Southampton Parent Carer Forum Monthly Newsletter September/October 2017



We are a friendly group of parent carers who have children and young people with special educational needs and/or disabilities aged 0-25 years. We support and train parent carers to enable them to have input and be involved with shaping services alongside the professionals who provide health, education, adult and social services. Our shared mission is to improve and enhance the experiences and opportunities of children and young people with additional needs by enabling parents and carers to be heard and be at the heart of decisions about development and delivery of services in Southampton. The forum will represent the views of the collective community and not an individual voice. The role of the forum is not to advocate for individual families and will signpost to specialist services. The views of parents and carers in the local area are represented by our 12 steering group members who are parents and carers who have children with a variety of disabilities and/or special educational needs.

Welcome to the September/October edition of the forum Newsletter.

The summer holidays flew by and Autumn is now upon us. We have had a busy few months and have been working really hard to get the word out about the forum and enable more parents and carers to have their voices heard.

We are now holding coffee mornings/afternoons at a number of schools within the City. Here's a couple of upcoming dates if you would like to pop in and find out more about the forum:-

Shirley Warren Primary School—Tuesday 14th November 1pm—2.30pm

Great Oaks School—Friday 24th November 10.15am—11.15am

More dates and schools to be announced in the near future.



SEND Strategic Review—Southampton and Portsmouth

Save the date—Our next event will be based around the review that is ongoing within Southampton and Portsmouth and focusing on the educational resource available in the City, we really need your help and views please. The date for the event is Monday 4th December, 10am—12pm, full details to follow shortly.



You can connect with us via Facebook.....

https://www.facebook.com/ southamptonparentcarerforum/

Twitter.....

https://twitter.com/sotonpcf

Or by email
clairepritchard@roseroad.org.uk

Forum Open Day

29th September 2017

We held our Forum Open Day on 29th September at Portswood Church. It was a wonderful day, Alex Kelly presented a fantastic keynote speech entitled "Communication Matters" and we had a number of local services in attendance. Thank you to all that were involved, our steering group for helping organise and a special thank you to Alex Kelly for giving such a inspirational talk.

Following the attendance at the Open Day, we have had a number of parents and carers sign up to be part of the forum and 5 parents/carers have opted to become part of our Steering Group which is such a positive outcome and ultimately more parents and carers having their voices heard and impacting local services.























Forum News and Updates

- We are holding our next session of Participation Training on 15th November. If you would like to have an active role within the forum, please see details below of how to book your place.
- Continuing on from the work that we have been involved in with the Local Authority around The Buzz Network Short Breaks Service, the consultation with parents/carers will be taking place over the next few months. The consultation will start at the end of November and there will be a number of engagement events at various venues within the city for parents and carers to find out more about the consultation and to give your views and feedback. Keep an eye out on the mailing list and Facebook page for more details.
- At the same time as The Buzz Network Short Breaks Consultation, the Home to School Transport Consultation will run alongside this, if you are a family that uses Home to School Transport, we really need your help and views on the service and what is currently working and what isn't etc. Again, there will be a number of engagement events going on within the city to coincide with the other consultation so keep any eye to make sure you are aware of when the events are happening.
- Just a reminder that the forum is PAN disability and we welcome parents/carers with children and young people with all types of disabilities and/or special educational needs to join us so please contact us to get involved and have your say.
- Work continues with the Local Authority and Health around the Education, Health and Care Plan process and we are now starting to map the process from start to finish and give recommendations on each section of this process.
- Following on from this Task and Finish Group, we have requested to carry out a similar working group on Annual Reviews and this will follow on from the EHCP process group.

Presentation Training

We held our first session of Presentation Training for our Steering Group on 12th October. The training was based on confidence building and presentation skills when in meetings/public speaking. It was really positive and all of the group gained a lot from the training. At the end of the session, all of the trainees presented a short talk about something they wanted to talk about, they were all brilliant and came across so confidently. We are planning another session shortly.





That's all for now, don't forget to drop me a line if you have any questions or need any more information, clairepritchard@roseroad.org.uk



15TH NOVEMBER 2017

9.45AM - 2.15PM PARENT CARER PARTICIPATION TRAINING

TRAINER: SHARON SMITH

You are invited to join Southampton Parent Carer Forum for a FREE Parent Carer Participation Training Course.

This course will explain the benefits of participation, the role of Parent Carer Forums, and will show you how to be more effective in having your voice heard by local, regional and national decision makers in order to improve outcomes for local families with children/young people with Special Educational Needs and/or disabilities.

The course is designed to be suitable for those who are new to parent carer forums, as well as experienced parent carer forum members, who will have an opportunity to share their ideas and experiences during the course.

Refreshments and lunch will be provided!

The training will be taking place at Rose Road Association, The Bradbury Centre, 300 Aldermoor Road, Southampton, SO16 5NA.



What is a parent carer forum?

What does effective parent carer participation look like?

How to share your opinions and have your voice heard!

How to influence decision makers

How to improve local and national Education, Health and Care services

HOW TO BOOK A PLACE:

Forum contact info

Claire Pritchard

Email – clairepritchard@roseroad.org.uk



Our speaker on the **20th October 2017** 10 -12 at

St James Road Methodist Church, Shirley, Southampton

Nigel Sampson Manager of Southampton CAMHS



- Do you want to find out more about what is happening at Southampton CAMHS?
- Would you like to find out what services are offered there?
- · Do you have questions?
- Would you like to share your thoughts?

Please come along and support Re:Minds



AUTUMN FESTIVAL

SATURDAY 21ST OCTOBER 10AM-3PM



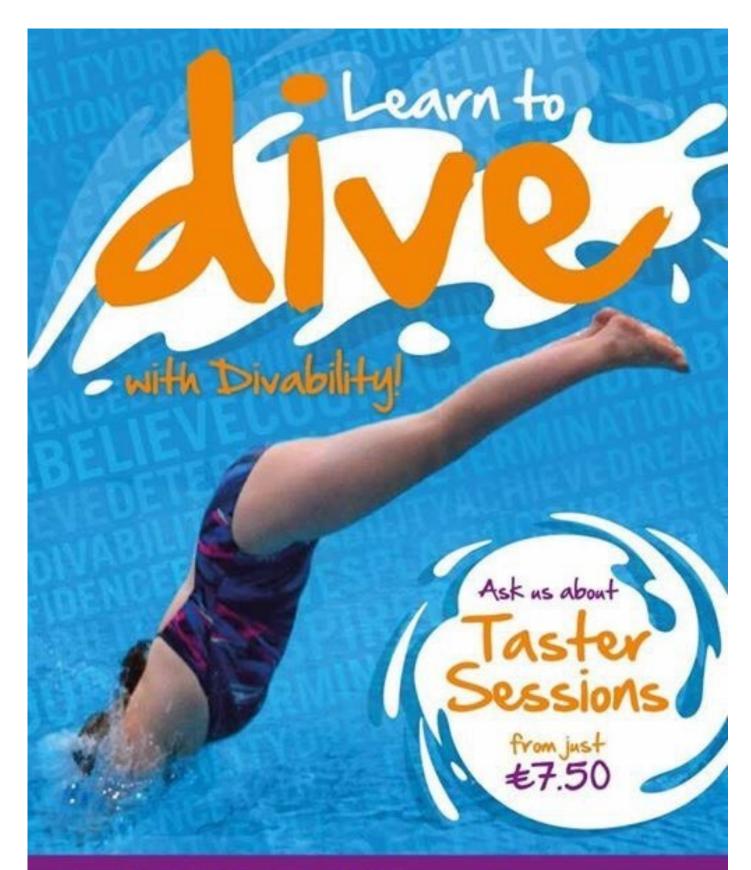
BBQ ~ PUMPKIN SALE ~ SCARECROW COMPETITION~
OUR LOVELY ANIMALS ~ CHILDREN'S CRAFT ACTIVITIES ~
LIVE MUSIC ~FACE PAINTING ~ CRAFT STALLS ~ AND LOTS

MORE...

ADULTS £3, CHILDREN £1, UNDER 25 FREE

Oasis Down to Earth Farm, Green Lane, Southampton, SO16 9FQ www.downtocarthfarm.org Email: downtocarthfarmlordshill@oasisuk.org

Tel: 023 8052 2706.



DIVABILITY@THE QUAYS
For those with physical and learning difficulties

Call 023 8072 0922 activenation.org.uk/diving





Persuading the nation to be Active

activenation.org.uk/diving

Persuading the nation to be Active





Participants should be aged between 6 and 19 years.

Be able to swim at least 25m unaided, to be confident in deep water and to be happy to swim without goggles.

Sessions will last for 30 minutes.

Divability is for those with physical or learning difficulties which mean that they are unable to benefit fully from the mainstream diving activities. The scheme benefits from smaller teaching groups and a quieter pool than the mainstream lessons.

Regular term time sessions - please enquire for available times:

Taster sessions from just £7.25.



Call 023 8072 0922

Email: divingatthequays@activenation.org.uk

The Quays Swimming and Diving Complex 27 Harbour Parade, Southampton SO15 1BA

activenation.org.uk/diving



Did you know... We re expanding to the New Forest, Winchester, Eastleigh & IO W too!

Making Sport and Exercise Accessible.

ALL ACTIVITIES COMMENCE W/C 2ND OCTOBER & CONCLUDE W/C 18TH DECEMBER UNLESS OTHERWISE STATED. BOOKING IS ESSENTIAL ON SOME ACTIVITIES. CALL 07542 069 734

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	DONUTTING (Skiing 16/10,13/11, 11/12) Alpine Snowsports Centre 11:30-12:30 To book call or text 07542 069734 Excluding 23 rd October £3 a session	AEROBICS Chamberlayne Leisure Centre (Creche) 10:40-11:40 £3 a session	ACCESS FOOTBALL Chamberlayne Leisure Centre 10:30-11:30 & 11:30- 12:30 Term time only £2.60 a session	FIT STEPS Testlands Hub 10:30-11:30 £3 a session	GYMNASTICS Chamberlayne Leisure Centre 6**-27** October 10:30-11:30 FIRST SESSION FREE To book call 07542 069734 £3 a session FOLK ACTIVE Chamberlayne Leisure Centre 11:45-12:45 3** November Taster session £3	PADDLEABILITY Woodmill Outdoor Activities Centre 11:00-12:00 £3 a session	WHEELCHAIR RUGBY St Mary's Leisure Centre 09:30-12:00 First Session FREE!
	CRICKET Bitterne Leisure Centre 13:30-14:30 £3 a session	COACHED TENNIS David Lloyd, Southampton 13:30-14:30 £4 a session	TRAMPOLINING Flip out 13:00-14:00 £3 a session	RESPIRATORY MAINTENANCE Bitterne Leisure Centre 12:30-13:30 £3 a session	COACHED FOOTBALL Outdoor Sports Centre 13:30-14:30 £3 a session	DIVEABILITY – Age 6-19 The Quays Swimming & Diving Complex 17:00-17:30 Taster session £7.50 023 8072 0922	WHEELCHAIR BASKETBALL Oasis Academy Mayfield 11:00-14:00 First Session FREE!
AFTERNOON	NHS NEUROFIT The Quays Swimming & Diving Complex 14:00-15:00 To book text 07542 069 734 Excluding 23rd October	COACHED BASKETBALL Bitterne Leisure Centre 13:30-14:30 £3 a session	SPECIAL OLYMPICS BOCCIA CLUB Pavilion On The Park 13:30-14:30 £3 a session No session 6th or 20th December	PUMPKIN HUNT Outdoor Sports Centre 13:00-14:00 £3 Prize for everyone 26* October Halloween Fancy Dress	CARDIO TENNIS Chamberlayme Leisure Centre 13:30-14:30 £2 a session	NEW)	
	£3 a session	NHS FALLS PREVENTION The Quays Swimming & Diving Complex 15:00-16:00 £3 a session	SPECIAL OLYMPICS ATHLETICS Way Ahead Athletics Club @ The Outdoor Sports Centre 13:30-14:30 E3 per session No session 20th Dec	SPECIAL OLYMPICS BADMINTON Bitterne Leisure Centre 13:30-14:30 £3 a session	BOCCIA The Hub, Eastleigh, SOS0 6LA 13:30-14:30 £2 a session		
		Booking	FESTIVE FUN FOR ALL 20th December Pavilion On The Park 12:00-13:30 £3	Bitterne Leisure Centre 13:00-14:00 To book text 07542 069 734 £3 a session	_		
		Esseria		Fleming Park 13:30-14:30 £3 a session			
EVENING	Victory Hall, 27 Warsash Road, Warsash, SO31 9HW 17:15-18:45 £5 a session	NEW	ZUMBA Freemantle Community Centre 19:00-20:30 Every fourth week it's Street Dance! £4 a session		FOOTBALL 18+ (Otars) Outdoor Sports Centre 18:00-19:30 £5 a session	DANCE Testiands Hub 19:00-20:00 £4 a session First session FREE!	
	SWIMMING (Otars) Oaklands Community Pool, SO16 8LX 19:30-21:15 £4 a session		SITTING VOLLEYBALL The Hub, Bishopstoke Road, S050 6LA 19:00-20:00 £3 a session	WHEELCHAIR BASKETBALL Oasis Academy MayfieldTime 19:30-21:30 First Session FREE!			



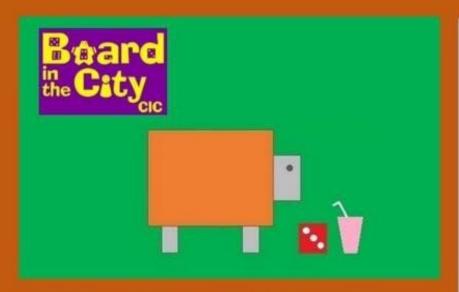


Drop in Clinic for Parents at The Better Care Centre Southampton CAMHS

Tuesday 19th September 10-12.30 Tuesday 24th October 10-12.30 Tuesday 21st November 10-12.30 Tuesday 19th December 10-12.30

We welcome families with possible or confirmed ADHD who are open to Southampton CAMHS Queries to

02380 296 230



MINECRAFT AND MELTDOWNS

FUN FRIDAYS

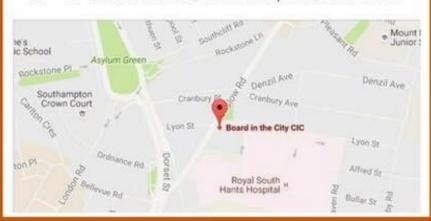
Bring your whole family for a coffee or meal and meet members of Aspergers Adventures—Minecraft and Meltdowns.

Plus, from Dobble to Warhammer, the expert Games Masters from Board in the City will help you rediscover how fun board games can be.

Our group has a special rated of only £1 each to access the huge games library.

6 - 8 PM AT BOARD IN THE CITY

38 - 40 Onslow Road, Southampton, SO14 0JG



Barista style coffee

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Meepcraft

Homemade food and drinks

Gluten-free and vegan options

Quiet room

Be yourself!

UPCOMING DATES

2017

SEPT 15

SEPT 29

OCT 13

OCT 27

NOV 10

NOV 24





9.30am to 11.30am every Saturday!!

Suitable for children and young people with disabilities & additional needs.

Aged 3-16 years, siblings welcome.



