



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/Winter 2021 - Issue 25 - **FREE!**

Focus on health

From tooth brushing for toddlers to health checks for teens

Pages 11-15

Speech and language therapy

A service under pressure

Pages 16-17

Getting a social care assessment

An honest account of what it's really like

Page 18

Specialist playgroups

Where to take your toddler with additional needs

Pages 22-25



About us

We are an independent group of over 2,000 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, or go to www.sheffieldparentcarerforum.org.uk/become-a-member

Get in touch

By Post:

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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!



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St Mary's Community Centre



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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.

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A very warm welcome to the autumn edition of our newsletter!

Letter from the Chair

I sit here writing this exactly one week after our first event since lockdown – our much-loved Family Fun Day! I absolutely love this event and what a fantastic day it was, with the weather being extremely kind to us too. It was so nice to see so many families thoroughly enjoying themselves. I felt like I painted over 100 sets of nails and with the help of my daughter decorated many children with a huge number of tattoos! But we loved it and I have to say how polite and friendly all the children were. A credit to all the families who attended! 100% of families who attended rated the event either good or excellent, so we are thrilled that all the hard work that goes into planning an event like this paid off.

As we move out of lockdown now restrictions have eased, we are gradually starting up our other meetings face to face. We have our monthly coffee mornings restarting in a brand-new venue (More Rehab on Little London Road). These are run by two of our volunteers and everyone is welcome. We have also arranged some wellbeing sessions for parents from funding that we received pre-Covid. Thankfully, our funders, The People's Health

Trust, allowed us to carry the monies over, and we're now starting off with mindfulness, yoga and a Christmas craft session (see page 8 for more information).

I hope that those children who have gone back to school after the summer holidays have settled in well. Hopefully you find yourself with just that little bit more time so you can go grab a cuppa and enjoy all the information that is packed into this newsletter. Enjoy reading!

Best wishes,

Katie Monette

Chair



Family Fun Day 2021 A taste of post-lockdown freedom

Our first family fun day after the pandemic felt really special. More than 300 people attended the event on 5 September, which was, as always, massively oversubscribed. Almost 800 people requested tickets this year – but unfortunately, our budget only stretches to just over 300 guests.

Families relaxed at Hillsborough Sports Arena in glorious late-summer sunshine, knowing their children would not be excluded or judged.

As always, we worked hard to offer a wide range of accessible activities, and to minimise queues (not always possible!), crowds and noise.

The biggest hits included a fire engine, bouncy castles, bungee trampolines, a miniature train, a petting zoo full of exotic animals, and adapted cycles. Sporty guests were treated to football coaching sessions, courtesy of Sheffield Wednesday and Hillsborough Hornets, and multi-sports activities run by Sheffield City Trust.

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 and Henry Boot allowed their employees to volunteer on the day. Seven Hills Special School and St Marie's School lent us their chairs, which were transported by Roundabout youth homelessness charity.

And of course, our own volunteers worked very hard to make sure everything ran smoothly.



"Keep up the great work. I am new to the Forum, this was my first event. Would like to say thank you for all the effort put into the event. Weather was a bonus!"



"I was nervous about coming, but I shouldn't have been. It's the best day out we've ever had!"

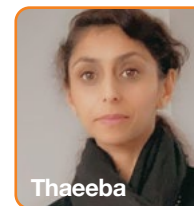
"Easy, accessible and something for each age. A day of things feeling easy and our son could go on everything! Surpassed expectations"



Creating a safe space for Black and Brown parents

We are committed to creating an environment where all parents feel they can share the difficulties they are experiencing as parents of disabled children and young people. We acknowledge that some parents from Black and Asian Minority Ethnic communities may not feel confident about attending our typical meetings.

Therefore, we are piloting a monthly session chaired by our trustee Melissa and our volunteer Thaebea. These sessions will run on the last Wednesday of the month at 7-9pm via Zoom.



Zoom details

Meeting ID: **882 7654 8347** Passcode: **027695**

If there is demand, we will alternate evening sessions on Zoom with face-to-face meetings during the day.

Need more information?

Please contact Melissa by emailing melissa.simmonds@sheffieldparentcarerforum.org.uk or call our office on **0300 321 4721**.

Autism in Schools project

We are excited to be part of a government-funded project that aims to improve support for autistic children and young people in mainstream secondary schools.

Starting in September, the project will run at ten mainstream secondary schools in Sheffield. Once selected, a list of participating schools will be published on our website: www.sheffieldparentcarerforum.org.uk

The project seeks to improve the school environment, foster good relationships between staff, parents and students, signpost families to sources of support and provide better access to early intervention.

We are currently in the process of recruiting a project worker who will set up parent groups in the participating schools and seek parents' views on how to improve support for their

children. Another organisation (yet to be confirmed) will set up children's and young people's forums in the schools.

Using learning from the project, training for school staff will be co-produced by health professionals and parents. This will ensure that good practice developed at the pilot schools can be rolled out across the city.

Although the project primarily focusses on autism, we are keen to ensure that it benefits learners with other types of needs as well. Parents of children with any type of special educational need or disability will be welcome to attend the parent groups.

Volunteering Opportunities

Fed up with spending so much time at home and feeling a bit isolated?

Want to do something useful and make a difference? In need of some adult conversation? Then why not join us as a volunteer! You'll meet other parents, learn new skills and help to make life better for families with disabled children in Sheffield.

We currently have a range of volunteering roles available:

- **Parent representatives** represent a wide range of views of parent carers from across Sheffield at meetings with the local authority and health services. They attend groups on transition, education, neurodisability, autism, therapy services, EHC plans, and many more.
- **Trustees** are responsible for the governance and management of our organisation. To help us be as representative as possible, we are particularly looking for parents from a BAME background, parents of young children (0-5 years) with additional needs, and parents of children with physical disabilities. We are also looking for someone with HR expertise.

- **Outreach volunteers** attend coffee mornings at schools and nurseries and run stalls at events to promote our organisation, gather parents' views, and provide peer support and signposting.

- **Fundraising volunteers** help raise funds for our projects and events; no cold calling involved!

For most of these roles, the amount of time spent volunteering is completely up to you. Training and mentoring will be provided – we promise we won't throw you in at the deep end!

We will also reimburse any expenses you incur – such as additional data for your phone or travel expenses.

Interested?

Please email us at enquiries@sheffieldparentcarerforum.org.uk or call us on 0300 321 4721 to find out more.

For more information about our volunteering opportunities, please visit www.sheffieldparentcarerforum.org.uk/support-us/volunteering-opportunities

Connecting disabled children's organisations in South Yorkshire

South Yorkshire Children's Additional Needs Network (SY CANN) links children's charities, voluntary support and statutory services to improve communication with each other and with the families of disabled children they support.

Communication is through SY CANN's website and social media with a closed Facebook page for member organisations to swap resources, ideas and news, and another closed Facebook group for families where parent carers can exchange information and advice.



If you would like to join SY CANN or a social media group, then contact Jan or Miriam via info@southyorkshirecann.org or call 07792841949.

www.southyorkshirecann.org

[@southyorkshirecann](https://www.facebook.com/southyorkshirecann)

[@CannSouth](https://www.facebook.com/CannSouth)

Jumpstars trampolining sessions to restart

Jumpstars trampolining sessions will relaunch this month at **Jump Inc Meadowhall**.



The sessions are adapted for disabled children with soft music, gentle lighting and no access to high-risk areas like the jump tower.

We set Jumpstars up in 2017. The sessions were hugely popular with our members and ran for three years, until Covid-19 forced the centre to close. We are thrilled to announce that Jump Inc has now offered to manage the sessions directly.

This means that, thanks to our input, disability-friendly sessions are now part of their regular offer. It also means that we have capacity to work with another provider and help them adapt their sessions for kids with additional needs. Watch this space!

Jumpstars will take place on the last Tuesday of every month from 6.45pm to 7.45pm. Tickets cost £4.50 each – a huge saving compared to their standard £8 entry – and are available directly from the Jump Inc website: www.jump-inc.uk/bookings.

Children under six must be accompanied by a paying adult, but parents with older kids do not need a ticket to supervise from the viewing area.

JUMP



Honouring unsung community heroes

We are once again inviting nominations for our **David Woodhouse Community Award**.

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 (or another treat of their choice).

The award is funded from donations made in memory of David Woodhouse, who died in 2019. David was husband to Deborah, a founding member and long-serving trustee of the Forum. David was involved in many charity projects across Sheffield and worked tirelessly to improve the life chances of vulnerable children and young adults. The award seeks to honour individuals who best demonstrate the qualities that David exhibited – selflessness, dedication and community spirit.

Please see our website (sheffieldparentcarerforum.org.uk/news) for more details and a nomination form. Nominations close at mid-day on **Wednesday 10 November 2021**. The winner will be announced at our AGM on Friday 19 November 2021.

New: stress-busting sessions for parent carers

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.

We have received a two-year grant from the People's Health Trust to offer monthly taster sessions for a range of stress-busting activities. The idea is that parents will try out different activities and hopefully find something that they would like to do long term – maybe even with a group of other parents they've met at the session.

We are starting off with the following activities:

- **Mindfulness**
20th Oct 10am -11.30am
- **Yoga**
24th November 11am-12.30pm
- **Christmas Craft**
2nd Dec 12.30pm to 2pm

Sessions must be pre-booked via our website:
www.sheffieldparentcarerforum.org.uk/events

funded through



New Sensory Service launched



A new Sensory Service has been launched in Sheffield. It aims to help children aged 3-16 years who have sensory processing difficulties that are having an impact on daily life.

Children with sensory processing difficulties have trouble organising and responding to information from the senses. They might try to avoid certain smells, loud noises, flickering lights or uncomfortable clothing, and get overwhelmed and upset when they can't. Others might seek specific sensory input, for example by constantly touching objects, chewing on their clothes, staring at spinning objects or fidgeting a lot. Sensory processing difficulties are common in children with autism and other developmental conditions.

The Sensory Service is a newly commissioned team based at the Ryegate Children's Centre that is aiming to help parents, school staff and young people in Sheffield have a better understanding of sensory processing. It expands on the existing sensory workshops on offer to parents at Ryegate. The specialist team have been developing two sides to the service: one aimed at supporting young people and families, and the other aimed at helping schools.

The team will be delivering an online training package for schools and other supporting services, and are hoping to

support all schools in Sheffield to be 'sensory accessible'. The training will help SENCOs and other professionals to understand the sensory needs of their pupils and if needed, develop a tailored plan to address particular areas of difficulty. For those children who are finding the school environment particularly challenging, such as children at risk of exclusion, the team will be able to work directly with schools.

Alongside these resources the team have developed a 'virtual therapy area' that contains lots of information, ideas and strategies to help families make sense of their child's sensory needs and know how to help. The area is freely accessible online, so families don't need to wait for a referral to access support. After using the resources, families can complete an online referral form to request advice about any particular issues which haven't been covered in the materials.

For more information and to access the online resources, go to www.sheffieldchildrens.nhs.uk/sensory



Short Break Grant Scheme now open

Sheffield City Council is currently accepting applications for the Short Break Grant. The purpose of the grant is to give parent carers a break from their additional caring responsibilities. You can apply for up to £400 per family.

The deadline for applications is 31 January 2022, and the activity must have taken place and the grant must be spent before 31 March 2022.

Who can apply?

You can apply if you meet ALL of the following criteria:

- 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.

*If your child does not receive high rate DLA or enhanced rate PIP you can still apply, but you will need a relevant professional who knows your child and your family to complete and sign an "Impact Information Form", which explains your child's disability and how this impacts on your whole family.

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**.

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.html

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

More information

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



Annual health checks for young people with a learning disability

All patients from the age of 14 years with a learning disability are eligible for an annual health check.

Most GP surgeries in Sheffield offer this service, but they don't have to. If your GP surgery hasn't offered your young person an annual health check, you can ask them if they could provide one. If they say no, send an email to **SHECCG.ChildrensCommissioning@nhs.net**, marked for the attention of Michelle Racey (the Designated Clinical Officer for special educational needs and disabilities).

The idea behind the annual health check for people with a learning disability is to try and address the well-known fact that people

with a learning disability often have poorer physical and mental health.

The 'journey' from getting a new symptom to receiving the correct treatment has many steps which can be a huge challenge, especially if you have a learning disability. There is a need to understand the significance of new symptoms, to know how to access the correct appointment, to have plenty of time to communicate the problem with a nurse or doctor, and to be able to understand and act on the action plan. Clearly, if any of those steps don't happen, poor health outcomes are likely.

In addition, having a learning disability may increase the difficulty a person faces in making healthy decisions about eating, exercise, contraception, use of alcohol and smoking.

The annual health check is an opportunity, when your child is well, to meet the primary health care team (nurse or GP)

and go through a checklist to try and avoid problems getting missed. Management of conditions such as asthma, epilepsy or constipation can be discussed. It is a time to check healthy eating and weight, and screen for conditions such as diabetes or high blood pressure that are easily missed. It is a time to arrange blood tests if needed and to plan vaccinations for flu, tetanus and - if advised - Covid, both for your child and yourself as a carer.

To improve the 'journey', it really helps if your GP has the best information on your child's computer record. Here are some tips to help you get the most out of the appointment:

1. Make a list of the different health issues that affect your child, so that you can check the GP has them all correctly summarised on the computer.

Hospital letters will all be stored on their record, but sometimes a diagnosis can get lost if it has not been transferred to the 'Active summary' page. The 'Active summary' is a list of the most important problems, to be seen at first glance when the record is opened by a clinician.

For example:

- Vital information such as a hearing impairment may be mentioned in a hospital letter, but may not have been recorded as a specific diagnosis and so is not obvious to a clinician on a first meeting.
- Your young person may have 'learning disability' and 'epilepsy' on their Active summary, but the reason appointments are so tricky may be more due to 'severe

anxiety', so you could discuss adding that.

- 2. List any health concerns that you currently have about your child.**
For example, concerns about deteriorating mobility or constipation getting worse are issues that can be addressed (hopefully you will receive a questionnaire before the appointment to prompt you).
- 3. Think about asking for reasonable adjustments to be added to the notes.**
This is usually an alert that flags onto the screen or is displayed at the top of notes and seen by reception or clinical staff as soon as the notes are opened. For example, needs quiet waiting area, longer appointments, the best way to communicate... (You don't need to wait until your child is 14 to do this!)
- 4. If your child has a very complex history,** consider meeting with your GP first, without your child (assuming their consent), to bring your GP up to speed. This could also be a time to share the challenges you and your family are facing, which the GP may be unaware of.
- 5. Make sure your child is accompanied by someone who knows their medical problems well.** The nurse or GP will be able to do a better job if they have good information.
- 6. Do you need to introduce your child slowly to the practice** to get them used to having weight monitoring, blood pressure checks or blood tests? Discuss this with the GP or nurse if needed.
- 7. If your child has autism AND a learning disability, ensure that these are both entered under separate**

HEALTH SPECIAL

headings on the computer record.

This ensures they are on the learning disability register and so should receive an invitation for the annual health check.

A person with autism who is not considered to have a learning disability would not be called for an annual health check at present. However, this is clearly a grey area as many people with autism would still find access to health services very tricky. In Sheffield, there is a plan to introduce annual physical health checks for adults with autism, but no start date has been set for this.

There is, however, an expectation that GPs will make reasonable adjustments for people with autism and so it makes sense to discuss this with your doctor to ensure the notes are flagged accordingly.

More information and a video about the annual health check are available at www.sheffieldmentalhealth.co.uk/learning-disabilities-your-health

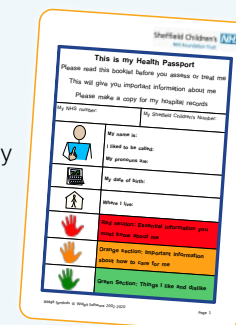
Carer status

Make sure your GP has coded your notes (and those of other relevant carers) with an 'Is a carer' code, so that you get called for flu vaccines and up-to-date Covid advice.

A carer is anybody who looks after a family member (including children under 18!), partner or friend who needs help because of their illness, frailty or disability. All the care they give is unpaid.

Health passports

Sheffield Children's Hospital has recently introduced a patient-held Health Passport. This is intended to help everyone caring for your child to understand their needs. You can download a template from: www.sheffieldchildrens.nhs.uk/services/anaesthesia



As children get older and transition to adult health services (usually around the age of 16), they will move to the **adult Health Passport**. You can download the template from <https://tinyurl.com/3yj5tr85>. In this form you can describe all the important information you would want health service personnel to know in caring for your young person. You should take it along to appointments and admissions.

Preparing your child for surgery

Sheffield Children's Hospital has set up a new pre-operative planning service for children with additional needs.

The service aims to contact families before their child's operation to arrange any reasonable adjustments they may need – like a quiet waiting area, being first on the operating list, and appropriate medication before the operation. They will ask you about your child's needs and talk you through the

options for anaesthetic and postoperative care. If your child does not already have a Hospital Passport (see above), they will help you to fill one in. If your child is non-verbal, they may also suggest filling in a Paediatric Pain Profile, which will help staff provide appropriate pain relief for your child after the operation.

If your child is booked for surgery at the Sheffield Children's Hospital, please ask the surgeon to refer them to the pre-operative planning service, if it hasn't already been mentioned. You can also contact the service directly on **0114 3058130**.

You can find lots of useful resources about inpatient surgery on the Sheffield Children's Hospital website: www.sheffieldchildrens.nhs.uk/services/anaesthesia. These include a symbol-assisted social story, a short video narrated in Makaton and an easy-read picture book, as well as the hospital passport and pain profile. You should take it along to appointments and admissions.

Looking after your child's teeth

Establishing a good tooth brushing routine and visiting the dentist are important - but for some children with additional needs, these things can be challenging.

As soon as your child gets their first tooth, or before their first birthday, you should arrange a check-up with a dentist.

Tooth brushing

Many problems are related to sensory issues. Mouths are extremely sensitive and the taste and feel of the toothpaste and brush can be an issue. Low-foaming toothpastes (SLS free) may be more comfortable to use. SLS free toothpastes include Lidl's Dentalux and many of the Sensodyne and Corsodyl ranges, but do check on the packaging. oraNurse is an unflavoured toothpaste suitable for people sensitive to strong flavours. It contains the daily recommended amount of fluoride and is also SLS free. There are many special toothbrushes, including finger brushes and some with a multi-angled head that brushes the sides and tops of teeth at the same time, which means fewer brushes are needed to clean your child's teeth effectively! Fledglings, Contact's non-for-profit online shop, stocks a range of specialist toothpastes and brushes: www.fledglings.org.uk/collections/oral-care-chewing.

Knowing how long the brushing is going to last may help your child to tolerate it. Singing a tooth brushing song or using a timer may help. A more expensive option is a smart toothbrush that connects to a mobile phone or tablet via an app which gives feedback on brushing, sets challenges and lets you play video games. Great for children who are motivated by technology!

Sheffield Children's Hospital website has resources for children with sensory processing difficulties. These include a video about tooth brushing and picture symbols for visual timetables: www.sheffieldchildrens.nhs.uk/sensory

Use a toothpaste containing fluoride. Spit out but DO NOT rinse after brushing!

Going to the dentist

All dentists must make reasonable adjustments to make it easier for patients with disabilities to use their service. You could ask for your child to visit the surgery before the appointment or request a longer appointment so that the dentist can explain what's going to happen. Ask for an appointment at the start of the clinic so there is less waiting. Explain to the dentist what might stress your child or what could trigger problem behaviours.

All children get free dental care from the NHS. To find information about dentists in your area, search www.nhs.uk/dentists

Routine visits to a family dentist from an early age can help build a good relationship, but if your child really struggles to let the dentist examine or treat their teeth, you could ask for a referral to the Community and Special Care Dentistry service: www.sth.nhs.uk/services/a-z-of-community-services?id=38 Referrals can be completed by a dentist or another health professional such as a GP, health visitor or hospital doctor. Community and Special Care Dentistry operates dental clinics throughout the city and provides dental care for a wide range of patients with differing needs. The service also visits special schools to provide dental checks and the application of fluoride varnish to prevent decay.

The Oral Health Promotion Team regularly attend Family Centres and will be at our 14 October (see pages 26/27).

To keep your child's teeth healthy:

- Brush their teeth twice a day with a fluoride toothpaste containing 1450ppm of fluoride.
- For children under 3 years old, use a smear of fluoride toothpaste; for children over 3 years old, a pea-sized amount.
- Get them to spit out toothpaste after brushing but do not rinse.
- Reduce the consumption and frequency of food and drinks containing sugar.
- Visit the dentist at least once a year.
- Take your child to have their first dental check by the age of one.



Speech and language therapy under pressure



For many years, the Sheffield Speech and Language Therapy Service has been struggling to keep up with increasing demand.

Speech and language therapists are working extremely hard to deliver a quality service, but staff are struggling with high caseloads.

A recent review carried out by Sheffield Clinical Commissioning Group, Sheffield Children's NHS Foundation Trust and Sheffield City Council found that schools are not getting enough speech and language therapy input and do not have the capacity to deliver what is written in children's Education Health and Care (EHC) plans. This affects both special schools and mainstream schools, where only children with EHC plans that specify speech and language therapy receive an ongoing service. Children on SEN

Support who have speech and language needs (around 2,200 pupils) are only seen if they are new referrals into the service. Once the initial assessment has been done, advice is given but no specialist intervention is provided.

Children whose parents have appealed to the SEND tribunal often have significantly more direct therapy specified in their EHC plan than other children.

Capacity issues are starting to impact on younger children. The current waiting time for a speech and language assessment for pre-school children is 36 weeks.

Pressures are also felt at the other end of the age spectrum, with post-16 students in mainstream education not getting a service at all.

Parents told the review that there are not enough services and resources that

everyone can access. They said they wanted to be more involved, and to be treated as equal partners in delivering their child's therapy. For this to happen, parents need more communication and better access to resources.

While the review was ongoing, additional investment was made into the service: £100,000 was allocated to support speech and language provision specified in EHC plans, an additional therapist post was secured for speech and language provision in localities, and two more therapists were recruited to work on the tribunal process. However, this is unlikely to be enough, and leaders may submit additional funding requests as the work progresses.

Clearly, the money is badly needed, but the review also identified a need to work smarter. Getting everyone – services, families, schools – to collaborate and

communicate more effectively would help all children. Early intervention is crucial, but the service must also be able to deliver essential interventions for children with long-term complex needs. There should be a clear and consistent offer across all education settings.

Get involved!

Please tell us about your experiences of speech and language therapy. Email enquiries@sheffieldparentcarerforum.org.uk, call our office on 0300 321472, and take part in relevant meetings and focus groups – join us as a member or follow us on Facebook to be kept up to date. You might also be interested in joining one of several speech and language therapy working groups that are being set up by Sheffield Clinical Commissioning Group as a parent carer representative (see page 6 for more information about volunteering with us).

Concerned about a lack of speech and language provision for your child?

Contact **SSENDIAS** (www.sheffieldsendias.org.uk) for advice.

Visit the **IPSEA** website (www.ipsea.org.uk) for information. If your child has an EHC plan, see: www.ipsea.org.uk/enforcing-your-ehc-plan

You may also want to raise the issue of speech and language therapy funding with your MP – go to <https://members.parliament.uk/FindYourMP> to find their details.



Amy at the Stephen Harrison Snooker Academy

Having a social care assessment

My daughter Amy has a rare brain abnormality which affects her speech and language, her social communication and her learning. It also causes her to have drug-resistant epilepsy, which means that we can't leave her with anyone who isn't trained in managing seizures.

When schools closed during lockdown, it really hit home that the only time we get a break from caring for her is when she is at school. We had managed nine years without any formal respite; maybe now the time had come to ask for support - for Amy's sake as much as ours? We mentioned this at a Neurodisability clinic appointment, and the consultant referred us to social care.

Within a couple of weeks of the referral, we received a phone call from the Sheffield Safeguarding Hub. Luckily, I knew this was going to happen, so wasn't alarmed. The person I spoke to was very helpful, supportive and professional. They asked what our situation was, what the issues were and why we wanted support. At the end of the call, they agreed to carry out a social care single assessment (see box on page 20).

The assessment involved several home visits, Zoom calls and a meeting with school. It was quite an intrusive experience.

This was mainly because it seemed so focussed on safeguarding – despite the fact that nobody had ever raised any safeguarding concerns about us! For example, the social worker asked me how much alcohol I drink in a week, and requested the names and contact details of all family members and close friends. At each home visit, the social worker asked to see my children on their own and to see their bedrooms. It would have been helpful if they had explained why they wanted to do this.

The meeting with school was pretty difficult. I had been up all night with Amy having seizures every hour, so I was physically and emotionally exhausted and not in a good frame of mind to answer intrusive questions. Both school and ourselves were asked to score out of ten our ability to care for our children. I refused to answer, saying that I would always care for my children no matter what – whether they gave us the support we'd asked for, or not. It felt like such a loaded question - what would the implications be if we gave a low score?

School gave less than ten purely because they felt we should be given some support to help us maintain the very supportive family environment that already exists.

The whole assessment process felt a bit inappropriate for what we were asking for, appearing to focus on safeguarding issues and making us feel like our parenting was being judged. I think that was more the process the social worker had to go through, rather than any concern on her part. Either way, it was an uncomfortable process!

On the upside, the social worker listened well, was happy to arrange appointments at times to suit us, kept to timescales, kept us informed and asked our views on possible options, e.g. SNIPS or a personal assistant.

At the end of the assessment the social worker wrote a report recommending that we should receive support from SNIPS. (SNIPS stands for Special Needs Inclusion Playcare Service; it's a council-run service that supports disabled children aged 5-18 years to access activities like holiday and after-school clubs to give their parents a break from caring.) The report went to an assessment panel, who agreed.

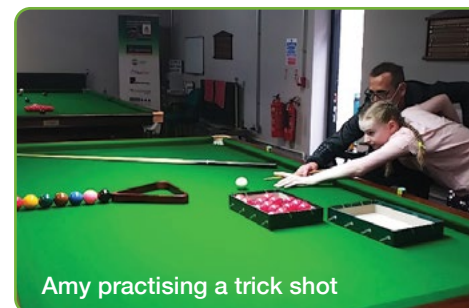
After that, we heard nothing for about two months. In the end, I chased it up – only to find out that we were on a waiting list. It would

have been good if SNIPS had contacted us after the referral and told us how long we'd have to wait, and what kind of service we might be able to get. At that point, we still didn't know how many hours or sessions we were entitled to. It would also have helped if the social worker had told us how long the waiting time for a SNIPS club was, compared to the time it takes to set up a Direct Payment for a Personal Assistant – had we known, we might have asked for the latter.

Eventually, someone from SNIPS visited us at home to gather information, to discuss what Amy might like and what would suit us (e.g. after-school, weekend or holiday clubs). He was great: friendly, helpful, thorough, and genuinely interested. He was easy to contact and usually responded to emails on the same day. In the end, it took ten months from first requesting an assessment to accessing provision.

Amy now attends a club at the Stephen Harrison Snooker Academy and absolutely loves it.

The staff are great - friendly, supportive and caring. Amy has 1:1 support from a member of staff who was matched to her based on her interests. Each session is attended by fewer than ten young people. Whilst the focus is obviously snooker (taught by an ex-Pro!), there is also a chill-out corner with bean bags, TV, a Wii and an area to play board games. It's not unusual to hear them singing along to Frozen while eating their lunch! The staff have been fully trained by epilepsy nurses; many already work with children or adults with epilepsy and learning difficulties. This means that I can now (for the first time!) leave Amy for a few hours knowing that she is in safe hands. And at the end of the session Amy starts counting down the days to the next one!



Amy practising a trick shot

Report criticises “culture of parent blame”

A report by Cerebra, a national charity helping children with brain conditions, and the University of Leeds says that parents of disabled children face a culture of blame when trying to get support from children’s social care services.

Researchers analysed the assessment protocols of 143 children’s social care departments and surveyed more than 90 parent carer-led support groups (including parent carer forums).

They found that children’s services operate a “one-size-fits-all” approach to families. Parent carers seeking support for a disabled child are assessed in the same way as families where evidence suggests that there may be neglect or abuse. This creates an assumption that the problems that families with disabled children face are due to poor parenting, rather than a lack of support to help them meet their disabled child’s needs.

The root cause of this problem is national guidance, issued by the Department for Education, which local authorities have to follow. The report argues that this guidance is not fit for purpose. It recommends that the government should issue separate statutory guidance that addresses the specific needs of disabled children and their families.

You can download the report from: <https://cerebra.org.uk/download/institutionalising-parent-carer-blame/>

Social care assessments

An **Early Help assessment** should be carried out when a problem first emerges, to prevent needs escalating. Frontline workers like school staff, health visitors, childcare providers or GPs can either fill in a simple Early Help Part 1 form, or a more detailed Early Help Part 2 form if they think that more intensive support may be needed. The Part 2 form is also known as a Family Common Assessment Framework or FCAF; it can form part of a MyPlan completed by school. Outcomes from this assessment can include signposting, parenting courses or support from a MAST worker.

An **Early Help and Wellbeing Assessment** (also known as a SNIPS assessment or Short Breaks assessment) will be carried out by an Inclusion Officer if the support required is for SNIPS provision and/or a direct payment for less than 20 hours per week. The local authority must complete this assessment within 35 working days.

A **Social Care Single Assessment** (also known as a Child in Need assessment or Signs of Safety assessment) will be undertaken by a social worker if there are safeguarding or welfare concerns, or if the support required is for overnight respite, a short break foster placement, or a direct payment for more than 20 hours per week. The local authority must normally complete this assessment within 45 working days.

For information about SNIPS and other short break services, have a look on the Local Offer website: <https://tinyurl.com/4uvbn3va>

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...



Asher is eight years old and has always been home educated. She is autistic.

Asher loves Mario games, pugs, cats, princesses, unicorns, Dr Who, Japanese Manga, painting and art and reading.

Her mum Claire told us: “I am so proud of how well she has coped in lockdown. Her routine has been totally obliterated, but she’s coped amazingly.”

“She has also learned to read during lockdown, which is a huge achievement.”

“When you consider she lost her brother three years ago, she has shown an incredible amount of resilience. She is kind to everyone she meets and will not stand for any discrimination or cruelty... fully accepting of diversity and difference. We are all so proud of who she is.”

Star of this issue:
Asher McGettigan



Groups for young children with additional needs

We have compiled this overview of specialist toddler groups because parents have told us that they don't know where to take their young children with additional needs.

Looking for groups for older children? Have a look at our overview of inclusive leisure activities (www.sheffieldparentcarerforum.org.uk/information/leisure), or search the Local Offer website (<https://tinyurl.com/4r88j96m>).

Caring Together Hub

This group is run jointly by health visitors from the Sheffield Children's 0-19 Service and the Early Days Family Centre. Parents can access information and support around their children with additional needs. Children can stay and play. You need a referral from your Health Visitor to register for the group.

When: Thursdays 1-2.30pm, with prior booking at Early Days. Small numbers only at present due to social distancing (starting October 2021)

Where: Early Days Family Centre, 71 Palgrave Road, Sheffield S5 8GS

Who for: Babies and children under three with additional needs, currently only from North Sheffield. Siblings welcome.

Cost: Free

Contact: Referral via your Health Visitor
0114 305 3224. Booking at Early Days **0114 273 4926.**



Darnall Ready Steady Go Group

A small relaxed group run by an early years SENCO with input from professionals (such as speech and language therapy, autism team) as required. Children attending the group can be referred to other services where needed.

When: To be confirmed. It is hoped that sessions will restart in the autumn. Please contact Darnall Family Centre for more information.

Where: Darnall Community Nursery, Darnall Family Centre, 563 Staniforth Road, Sheffield S9 4RA. The venue is wheelchair accessible.

Who for: Pre-school children with any kind of additional needs.

Cost: Free

Contact: Hayley Greaves **0114 2423510**
dcn.childcare@btconnect.com

Explore, Play and Learn

Run at various Family Centres in the city alongside the Health Visiting Team, this is a targeted programme for children with delayed speech and language development. Strategies are provided for parents to enable them to support their child's development at home. The programme includes either a number of home visits or appointments at the Family Centre, followed by attendance at a Family Centre group. Your health visitor will complete a referral form or you can self-refer by completing an Early Help Form and discussing this with a member of the Family Centre Team.

When: Weekly sessions; different times at different venues.

Where: Currently happening at Meadows Family Centre & Early Learning Community Nursery and coming soon to Early Days, Sharrow and a centre in the east of Sheffield.

Who for: Children who show a lower score for communication and language at the 12-month health visitor check.

Cost: Free

Contact: Referral via your health visitor.

Little Ears

A fortnightly group for deaf and hearing-impaired children, run by Sheffield Deaf Children's Society and Hearing Services from Sheffield Children's Hospital.

When: Fortnightly on a Friday, 10-11.30am (term time only).

Where: Currently via Zoom, but hoping to restart sessions at The Spires Centre, East Bank Road, Sheffield S2 2AN soon.

Who for: Deaf or hearing-impaired children and their siblings aged 0-4 years.

Cost: Free

Contact: Please get in touch to request a Zoom code:
sheffielddeafchildrenssociety@gmail.com / **07497 261426** / www.facebook.com/SheffDCS / www.sheffielddeafchildrenssociety.co.uk



Little Sparklers

A group for pre-school children with a visual impairment and their siblings, run jointly by the Sheffield Royal Society for the Blind and Sheffield City Council's Vision Support Service.

When: Wednesdays 10am-12pm

Where: Sheffield Royal Society for the Blind, 5 Mappin Street, Sheffield S1 4DT

Who for: The sessions are specifically tailored for pre-school children with a visual impairment and are fully accessible for children with other additional needs.

Cost: Free

Contact: SRSB: **0114 2722757** or email cyp@srsb.org.uk / Vision Support Service: **0114 2941201** ext 1185

SHASBAH Playgroups

The Sheffield Association for Spina Bifida and Hydrocephalus (SHASBAH) runs two playgroups, one indoors and one outdoors:

Stay and Play (indoors)

An indoor play group for parents and children in the Sheffield area. Offers plenty of activities, including books, sensory fun, toys and music. The children have a great time and it's a great opportunity to connect with other parents/carers who are in a similar situation.

When: Mondays 10am-12pm, starting from 20th September (term time only).

Where: Burton Street Foundation, 57 Burton Street, Sheffield, S6 2HH (Every second Monday of the month, the venue will change, so get in touch with Nina for details.)

Who for: Children with Spina Bifida and/or Hydrocephalus and their parents and siblings.

Cost: Free

Contact: Nina Rose: 07752 665411
info@shasbah.co.uk

Park Up and Play (outdoors)

An outdoor play group for families in the Sheffield area. Meets at a local park where the children can play and parents/carers have an opportunity to meet and chat with each other.

When: Wednesdays 10am-12pm, starting from 15th September (term time only).

Where: First session is at Hillsborough Park, but the venue will change each week depending on the requests of our attendees. Contact Nina for more details.

Who for: Children with Spina Bifida and/or Hydrocephalus and their parents and siblings.

Cost: Free

Contact: Nina Rose: 07752 665411
info@shasbah.co.uk

SHEDS Baby and Toddler Group

Sheffield Down Syndrome Support Group (SHEDS) holds a weekly gathering for families with young children with Down Syndrome. Drinks and snacks are provided. A friendly space for carers to meet, share and be encouraged.

When: Monday mornings 10-11.30am, all year round except Bank Holidays. In the school holidays the group is open to the wider Down Syndrome community, whatever age.

Where: Saint Peter's Parish Centre, Greenhill, Sheffield S8 7FN.

Who for: Pre-school children with Down Syndrome and their siblings and carers.

Cost: Free

Contact: downsyndromesheffield@gmail.com / Facebook: www.facebook.com/sheffielddownsyndrome / Instagram: www.instagram.com/sheffielddownsyndrome

Small Talk

This group is run by the University of Sheffield. Parents can access information and support, while their children benefit from group activities and speech and language therapy offered by postgraduate speech and language therapy students (supervised by qualified speech and language therapists).

When: Individual face-to-face sessions will restart on 5 October and will run on Tuesdays between 10am and 2pm, during each University semester (see www.sheffield.ac.uk/about/dates for dates)

Where: Philippa Cottam Communication Clinic, 362 Mushroom Lane, Sheffield S10 2TS

Who for: Children up to the age of five years with speech, language and communication needs

Cost: Recommended contribution of £3.50 per week (not compulsory)

Contact: hss-placements@sheffield.ac.uk
0114 222 2418

Talking Toddlers

A focused six- to eight-week intervention for children who are experiencing difficulties with their speech and language development. Delivered by a qualified speech and language therapist and the Community Early Years Practitioners. Attendance is by referral only. Parents can refer their child by contacting Jane Staton using the details below.

When: Rolling programme throughout the year. Six to eight sessions, each lasting an hour.

Where: Family Centres across Sheffield.

Who for: Two-year-olds who are finding it difficult to start talking, but who may not need a referral to Speech and Language Therapy.

Cost: Free

Contact: Jane Staton on 0114 2262335
or 07825 801936
jane.staton@nhs.net

Time to Shine

A SEND session that draws inspiration from the "Hygge" lifestyle approach from Denmark. "Hygge" is all about atmosphere, environment, cosiness, love, friends, happiness and curious exploration "in the moment". Max. 10 children per session. Booking essential.

When: Fridays 11am-12.30pm

Who for: Children who have additional, specific or complex needs, or where parents have concerns.

Cost: £7 per session per family. Booking essential.

Contact: Tracy Rodgers -
tinyhandsbigfutures@icloud.com
07714 253061

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.

Dates for your diary

Venue addresses

More Rehab: 40 Little London Road,
Sheffield S8 0UH

St Mary's Church and Conference Centre:
Bramall Lane, Sheffield S2 4QZ

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**.

October

Fridays 8, 15 and 22 October,
10am-2.30pm, at More Rehab

Makaton training course Level 1&2

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. Please note, you will need to wear a facemask unless you are exempt. **Booking essential.**

Tuesday 12 October, 10am-12pm,
at St. Mary's

Transition subgroup meeting

This group is for parents of young people aged 14-25 years with special educational needs and/or disabilities. Please come and share your experiences, views and questions about the transition to post-16 education, college or employment, and to adult health and social care services. We are a friendly group and there will be time to chat and swap information with other parents. Louise Goddard, Post-16 SEND Officer, will be attending this meeting.

October continued

Thursday 14 October, 10.30am-12pm,
at More Rehab

Coffee morning

Julie Cassidy, Oral Health Advisor, will be attending to provide information about tooth brushing and visiting the dentist.

Wednesday 20 October, 10-11.30am,
at More Rehab

Mindfulness

This taster workshop will cover tools and techniques for using mindfulness in daily life. We will try out some simple meditation and mindfulness exercises and explore how mindfulness can be used with children. **Booking essential.**

November

Tuesday 9 November, 10.30am-12pm,
at More Rehab

Coffee morning

Friday 12 November, 10am-12pm,
at More Rehab

Education subgroup meeting

Please join 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.

November continued

Friday 19 November, 10am-12pm,
at More Rehab

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.

Wednesday 24 November, 11am-12.30pm,
at More Rehab

Yoga taster session

Come along and give yoga a try! Yoga can help you improve your strength, balance and flexibility; it also has emotional benefits as it encourages you to relax, slow your breath, and focus on the present. The session is aimed at absolute beginners and will accommodate all levels of fitness and flexibility. Bring a blanket and a mat if you have one (we can provide if you don't) and wear something comfy. **Booking essential.**

December

Thursday 2 December, 12.30-2pm,
at St. Mary's

Christmas craft

Join us for a creative needle felting session. Needle felting is a fun craft that uses a barbed needle and wool to create beautiful, sculptural pieces. This session will show you how to make decorative trees and cards. **Booking essential.**

Thursday 9 December, 10.30am-12pm,
at More Rehab

Coffee morning

December continued

Sunday 12 December,
Showroom Cinema

Christmas film

Thanks to funding from 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!

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!

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!

Useful Contacts

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	0114 273 6411 elizabeth.hodkin@sheffield.gov.uk
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 Education Service* Supports mainstream schools to meet the needs of pupils with autism and related conditions	0114 250 6800 (helpline, 1-4pm) autism.educationteam@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
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 martin.hughes@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 other education providers	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/localoffer

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
SSENDIAS* 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 www.sheffieldsendias.org.uk ssendias@sheffield.gov.uk
SEN Statutory Assessment and Review Service (SENDSARS)* Deals with statutory assessments, EHC plans, annual reviews and specialist placements	0114 273 6394 sendassess&review@sheffield.gov.uk
Sheffield Carers Centre 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
Special Needs Inclusion Playcare Service (SNIPS)* Supports children aged 5-18 years to access short break activities 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

For changes to services during the pandemic, please see: <https://tinyurl.com/sendservices>

* Part of Sheffield City Council

SUPPORT GROUP FOCUS

We are **Sheffield Cycling 4 All**, a project run by Disability Sheffield. We have been running inclusive all-ability cycling sessions in Hillsborough Park for over 10 years.

Currently we are offering anyone over 18 who is disabled or has a long-term health condition pre-booked cycling for 1 hour at a time – Monday to Thursday, and on the last Saturday of the month. We have all sorts of different trikes, and can almost guarantee that there is one for everyone!

We also have a fleet of E-trikes that we can loan out to people for 1-3 months free of charge, so you can experience the fun, independence and health benefits of cycling in Sheffield.

We loaned one to JE and she said: "The e-trike has given me quite a new lease of life and lifted my spirits tremendously whilst riding it. I've found it so exhilarating and much better, easier exercise for me than walking any distance. I try to limit use of the motor but it's certainly very handy on hills and opens up various further options on where I'm able to cycle from home."

During lockdown we started running weekly exercise sessions on Zoom. These sessions are free of charge and are run by qualified teachers. They are suitable for all fitness levels and abilities and can be performed seated or standing, with or without a PA or carer.

JB comes to our yoga class and said: "It's been really great joining the Tuesday class for mental health and emotional wellbeing as well as simply keeping moving and stretching and participating in exercise. I was so miserable after trying a few different online classes and realizing I couldn't do them!!! This has made such a difference."



Sheffield Cycling 4 All

Yoga 4 All: Tuesdays 7-8pm

Movement 4 All: Wednesdays 12-1pm

Dance 4 All: Fridays 12-1pm

For further information, please email info@sheffieldcycling4all.org or call or text us on **07565 695 296 / 07922 183 338**.

Sheffield Cycling 4 All is a group for over 18s, but there are some cycling groups in Sheffield who work with children:

Cycle Happy (www.cyclehappy.org) is a club for children and young adults with a learning disability. They meet at Forge Valley School most Fridays between April and October.

Pedal Ready (www.pedalready.uk) offers cycle training from learning to ride to advanced road skills.

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

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

2

Freepost RTBJ-SHTR-RRGJ
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