



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

Written by parents, for parents!

Autumn 2018 - Issue 18 - FREE!

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About us

We are an independent group of over 1,600 parents and carers of children and young people with disabilities and/or special educational needs in Sheffield.

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:

St Mary's Community Centre
Bramall Lane
Sheffield
S2 4QZ

By phone: 0300 321 4721

By email:

enquiries@sheffieldparentcarerforum.org.uk

Website:

www.sheffieldparentcarerforum.org.uk

Drop-in:

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



Find us on Facebook!



Follow us on Twitter!
[@ShefParentForum](https://twitter.com/ShefParentForum)

St Mary's Community Centre



National Network of Parent Carer Forums
"Our Strength is our Shared Experience"
www.nnpkf.org.uk

Your advert here?

Would you like to advertise your products or services in our next newsletter? For a small fee, you could reach up to 6,000 families in Sheffield.

Our rates are:

- Full page £150
- 1/2 page £75
- 1/4 page £37.50

Charity discounts available. Please call us on **0300 321 4721** to discuss your requirements.

If you wish to unsubscribe from this newsletter, please contact us on **0300 3214721** or email enquiries@sheffieldparentcarerforum.org.uk

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A very warm welcome to our Autumn newsletter!

Welcome to our latest edition, packed full of interesting and useful articles!

Hopefully, those children in school have settled well into their new year and those who are embarking on the next chapter in their lives have been able to do so comfortably. However, I am fully aware that this may not always be the case with some of our children and young people. Rest assured we are always here to help.

This time, I thought I would give a little personal insight of my own into the article about workshops and courses available for parent carers (pages 14-17). A few years ago, I attended a 10-week Managing ADHD course with Family Action. I can't tell you how helpful I found it. It was also a good chance to meet and talk to parents in similar situations! I found it incredibly useful in understanding why my daughter reacted in certain ways, and I've been able to put strategies in place to ensure I, as well as her, stay sane!

For example, she can only process one message at a time as her "postbox" gets full. So, when I asked her to go upstairs, clean her teeth and brush her hair, this was too much information. Therefore, when she came downstairs after only going up there, she had already forgotten about brushing her teeth and doing her hair! I now only give one or two instructions and then check her understanding. It has saved frustration on



both my part and hers. (And there is a lot less shouting! Yes, we all do it!)

There were also lots of laughs during the course as we swapped stories about some of the funny things our children do. My favourite with Gabby is when you are talking to her and she will suddenly just come out with a random sentence which has nothing to do with what we are having a conversation about - "Oh look!! There's a squirrel!!!" Yes, Gabby. Now, back to what we were saying.

I hope you enjoy reading our newsletter and please do not hesitate to contact us for information and support.

Best wishes,

Katie Monette
Chair

Could you **sponsor** this newsletter?

We write, design, print and distribute 6,000 copies of this newsletter twice a year. That's quite a large expense for a small charity, and we are struggling to raise this money – but feedback from parents tells us that they really value this publication. 60% of the parents who responded to our recent members' survey (see page 8) said that they preferred a printed magazine to an email link or attachment.

"I prefer a printed booklet because I can read it anywhere without Internet connection and can tear out the useful pages."

"If it came by email, I probably wouldn't read it all. With a printed copy I pick it up and read bits when I get 5 minutes! Nice for others (friends/

family) to read too."

"My internet is only on my phone and crashes."

Do you run a business that is interested in supporting local causes? Then please consider sponsoring this newsletter. This doesn't need to be an ongoing commitment – a one-off contribution of £500 or so would also be much appreciated! Not only would you support a great cause, you'd also get a bit of advertising space to promote your business to thousands of families in Sheffield.

Interested?

Please call us on **0300 321 4721** for a chat!



Would you prefer to receive this newsletter by email only? Please let us know by sending an email to enquiries@sheffieldparentcarerforum.org.uk



Do you struggle to **combine paid work** and **caring**?

A specialist employment advice service for carers, provided by Sheffield Carers Centre through the Sheffield Occupational Health Advisory Service (SOHAS), might be able to help.

SOHAS understands the challenges for working parent carers, such as getting time off work in order to attend a child's frequent medical appointments, or to respond to changes in their condition. SOHAS can give accurate and confidential advice, guidance and support to workers and employers. This ranges from employment rights and flexible working, to more detailed guidance on the Equality Act 2010 and making "reasonable adjustments" to a job. SOHAS regularly advocates on behalf of parent carers to address issues such as a lack of employer understanding or awareness, and they can signpost you to useful resources.

You can contact **SOHAS** directly on **0114 275 5760** or by email on sohas@sohas.co.uk.

Alongside providing access to employment advice, Sheffield Carers Centre can assess how caring impacts on different aspects of a carer's life and provide a wide range of emotional and practical support. Contact their Carers Advice Line on **0114 272 8362** (9am-6pm, Monday-Friday) or email support@sheffieldcarers.org.uk.

Our parent carer coffee morning on 11 December (10.30am-12pm, at St Mary's Church and Conference Centre) will have a focus on combining paid work and caring. Come along to chat to a specialist advisor!



Record turnout at Family Fun Day

It's been one of the hottest summers on record, and our annual family fun day certainly got its fair share of sunshine this year. Held on the 3rd of August at Hillsborough Sports Arena, the event attracted a record crowd of well over 300 people.

There was a wide range of activities for all ages and abilities to enjoy, including many old favourites. The bungee trampolines, adapted cycles and exotic animals are always hugely popular, and we do our best to offer them every year. Because of the dry weather, we were able to run an African drumming session outdoors for the first time; it was great fun, and sounded amazing!

While the children played, their parents got a chance to relax... helped by the fact that, for once, there was no lunch to prepare, as the lovely staff at Hillsborough Sports Arena took care of that.

Many parents commented how relaxed and friendly the event was – just right for children who don't cope well with crowds and noise.

We are grateful to Sheffield City Council for funding this event year after year. We stretch this funding even further by drawing on the support of our fantastic partner organisations. This year, HSBC, Henry Boot and Gripple allowed their employees to volunteer on the day, St Marie's school and Hillsborough Trinity Methodist Church lent us their chairs, sports clubs and charities ran free activities, and a fire engine and library van dropped by. Our own staff and volunteers worked hard to ensure that everything ran smoothly. It was a real team effort!

"So friendly, well thought out. Great staff. Good range of activities. So nice to come to an event where parents can relax, too!"

"I liked being able to see my daughter have fun without worrying about other people judging."



We're improving the Local Offer!

That may sound like we're somehow involved with supermarket discounts, but it's actually something very different. The Local Offer is a website with information about support and services for children and young people with special educational needs and disabilities (SEND) aged 0-25 years. Since 2014, every local authority is legally required to have such a site. The less-than-catchy title was chosen by the government, so unfortunately we're stuck with it.

In Sheffield, the Local Offer website is part of the Sheffield Directory, which also has a section for adults, and one for children and families.

Here's the web address:

www.sheffielddirectory.org.uk



Having one central "go-to" website for SEND information is a great idea, but the reality has been rather different. Improvements are needed to ensure that the right information is available,

and that parents can find it easily.

That's where we come in! We are delighted that the local authority has recently given us a 15-month commission to develop, update and improve the Local Offer. (As far as we know, we are the only parent carer forum in the country to receive such a commission. Hats off to the senior officers who fought very hard to make it happen.)



Cathy Wilson

A key person for this project is Cathy Wilson, our new Local Offer worker. Cathy joined our small staff team at the end of June. She says: "The Sheffield Parent Carer Forum has been a great source of support for me and my two children and I'm thrilled to be able to work here! I'm really excited about this opportunity to improve the information available to all of us who care for children with additional needs."

Cathy is working her way through the website bit by bit. She is concentrating on the Education section at the moment, and this is where you should start to see improvements first.

Get involved!

- Give us feedback about the Local Offer by filling in a short survey:

<https://sheffield.citizenspace.com/resources/local-offer-questionnaire>

- Let Cathy know about useful information that should be included on the site – for example, a disability sports club, a helpful booklet or just a useful tip. You can contact her by emailing **local.offer@sheffieldparentcarerforum.org.uk** or by ringing our office on **0300 321 4721**.

Families concerned about frequent social worker visits

Last year, parents of children accessing overnight respite received a letter about “statutory visiting requirements”. The letter explained that their child would be visited by a social worker every four to six weeks. Visits could be to the child’s home, school or respite placement.

This letter came as a bit of a shock to families. Some were concerned that this meant that their child’s provision was under threat, others were worried about the frequency of the visits.

We contacted officers from children’s social care about this issue. They asked us to reassure parents that the more frequent visits were about getting to know the children better and identifying any unmet needs, not about taking services away. They also said that depending on individual family circumstances, the frequency of visits could be up to every 12 weeks, and that one of the visits should be attending the annual review of the child’s EHC plan.

For further information about children’s social care services and how to access them, please contact the Early Intervention Service on **0114 273 5368** between 10am and 1pm.

Family wins landmark case against school exclusion

A landmark ruling has found that a legal clause used to exclude disabled children with challenging behaviour from school was in breach of human rights legislation.

The case was brought by a family from Derbyshire whose 13-year-old had been excluded from school for aggressive behaviour linked to his autism.

The judge hearing the case found that a regulation under the Equality Act - which meant that schools did not have to take a pupil’s disability into account when excluding them for physical aggression - was unlawful.

This judgement will make it harder for schools to exclude disabled children because of their challenging behaviour. A “zero-tolerance” policy, applied indiscriminately to ALL pupils, could be regarded as disability discrimination. Schools will need to show that they have made “reasonable adjustments” to try to prevent or manage a child’s challenging behaviour before they can exclude them.

Concerned about school exclusions?

We have a wealth of useful information on our website: <https://sheffieldparentcarerforum.org.uk/information/education/school-exclusions/>

Feedback from members' survey



Every two years, we ask our members what they think about our organisation. This year, 112 people filled in our questionnaire – thank you to everyone who took part! The lucky winner of our prize draw for a £30 Meadowhall gift card was Gemma Flint.

Below are some of the key messages from the survey. To read the full report, please visit our website:

<https://sheffieldparentcarerforum.org.uk/about/our-members>

Most of the respondents said that they received our newsletters (78%) and monthly email bulletins (77%).

60% said that they preferred to receive the newsletter as a printed booklet, rather than as an email attachment.

Information about upcoming events and local services was rated the most useful. When asked what else they would like to read about, many parents mentioned the transition to post-16 education and employment, and to adult services.

70% of respondents had engaged with us through our events, meetings or consultations. For parents who had not got more involved, the main barriers were a lack of time and events/meetings being held at times that were not suitable for them.

95% of respondents were confident or very confident that SPCF can accurately represent parents' views.

Benefits of being an SPCF member included feeling better informed about services (83%), feeling more able to support their child (66%), feeling less isolated (46%) and making a difference to other families (25%).

71% had passed information obtained through us on to family members, friends, other parents at school and work colleagues.

When asked what burning issues they wanted SPCF to focus on, education and transition to adulthood topped the list.

Our trustees will pay close attention to this feedback when setting our priorities for the next few years. The survey clearly showed that parents need more information about the transition to adulthood, and this will continue to be one of our focus areas. In particular, we will ensure that information from our 14-25 Transitions Guide is added to the Local Offer website. Until then, you can download the booklet from our website:

<https://sheffieldparentcarerforum.org.uk/about/publications>

We are aware that holding events and meetings during school hours does not suit many working parents; unfortunately, whenever we tried evening meetings in the past, these were poorly attended. We do need to come up with more ways of engaging with working parents – suggestions are welcome!

Young Minds Parents' Lounge

National charity Young Minds have a "Parents' Lounge". Once a month, experts answer parents' questions on a chosen topic live on Facebook. Previous topics have included responding to self harm, dealing with school refusal, responding to anger, managing anxiety, and more.

You can watch recordings of previous sessions here: <https://youngminds.org.uk/find-help/for-parents/parents-lounge>

You can also ring their parents' helpline on **0808 802 5544** Monday to Friday, 9.30am to 4pm.



Update on Independent Support and SENDIAS

Independent Support was a government-funded programme designed to support families through the transition from statements to Education, Health and Care (EHC) plans. In Sheffield, this service was provided by a company called Core Assets. The transition period ended in March 2018, and the Independent Support programme has now also come to an end.

However, parents can still access information, advice and support from Sheffield SENDIAS. SENDIAS stands for "Special Educational Needs and Disabilities Information, Advice and Support". The service used to be called Parent Partnership. They can help you and your child with any queries relating to their education, healthcare, social care, childcare and disability benefits. They can also tell you about disability-

friendly leisure services and parent support groups. You don't need an EHC plan or a referral to access the service. SENDIAS is part of the local authority, but it is impartial and run at arm's length. Please see page 29 for contact details.

Sheffield SENDIAS are currently carrying out a self-evaluation. As part of this, they are asking parents to fill in a short questionnaire. The findings from this survey will help to shape a two-year operational plan. There is a possibility that the service might get more funding as a result.

To complete the questionnaire, please go to: <https://www.surveymonkey.co.uk/r/8B3Z6VW>

Could you help us with our bookkeeping?

We are looking for a dependable individual to help us with bookkeeping duties, such as paying invoices, entering financial information into a database, or checking bank statements. Previous experience is not required, as you will be trained and supported by our experienced Treasurer John.

This is an unpaid role, but expenses (including childcare costs) will be reimbursed. The time commitment is approximately two hours per week.

If you are interested in this rewarding role, please email enquiries@sheffieldparentcarerforum.org.uk or call us on **0300 321 4721**.



It's flu jab time!

Children and adults with a learning disability are eligible for a flu jab.

So are family carers and Personal Assistants (PAs).

Respiratory illnesses more commonly affect people with a learning disability. This is why since 2014 people with a learning disability have been included in the list of "at risk" groups that are covered by the flu vaccination programme.

Who is eligible for a flu jab?

- **All children who were between 2 and 9 years old on 31 August 2018.** Vaccinations for pre-school children are delivered by their GP. Children in Reception to Y5 (but not normally in Y6) receive theirs in school. Parents must be asked to fill in a consent form.
- **Anyone aged between six months and 64 years** who is in a clinical risk group. This includes people with illnesses such as asthma and heart disease and people with a learning disability.
- **Carers.** This includes family members who are carers and Personal Assistants (PAs). Carers need to get their flu jab from their own GP – but they will only be invited if the GP has them coded as a "carer" or "needs flu vaccine".
- **Pregnant women**
- **Anyone aged 65 years and over**
- People in **long-stay residential care homes**
- Vaccination is also recommended for **frontline health and social care workers** and **staff in special schools**.

Could I get several family members vaccinated at the same time?

Unfortunately, it's not that simple. This year, there are three different types of vaccines to be used in the flu programme, depending on the age of the person. These will arrive at GP surgeries in small batches at different times in the autumn. Please be patient with your GP as they try to deliver what is now a very complicated programme.

Who gets the nasal vaccine and who gets an injection?

The **nasal vaccine** is normally given to children and young people aged between 2 and 18 years. There are some people who are unable to have the nasal spray, including those with severe asthma or a heavy cold. Your GP or nurse will be able to advise you.

The **injection** is for babies under the age of 2 years and adults aged 18 years and over who are in one of the clinical risk groups. However, if an adult with a learning disability is not able to have the vaccine due to a fear of injections, then a nasal vaccine can be given. This needs to be specifically prescribed under a Patient Specific Direction. You should ask your GP or nurse **in advance**, in order for them to organise this before the appointment.

What if my child is accidentally vaccinated twice?

We know that some of our secondary special schools also offer vaccinations for their students. You should be asked to sign a consent form before your child is given the vaccine. However, don't be alarmed if for some reason this does not happen and your child ends up being vaccinated both at school and by their GP. There is no increased risk of side effects in an otherwise healthy child.

Make sure that your child and those caring for them are covered this year!

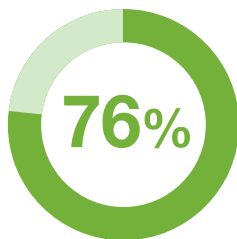
School funding campaign

After eight years of real-terms funding cuts, many schools in Sheffield are facing a funding crisis. The situation is exacerbated by the fact that Sheffield has historically been one of the worst funded big cities in England. A new national school funding formula, introduced in April this year, was supposed to address historic inequalities in the school funding system – but the government has capped funding increases at 3%. This means that it will take years for our funding to catch up.

Sheffield has launched a petition demanding fair funding for our schools now.

The campaign was started by Sheffield newspapers and is backed by Sheffield City Council, Learn Sheffield, the city's six MPs, businesses, schools, community groups and individuals. The petition, which has received over 8,000 signatures, will go to Prime Minister Theresa May and the Education Secretary. You can access it here: www.change.org/p/fair-fund-for-sheffield-schools

We posted a poll on Facebook asking parents if school support for their child with special educational needs had recently been reduced. 76% said Yes.*



said school support for their child with special educational needs had recently been reduced.

**Based on 42 responses*

Children's Hearing Services Working Group

This group focuses on continually improving and developing services for Deaf and hearing impaired children in Sheffield. It is made up of a mixture of professionals (such as audiologists, teachers of the deaf and speech and language therapists), parent carers, and voluntary agencies (National Deaf Children's Society). Recent projects include family sign language courses, reviewing the written information

given to families, and a pilot to evaluate the use of radio aids with young children.



The group meets three times a year, and the next meeting will take place on 19 November 2018, 10.30am - 12.30pm, at Hearing Services, Sheffield Children's Hospital.

If you would like to be involved, please email Teresa Loxley: Teresa.Loxley@sch.nhs.uk.

Council approves short breaks cuts

Sheffield City Council has approved a range of measures designed to save around £550,000 from the city's short breaks budget. The changes affect the £400 short break grant and after-school, holiday and Saturday clubs accessed through the SNIPS service.

Changes to the short break grant:

- Eligibility for the short break grant will now stop on a young person's 18th birthday (one year earlier than previously).
- Only families on certain benefits* or with a household income below £21,000 per year will be able to apply.
- Families will now have to choose between the short break grant and short break services, such as SNIPS clubs, direct payments or overnight respite – they will no longer be able to get both. (This is per disabled child – so a family with two disabled children would be able to access a short break service for one child and the short break grant for the other child.)

Changes to SNIPS clubs:

Parents of children accessing SNIPS clubs will be charged a financial contribution:

- For children who attend a universal (mainstream) club, parents will have to pay the normal cost of the club or activity. SNIPS will continue to fund any additional support the child requires.
- For children who attend a specialist club which only caters for disabled children, parents will have to pay a contribution of £7 per session. (Families with more than one disabled child accessing a SNIPS club would pay a family payment capped at £10 per session.)

Families on certain benefits* or with a household income below £21,000 will be exempt from the charges.

When will the changes start?

The application process for the short break grant will open around the end of October 2018, and the changes will be applied then. Information will be published on: www.sheffield.gov.uk/content/sheffield/home/social-care/short-breaks.html

The charges for SNIPS clubs will be introduced in 2019, and parents of SNIPS users will be contacted with further information.

Our response

When the changes were announced in July 2018, we issued a position statement in which we expressed concerns about the way that parents had been consulted about these changes and the way that the decision had been reached. We also raised concerns about the potential impact of some of the measures, especially on the most vulnerable families. We shared our concerns with councillors, and this prompted the council's scrutiny committee to "call in" the decision. The committee met on the 3rd of September to look at the issues. It ended up endorsing most of the recommendations we had made.

The Cabinet Member for Children and Families considered the committee's recommendations and agreed to: 1) allow families with more than one disabled child to access the short break grant for one child and a short break service for another; 2) ensure that SENCOs are briefed about the changes; 3) report back to the committee in eight months' time about the

impact of the changes and the savings achieved.

The other recommendations - intended to mitigate the impact on vulnerable families - were rejected. These included raising the income threshold from £21,000 to £24,000, not making families with children with very complex needs choose between the short break grant and a short break service, and capping or scrapping the contribution to mainstream SNIPS clubs.

Families often describe short breaks as a "lifeline". We are concerned that the changes outlined above will leave some families without the breaks they desperately need. This may well lead to more requests for social care assessments or for increased care packages.

Please tell us about the impact of the changes on your family. We will collate your feedback and make sure that it is taken into account when the scrutiny committee looks at the impact in eight months' time.

Looking for a holiday grant?

It is likely that many families who previously accessed the short breaks grant will no longer qualify for it – either because their household income is too high, or because they are getting another short break service, like SNIPS. However, there are quite a few trusts and charities that give holiday grants to families with disabled children.

The Family Fund is one of the biggest providers of grants for family breaks. You can apply if you are on a low income and your disabled child is aged 0-17 years. For more information, please visit www.familyfund.org.uk or call **01904 550 055**.

There are also many smaller grant-giving organisations, which often cater for specific groups, such as children or adults with a specific disability. You can find a list on the Disability Grants website: www.disability-grants.org/holiday-grants.html



Please join our email list, follow us on Facebook or check our website to find out what's happening!

 www.facebook.com/SheffieldParentCarerForum

 www.sheffieldparentcarerforum.org.uk

 [@ShefParentForum](https://twitter.com/ShefParentForum)

* Free school meals, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Income Support, Pension Credit, Tax Credits (Child Tax Credit and Working Tax Credit), Housing Benefit, Council Tax Support, Social Fund (Sure Start Maternity Grant, Funeral Payment, Cold Weather Payment), Universal Credit. Tax credits are considered a qualifying benefit even if they take a family's income over £21,000.

Courses and workshops for parent carers

Parents often tell us that they'd like some training to better understand and support their child with additional needs, but that there seems to be very little available to them. So we did some research... and were pleasantly surprised by what we found!

This list is just a start. We'll keep collating information, and a full list will be published on the Local Offer website (www.sheffielddirectory.org.uk). If you've been on a course or workshop that's not listed here, or if you run training sessions for parent carers, please let us know, and we'll include you!

Key



Duration of course or workshop



Who it's aimed at



Where to get more information



Cost



How to access

General

Bents Green Specialist Secondary School

runs workshops on various topics related to children's education and wellbeing, e.g. emotional wellbeing and executive functioning, reading and literacy skills.



Mostly half-day conferences, e.g. 9am-12.30pm



£10 for parents, family members and carers



Most workshops cover support for all phases and abilities of children



Self-referral



outreach@bentsgreen.sheffield.sch.uk
<http://bentsgreenschool.co.uk>

Sheffield City Council's Parenting Team

run Triple P Stepping Stones, a specialist programme to build parents' skills for promoting the development, social competence and self-control of children with disabilities.



10-12 weeks, 2.5 hour weekly sessions



Free



Parents of disabled children aged 0-12




Referral from an allocated professional, e.g. MAST worker, social worker, healthcare professional




sheffieldparenting@sheffield.gov.uk
0114 2057243
www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258



Sheffield Parent Carer Forum organises workshops on topics of general interest to parent carers, e.g. disability benefits, dealing with sleep problems, anti-bullying, dealing with stress etc. Also runs sessions in conjunction with the SLT Service on speech and language topics, e.g. introduction to Makaton, Social Stories, using apps, making visual resources to help your child communicate, supporting speech sounds, etc.

 **2 hours**

 **Free**


 **For parents of children and young people with special educational needs and/or disabilities aged 0-25 years**

 **Self-referral**


 **enquiries@sheffieldparentcarerforum.org.uk**
0300 321 4721
www.sheffieldparentcarerforum.org.uk


ADHD

Family Action runs 'Managing ADHD' Groups.

 **Weekly 2-hour sessions for 8 weeks**

 **Free**

 **Parents of children and young people newly diagnosed with ADHD**

 **Self-referral or referral from a clinician or support worker**

 **adhd.sheffield@family-action.org.uk**
07587 633179
https://tinyurl.com/y8kkh3ad

FEATURE continued

Autism

The Neurodisability Service at Ryegate runs Autism post-diagnosis workshops for parents. These cover the basics of autism and some strategies for dealing with difficulties.

- 🕒 2x 2½-3 hour workshops
- £ Free
- 👤 Parents of children newly diagnosed with autism, from pre-school age up to 16 years
- ➔ Parents are invited to book onto this workshop following an autism diagnosis.

The Autism Education Team runs the **Cygnets Programme**, an autism-specific parenting course.

- 🕒 7 weekly ½ day morning sessions, plus 1 follow-up session after 3 months
- £ Free
- 👤 Parents with a child with a diagnosis of autism aged 5-18 years. Courses are based in localities.
- ➔ Referral from child's SENCO
- 📧 Moira.Bolan@sheffield.gov.uk
0114 2736567 (helpline, Mon-Thu, 1-4pm)

The Occupational Therapy Service

runs Sensory workshops at Ryegate and in special schools.

- 🕒 2x 90 minutes
- £ Free
- 👤 Parents of children with autism
- ➔ Referral by Ryegate clinician. Parents must have attended the general Autism workshop first.

The Neurodisability Psychology Team at Ryegate runs workshops on Emotional Regulation and Social Stories.

- 🕒 2x 2.5-3 hour workshops
- £ Free
- 👤 **Emotional Regulation:** Parents of school-age children with autism who require additional support due to anxiety/anger/emotional regulation difficulties.
- Social Stories:** Parents of children with a diagnosis of autism or learning disability of any age.
- ➔ **Referral by Neurodisability Paediatrician.** Parents must have attended the general Autism workshop first.

Asperger's Children and Carers Together (ACCT) run occasional workshops on a range of topics, e.g. Positive Behaviour Management. They also run quarterly parents' meetings, some of which have guest speakers.

- 🕒 5 hours (workshops)
2 hours (parents' meetings)
- £ Free
- 👤 Parents of children with Asperger's / high-functioning autism who are ACCT members
- ➔ Self-referral
- 📧 enquiries@acctsheffield.org.uk
0114 2230242
www.acctsheffield.org.uk

Mental health difficulties

The Clinical Psychology Team at Ryegate runs workshops within specific clinical pathways, e.g. on Emotional Regulation or Social Stories.

- ⌚ Various
- £ Free
- 👤 Parents of children and young people within specific clinical pathways
- ➔ Referral from a Ryegate clinician

Pontes Training run basic mental health training for parents and carers. Topics: mental health and mental illness, depression and anxiety, self harm and eating disorder, suicide and psychosis.

- ⌚ 2 hours per session
- £ £10 per session or £35 for 4 sessions
- 👤 Parents
- ➔ Self-referral
- i info@pontestraining.co.uk
07401 98079
www.pontestraining.co.uk

Learning disability

Sheffield Mencap and Gateway and the Sharing Caring Project run occasional workshops on topics such as Wills and Trusts, Mental Capacity Act, disability benefits, housing, etc.

- ⌚ 2 hours
- £ Free
- 👤 Family carers of people with a learning disability and/or autism
- ➔ Self-referral
- i kirstyworstenholm@sheffieldmencap.org.uk
0114 2758879
www.sheffieldmencap.org.uk

Speech, language and communication needs

The Speech and Language Therapy Service runs 1:1 and group sessions within specific clinical pathways, aimed at developing parents' skills and strategies. These may include: Early Language groups, Rhythm and Rhyme, Phonology.

- ⌚ Various
- £ May have a small cost
- 👤 Parents of children with speech, language and communication needs
- ➔ Referral by speech and language therapist.

See also General – Sheffield Parent Carer Forum.

Please note: The information in this article is provided for reference purposes only. It is not intended as a tool for verifying the credentials, qualifications or abilities of any individual or organisation listed. Inclusion in this article does not constitute an endorsement or recommendation by SPCF; nor does omission imply disapproval.

When the drugs don't work

Controlling seizures through diet *By Julie Chambers*

If you had told me ten years ago that I would be feeding my child a diet high in fat and restricting how many fruit and vegetables she could have, I would have laughed at you. Yet this is exactly where I find myself today!

My daughter Amy has Double Cortex Syndrome, which causes complex epilepsy and learning difficulties. Her epilepsy is difficult to control due to the abnormal structure of her brain (a cortical malformation for those of you with a scientific interest!). At the outset, we were told we could attempt to control it with drugs but should also consider a medical ketogenic diet, which can produce a significant reduction in seizures in some children with complex epilepsy.



Initially, drugs seemed the obvious choice, but over the last few years we have tried various drugs with little success, side effects and no great improvement in seizures. Our Neurologist continued to mention the ketogenic diet and I continued to rule it out, thinking it would be too difficult. Everything that Amy ate or drank would have to be measured and weighed. How would I have time to cook separate meals for Amy and still cook for the rest of the family? How would I persuade Amy to eat different food to her sister? How could I possibly interest Amy in a diet that didn't allow pasta? And if I'm honest, I just didn't want to!

Amy's seizures got worse- more absences, more drop attacks (or Amy's magical disappearing trick as I call it), more jerks (flying toast in our house!) and more partial seizures to name but a few and often too many to count.

Something had to change. I started to think more about the diet. The ketogenic diet is high in fat, very low in carbohydrate with an adequate amount of protein and has been a treatment for epilepsy for about 100 years! Normally our bodies use carbohydrate (sugar, pasta, bread, potatoes etc.) as fuel. In the ketogenic diet we force the body to use fat as fuel. For reasons that are not fully understood, this can be beneficial in some children with complex epilepsy.

As I pondered the diet, I realized that whilst Amy loves her pasta and rice, she also loves fatty foods such as cream, cheese and salmon, which are perfect for the ketogenic diet. So I tentatively suggested to the epilepsy team that we might consider the

diet. We started introducing more fat into her diet (anyone for a lump of butter with their dinner?) and reducing sweet treats. In November last year, four weeks before Christmas (not recommended!) Amy started fully on the diet.

I have to admit those first few weeks were really hard. I was given precise amounts of fat, carbohydrate and protein for each meal and snack that I had to adhere to. Much of what I cooked and baked in those first weeks went straight into the bin, sometimes with Amy refusing to even taste it. I felt like I spent all my time cooking. But soon I discovered a few favourites - cheesy scrambled egg for breakfast, toad in the hole for dinner. I even managed to make "chocolate" that she liked. And I realized that Amy was actually eating her meals and finally gaining weight!

We also realized very quickly that we are not alone on this journey but have a wealth of support, not just from the dietician and epilepsy team at Ryegate, but also from charities, including Matthew's Friends and Daisy Garland, and companies who make prescription products for those on the diet.

Amazingly within a couple of weeks, we were already seeing fewer seizures. School reported that Amy was more alert and we began to notice that Amy had more energy - we could do a short family walk without her asking to be carried. And suddenly her personality reappeared, too - our funny, happy girl was back.

We have been on the diet for nearly a year now and are still amazed at the difference it has made not just to Amy but the whole family. Amy does still have seizures but fewer than she used to and the improvement in cognition is fantastic. Amy understands that her diet helps reduce her seizures and is fantastic at sticking to it. She loves cooking

and often helps bake and cook her own meals, carefully weighing out her ingredients!

It does still require effort. Holidays require a lot of planning (and more boot space!) and we haven't yet been brave enough to stay anywhere that I can't cook for Amy.

But the benefits to Amy far outweigh the extra effort on my part. So I am immensely grateful to our Neurologist for constantly asking if we were ready to try the diet and very grateful that we did, when we were all ready.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION.



FORUM STARS

In this section, we celebrate your children’s successes – from the small steps that perhaps only you noticed, to the big milestones everyone can see. So, get snapping, get writing, and tell us what your wonderful children have been up to...



Rory recently managed the big transition from primary school to secondary school.

His mum Rhona told us: “We weren’t entirely convinced that he’d manage in a mainstream primary school, but he’s loved it. Every day was full of fun and everyone - staff, kids and parents - looked out for him, helped him along the way and shared in his joy. We miss them already.”

“At the end of Year 6, I got a message from school to say that he had won the Year 6 role model award. He was absolutely chuffed!”

Rory started at Seven Hills Special School in September. Given Rory’s love of primary school, the transition to secondary filled the family with a bit of trepidation. Rhona reports: “Rory did initially object to the new school uniform - stuffed it back in the drawer on the first day of term and looked out his old primary school jumper. But then, when the bus came to collect him,

Star of this issue:

Rory
Sinha



he was quite happy and went off waving and smiling.”

Rory now waits excitedly for the bus every morning. The school reports that he has settled in really well – a reminder, Rhona feels, that we shouldn’t underestimate our children and how well they actually cope with new challenges.

Now that the summer holidays are over, Rory is also happy to be back at all the things he does in the evenings and weekends: trampolining, basketball and ten-pin bowling. What a sporty young man!



SUPPORT GROUP FOCUS

Small Talk

Small Talk was originally set up by two parents in collaboration with the University of Sheffield. It is aimed at parents and carers of children up to 5 years old who have any kind of speech, language or communication need.

The group combines group play and individual targeted work with an opportunity for parents to spend time chatting, exchanging ideas and suggestions, and supporting each other. While in the group, children will work with Speech and Language Therapy students, supervised by qualified Speech and Language Therapists within the

Department. They work closely with the NHS Sheffield Speech and Language Therapy service, including Sheffield Children's Hospital and Ryegate Children's Centre.

The group runs on a Tuesday morning during term time at the Philippa Cottam Communication Clinic just off Mushroom Lane.

To find out more or to register your interest in attending the group, please contact Judy Clegg on **0114 222 2418** or email **j.clegg@sheffield.ac.uk** or **hcs-clinics@sheffield.ac.uk**.

If you would like to discuss the group with other parents, Mel Frith can be contacted on **melnjonfrith@gmail.com**.



Communication with **speech and language** therapists

Parents sometimes tell us that they don't know who their child's speech and language therapist is, or even whether their child is getting any therapy at all. Others feel that their child's therapist is brilliant at keeping in touch with them. It's a mixed picture, and a lot of it seems to be down to the type of school your child attends.

We thought it would be useful to describe the Speech and Language Service's general approach to working with parents. If you have any comments about this, please contact the service directly – they are always looking for ways to improve their communication with parents!

If your child attends a special school

Each special school in Sheffield has an allocated therapist(s). Parents will be told at the start of each school year who their child's therapist is and how they can be contacted. This will be done by letter from the Speech and Language Therapy service or through the school's newsletter.

If you are unsure, you can find out by ringing the Speech and Language Service's admin team (Elizabeth and Sarah) at Flockton House on **0114 226 2333**. You can also ring this number and ask to speak to Claire Wickham,



the team leader for special schools.

Alternatively, you can contact Claire by email (claire.wickham@nhs.net).

The therapy teams in special schools work in a variety of ways. This includes supporting the whole school and individual classroom environments, providing advice and training as well as writing communication and feeding programmes. Copies of written programmes are sent home.

When it is appropriate, therapists provide sessions within the classrooms and/or assess and support children on a one-to-one basis. Following this type of contact, they inform parents that their child has been seen. Please don't hesitate to contact the therapist if you would like more information about how your child is doing.

When possible, therapists inform parents before a planned visit/session takes place. However, as the service works flexibly and needs to be able to respond to new situations in a timely way, it is not always possible to provide specific dates/times in advance.

Therapists aim to attend parents' evenings at school and are usually able to offer parent meetings or home visits. They are also able to attend some school annual review meetings on request, but this is variable. Please let your therapist know if you would like to meet with them.

If your child attends a mainstream school

Parents are always informed of upcoming speech and language therapy appointments by letter.

The service actively encourages parents to attend appointments wherever possible. It is particularly important that parents attend initial assessment appointments, and the first appointment when their child starts school. Therapists need parents to share their knowledge of their child with them, as well as their concerns and ideas around targets for the child that are important to them. Therapists may also be able to give advice around how to help

the child at home. When appropriate, therapists leave a report in school, which the SENCO is expected to share with parents. At other times, a report is provided at a later date.

If you have not been able to attend an appointment but would like to discuss your child, please do not hesitate to contact the service. If you are unsure which therapist saw your child, you can find out by ringing the admin team (Elizabeth and Sarah) at Flockton House on **0114 226 2333**. You can also ring this number and ask to speak to Alice Woods or Janelle Gardiner, who share the mainstream team leader role.

**Do not hesitate to contact
the service if you have
any questions or want to
discuss your child!**



Universal Credit rolled out in Sheffield



What does it mean for families with disabled children?

Universal Credit is a new benefit for people aged between 16 and 64 years who are on a low income or unemployed. It is replacing most of the existing means-tested benefits for people in this age group. Universal Credit will be rolled out in Sheffield from November and December 2018.

Which benefits are being replaced?

Universal Credit will replace:

- Income Support
- Income-related Employment and Support Allowance
- Income-based Jobseeker's Allowance
- Housing Benefit
- Child Tax Credit
- Working Tax Credit

These benefits are also known as “legacy benefits”.

Other benefits such as Carer's Allowance, Child Benefit, Disability Living Allowance (DLA) and Personal Independence Payment (PIP) will remain as separate benefits, which can be claimed alongside Universal Credit.

When will I need to claim Universal Credit?


People will be moved onto Universal Credit in two waves:

1. Initially, only people who try to make a **new claim** for one of the legacy benefits (see above) will be required to claim Universal Credit instead. This includes people who are already claiming one of these benefits and who have to make new claim because of a **change in their circumstances**. Changes you have to report include moving to a new tenancy in a different council area (if you are on Housing Benefit), or separating from your partner or starting to live with a new partner (if you get Tax Credits).
2. People who are on one of the legacy benefits and who do **not** report a change in their circumstances will be moved onto Universal Credit at some point between July 2019 and March 2023. This process is called “managed migration”.

There is an important difference between these two groups: People who transfer to Universal Credit under “managed migration” (the second group) will qualify for **transitional protection**. This means that if you would get less money under Universal Credit than you do on your current benefits, you will receive a top-up payment so that you do not lose out. This protection is **not** available to people who move onto Universal Credit due to making a new claim or reporting a change in their circumstances (the first group).

Will I be better or worse off?


How Universal Credit will affect your family depends on your individual circumstances.

 If you have to make an early claim for Universal Credit due to a change in your circumstances, then you won't qualify for transitional protection. There is a risk that you could end up worse off.

Those particularly at risk include:

- **Families who are unable to work** and whose disabled child receives the **low** or **middle** rate care component of DLA, or the **standard** daily living rate of PIP. This is because the extra money you get for a disabled child on those DLA/PIP rates under Universal Credit is around **50% less** than under the current tax credit system. These families are likely to be worse off by £1,761 a year. (Your benefits will remain the same if your child is on the high rate care component of DLA, the enhanced daily living rate of PIP, or is registered blind.)
- People who receive **Carer's Allowance**. This is because Carer's Allowance is fully deducted from your Universal Credit award. Universal Credit does include a **Carer Element**, but this is around **£120 per month less** than Carer's Allowance. Unlike Carer's Allowance, the Carer Element of Universal Credit does not have an income limit – so you could potentially increase your earnings to make up the shortfall. However, earnings above a certain threshold will reduce your Universal Credit award by 63p for every £1 you earn!
- Families with **savings above £16,000** won't be able to get Universal Credit at all.

Some families will be better off, but other families are likely to lose out. A lot depends on the timing of the transfer:

 If you are moved onto Universal Credit through managed migration, then your benefits should either stay the same or go up, due to transitional protection.

For **families with savings**, however, this protection may be short-lived. At the moment, your savings are disregarded when you claim tax credits. Not so with Universal Credit – if you have savings above £16,000, then you don't normally qualify at all. Tax credits claimants with savings above £16,000 who are moved onto Universal Credit through managed migration will get transitional protection, but **only for 12 months**. If that applies to you, you should seek financial advice to explore your options.

More information

You can find more information about Universal Credit on:

www.understandinguniversalcredit.gov.uk

National charity **Contact** has a helpline for families with disabled children. Their advisers can do a **full benefits check** for you.

Call **0808 808 3555**

or email **helpline@cafam.org.uk**.

Dates for your diary

All meetings will be held at:

St Mary's Community Centre,
Bramall Lane,
Sheffield S2 4QZ
unless otherwise indicated.

Book your place

To book your place on any of the events listed here, please visit our website www.sheffieldparentcarerforum.org.uk/events or call our office on 0300 321 4721.

November 2018

Monday 5 Nov, 10am-12pm

Transition subgroup meeting

This group is for parents of young people aged 14-25 years with special educational needs and/or disabilities. The council's new Preparing for Adulthood Programme Manager will come along to this meeting to hear directly from parents about their views and experiences with schools, colleges, social care and health services. We are a friendly group and there will be time to swap experiences and information with other parents over tea, coffee and cake! Please book your place.

Tuesday 6 Nov, 6pm - 8pm

Sheffield Town Hall

Health Transitions event

An information event about the transition from children's to adult health services. Organised by Sheffield Teaching Hospitals for young people aged 14+ and their families. This is a great opportunity to meet several specialty teams at the same time.

For further information, please contact Rachel Macqueen on 0114 226 6644 or email rachel.macqueen@sth.nhs.uk

November 2018 continued

Wednesday 14 Nov, 11am-1pm

SEND advice drop-in

This is a drop-in session for parents and carers of children and young people (0-25 years) with special educational needs and/or disabilities (SEND). You'll be able to talk to a worker from SENDIAS about anything SEND-related. For example, you may want to ask about your child's support in school or college, EHC plans, SEN transport, health and social care services, disability benefits, and much more. Please note: This is an open group session with other parents. No need to book, just turn up.

Thursday 15 Nov, 10.30am - 12pm

Coffee morning

Friday 16 Nov, 10am-12pm

Annual General Meeting (AGM)

This is an open meeting, all welcome! We'll hear a report from the chair, (re)elect our trustees, and review the annual accounts.

Tuesday 20 Nov, 6-7pm,

Jump Inc. Meadowhall, Vulcan Road

JumpStars inclusive trampolining session

Friday 30 Nov, 10am-12pm

Education subgroup meeting

Please come along to our Education subgroup to talk to other parents about special educational needs, swap useful information, and help us influence education policy in Sheffield. This is a friendly and informal group, and new members are always welcome. No specialist knowledge required – being a parent is enough! No need to book, just turn up.

December 2018

Sunday 9 Dec, Showroom Cinema

Christmas Film

Thanks to funding from Gripple Ltd. we have once again booked the Showroom Cinema for a private film screening. The film (title to be confirmed) will be shown without trailers and with the lights dimmed, the sound reduced and a separate room for relaxation during the screening. Free refreshments will be served before the film. **Booking essential.** Invitations will be sent to our members in November – respond quickly to avoid disappointment!

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Tuesday 11 Dec, 10.30am-12pm

Coffee morning

This session will be attended by workers from Sheffield Carers Centre and SOHAS, who will be able to give advice on combining paid work and caring.

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Tuesday 18 Dec, 6-7pm

Jump Inc. Meadowhall, Vulcan Road

JumpStars inclusive trampolining session

January 2019

Wednesday 16 Jan, 11am - 1pm

SEND Advice Clinic

Book a 30-minute individual appointment with a worker from SENDIAS, to talk about anything related to your child's special educational needs or disability. For example, you may want to ask about your child's support in school or college, EHC plans, SEN transport, health and social care services, disability benefits, and much more. **Booking essential.**

February 2019

Friday 1 Feb, 10am - 12pm

Education subgroup meeting

Come and talk to other parents about special educational needs, swap useful information, and help us influence education policy in Sheffield. This is a friendly and informal group, and new members are always welcome. No specialist knowledge required – being a parent is enough! No need to book, just turn up.

Coffee mornings

Our coffee mornings are run by our friendly volunteers Thaebea and Pat. They are open to all parent carers, whatever their children's needs, whether diagnosed or undiagnosed, mild or severe. Pre-schoolers and home-educated children are welcome too. Pop in for a few minutes or stay for the whole session – no need to book. You can be sure of a warm welcome and plenty of tea, coffee and cake! The venue address is St Mary's Community Centre, Bramall Lane, Sheffield S2 4QZ.

JumpStars inclusive trampolining sessions

These are discounted, disability-friendly trampolining sessions for children with additional needs and their siblings, held at the **Jump Inc.** centre on Vulcan Road near Meadowhall. Only Sheffield Parent Carer Forum members are eligible to attend. Sessions **MUST** be pre-booked and pre-paid via our website:
www.sheffieldparentcarerforum.org.uk

Don't miss out!

Sign up today by completing the membership form at the back of this newsletter!

Useful Contacts

ADHD Support Service Run by Family Action, this service provides information, support and training for families with a child with ADHD	07587 633179 adhd.sheffield@family-action.org.uk
Autism Service* Supports mainstream schools to meet the needs of pupils with autism and related conditions	0114 273 6567 (helpline, 1-4pm) 0114 273 6412 (office) moira.bolan@sheffield.gov.uk
Becton Hospital and Outreach Team* (formerly Home and Hospital Education Service). Provides education for children who are unable to attend school for medical or related reasons	0114 255 7679 headteacher@becton.sheffield.sch.uk
Child Disability Register A local register of disabled children aged 0-19. Join up to receive the termly newsletter "What's Going On"	0114 271 7626 martina.capaldi@sch.nhs.uk
Children with Disabilities Team* Social work team for children and young people with disabilities	0114 273 5368
Contact National charity which provides information and advice on any aspect of caring for a disabled child, including education and benefits	0808 808 3555 info@contact.org.uk
Direct Payments Team* Provides support, advice and guidance relating to direct payments	0114 273 5985
Early Years Inclusion Service* Works with young children (0-5+) with additional needs both in their homes and in settings	0114 273 6411 elizabeth.hodkin@sheffield.gov.uk
Educational Psychology Service* Works with families and staff in educational settings to support the education and development of children and young people	0114 250 6800 stuart.williams1@sheffield.gov.uk
Hearing Impaired Service* Works with deaf and hearing-impaired children and their families	0114 273 6410 caroline.chettleburgh@sheffield.gov.uk
Independent Travel Training* Trains young people with disabilities/learning difficulties to use public transport to get to school, college and work placements	0114 205 3542 jill.siddall@sheffield.gov.uk Indetravel@sheffield.gov.uk
IPSEA National charity providing free legally-based advice on educational issues for parents of children with SEN	Book a call-back via www.ipsea.org.uk
Local offer A website with information about support and services for children and young people with special educational needs and disabilities in Sheffield	www.sheffielddirectory.org.uk

Paces Sheffield A leading specialist centre for children with cerebral palsy and other motor disorders	0114 284 4488 info@pacessheffield.org.uk
Portage Home Visiting Service* Home-visiting educational service for children under three with additional support needs and their families	0114 273 6411 debbie.marshall@sheffield.gov.uk
Ryegate Children's Centre Assessment, diagnosis and therapy for children and young people with developmental and neurological problems	0114 271 7000
SENDIAS (formerly Parent Partnership Service)* Provides information, advice and support to parents of children with SEN/disabilities in relation to education, health, social care, leisure, disability benefits and support groups	0114 273 6009 disabilityinformationservices@sheffield.gov.uk
SEN Statutory Assessment and Review Service (SENDSARS)* Deals with statutory assessments, EHC plans, annual reviews and specialist placements	0114 273 6394 ed-sensupportteam@sheffield.gov.uk
Sheffield Carers Centre (formerly Carers in Sheffield) Offers information, advice and a range of services for carers, including parents of disabled children	0114 272 8362 support@sheffieldcarers.org.uk
Sheffield Children's Hospital	0114 271 7000 sheffield.childrenshospital@sch.nhs.uk
Sheffield Futures Learning Difficulties and Disabilities (LDD) Team Supports young people with learning difficulties & disabilities to make the transition into further education and employment	0114 201 2800 enquiries@sheffieldfutures.org.uk
Sheffield Young Carers Offers support to children and young people (8-25 years) who provide care for a family member, e.g. a disabled sibling	0114 258 4595 information@sheffieldyoungcarers.org.uk
Sibling Support Group Support group for children who have a sibling with a disability	0114 233 2908 laura.westmorland@burtonstreet.org.uk
Special Needs Inclusion Playcare Service (SNIPS)* Helps disabled children aged 5-18 years access out of school activities / clubs to give their parents a break from caring	0114 273 4017 SnipsBusinessSupport@sheffield.gov.uk
Transport Services* Provides transport services including home-to-school transport for pupils with SEN	0114 203 7570 transportservices@sheffield.gov.uk
Vision Support Service* Supports children with a visual impairment and their families	0114 294 1201 joanne.hogg@sheffield.gov.uk
Within Reach* Sport and physical activity for disabled people of all ages	0114 273 4266 sccphysicalactivityandsport@sheffield.gov.uk

* Part of Sheffield City Council

Stay warm this winter!

You could get **£140** off your electricity bill this winter under the Warm Home Discount Scheme.

The money is not paid to you - it's a one-off discount on your electricity bill, between September 2018 and March 2019.

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.

You can still qualify for the discount if you use a pre-pay or pay-as-you-go electricity meter.

Who is eligible?

The discount is only available to people whose energy supplier is part of the scheme – go to www.gov.uk/the-warm-home-discount-scheme/energy-suppliers to check.

You qualify for the scheme if you:

- get the Guarantee Credit element of Pension Credit (core group)
- are on a low income and/or receive a means-tested benefit and meet any other criteria set by your supplier (broader group)

How can I apply?

If you are in the core group, you don't have to do anything to apply. The DWP will contact you directly.

If you are in the broader group, you need to apply directly to your energy supplier via customer services or their website. Don't delay - the number of discounts suppliers give to the broader group is limited!

Please note: If you are in the broader group, you'll need to stay with your supplier until the discount is paid.



Sheffield Parent Carer Forum

Application for Full Membership

Full membership is free and open to all parents and carers of children and young people (aged 0-25 years) with special educational needs and/or disabilities 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 :

<input type="checkbox"/>	Please add me to your email list.		
<input type="checkbox"/>	Please add me to your text messaging list.		
<input type="checkbox"/>	Please add me to your postal mailing list.		
I am happy to take part in consultations:			
<input type="checkbox"/>	by phone	<input type="checkbox"/>	by email
<input type="checkbox"/>	by post	<input type="checkbox"/>	by SMS
<input type="checkbox"/>	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.

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Freepost RTBJ-SHTR-RRGJ
Sheffield Parent Carer Forum
St. Mary's Church Community Centre
Bramall Lane
SHEFFIELD
S2 4QZ

Fold along here



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