



Newsletter

For parents and carers of children and young people with disabilities and/or special educational needs in Sheffield

Published by the Sheffield Parent Carer Forum
Autumn 2012 Issue 6 FREE!

Funding reform

How changes to school funding arrangements could affect your child p6

Trolley trouble

Parents struggle to access disability-friendly supermarket trolleys p12

No-bangs panto

Back by popular demand: our inclusive Christmas panto! p21-22

Free workshops

On sensory integration, stress management, and more p20/21

About us

The Sheffield Parent Carer Forum is an independent group of parents and carers of children with disabilities and/or special educational needs.

Our aim is to make sure the needs of our children are met. We understand the challenges you face on a day-to-day basis, because we are parents and carers too. We organise regular events where parents can meet each other. We can tell you about the most up-to-date sources of information for your children.

We are here to give parent carers a voice. By joining the Parent Carer Forum, we can work together to improve services for our children.

Membership is free, join us today!

Fill in the membership form at the back of this newsletter to join.

Get in touch

By Post:

Sheffield Parent Carer Forum,
c/o Sheffield Carers Centre,
7 Bells Court, Bells Square,
Sheffield S1 2FY

By phone: 0114 252 1913

By e-mail:

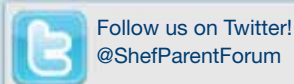
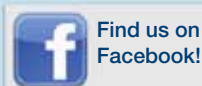
enquiries@sheffieldparentcarerforum.org.uk

Website:

www.sheffieldparentcarerforum.org.uk

Drop-in:

Currently by appointment only;
please contact us to arrange a time.



Your advert here?

Would you like to advertise your products or services in our next newsletter? For a small fee, you could reach around 4,000 families in Sheffield.

Our rates are:

- Full page £100
- ½ page £50
- ¼ page £25

Please call us on **0114 252 1913** to discuss your requirements.

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Greetings and a big welcome to the 6th edition of our newsletter!



The autumn term is usually a period of change for our children - be it moving to a different class, school or just changes to teaching staff and support personnel including transport. Transition can be an extremely difficult time. This is especially the case during those key stages when our children move from nursery to primary, primary to secondary or what is often described as the "cliff edge" of post 16. Helping parents navigate through the post 16 landscape will be the theme of our conference in January. This will be an opportunity to speak to service managers, find out information about the processes and options available post 16, and what services our children will need to access. Further information and a booking form can be found on pages 21 and 22.

Of course there are wider changes afoot to SEN and education which are already beginning to have a significant impact on the landscape in the city. This includes how funding is determined (see page 6), how our children will be

assessed and access services, and how our schools organise themselves and share their expertise. We continue to work with professionals involved in service delivery in the city to ensure that parents' voices are heard and our children receive the services they deserve.

There's obviously a lot of work to do and we always want to hear from parent carers. If you do have any spare time - have a look at the article on volunteering on page 13 - it would be great to hear from you. We are always looking for contributions, especially if you have an interesting story or useful tips and ideas you wish to share. We also want to have some fun with our kids so watch out for the Panto on December 16 (see pages 21 and 22) - the tickets went very quickly last year! All our events can be found on our website and Facebook page, and if you want to get in touch about these or any other issues, our contact details are on the opposite page.

Best wishes

Jayne Woodward, Co-Chair

Short breaks grants: apply now!



Families with disabled children aged 0-19 who live in Sheffield can apply for a short break grant of up to £400 per family.

The money can be used for anything that gives parents a break from their caring responsibilities. For example, you could use it for a family holiday, for a carer to support your child to access an activity, or for your child to attend a holiday or weekend playscheme. The deadline for applications is **31 December 2012**, and the money must be spent by **31 March 2013**.

You are automatically eligible for the grant if:

- your child receives the high rate care or high rate mobility component of Disability Living Allowance (DLA)
- you received a short breaks grant last year following the submission of additional information, and approval was given less than 12 months from the submission date of this year's application
- you already receive another form of assessed short break, e.g. residential provision, some SNIPS services

If none of these conditions apply you may still be eligible, but will need to ask a professional who knows your family to provide additional information.

You can download an application form and guidance notes from our website www.sheffieldparentcarerforum.org.uk/page/short-breaks

To request a hard copy or for more information about short breaks, please contact the SIGN Information Service on **0114 266 9476** or email sign@sheffinfolink.org.uk

Do you need help with payroll or managing a Personal Budget?

ADVERTISEMENT



ibk initiatives offers independent support brokerage to help families with the tasks running alongside a Personal Budget or Direct Payment. We offer a personalised Individual Budget Management Service and a Payroll Service. We also help with the recruitment, training and supervision of Personal Assistants.

For further information about our work, please contact Pippa Murray.

Email: pippa@ibkinitiatives.com
Tel: 07941 106 228
www.ibkinitiatives.com

Home-based childcare



In last year's Autumn newsletter, we reported on an initiative to develop specialist home-based childcare services for children and young people with additional needs in Sheffield.

Since then, a number of childminders, students, teaching assistants and support workers from social care agencies have been registered with Ofsted to provide specialist home-based childcare services. All of them hold current CRB checks and public liability insurance and have completed a specialist training programme. They can care for disabled children and young people (aged 0-19) in the child's home, the carer's home (childminders only), or take children out to activities.

Hours and rates of pay must be agreed in a private contract between the carer and the parents. Direct payments or the short breaks grant can be used to pay for childcare.

Looking for a carer?

The SIGN information service (telephone **0114 266 9476**, email sign@sheffinfolink.org.uk) can send you details of the

scheme and help you find appropriate childcare. If you wish to proceed, the Community-Based Childcare Team (telephone **0114 250 6762**) will assist you in establishing a placement and provide ongoing support.

Interested in becoming a carer?

Specialist home-based childcare can be provided by people with a wide range of experiences; this can include teaching assistants and parents of disabled children. The team is currently able to access funding to support the costs of registration, CRB checks, public liability insurance and specialist training. Please contact project coordinator Linda Wright (telephone **07837 188 995**, email linda.wright@sheffield.gov.uk) for more information.

Childcare information folder out now!



Developed by Council officers and parents, this folder contains lots of useful information about childcare services for disabled children. Pick up a free copy from your local Children's Centre or library, or ask SIGN to post one to you. You can also download a PDF from our website:

www.sheffieldparentcarerforum.org.uk/page/childcare

SEN funding reform

“There’s no point applying for a statement because it wouldn’t give the school any extra funding.”

“We don’t have money to buy in more speech therapy.”

“Schools in wealthy areas get less money for special needs.”

Ever heard one of these?

School funding arrangements have a big impact on our children, and understanding how the system works can be empowering for parents. The problem is that every few years, someone decides to change it!

The Department for Education (DfE) has just announced a major shake-up of the school funding system, which includes a new approach to funding provision for learners with the greatest needs.

What does the DfE want to do?

There will be a partial return to the principle of “the money following the child” – something that Sheffield ended circa 2008, when the direct link between statements and funding was cut. Since then, SEN funding for mainstream schools has largely been included in their delegated school budgets, without being linked to individual children.



The DfE wants to introduce a new approach called “Place Plus”. This approach defines a financial threshold above which schools or colleges will receive “top-up” funding to meet the needs of disabled learners.

This threshold has been set at £10k per year (£4k for the average mainstream school place, plus £6k for additional education provision, such as one-to-one support or equipment. To give you an idea, £6k would buy you approximately 10 hours of Teaching Assistant support per week).

Mainstream schools will continue to receive an SEN and Additional Needs budget as part of their delegated school funding. Schools will be expected to use their SEN budgets to support pupils with lower-level needs, such as those on School Action and School Action Plus. They will also have to fund provision for high-need pupils from this budget up to a level of £6k per year. Above this level, schools will receive “top up” funding from their local authority. This will be allocated

to pupils via a banding system. The top-up funding will follow the pupil wherever they go to school – whether that is a mainstream school, special school, integrated resource (IR), academy, or further education provider. In other words, pupils should be funded at the same level whatever the provider (within the maintained sector).

Special schools and IRs will receive £10k per planned place, plus any additional top-up funding allocated to their pupils via the banded funding approach.

Clearly, this banding system is going to be important! It looks likely that local authorities will be allowed to determine their own bands (instead of having a national framework), and allocate funding rates to them – in fact, many already have such systems in place. Sheffield isn’t one of them, but has now developed a local banding framework in anticipation of national changes. The implementation of this framework (alongside other changes to school funding arrangements) is currently subject to a local consultation. There will be further consultation on the funding bands and their descriptors following trial use in a group of schools.

What does the council want to do?

- By April 2013, all pupils in mainstream schools who either have a statement or who currently receive funding through a local pilot (Families of Schools - Exceptional Needs pilot) will be audited and allocated a funding band if they meet the criteria. In order to receive top-up funding, pupils must be allocated a funding band and

their school will need to show that they are spending at least £10k per year on them.

- Pupils currently attending special schools and IRs will not be audited individually. Instead, the Council will fund these pupils by nominally allocating bands to pupils so that the funding is as near to the school’s current budget as possible, in order to minimise disruption.
- Pupils who are newly identified from April 2013 will be individually audited and banded.
- Specialist support services (Educational Psychology, Hearing Impaired, Vision Impaired and Autism Service), SEN transport and outreach provided by special schools will continue to be centrally funded by the local authority.

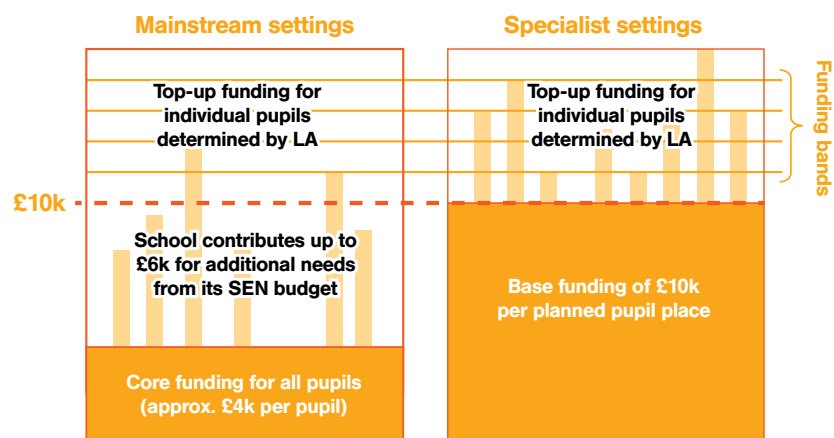
What could these reforms mean for my child?

The banded funding approach could lead to more transparency and fairness, as children in mainstream provision will receive equal funding to those in specialist provision who have similar needs.

Mainstream schools should be more able to meet the needs of pupils with exceptional needs because of the top-up funding received. However, schools may still argue that their delegated SEN budgets are insufficient, particularly if they have a large number of high-need pupils on roll.

Delegated school funding for SEN and social deprivation in Sheffield will increase in April 2013 (by an average of £1,600 per pupil with SEN – around 20% of the school

Proposed SEN funding arrangements (pre-16)



population). Delegated SEN budgets will not be ring-fenced, but there will be sharper accountability on SEN expenditure.

In a response to the SEN Green Paper, SEN charity IPSEA expressed concerns that bandings could be set at an unrealistic level and not increase in line with inflation.

Local authorities will still have a legal obligation to make the provision described in Part 3 of a child's statement, regardless of

the funding band allocated. However, IPSEA points out that pupils whose statements are vague, and those without statements, could be forced into provision that is dictated by the funding assigned to a particular band, rather than the pupil's needs.

It is likely that only pupils deemed to have "high needs" (over the £10k threshold) would be able to obtain a place at a special school.

Have your say!

Respond to the consultation by downloading the consultation documents and a response form from the Council website: www.sheffield.gov.uk/education/our-schools/budgets/schools-forum. Responses must be received by **1 October 2012**.

Come to a consultation meeting for parents of children with SEN/disabilities. The meeting will take place on **Monday 24 September**, 12.30-2.30pm, at Howden House, Union Street.

Please let Evelyn Priestley at the Council know if you'd like to attend, email: evelyn.priestley@sheffield.gov.uk, telephone **0114 205 3599**.

Crossroads Sheffield set to close

National care provider Crossroads is set to close its Sheffield branch with effect from 30 September 2012. The closure will affect around 40 families with disabled children who currently receive Crossroads homework and befriending services.

In November 2011, Sheffield City Council and NHS Sheffield announced the decision to terminate all the existing 22 adult carer support contracts and jointly commission a new improved model of support for carers of adults in the city. This included the contract with Sheffield Crossroads for services to carers of adults, which will now end on 30 September 2012. The new model of support for carers will be implemented from 1 October.

Peter Tisch, Chair of Crossroads Care Sheffield, said: "Sadly Crossroads Care Sheffield was not successful in the bid [for the support contract for carers of adults] and its main source of funding for many years will end shortly. The adult carer service work will now be transferred to another service provider."

"While Crossroads Care Sheffield does receive funding for children's carer work, it is not enough to enable us to remain open, and so sadly the Trustees had to take the decision to close the Sheffield office."

Sheffield City Council have informed us that they have been working closely with the affected families to explore future service options. For some families, the transfer to a new provision has already begun.

The Council wrote to all families receiving a service from Crossroads to offer choices for future provision, including continuing to receive a delivered Befriending or Homecare Service, transferring to a Direct Payment, or transferring to a SNIPS service. Some families have already expressed a preference for their new service, and Sheffield City Council are supporting them through the transfer.

Families who currently receive a service from Crossroads but have not yet chosen what new provision they would prefer, or who would like to talk to someone to understand the options better, are advised to call SNIPS Team Leader Simon Money on **0114 273 4017**.

Remember: You can also find lots of useful information about short breaks and direct payments on our website: www.sheffieldparentcarerforum.org.uk/page/resources

Free spa sessions for carers

Spa 1877, on Victoria Street off Glossop Road, has launched a new charity initiative with the intention of “giving something back” to Sheffield carers. Through a partnership with the Sheffield Carers Trust, Spa Director Steve Wilkinson has pledged 10,000 free spa places to carers over the next four years. Every carer will be entitled to one free three-hour spa session.

In order to claim your free session, please contact the Sheffield Carers Trust and ask them to send you a voucher. The number to call is **0114 272 8362**, or you can email graham@sheffieldcarers.org.uk.

Once you have received your voucher, please contact Spa 1877 on **0114 221 1877** for availability and to book your place.



Kids Together softplay sessions

Kids Together is a local parent-led charity. The group runs a fortnightly leisure club for children with learning disabilities, their families and friends at indoor play centre Jungle Mania. The centre is closed to the general public during these sessions.

Dates: Sessions take place on alternative Tuesdays from 6.30pm to 8.30pm. Dates for the remainder of this year are 11 Sept, 25 Sept, 9 Oct, 23 Oct, 6 Nov, 20 Nov, 4 Dec, 18 Dec.

Cost: £2 for under 5s, £2.50 for over 5s.

Address: Jungle Mania Play Centre, Unit 6 & 7 Coleford Business Centre, 291 Coleford Road, Sheffield S9 5NF.

No need to book, just turn up!

For more information, please contact Karen Pollard on **07881 573166**, or email kidstogetherclub@hotmail.co.uk



Disability Awareness Training now up and running



The PowerPoint slides are ready, the flyers have been printed, and our trainers are raring to go!

Developed and delivered by parents of disabled children, our disability awareness training provides a unique insight into the challenges that affect not only the child but the whole family.

Sessions include:

- How to include children with additional needs and disabilities in mainstream activities
- What labels don't tell you – and how to find out what you really need to know
- Different types of disabilities
- The importance of good communication
- Examples from the trainers' personal experience

Courses normally run for three hours, but can be split over two sessions if required. The training can be tailored to the needs

of individual organisations and delivered at their premises, for up to 16 delegates. We also offer open sessions at central locations.

Please help us spread the word and tell anyone who works with children aged 0-11 about our training offer. You can download a flyer from our website:

www.sheffieldparentcarerforum.org.uk/page/disability-awareness-training.

Book now for our first open session!

Date: Wednesday 26 September, 9.30am-12.30pm

Venue: VAS, The Circle, 33 Rockingham Lane

Cost: £50 per delegate

To book your place, please contact Anne on **0114 252 1913** or email training@sheffieldparentcarerforum.org.uk

Back on the road again

You might know about our outreach programme, perhaps because we have visited your school or group, or you may have read about it in our last newsletter.

Last year was very busy - we made 20 visits and reached over 200 parents and carers.

Our visits are very informal, often involving coffee and chocolate biscuits. We talk to parents and carers about the work of the Forum, they tell us about their experiences and concerns and we all swap useful information.

We are currently taking bookings for the new academic year and arranging return visits. If you would like us to come to your school or group please contact the Forum by telephone

or email (details on page 2) and I will be happy to arrange a visit.

If you are a parent who would like us to visit your school, please ask your SENCO to contact us, or give us the names and telephone numbers of the people we would need to contact.

*Joanne Ferguson,
Sheffield Parent
Carer Forum
Trustee*



Trolley trouble

On a Forum outreach visit to Norfolk Park Special School in March 2012, parents said that some of their worst experiences with their children happened in supermarkets. Many had trouble finding a suitable trolley for their disabled child, parking was often a problem and staff did not always understand the difficulties faced by parents.

We had a discussion about how we could improve the situation, and out of that came the idea of the "Trolley Project". Parents agreed that it would be really helpful to know what disability-friendly trolleys were available, and what policies the different supermarkets had regarding stocking, storage and access to these trolleys.

Would you be interested in helping with the Trolley Project? Our workers Eva and Anne will be able to help with administration, but

we really need the views and opinions of parents and carers to set up and carry out this project.

If this sounds like something that you would like to help us with, or if you want to find out a bit more, then contact Eva or Anne in the office (details on page 2).

Joanne Ferguson, Sheffield Parent Carer Forum Trustee



Volunteers are the lifeblood of the Parent Carer Forum. Not only do they contribute an amazing amount of work (over 1,000 hours last year!) they also ensure that our organisation is truly parent-led.

You might be thinking, "I've got enough on my plate already". Or you might worry about letting people down if your child's needs or your work patterns change.

Admittedly, some roles do require a regular commitment. But we also have lots of opportunities for people who are short of time. In fact, there are things you can do whilst waiting for the kettle to boil...

If you can spare 10 minutes, you could...

- Become a member (just fill in the form at the back, or register via our website)
- Encourage a friend to join
- "Like" us on Facebook and post on our page
- Take part in our consultations
- Ask your school's SENCO if they would like the Forum to run a coffee morning for parents of pupils with SEN
- Tell your child's school or nursery about our disability awareness training (see page 11)

If you can spare 2 hours per month, you could...

- Join our parents' groups on Education or Health
- Come to our AGM or quarterly open meetings
- Attend focus groups on specific topics, e.g. SEN transport, school funding
- Help with outreach visits to schools and nurseries in your local area
- Help with our Supermarket Trolley project (see page 12)

Please see pages 20-21 for meeting dates.

If you can spare 4 hours per month, you could...

- Become a trustee
- Become a parent representative: we are currently looking for a parent of a disabled child aged 14+ to join a new group on Transition!
 - Help with office tasks, e.g. data entry, filing, photocopying
 - Help with fundraising, e.g. bid-writing or organising fundraisers

If you are able to help on a one-off basis, you could...

- Help out at an event
 - Help with a mailshot
 - Write an article for our newsletter
- We will provide training and support, and reimburse your childcare and travel expenses. Whether you are a parent of a disabled child, a professional looking to contribute your skills, or a student wishing to gain experience - we'd love to hear from you!



To tell or not to tell



Parents face some daunting decisions when their child is first diagnosed. Who should you tell about the diagnosis? And when do you tell your child? A Sheffield mum describes what went through her mind as she grappled with these issues.

“Tom was diagnosed with autism just after his third birthday. Even though we’d been having suspicions since he was 18 months old, the diagnosis still hit me like a ton of bricks. I didn’t tell anyone for a few weeks afterwards. The label seemed less threatening, less final, if I didn’t say it out loud. When I eventually told friends and family, their reactions were a lot more matter of fact than I had expected.

Over the next few years, Tom made amazing progress. He began to say a few words, then short sentences. As his understanding of the world grew, his need for rigid routines subsided. But he was still very delayed, and very different from his peers. When he started at our local mainstream school, I began to wonder whether I should tell the other parents, to nip any staring and gossiping in the bud.

I kept thinking about a friend I had lost touch with. When I first met Simon, he told me five minutes into the conversation that he had obsessive compulsive disorder. He did this with everybody, and it totally disarmed people. The upfront approach, we decided, was the way to go.

Still, it seemed a bit clumsy to just blurt out “by the way my son has autism”. So I invited Tom’s entire Reception class to his birthday party and asked the parents to RSVP because “Tom has autism and likes to know exactly what’s going to happen”. To my surprise, everybody came, and the party went well.

In a sense, deciding when and how to tell Tom about his diagnosis was a “happy problem”. After all, we had once worried that he might never develop functional language... When Tom was around seven years old, I found myself increasingly reluctant to discuss his autism in front of him. Bizarrely, I took to referring to “ASD” for a while, as if that were any better! I knew then that the time had come to talk to Tom about his autism before he heard it from someone else.

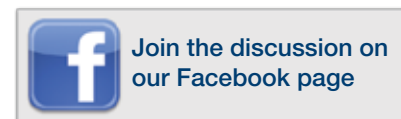
Tom took the information in his stride, as he does with most things. We told him that his brain is wired a little differently, so that he has to work hard to learn some things which other people just pick up naturally, and the other way round (he’s a natural with numbers). This seemed to make sense to him, and he still refers to it occasionally.

I recently asked Tom if he thought that other children should know about his autism, as it might make them more forgiving of his social difficulties. He looked rather put out.

“Not really,” he said. He’s nine now, and has recently become very concerned about fitting in. And the thing is, his autism isn’t that obvious any more. Which makes me wonder whether it was right to tell other people about his diagnosis. Did we impose a decision on Tom which only he should be allowed to take? I sometimes worry that other kids might one day hear about Tom’s diagnosis from their parents and use that to bully him. Then again, isn’t openness, rather than secrecy, the best way to prevent bullying?

Maybe there is no right or wrong way to handle your child’s diagnosis. After all, our children change all the time, and so our strategies will need to change with them. I am hopeful that, if we just keep talking to Tom about his autism in a positive way, we can’t go too far wrong.”

How did YOU handle your child’s diagnosis? Join the discussion on our Facebook page!



Sheffield Royal Society for the Blind



Sheffield Royal Society for the Blind (SRSB) offer a range of services for visually impaired children and their families.

Every week during term time we run Little Sparklers, our parent and toddler group. The sessions run every Wednesday, 10am-12pm at our Mappin Street centre. The group is run jointly by SRSB and Sheffield Visual Impairment Service (Education). Each session incorporates general play, a sensory area, messy time, a sing-song session and lots of fun.

During school holidays or at weekends we hold regular activity days for older children. Most children with a visual impairment now attend mainstream schools, and these events are often the only chance they get to meet others who are in a similar situation to themselves. Many friendships have developed and parents have found the support, advice and information from other parents invaluable. Recent sessions have included crafts, cooking and drama. We also run regular theatre trips throughout the year; wherever possible we access audio described performances, enabling all children, regardless of their level of vision, to enjoy the shows.

SRSB also support and work closely with Sheffield Actionnaires, which is operated by "Action for Blind People". It is a free multi-sports club for visually impaired children and their siblings. It gives the children a chance to try their hand at a variety of sports such as football, climbing, street dance, cricket, etc. The club runs every Sunday at Westfield Sports Centre from 10am to 12pm.

At SRSB we also have trained staff who specialise in advising and supporting families with applying for a wide range of financial benefits, including Disability Living Allowance, grants, etc. They are also able to assist with applying for specialist equipment and adaptations that may be required due to a child's visual impairment.

For further information on any of our services please email joanne@srsb.org.uk or telephone **0114 272 2757**.

Joanne Arden, Sheffield Royal Society for the Blind.

Eye 2 eye is a campaign run by charity SeeAbility with the aim of transforming eye care and vision for people who have a learning disability across the UK.

Laura Christie is based in Sheffield and works across Yorkshire raising awareness of the importance of eye care for people who have learning disabilities

Did you know:

- People with learning disabilities are 10 times more likely to have serious sight problems than others.
- People with severe and profound learning disabilities are most likely to have sight problems.
- People may be suffering from an eye problem but not able to communicate it with others.
- A change in behaviour could mean that there is a change or problem with vision.
- People who rub or poke their eyes could have sight problems and may be making it worse by doing this.
- Eye conditions are linked to many causes of learning disabilities such as Down's Syndrome or Cerebral palsy.
- 6 in 10 people will need to wear glasses and may need support to get used to them.
- Everyone should have a sight test every 2 years or more often if needed.
- Everyone can have a sight test, no one is too disabled, there is a way for everybody.
- Pictures can be used in the sight test for children who can't read letters.
- The optician can tell how well people can see just from looking into the eye.

- Some opticians have more experience and skills of testing children and young people who have learning disabilities.
- An eye test is not just about wearing glasses, it is an eye health check.
- People who have diabetes need extra screening of their eyes to prevent sight loss.
- There are specialist workers in the visual impairment team who work with visually impaired children, schools and families to make the most of the vision children have.
- Regular sight tests, wearing glasses and getting the right support helps people stay healthy and get the most from life.

SeeAbility has a range of information, resources and training about eye tests, local opticians, eye conditions and visual impairment on their website:

www.lookupinfo.org

For more information...

please email l.christie@seeability.org or telephone **07554 456330**.

Laura Christie, SeeAbility





Family Action is a national charity with over 140 years of experience in supporting disadvantaged families. Sheffield Family Action delivers a number of services to local families, including the ADHD Project and Targeted Mental Health in Schools (TaMHS).

ADHD Project

This Project offers two services to the families of children and young people affected by ADHD:

1) An information-giving home visit following diagnosis. This gives parents an opportunity to discuss the diagnosis and what it means for the child, and enables family members to ask questions relating to ADHD or its management. Further information regarding local services and support, as well as some basic advice on behaviour management, can also be provided during the visit.

2) For a higher level of support, families can attend the Managing ADHD Group (MAG), which runs six times a year. Each group runs over a 10-week period and covers topics such as communication, organisation and behaviour management as well as providing participants with the opportunity to explore their own experiences of ADHD within their families. Family Action runs and facilitates the group assisted by practitioners from CAMHS or the Ryegate centre. Courses are run during the day and in the evening at various locations in the city.

Referrals to the ADHD project can be made by the clinician at the point of diagnosis, by the child's parents, or by any professional or agency supporting the family. The ADHD Project workers Neil Clegg and Jeanette Copp can be contacted on **0114 3211705** for further information.

Targeted Mental Health in Schools (TaMHS)

TaMHS provides free training to school staff to improve children's emotional wellbeing and mental health. The project is commissioned and funded by Sheffield City Council.

The training covers solution-focused approaches, identifying and responding to risk factors to child mental health, and a model to promote and enhance the personal wellbeing of teaching and other school-based staff.

As well as accessing free training, Sheffield schools can "buy in" TaMHS child and family therapeutic services to work directly with pupils. Individual, group and family sessions can be offered using models such as art therapy, child and family therapies such as Theraplay and Solution-Focused Therapy, the Webster-Stratton Dinosaur School programme, and others.

Referrals are made to TaMHS by a pupil's school, with parental consent.

TaMHS contact details:
email: sheffieldtamhs@family-action.org.uk
telephone: **0114 2750981**

With thanks to Rob Horsley and Andy Coward from Family Action Sheffield

Our lives our way is a project run by social enterprise ibk initiatives to help families make the most of a Direct Payment or Personal Budget.

We are running performing art workshops for young people aged 10-18 to help them explore their lives, find out what is important to them and what their hopes and dreams for the future are. The young people will work towards a public exhibition of their work in the summer of 2013. We will find an art form that each young person responds to and help them express themselves through that art form. This will include film, dance, painting, photography, music recording/producing and theatre. The workshops will be fully inclusive, multi sensory and accessible to all the young people attending. Disabled children, young people and their brothers and sisters are welcome.

When a young person signs up to become a member of our Performing Arts group, someone from ibk will visit them and their family at home and complete a One-Page



profile to learn about the young person and their support needs. ibk will then maintain an ongoing close relationship and dialogue with families.

As the young people explore their hopes and dreams with our performing artists, parents will be given the opportunity to take part in a series of workshops along the theme of Keeping Yourself Strong. In addition to giving parents the information they need to make the most of a Personal Budget or Direct Payment, the workshops will include relaxation techniques, meditation, sharing stories, taking a positive perspective, discussion about the kind of help you need, and coming up with ideas for you to come together to make the most of your resources.

We will take the ideas of children, young people and parents and put as many of them as we can into practice as we go through the year. The second year of the project is about making things happen.

Numbers are limited, please contact us as soon as possible to get a place. All workshops start in October. If you would like to find out more about this project, please visit our website www.ibkinitiatives.com or send me an email: pippa@ibkinitiatives.com.

Pippa Murray, ibk initiatives

Dates for your diary

September

Monday 24th Sept. 12.30pm-2.30pm,
Howden House, Union Street
School funding consultation

Part of a series of consultation events on school funding reform (see page 6) organised by Sheffield City Council, this meeting is for parents of children with special educational needs and disabilities. Don't miss your chance to comment on this important issue!

Wednesday 26th Sept. 9.30am-12.30pm,
VAS, The Circle, 33 Rockingham Lane
Disability Awareness Training
(open session)

Please see page 11 for more information.

October

Friday 12th Oct. 10am-12pm,
SIL, Alliance House, 9 Leopold Street
Education subgroup

Come along and chat to other parents about schools and special needs in a relaxed atmosphere. A great chance to swap information and ideas! Meetings are attended by our parent reps who will be able to raise your issues at meetings with Council officers.

November

Friday 9th Nov. 10am-12pm,
Sheffield Carers Centre, 7 Bells Court
Health subgroup

A group of parents who want to improve local health services for children with disabilities. All parents welcome, not just those of children with medical needs!

November cont.

Wednesday 14th Nov. 7.30pm-9pm,
Quaker Meeting House, 10 St James St.
Annual General Meeting (AGM)

This is an open meeting, all welcome! After the AGM part (chair's report, election of trustees, annual accounts) we will hear updates from our parent reps about the work they have been involved in.

Friday 23rd Nov. 10am-12pm,
Quaker Meeting House, 10 St James St.
Education subgroup

As above.

Friday 30th Nov. 10am-12pm,
Sheffield Carers Centre, 7 Bells Court
Meeting about SEN transport

This is an opportunity for parents to meet with officers from the SEN Travel Service and influence how home-school transport is delivered in Sheffield.

December

Monday 3rd Dec. 10am-12pm,
Quaker Meeting House, 10 St James St.
Sensory integration workshop

Delivered by Alison Harris, a Consultant Occupational Therapist and Advanced Practitioner in Sensory Integration. Many disabled children have sensory processing difficulties, which may result in sensitivity to noise, problems with having hair or nails cut, or being constantly on the move and unable to settle. This workshop aims to introduce you to the reasons why children experience these difficulties, and a range of activities and strategies to help your child.

December cont.

Thursday 13th Dec. 10.30am-12.30pm,
Quaker Meeting House, 10 St James St.
Stress reduction workshop

A free workshop for parents of disabled children, run by charity Contact a Family. Explore how emotional and practical pressures impact on your family life and relationships, and learn about strategies and support available to strengthen all family relationships. Free lunch provided (booking essential!).

Sunday 16th Dec. 3pm-4.30pm,
University Drama Studio, Glossop Road
Inclusive Christmas Panto

Last year's panto was fab, but this year's will be even better! We've once again teamed up with student drama group USLES to bring you a panto that is accessible to children with a wide range of needs. There will be lots of slapstick, songs and audience participation, visual rather than verbal jokes, and definitely no loud bangs or explosions! The performance will be split into two 30-minute sets, with free refreshments served during the interval. We've been told that Father Christmas may be stopping by, too...

The University Drama Studio is fully wheelchair accessible, and a signer will be providing BSL interpretation if required. Free parking is available at the university car park across the road.

This is a FREE event which is open to Sheffield Parent Carer Forum members only. Tickets went very quickly last year, so please book early!

Book online now...
at <http://panto2012.eventbrite.co.uk> or
use the booking form on the next page!

January

Wednesday 23rd Jan. 2013, 10am-2pm,
St Mary's Conference Centre, Bramall Lane

Post-16 Information Day

Is your child's transition looming ever closer?

Not sure what options are available? Don't know who to ask? Then our FREE Post-16 Information Day is for you!

Aimed at parents of children with disabilities or special educational needs aged 14+, the event will try to answer some of your burning questions. Browse information stalls by post-16 providers, talk to service managers, attend useful workshops, and chat to other parents. Free lunch provided (booking essential!).

Book online now...

at <http://post16.eventbrite.co.uk> or use
the booking form on the next page!

February

Friday 1st Feb. 10am-12pm,
Quaker Meeting House, 10 St James St.
Education subgroup

As above.

To ensure we've got a bit enough room, it would really help us if you could let us know in advance if you're planning to come along to any of these meetings.

For more event information, please visit our website:

www.sheffieldparentcarerforum.org.uk/calendar

Panto / Post 16 Booking form



Inclusive Christmas Panto

Sunday 16th December
3pm-4.30pm
University Drama Studio
Glossop Road



Post-16 Information Day

Wednesday 23rd January 2013
10am-2pm
St Mary's Conference Centre
Bramall Lane

Booking form for Panto / Post-16 Information Day

One form per event please (photocopy if necessary).

Please send me tickets for: Christmas Panto Post-16 Information Day

Your name:

Postal Address:

Phone number (mobile preferred):

Email Address:

Number of tickets required: Adults Children

Does anyone in your group have particular access needs? (e.g. wheelchair access, BSL signer)

Post-16 event only: Do you have any special dietary requirements?

Panto only: What can we do to help your children enjoy the show?

Please cut out this form and post to the following freepost address (no stamp needed):
Freepost RSLJ-ULCE-ECSU, Sheffield Parent Carer Forum, 7 Bells Square, Sheffield S1 2FY

Sheffield Parent Carer Forum Application for Full Membership

Full membership is FREE and open to all parents and carers of disabled children and young people (0 - 19) who live in Sheffield or access services in Sheffield.

About you

First name Surname

Street and house number

Town/city Postcode

Email address (please print)

Home phone Mobile

Your ethnic group (optional)

About your disabled child/children

Child 1

Date of birth

Main disability

Other disabilities

School (name)

Child 2

Date of birth

Main disability

Other disabilities

School (name)

Child 3

Date of birth

Main disability

Other disabilities

School (name)

Please tick as appropriate :

Please add me to your email list.

Please add me to your text messaging list.

Please add me to your postal mailing list.

I am happy to take part in consultations:

by phone by email by post

I am interested in volunteering with the Parent Carer Forum.

Signature

Date

Please note: By signing this form you consent to the Sheffield Parent Carer Forum storing your information. We will not pass any of your details on to any third parties. Members of our postal mailing list will receive a regular newsletter. Members of our email list and text messaging list will receive news updates and events information. You are free to opt out of this service at any time.

Tear along here

Please glue here or seal with sellotape and fold along the dotted line

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Freepost RSLJ-ULCE-ECSU
Sheffield Parent Carer Forum
7 Bells Square
Sheffield
S1 2FY

Fold along here



**Positive Change for our Children and Young People
with Disabilities and Special Educational Needs**