sussex Parent Carer Forum

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Email: parents@wspcf.co.uk

Web: www.wspcf.co.uk

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