



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 2019 - Issue 20 - FREE!

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About us

We are an independent group of over 1,800 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.



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Follow us on Twitter!
@ShefParentForum

St Mary's Community Centre



Produced with funding from the Big Lottery Fund



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

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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.

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A very warm welcome to our Autumn newsletter!

Once again, a warm welcome to the latest edition of our newsletter!

For this issue, I thought I would write about my experience of working with Sheffield City Council and Sheffield Clinical Commissioning Group to co-produce the new Sheffield SEND and Inclusion Strategy (see page 10).

Over the years, many strategies have come and gone and never made much of a difference to families. We commented on several, but then heard nothing more or our feedback was ignored. At first, cynical me thought this may be another repeat. However, I am pleased to be proved wrong.

Since the summer, I have attended weekly meetings to discuss how this strategy could be different – and most of all co-produced. Feedback from all sectors – especially parent carers – is really being used in the development. My opinions and suggestions have also been taken on board and implemented. This includes a workshop for parent carers to give wider views, which our representatives will then take to a large co-production session with a range of organisations. Ten spaces have been allocated for parent reps from other support groups and the Forum to attend the main session – something which I have never seen before.

I always say that things will never change if nothing is joined up. Having health, schools, the local authority and parents working together really has identified gaps and helped



to fill them – for example, identifying underrepresented postcodes and ethnic groups and the lack of input from children and young people.

I am hopeful that this strategy will make a difference – but it won't happen overnight, and how long have we been waiting for change? There are also limits to what a local strategy can achieve. We are in the middle of a SEND funding crisis, and this can only be addressed by the government committing significant extra resources to schools, local authorities and the NHS.

Whilst money is a key issue, there are still many areas where relatively inexpensive changes could have a big impact. If this strategy is to improve things on the ground, we need an action plan that is monitored and continually developed to ensure our children and young people are at the heart of decision-making and are happy in their lives. As the saying goes 'the proof of the pudding is in the eating'.

Best wishes,

Katie Monette
Chair



Fun in the sun!

Our annual Family Fun Day took place on the 26th of July at Hillsborough Sports Arena. As always, it was hugely oversubscribed, with almost 900 people requesting tickets – but unfortunately, our budget only stretches to 320 guests!

This year's highlights included bungee trampolines, bouncy castles, adapted cycles, a petting zoo with exotic animals, drumming and science workshops, and a variety of sports and craft activities.

Many parents commented how relaxed and welcoming the event was – just right for children who don't cope well with noisy crowds and long queues.

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 many local charities and companies - such as HSBC, Henry Boot and Gripple, who allowed their employees to volunteer at our event.

You can see more photos from the day on our Facebook page – search for: **@SheffieldParentCarerForum**



David Woodhouse Community Award launched

We were deeply saddened to learn of the tragic death of David Woodhouse earlier this year. David was husband to Deborah (a founding member and long-serving trustee of the Forum), and father to Olivia and George. He regularly volunteered at our family fun days. David worked for Henry Boot Construction for many years and put his considerable skills and experience into charity work across the city. He worked on many construction community projects (including Ryegate and Work Limited), was responsible for the logistics of siting the Herd of Sheffield elephants in 2016 (which raised funds for a lifesaving scanner at the Children's Hospital) and was himself a keen fundraiser for many charities and organisations. David was a builder, not only of physical buildings, but also of relationships and communities. Many people will have been surprised at the breadth of David's charity work. He worked tirelessly, without actively seeking recognition or reward, to ensure that the outcomes and life chances of vulnerable children and young adults could be transformed.

We were extremely touched and honoured to be named as one of the recipients of donations made by family, friends and colleagues in David's memory. We thought it would be a fitting tribute to David to create an annual award in his memory which will honour an unsung community hero in Sheffield.

Nominations for the award are now open and we are asking members to nominate individuals who best demonstrate those qualities and characteristics that David exhibited.



Nominations should be for an individual (rather than an organisation) who:

- works/volunteers in Sheffield;
- is engaged in work or volunteering activities which relate directly to supporting and benefitting parent carers in the city and their families;
- has a proven track record of outstanding activity.

The successful nominee will receive a trophy, a cheque for £250 and vouchers for a spa experience and a meal.

Please contact us for more details and a nomination form:

enquiries@sheffieldparentcarerforum.org.uk

Nominations close at mid-day on **Friday 15 November 2019**. The successful nominee will be announced on Friday 13 December 2019.

Short Break Grant scheme **now open**

Sheffield City Council is now accepting applications for the Short Break Grant.

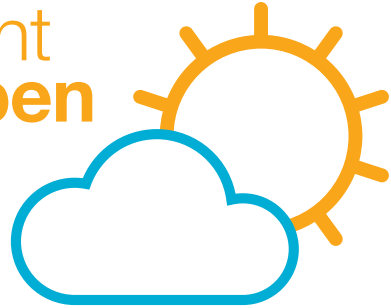
You can apply for up to £400 per family. The deadline for applications is 31 January 2020, and the activity must have taken place and the grant must be spent before 31 March 2020.

Who can apply?

Changes were made to the eligibility criteria for the grant in the last grant round in 2018/19, and some families who previously received the grant may no longer be eligible. You can apply if all of the following apply:

- Your child has a disability and receives a high rate component of DLA or an enhanced rate component of PIP*
- Your child is under 18 years of age
- You are in receipt of means-tested benefits** OR your family household income is less than £21,000 a year
- You do NOT already receive a short break service (e.g. SNIPS club or befriending, overnight respite or direct payment) for this child – however, you can agree to stop using this service if you would like to access the grant instead.

*If your child does not receive high rate DLA or enhanced rate PIP you can still apply, but will need to ask a relevant professional (e.g. GP, Health Visitor, SENCO) who knows you and your child to fill in an additional information form.



Please note: Your household income consists of the income from everyone, aged 18 and over, who lives in the household, and includes Child Tax Credits. DLA and PIP do not count as part of your household income.

How to apply

If you believe you are eligible, then your first step is to complete a Household Income Assessment by calling **0114 273 4567** (choose option 4).

When you receive confirmation that you are eligible to apply for the grant, download the application form and guidance notes from the council website (www.sheffield.gov.uk/home/social-care/short-breaks).

Please do not send in an application until you have completed the Household Income Assessment.

If you have any queries or need help to apply, please email CYPF_ShortBreakGrants@sheffield.gov.uk or call **0114 273 6032**.

**Qualifying benefits are: Income-based free school meals, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Income Support, Pension Credit Guarantee Credit, Tax Credits (you must receive Child Tax Credit and Working Tax Credit), Housing Benefit, Universal Credit.

Join our Facebook chat group!

We have just launched an open Facebook group for parent carers. The purpose of the group is to allow parents of children and young people with additional needs in Sheffield to ask questions, share information and support each other. Professionals are also welcome to join. We are running this group on a trial basis and will evaluate the impact on our capacity in November.

How is the chat group different from our Facebook page?

We will continue to use our Facebook page (www.facebook.com/sheffieldparentcarerforum) to publish information about news and events. Followers of our page can comment on our posts, but they cannot start conversations themselves. Members of the chat group, however, can start conversations by creating their own posts. In other words: the page is for publishing information, the group is a space where parents can talk to each other.

Why have we chosen to make this an open group?

Our chat group is an open group, which means that everyone can see it and everything that is posted in it. We did consider making the chat group a closed (private) group, but decided against it. This is because the purpose of the

group is to share information as widely as possible. We want services to be able to engage directly with parents – but that only works if posts are public. For those who want more privacy, there are already lots of closed SEND Facebook groups available. We are unable to vet the people joining our group, so could not guarantee that posts would remain private.

Join the conversation at
www.facebook.com/groups/SPCFChat



The future of integrated resources

Earlier this year, Sheffield City Council carried out a consultation on proposals to grow and develop integrated resource (IR) provision.

Parents, professionals and young people were invited to give their views about the proposals by attending meetings and completing an online survey. The survey received **197** responses.

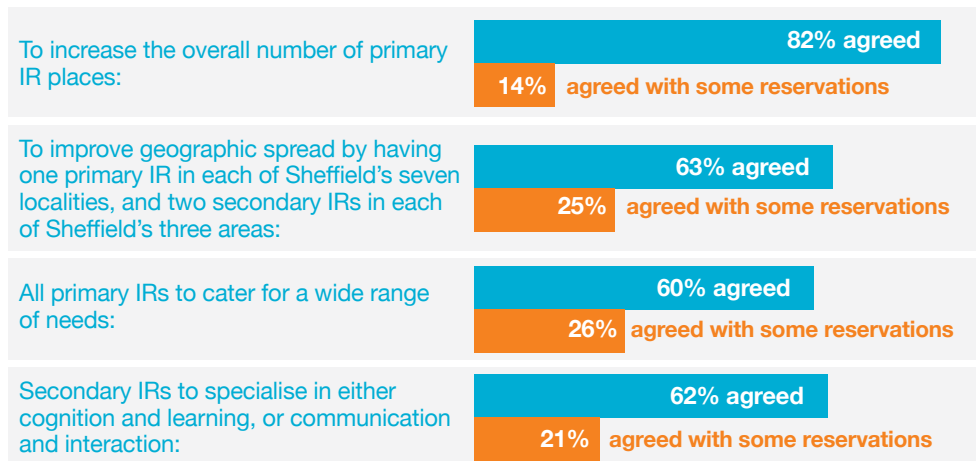
The proposals included changing the way secondary IRs operate. Whilst primary IRs would continue to be run by their host mainstream schools, secondary IRs would become “hubs” – located within mainstream schools, but operated and staffed by special schools.

IRs are specialist units for learners with special educational needs and disabilities, which are located within mainstream schools. Sheffield currently has eight primary IRs and four secondary IRs. In addition, there are seven IRs which focus on hearing and visual impairments, but these were outside the scope of the consultation.

Overall, **42%** of respondents agreed with the ideas for primary IRs (**32%** agreed with reservations), and **46%** agreed with the ideas for secondary IRs (**30%** agreed with reservations).

The local authority is now working on the next phase of this process, taking feedback from the consultation and planning a further engagement process in the autumn term. They hope to start developing new provision in time for September 2020 and 2021.

The response to specific proposals was as follows:



New special free school due to open in 2021

A new special free school, sponsored by the Nexus Multi Academy Trust, is set to open its doors in September 2021 – a year later than originally planned.

The school will offer 80 full-time places for learners aged 7-16 years who have complex combinations of communication and interaction needs (including autism) as well as social, emotional and mental health needs. Class sizes will be around 8-10 pupils, with one teacher and up to two teaching assistants per class.

The school will offer a range of qualifications, from ASDANs to entry-level qualifications to GCSEs. An online offer will be built into the curriculum. The school will provide a base for therapists, but will not employ any therapists itself.

The new school will be constructed on the site of the former Norfolk Park special school, on Park Grange Road. Plans include plenty of small rooms for therapy, sensory play and small group work, as well as a quiet dining space adjacent to the main dining hall.

Nexus Multi Academy Trust already runs several special schools for children with learning difficulties in South Yorkshire. In Sheffield, Becton School, the Moncrieffe Centre and the Kenwood Centre, which specialise in supporting for children and young people with mental health needs, are due to join the Trust in spring 2020.

A second special free school, also providing 80 places for learners with communication and interaction needs and social, emotional and mental health needs, has been approved for Sheffield, but no sponsor has been announced yet.

New befriending service for parents of children with physical disabilities


Paces Sheffield supports children, adults and families with cerebral palsy and other motor disorders. They have recently launched their Families 4 Families Befriending Service, with help from the Henry Smith Foundation. The service offers a FREE personal lifeline at a critical time to families. The support is not time-limited.

The befriending volunteers are all experienced parents, grandparents and carers who are raising or caring for children and young adults with physical disabilities. Befrienders can offer emotional and


practical support, signpost to other services and charities who can help and support opportunities to meet people who are on a similar journey to them.

Get in touch to find out more about becoming a volunteer befriender or accessing the service:

 www.pacesffield.org.uk

 **0114 2844488**

 befriending@pacesffield.org.uk

 **@Families4FamiliesBefriending**

Developing a SEND and Inclusion Strategy for Sheffield

We are working with Sheffield City Council and Sheffield Clinical Commissioning Group to develop a strategy which will set the priorities for identifying, assessing and meeting the needs of children and young people with SEND over the next five years.

The lack of a co-produced vision and strategy for SEND was one of the areas of weakness identified during last year's SEND inspection.

Officers consulted with parents, young people, leaders and frontline workers over the summer, through meetings and an online questionnaire, which received 357 responses. This was done to build on the information and feedback

received over the past few years, including our own State of Sheffield 2019 report.

All this feedback has been analysed and grouped into five broad themes:

1. Provision
2. Identification and assessment of needs
3. Communication and engagement
4. Workforce development
5. Transitions

We ran a workshop with parents to gather their views on what the key priorities and actions for each theme should be. Our parent reps will take this feedback to a co-production session with representatives from a wide range of organisations. The aim of the session is to agree the priorities under each theme, which will then be included in the strategy. There will be further consultation on the draft strategy later this year.

New! Themed coffee mornings



Our coffee mornings are getting an overhaul! Hot drinks, cake and chats will continue to feature heavily, but from now on, you'll also be able to speak to professionals from a range of services. Whilst these people won't be able to comment on your individual case, they will be able to give you general advice and signposting.

Here's a list of the services you'll be able to meet at our coffee mornings over the next few months:

14 November 2019: CAMHS (Child and Adolescent Mental Health Service) and Kooth, a new online counselling service.

10 December 2019: Healthwatch Sheffield, the local consumer watchdog for health and social care services.

9 January 2020: SENDSARS (SEN and Disability Statutory Assessment and Review Service), which deals with EHC plans and specialist placements.

11 February 2020: Autism Education Support Team, which supports children with autism in mainstream schools

12 March 2020: Family Fund, the UK's largest provider of grants for families with disabled children.

All sessions run from 10.30am to 12pm, at St Mary's on Bramall Lane. No need to book, just turn up!

Stressed out? Let us help!

Parenting a child with additional needs can be very stressful. It's important (but far from easy) to take time out to look after yourself and recharge your batteries. A great way to do this is to engage in something creative. This can lead you to experience what psychologists call "flow" – a state in which you are so engrossed in the task that you lose all sense of time, space and ego.

We currently have a grant from the Big Lottery Community Fund to offer taster sessions for a range of stress-busting activities. So far, we have run six pottery taster sessions (we had to put on extra sessions because the first ones were so popular!) and two yoga sessions. Coming up next are a choir signing session and two glass fusion workshops. The idea is that parents will try out different activities and hopefully find something that they would like to do long term.

"After an emotional day of my son being failed by services yet again... tonight's pottery session was the perfect thing for me to be me, relax, talk to other parents and come home very positive about things. I've talked to the other parents about meeting up monthly to go back to the pottery studio as all enjoyed it and we were able to talk and listen to other people in similar situations."

Feedback from pottery taster session

"I have lot of pain and I'm very stiff these days. I certainly was when I started the yoga session last week, but was amazed how I loosened up as the session proceeded. I came away feeling much better in body and mind and was so pleased I felt more like me!"

Feedback from yoga taster session

The grant also includes funding for information sessions. We have run workshops on accessing public services, on school exclusions and on applying for an EHC plan, in partnership with Cerebra and SENDIAS. Next up are sessions on managing stress, supporting siblings, and Makaton.

For information about all our events and workshops and to book your place, please visit www.sheffieldparentcarerforum.org.uk/events



Pots made at a pottery taster session

Man's Best friend

How getting a dog helped my disabled son

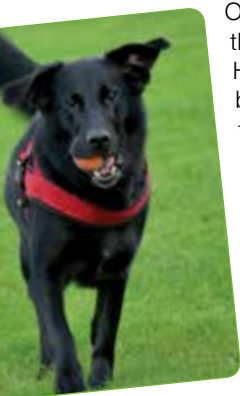
By Anne Snowden

My son James has a diagnosis of Angelman Syndrome and autism, which means that he has severe learning disabilities, epilepsy, is non-verbal and has balance and coordination problems. Mixed in with a good measure of demand avoidance this is often a recipe for disaster, but he is mostly lovely.

Two years ago, we got a pet dog called Jet and he has made a huge difference to our lives. This isn't a miracle story – James still has all his difficulties, but there have been some improvements.

The dog has given us a reason, which James can understand, for going out for a walk. This regular exercise has helped James' mobility, his legs are stronger, and he has lost weight. James has also learnt to pick up and throw a ball with a chucker, which is amazing given his coordination difficulties.

On the walk to the park with the dog James and I "chat". He starts these conversations by pointing at something on the route or by asking for a familiar story. James prompts me with gestures and sounds and I fill in the words. What we are doing is a version of "Intensive Interaction" and it has helped James' desire and ability to communicate



(see page 25 for information about an Intensive Interaction workshop).

The most positive result is that James is more visible in the local community and we have made some new friends. Other dog walkers will stop and talk to James and he loves to show off his dog.

The down sides are the responsibility (it's like having another child), the dog hair, having to go out in the rain (James hates waterproofs) and the cost.

Jet is just a pet, not a trained assistance dog. For more information about organisations that can provide dogs to support people with disabilities visit: www.assisteddogs.org.uk

Dogs for Good is a national charity that runs "Family Dog Workshops" for parents of children with autism. They provide advice and support for choosing and training a dog to benefit the whole family. www.dogsforgood.org

Another option would be to walk someone else's dog. The website www.borrowmydoggy.com connects dog owners with local volunteer borrowers for walks, holiday care and dog sitting. Most dog rescue charities also welcome help from volunteer dog walkers and foster families.

SUPPORT GROUP FOCUS

CLIMB

A new parent support group in Handsworth

At the beginning of 2019, a group was started for parents and carers of children and young adults with additional needs. The group is called CLIMB, which stands for “Carers Living in Mountain Boots”. This is to symbolise the struggle that group members face, but also their incredible determination.

The purpose is to give space for the individuals that come to relax, be open and honest about the ups and downs of life and offer each other understanding and support. We always start with coffee and cake and give people an opportunity to share how their week has been (some people choose not to, and this is fine too!)

We also seek to provide relevant information. Primarily this comes from individuals sharing their experiences with each other, but we have also benefited from a range of guest speakers. All attendees are invited to join our closed Facebook group as another way to connect.

The group consists of both males and females, people with children who have not yet been diagnosed, and those with older children and vast amounts of knowledge and experience of navigating services and fiercely advocating for their children.

Discussions can be lively and honest, but there is always time for laughter and to share



the wonderful things that the children being represented have said or done.

We're always keen to welcome anyone who is interested in attending. Please contact us for more information.

“It’s so important to meet people who are local to me and are facing similar challenges. When my son was first diagnosed, I didn’t know any other parents who had a child with additional needs. It’s incredibly isolating. We were often excluded from social events such as playdates, birthday parties and even conversations at the school gate. In the group, people understand each other, and I feel that a gap is being filled.”

Gaynor (group member).

Venue: Handsworth Old Rectory
Community Centre, 402b Handsworth
Road, Sheffield S13 9BZ

Contact: Sarah Walker
Email: community@orh.org.uk
Tel: **0114 2692537**

Meeting times: Monthly on a
Wednesday morning at 10 - 11.30am,
moving to fortnightly in the new year.
Upcoming meeting dates are
23 October 2019, 13 November 2019
and 15 January 2020.

Accessing mental health support

Mental health problems in childhood are very common, affecting around 1 in 10 children. They are even more common amongst disabled children. For example, children with a learning disability are four and a half times more likely to experience poor mental health than children who do not have a learning disability.

However, parents often report long waits to access the right support for their child. This is not helped by a lack of information about the services that are available.

We have compiled this overview to try and address this issue. This is not a comprehensive list – for example, we have not included services that only cater for adults, or services that only cater for specific subgroups, such as children in care, or LGBT+ young people. You can find information about these other services on the Sheffield Mental Health Guide website: (www.sheffieldmentalhealth.co.uk).

CAMHS (Child and Adolescent Mental Health Service)

Who for: Children and young people up to 18 years with significant mental health difficulties which do not respond to first-line treatments provided by professionals like GPs, social workers or learning support mentors; complex cases which require a team assessment; children experiencing severe symptoms and/or marked disruption to their functioning at home and/or at school. If the problem mainly occurs in school, the school should initially refer to MAST or Educational Psychology.

Offer: Comprehensive assessments; identification of treatment goals and the most appropriate care pathway; specialist therapeutic evidence-based treatments, which may involve working individually with the child, with the

parents or with the whole family and the wider system around the child.

Who can refer: GPs, Social Workers, Educational Psychologists, Paediatricians and Clinical Psychologists at Sheffield Children's Hospital, MAST Primary Mental Health Workers.

Contact: See www.sheffieldchildrens.nhs.uk/services/camhs for details.

Chilypep

Who for: Young people aged 14-25 years living in Sheffield who want to help improve mental health support and services for other children and young people.

Offer: No direct counselling or mental health support, but runs a group called STAMP, which meets at 5-7pm every Monday at a city centre location. The group looks at existing mental health support, reflects on experiences and gathers feedback from other young people in order to influence change across the city and further afield.

Who can refer: No referral needed.

Contact: sian.beynon@chilypep.org.uk / 0114 234 8846

Door 43

Who for: Young people aged 13-25 years with low-level social, emotional, practical or health-related issues. Not suitable for those who are in crisis and/or need medical treatment.

Offer: Drop-in service for one-to-one support on Wednesdays, 11am-4pm; weekly wellbeing café with activities on Tuesdays, 5pm-7pm; structured one-to-one support; access to counselling provided by Interchange; information, advice, guidance, signposting and supported referrals to other services; sexual health information and advice; direct access to substance misuse support; practical support.

Who can refer: Drop in at the above times, or get in touch for a referral form for structured

one-to-one support (parents, professionals or self-referrals).

Contact: Door43@sheffieldfutures.org.uk / 0114 201 2760

Educational Psychology

Who for: Children and young people aged 0-25 years, where there are concerns that they have additional educational needs that are not being met. For mental health this might be difficult, demanding or concerning behaviour or symptoms of mental health difficulty that are affecting progress in school or prevent regular school attendance.

Offer: Consultation support for schools; psychological assessments and reports; guidance for staff about interventions to enable children and young people to learn effectively and be included.

Who can refer: Any school or setting, including colleges, can request involvement from an Educational Psychologist with parental consent.

Contact: educational.psychology@sheffield.gov.uk / 0114 250 6800

Golddigger Trust

Who for: Young people aged 11-18 years wanting support with their emotional wellbeing.

Offer: Weekly drop-in sessions, one-to-one mentoring and befriending, five-week courses about managing emotions, separate self-esteem courses for boys and girls, sexual health advice.

Who can refer: Any professional, parents and the young people themselves.

Contact: info@golddiggertrust.co.uk / 0114 327 1191

Interchange

Who for: Children and young people up to 25 years with mental health needs including anxiety, depression, trauma, suicidal ideation, self-harm.

Offer: Person-centred psychotherapy, art

therapy, therapeutic group work, resilience-building and mental health awareness-raising workshops. Does not provide crisis support.

Who can refer: Young people aged 14-24 years can self-refer via Door 43 or can be referred through Door 43 by GPs, colleges, schools, and families; those aged 8-24 years can be referred directly by health service providers, schools and colleges where funding has been identified.

Contact: interchangeproject@ymail.com / 0114 276 8922

Kooth

Who for: Young people aged 11-18 years wanting support around their emotional wellbeing and low-level mental health issues. Must be able to read and write, as all the support is delivered through a website.

Offer: Up to 12 hours of online counselling (one-to-one instant messaging sessions), either on a “drop-in” basis or as regular sessions with a named, qualified counsellor; peer-to-peer support through moderated online forums; “Ask Kooth” messaging service, where young people can ask questions and get a response within 24 hours; online magazine, mostly written by users.

Who can refer: Self-referral only.

Contact: www.kooth.com

MAST (Multi Agency Support Teams)

Who for: Children and young people aged 0-19 years with emotional health and wellbeing issues, such as low mood, anxiety and stress, anger, low self-esteem impacting body image, bereavement, insecure attachment, superficial self-harm.

Offer: Group work; one-to-one sessions if there are additional issues, such as children missing school, children with challenging behaviour, families experiencing poverty or long-term unemployment, etc. Advice, signposting and resources for parents. MAST workers are supported by Primary Mental Health Workers,

who include social workers and mental health nurses (not trained psychologists).

Who can refer: Any professional, parents and young people themselves.

Contact: See www.sheffield.gov.uk/mast for details.

Ryegate Clinical Psychology

Who for: Children aged 2-16 years who are under the care of the Ryegate Neurodisability Service, where there are concerns about their emotional and behavioural progress that require a detailed assessment and intervention plan.

Offer: Assessments and interventions; parent workshops on social stories, and on understanding and managing anxiety / anger in children with autism.

Who can refer: Ryegate doctors, nurses and

Private therapists

Going private is not an option for everyone because it can be expensive. If you decide to look into private therapy for your child, then the Counselling Directory (www.counselling-directory.org.uk/) is a good place to start; you can search it for therapists in your area who work with children. Always make sure that the therapist is registered with a professional body, and get clarity about their charges before you commit to paying for therapy. You might want to ask how much they charge per session, whether they offer reduced rates for people on low incomes, whether they offer a free introductory session and whether they charge for missed appointments.

Schools also have the option of using their delegated budgets to purchase staff training and therapeutic input for their students from private therapists, and we believe that some schools in Sheffield do this.

therapists. The team works closely with CAMHS to identify whether Ryegate or CAMHS would best meet the child's needs. There is often a long wait for this service, and the team will try to ensure that all other suitable forms of support have been accessed before putting a child on the waiting list.

SYEDA (South Yorkshire Eating Disorder Association)

Who for: Young people aged 16+ who are affected by mild to moderate eating disorders, and their friends and family members.

Offer: One-to-one therapeutic and practical support, including talking therapies, occupational therapy and support groups.

Who can refer: Self-referral.

Contact: info@syeda.org.uk / 0114 272 8822

Useful websites

The Sheffield Mental Health Guide is a website with information about mental health services, support and activities for children and adults in our city:

www.sheffieldmentalhealth.co.uk

Epic Friends is a website developed by Sheffield CAMHS for children and young people with friends who have, or might have, mental health problems: www.epicfriends.co.uk

Young Minds is the UK's leading charity fighting for children and young people's mental health: www.youngminds.org.uk. They also run a parents' helpline (0808 802 5544).

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.

New **Blue Badge** rules for hidden disabilities



People with hidden disabilities, including autism and severe mental health conditions, can now apply for a Blue Badge parking permit.

New rules have extended eligibility to children and adults who:

- cannot undertake a journey without there being a risk of serious harm to their health or safety or that of any other person;
- cannot undertake a journey without it causing them very considerable psychological distress;
- have very considerable difficulty when walking (both the physical act and experience of walking).

A child or young person will automatically qualify for a Blue Badge if they are aged two or above and:

- get the higher rate mobility component of Disability Living Allowance (DLA); or
- are registered blind; or
- score eight points or more under the “moving around” activity of Personal Independence Payment (PIP). This does not include points under “planning a journey”.

Children also qualify if they are aged under three and have a specific medical condition which means that they need to be accompanied by bulky medical equipment or need to be near a vehicle at all times in case they need treatment.

The new rules will extend automatic qualification to young people if they get Personal Independence Payments and score 10 points for Descriptor E under the “planning and following journeys” activity, on the grounds that they are unable to undertake any journey because it would cause them overwhelming psychological distress.

Disabled children and young people will also qualify if the local authority assesses that they:

- are unable to walk; or
- experience very considerable difficulty whilst walking, which may include very considerable psychological distress; or
- are at risk of serious harm when walking; or pose, when walking, a risk of serious harm to any other person.

To apply for a Blue Badge and for information on where you can park with a Blue Badge visit: www.sheffield.gov.uk/home/parking/apply-for-blue-badge

Make sure you check the signs in privately-operated car parks, as Blue Badge holders may have to pay.

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...



Leo is four years old. He has a rare metabolic bone condition, sensory processing disorder and suspected autism. Although he lives in Barnsley, the majority of his healthcare is provided by the Sheffield Children's Hospital.

His mum Robyn told us: "I think he's a superstar because he has all these issues and always takes them in his stride. He has to have regular injections to control the bone condition and regular blood tests to monitor his levels and although he hates them, he's always brave. He recently had to have surgery on his skull to correct craniosynostosis – a condition in which the bones in the skull grow together too early, causing problems with brain growth and head shape. Leo now has screws in his skull, which we have to turn with a key twice a day for a month. Despite all these problems, nothing seems to permanently take the smile off his face."

"Leo always puts his best into everything he does. He is super inquisitive and gets a reputation wherever he goes for being such a happy fellow. At his school's sports day before the summer holidays, Leo didn't understand the rules of the race, but he ran as best as he could before the starting whistle went. Every child and adult in the school was cheering his name! He is my hero."

Star of this issue:
Leo Sharp



Star of this issue:

**Chiana
Hawley-
Kirkby**



Chiana is eight years old. She is autistic and has a range of physical difficulties, including hypermobility, sensory problems and traits of dyspraxia. Despite these challenges, she recently achieved her third brown belt in karate. She is now just one belt away from becoming a black belt!

Her mum Tracey reports: "Chiana started karate when she was just four years old. At first, I couldn't leave her due to her anxiety, but now she will happily attend all lessons without me. I am so proud of how far she has come and how much her confidence has grown since she started. And it continues to grow every week!"

Reanne didn't have an easy time at school. She was permanently excluded from secondary school just days before she was due to take her GCSE exams.

Her mum Lisa reports: "We knew something wasn't right, but nobody would listen to us. At school, Reanne was always labelled "the naughty kid". It was only when she was 18 and at college that a tutor noticed her autistic traits and supported us to get a diagnosis. Reanne was finally diagnosed with high-functioning autism at the age of 20. I could have kissed the lady who assessed her. Finally, Reanne could be herself!"

Reanne didn't let her difficulties at school define her. She worked hard at college, passing her maths and English GCSEs and achieving a level 3 childcare qualification. She is currently volunteering at a playgroup whilst applying for jobs.

Lisa says: "I'm so proud of Reanne, whatever she achieves. She is my baby girl and a tough cookie! Reanne's ambition is to open her own nursery, and I'm sure she will achieve all her goals one day."



Star of this issue:
**Reanne
Clarke**

Transition from children's to adult hospital services

When should we start planning?

If your child is under the care of the Sheffield Children's Hospital, planning for the transition to adult hospital services should start when they are around 14 years old. Some patients with long-term conditions may even start transition planning at the age of 11 or 12. The actual move to adult care can take place at any time between 16 and 19 years, depending on the young person's condition and their individual needs.

What happens during the transition process?

Typically, each individual specialty will talk to patients and their families about what care they will need as an adult and where this might happen. It's important to be aware that there won't always be an equivalent adult health service for your child to transition to – in that case, their health needs will be managed by their GP. They will also make sure that patients are fully aware of how their condition may impact upon their life as they get older, where they can access additional support, and what to do in case of an emergency.

Who can help?

Both the Sheffield Children's Hospital and Sheffield Teaching Hospitals have transition teams, who work closely together.

The children's transition team supports the co-ordination of the transition process to adult services.

The transition team at Sheffield Teaching Hospitals works with young people aged 14-25

years who have complex health needs, learning disabilities and/or autism. The team consists of a Children's Nurse, a Learning Disability Nurse and a medical lead. They can support young people at out-patient appointments and before and during in-patient admissions, ensure that reasonable adjustments are made, and co-ordinate care within Sheffield Teaching Hospitals if needed.

Contact

Transition team at the Sheffield Children's Hospital: Natalie Bell (Transition Coordinator) - **0114 305 3768**

Transition and Young Adult Care Team at Sheffield Teaching Hospitals: Rachel Macqueen (Children's and Young Person's Nurse) / Rebecca White (Learning Disability Nurse) - **0114 2267285 or 014 2266644**

Health transitions evening

Tuesday 12 November 2019,
6-8pm, at Sheffield Town Hall

This is an information event for young people aged 14+ and their families.

Visit information stalls and talk to representatives from a range of health services, council services and charities.

Drop in at any time, no need to book!



Support for young children with additional needs

A free information event

for parents of children aged 0-5 years

Tuesday 26th November, 10am-1pm
St Mary's Church and Conference Centre,
Bramall Lane, Sheffield S2 4QZ

Visit our information marketplace, pick up leaflets and talk to representatives from over 25 organisations, including:

- **Council services** e.g. Autism Education Team, SENDIAS, MAST, 0-5 SEND Team, Parenting Team, SENDSARS, Portage, SNIPS
- **NHS services** e.g. Speech & Language Therapy, Occupational Therapy, Physiotherapy
- **Charities** e.g. Family Fund, Carers Centre, Family Lives
- **Parent support groups** e.g. ACCT, Small Talk, Autism Hope, SHEDS, Family Support Group

Do you have concerns about your child's development?

Has your child recently been diagnosed with a disability?

Are you unsure where to turn to for advice and support?

Meet other parents

Chat to other parents in a similar situation and share tips and ideas.

Enjoy a free lunch

A free buffet lunch will be served between 12pm & 1pm. Booking essential!

Children welcome!

Toys provided!

Pop in at any time!

Stay as long as you like!

To book your place, please visit our website
www.sheffieldparentcarerforum.org.uk/events

For more information, contact our office on **0300 3214721**
or email enquiries@sheffieldparentcarerforum.org.uk

Useful Contacts

<p>0-5 SEND Service (formerly Early Years Inclusion Service)* Works with young children (0-5+) with additional needs both in their homes and in settings</p>	<p>0114 273 6411 elizabeth.hodkin@sheffield.gov.uk</p>
<p>ADHD Support Service Run by Family Action, this service provides information, support and training for families with a child with ADHD</p>	<p>07587 633179 adhd.sheffield@family-action.org.uk</p>
<p>Autism Education Service* Supports mainstream schools to meet the needs of pupils with autism and related conditions</p>	<p>0114 2506800 (helpline, 1-4pm) moira.bolan@sheffield.gov.uk</p>
<p>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</p>	<p>0114 255 7679 headteacher@becton.sheffield.sch.uk</p>
<p>Child Disability Register A local register of disabled children aged 0-19. Join up to receive the termly newsletter "What's Going On"</p>	<p>0114 271 7626 martina.capaldi@sch.nhs.uk</p>
<p>Children with Disabilities Team* Social work team for children and young people with disabilities</p>	<p>0114 273 5368</p>
<p>Contact National charity which provides information and advice on any aspect of caring for a disabled child, including education and benefits</p>	<p>0808 808 3555 info@contact.org.uk</p>
<p>Direct Payments Team* Provides support, advice and guidance relating to direct payments</p>	<p>0114 273 5985</p>
<p>Educational Psychology Service* Works with families and staff in educational settings to support the education and development of children and young people</p>	<p>0114 250 6800 stuart.williams1@sheffield.gov.uk</p>
<p>Hearing Impaired Service* Works with deaf and hearing-impaired children and their families</p>	<p>0114 273 6410 caroline.chettleburgh@sheffield.gov.uk</p>
<p>Independent Travel Training* Trains young people with disabilities/learning difficulties to use public transport to get to school, college and other education providers</p>	<p>0114 205 3542 jill.siddall@sheffield.gov.uk Indetravel@sheffield.gov.uk</p>
<p>IPSEA National charity providing free legally-based advice on educational issues for parents of children with SEN</p>	<p>Book a call-back via www.ipsea.org.uk</p>
<p>Local offer A website with information about support and services for children and young people with special educational needs and disabilities in Sheffield</p>	<p>www.sheffielddirectory.org.uk/localoffer</p>

<p>Paces Sheffield A leading specialist centre for children with cerebral palsy and other motor disorders</p>	<p>0114 284 4488 info@pacesheffield.org.uk</p>
<p>Portage Home Visiting Service* Home-visiting educational service for children under three with additional support needs and their families</p>	<p>0114 273 6411 debbie.marshall@sheffield.gov.uk</p>
<p>Ryegate Children's Centre Assessment, diagnosis and therapy for children and young people with developmental and neurological problems</p>	<p>0114 271 7000</p>
<p>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</p>	<p>0114 273 6009 disabilityinformationservices@sheffield.gov.uk</p>
<p>SEN Statutory Assessment and Review Service (SENDSARS)* Deals with statutory assessments, EHC plans, annual reviews and specialist placements</p>	<p>0114 273 6394 sendassess&review@sheffield.gov.uk</p>
<p>Sheffield Carers Centre Offers information, advice and a range of services for carers, including parents of disabled children</p>	<p>0114 272 8362 support@sheffieldcarers.org.uk</p>
<p>Sheffield Children's Hospital</p>	<p>0114 271 7000 sheffield.childrenshospital@sch.nhs.uk</p>
<p>Sheffield Futures Learning Difficulties and Disabilities (LDD) Team Supports young people with learning difficulties & disabilities to make the transition into further education and employment</p>	<p>0114 201 2800 enquiries@sheffieldfutures.org.uk</p>
<p>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</p>	<p>0114 258 4595 information@sheffeldyoungcarers.org.uk</p>
<p>Sibling Support Group Support group for children who have a sibling with a disability</p>	<p>0114 233 2908 laura.westmorland@burtonstreet.org.uk</p>
<p>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</p>	<p>0114 273 4017 SnipsBusinessSupport@sheffield.gov.uk</p>
<p>Transport Services* Provides transport services including home-to-school transport for pupils with SEN</p>	<p>0114 203 7570 transportservices@sheffield.gov.uk</p>
<p>Vision Support Service* Supports children with a visual impairment and their families</p>	<p>0114 294 1201 joanne.hogg@sheffield.gov.uk</p>

* Part of Sheffield City Council

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**.

Coffee mornings

Our coffee mornings are run by our friendly volunteers Thaeeba 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, plus the chance to speak to professionals from a range of services. 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

October 2019

Friday 25 October, 10am - 12pm

Choir singing taster session

Singing with other people is fun and helps to relieve stress – but joining an existing choir can seem daunting. This session is aimed at parents who would like to give singing a go but lack confidence. You'll meet Liz Nicholas, who runs the Council and Carers Choir, and hopefully also some of its members. No need to book, just turn up.

November 2019

Thursday 7 November, 10am - 12pm

Transition subgroup meeting

This group is for parents of young people aged 14-25 years with special educational needs and/or disabilities. Officers from Adult Social Care will come along to talk to parents about the services that might be available to their young person once they turn 18. We are a friendly group and there will be time to swap experiences and information with other parents over tea, coffee and cake!

Wednesday 13 November, 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 need 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.**

November 2019 continued

Thursday 14 November, 10.30am -12pm

Coffee morning with mental health services (CAMHS and Kooth)

Friday 15 November, 10am -12pm
Sheffield Carers Centre, Concept House,
5 Young Street

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. Please book so we can make
sure we've got enough chairs and biscuits.

Tuesday 19 Nov, 6 -7pm
Jump Inc. Meadowhall, Vulcan Road

JumpStars inclusive trampolining session

Tuesday 26 November, 10am -1pm
Support for young children with additional needs

Information day for parents, see page 21.

Friday 29 November, 10am -12 pm
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 2019

Wednesday 4 December, 10am -12pm

Communication skills workshop

This session is aimed at parents of children and young people who have significant communication difficulties due a learning disability, autism or other complex needs. Using games, video examples and group discussions, the workshop will introduce you to the practice of rapport-based communication. This forms the basis of social interventions such as Intensive Interaction, musical interaction and arts therapy. **Booking essential.**

Tuesday 10 Dec, 10.30am -12pm
Coffee morning with Healthwatch

Saturday 14 December
Showroom Cinema

Christmas Film

Thanks to funding from the Big Lottery Community Fund and Gripple Ltd. we have once again booked the Showroom Cinema for a private film screening. This year, we are showing two films (titles to be confirmed) – one for younger children, and one for older ones. The films 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!

Tuesday 17 Dec, 6 -7pm,
Jump Inc. Meadowhall, Vulcan Road

JumpStars inclusive trampolining session

Continues on the next page...

Dates for your diary *continued*

January 2020

Thursday 9 January, 10.30am - 12pm
Coffee morning with SENDSARS

Tuesday 14 January:
10am -12pm Sheffield Carers Centre,
Concept House, 5 Young Street

OR

7-9pm at St Mary's Church and
Conference Centre, Bramall Lane

Fused Glass taster sessions

Fancy getting creative? In these sessions you will learn the fused glass art method to create a stunning decorative glass coaster. Enjoy the relaxing and therapeutic effect of making something unique to you that will give you joy for years to come! The two sessions will be identical, so you only need to book onto one. Due to the high cost of the materials and the firing process, we are charging a contribution of £5 per participant.

Must be pre-paid and pre-booked via our website.

Tuesday 21 Jan, 6 -7pm
Jump Inc. Meadowhall, Vulcan Road
JumpStars inclusive trampolining session

February 2020

Thursday 11 February, 10.30am -12pm
Coffee morning with Autism Education Support Team

February 2020 *continued*

Tuesday 25 Feb, 6 -7pm,
Jump Inc. Meadowhall, Vulcan Road
JumpStars inclusive trampolining session

Friday 28 February, 10am -12pm
Education subgroup meeting
As on previous page.

March 2020

4, 13 and 20 March, 10am -2pm
Sheffield Carers Centre, Concept House,
5 Young Street

Makaton training course

Run by the Speech and Language Therapy service, this course will teach you the Makaton signs from Stages 1 and 2 (and some of the additional stage) of the Core Vocabulary. We will practice together in a relaxed way and discuss hints and tips for Makaton signing. The cost is £32.50 per person, which covers all three sessions, manuals and certificate. **Booking essential.**

Thursday 12 March, 10.30am -12pm
Coffee morning with the Family Fund

Tuesday 17 March, 6 -7pm
Jump Inc. Meadowhall, Vulcan Road
JumpStars inclusive trampolining session

Don't miss out! Sign up today by completing the membership form on our website (sheffieldparentcarerforum.org.uk/become-a-member) or at the back of this newsletter!

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 :

- 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 by SMS

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

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Sheffield Parent Carer Forum
St. Mary's Church Community Centre
Bramall Lane
SHEFFIELD
S2 4QZ

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