



Portsmouth Parent Voice (PPV)
Run by parents for parents of children and
young people with additional needs or
disability

IMPACTING ON YOU

Newsletter

December 2018



Information, advice and support for parents/carers of
children and young people (0-25) with special needs and
disability

CONTENTS

Page 2:	Content
Page 3:	PPV – Editorial
Page 4:	What's on?
Page 5:	Local Offer Live 2019
Page 6:	Moriah Family Support Group
Page 7:	The Portsmouth Local Offer Website
Page 8:	Relaxed Performances
Page 10:	School SEN Champion
Page 11:	Your Views and Consultations
Page 13:	Enable Ability Updates
Page 15:	Healthier Together Website
Page 16:	What inclusion means in Portsmouth?
Page 17:	Mental Health and Wellbeing
Page 18:	Mental Health and Wellbeing Parent Carer Support Group
Page 19:	Speak Your Mind Event
Page 20:	Ordinarily Available Provision
Page 21:	Early Years Pathway
Page 22:	SEN Support
Page 23:	Gig Buddies
Page 24:	Triple P Discussion Group - age 12 to 16
Page 25:	Triple P Discussion Group – age 5 to 12
Page 26:	News in Brief
Page 31:	Get In Touch



Hi Everyone!

Well, it's the final newsletter of the year and what a year it has been!

Our forum is busier than ever as evidenced by the great turn out we had at our Christmas Coffee morning yesterday. Thank you to everyone who came, helped and shared their experiences with the group.

2019 promises to be filled with challenges and with new opportunities. In this latest edition, you will find updates from local support groups, charities and services. Changes can sometimes bring positive developments and you can read more on pages 9 and 12.

Not forgetting our annual event, the Portsmouth Local Offer Live due to take place in February 2019 at a new venue, workshops and information being the theme next year.

Our incredible parent reps continue to represent your views and experiences at meetings with education, health and other services in the city. It was particularly positive to hear the Parliamentary Under Secretary of State for Children and Families, Nadhim Zahawi MP, at the Annual Conference of the National Network of Parent Carer Forums in November. In his address, he celebrated 10 years of parent carer participation and the enormous impact that our collective voices have when important decisions are made both at a local and national level.

Finally, our huge congratulations to the Moriah Family Support group, not only celebrating their first birthday (page 27) but also making it to Contact annual report as a good example of engaging with seldom heard group (page 6).

Have a wonderful Christmas and best wishes for 2019!

Barbara and the Team

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What's On?

Events and workshops coming up soon

Are you a parent or carer of a child or young person with additional needs and disability and living in Portsmouth?

We run various coffee mornings, events and training sessions in partnership with several voluntary groups (**Autism Hampshire, Portsmouth Carers**) and statutory agencies (such as **CAMHS**- Child and Adolescent Mental Health Services)

Event	Date and Time	Venue
PPV "Beat the January Blues!" Pamper and craft session	Tuesday 15th January 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
Parent Carer Mental Health and Wellbeing Peer Support Group More information on page 17	Wednesday 30th January 9.30 am to 11 am	Paulgrove Family Hub Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PL
PPV Local Offer Live 2019!	Tuesday 12th February 9.30 am to 3 pm	Paulsgrove Community Centre Marsden Rd, Portsmouth PO6 4JB

These sessions are opened to parent carers of children and young people with additional needs and disability. Feel free to bring a friend or family member. Parking is available in the Frank Sorrell Centre car park. Light refreshments provided. For more information, email ppvadmin@p-d-f.org.uk or call 07825 185 608

Local Offer Live 2019



LOCAL OFFER LIVE!

A **FREE** event with workshops and information about the services available across the city for children and young people aged 0-25 with **Special Educational Needs and Disabilities**.

Tuesday 12th February 2019
Paulsgrove Community Centre
9.30am–3pm

NEW
VENUE!

FREE
WORKSHOPS



PPV Tel: 07825 185608 EMAIL: PPVADMIN@P-D-F.ORG.UK

Moriah Family Support Group



HOW PORTSMOUTH PARENT VOICE REACHED OUT

“This year we’ve focused on finding out the views of three seldom-heard groups, and encouraging them to engage with the forum’s work: dads, ethnic minorities and home educators.

“It wasn’t easy to begin with. We tried running focus groups but they were poorly attended. We realised we had to go out to these groups, not expect them to come to us. So we did a lot of research and went along to relevant community groups.

“When it came to engaging with ethnic minorities, meeting Olufolake, a mother of disabled a child, was key. With our support, she set up the Moriah Support Group for parents who have children with special educational needs and/or disabilities from ethnic minorities. Olufolake has been key to helping us understand cultural differences and barriers to engagement, and the group is now really well supported, with membership growing.

“Olufolake also recently attended the local autism strategy group. The original draft of the new strategy had nothing about engaging with ethnic minorities and seldom-heard groups, but that’s now included, thanks to Olufolake’s input.

We’re also working hard to encourage dads to get involved, and have done four workshops for home educators.”

If you’d like to find out more about this work and how Portsmouth are doing it please contact ppvcoordinator@p-d-f.org.uk



The Portsmouth Local Offer Website



The Portsmouth Local Offer website was launched over 4 years ago and was designed in co-production with Portsmouth City Council (PCC) and Portsmouth Parent Voice (PPV). A group of parent carers still meets monthly to review the information the website contains and to ensure that the resources provided are easily accessible.

A parent representative now meets the officer in charge of the website also on a monthly basis to produce the “You Said, We did” report which you can find on the newsfeed on the left hand side of the front page of the website. We use parent’s feedback to inform us when the information can’t be found, is not worded correctly or out of date which in turn are amended accordingly.

If you **use the website as a parent carer, young person or professional**, do use the **feedback button** on the top right hand corner to give your comments not only if you **can’t find the information** but also if you **can’t find a service** or **support** you are looking for as it will help us identify gaps in services. We want to take the website further, not only to give information but also to **change the way services** are commissioned in the city.

Go on, have a look! <http://www.portsmouthlocaloffer.org/>

Relaxed Performances



Peter Pan Relaxed Performance: The New Theatre Royal, **Portsmouth** is hosting a relaxed performance on **Monday 31 December**, 11am. For more information, or to book, click [here](#) or call 02392 649000.

CHICHESTER FESTIVAL THEATRE

The Enormous Room Relaxed Performance

15 December 2.45pm

Minerva Theatre

Stopgap Dance Company are pleased to present their latest epic production. We follow a father and daughter gradually coming to terms with the loss of Jackie – their wife and mother. Combining exquisite detail in movement with evocative text and design, The Enormous Room is a thoughtful, moving and uplifting show about saying goodbye and moving on.

<https://www.cft.org.uk/whats-on/event/relaxed-performance-the-enormous-room>



Relaxed Performance: Sleeping Beauty **30 December 2.00pm**

Festival Theatre

<https://www.cft.org.uk/whats-on/event/relaxed-performance-sleeping-beauty>



Cinderella Panto 2018

We are delighted to offer a signed and relaxed performance on **Wednesday 19th December at 2pm.**

<https://kingsportsmouth.co.uk/whats-on/show/cinderella-panto-2018/>



**Snow White and the Seven Dwarfs
Accessible Performances**

Tue 2 January 2018 1pm | Relaxed Performance, Signed

Sat 6 January 2018 12pm | Touch Tour

Sat 6 January 2018 2pm | Audio Described

<https://www.mayflower.org.uk/whats-on/snow-white-2017/>



**Robin Hood & The Babes in the Wood -
Relaxed Performance**

Friday, 28 December 2018 11:00 am
Pyramids Plaza, Portsmouth

<https://www.bhlivetickets.co.uk/Online/default.asp?BOparam::WScontent::loadArticle::permalink=robin-hood-2018>

School Special Educational Needs Champions (School SEN Champions)

[Portsmouth Disability Forum](#) (PDF) was delighted to receive a grant of £9,799 toward their volunteer project **School Special Educational Needs Champions** (School SEN Champions).

Lynne Rigby Principal Officer said 'we are so pleased to have the funds to continue our work', School SEN Champions support parents of children with special educational needs who are in mainstream schools. The project was initiated by PDF in 2016 in response to SEN reforms introduced by the Government in 2014.

School SEN Champions support parents of children with special educational needs who are in mainstream schools.

The champions;

- provide a listening ear
- provide a reliable source of support and can sign post effectively
- they bring parents together to enable them to support and learn from each other
- and have a good understanding of the school, its policies and procedures and work closely with the SENCO

Each Champion aims to, amongst other things:

- Empower parents, build their confidence and enable them to be actively involved in the decision making for their children and young people
- Understand the environment of SEND in Portsmouth, the local SEND Strategy and its' restraints
- Develop a culture of positivity and achievement and parent to parent support to reduce parental isolation
- Build the confidence of parent and carers in using the '[local offer](#)' to find information on what is available to benefit their family
- Help parents understand the opportunities available to them to work alongside Education, Health and Social care

'We currently have fourteen active Champions working in a variety of primary and secondary schools across the city, with this additional funding we aim to increase by at least 100% if not more' says Lynne. Parents who have already benefited from the project say -

"Such a good idea and I no longer feel alone in the playground as I have met other parents who were struggling just like me."

"Before meeting my SEN Champion I was unable to keep up with what happened in the school. As it's a secondary school you very rarely see a teacher and everything is online. My school champion helped me to work through the email set up and now I have open communication with his teachers. This has reassured us all as a family that we are able to get support when needed and my child now is able to complete homework as I now understand how to access it and help him if he gets stuck."

The project provides all the training required and continues to support the volunteers during their volunteering experience. They will be putting on the next induction training mid-January 2019.

If you are interested in hearing more email Kara Jewell co-ordinator - engagementofficer@p-d-f.org.uk

Your Views and Consultations

PARENT/CARER SURVEY

We would like to hear the views of Portsmouth parents and carers with a child or young person aged 0-25 with special educational needs and/or disabilities to help us shape the services and support available for them in the city now, and in the future.

Please complete the short survey which can be found at the link below. It should only take 10 minutes to complete. The survey closes on **31st December 2018**.

https://www.research.net/r/SEND_parent_carer_survey

Wellbeing and mental health support- your views and experience.

We would like to find out about parent carers' experiences of services and support in regards to wellbeing, emotional and mental health issues for their children and young people (0 to 18).

Your feedback is so important and will enable us to share this information with commissioners and service providers in order to improve services and identify gaps.

If you have accessed the Community Paediatric Medical Services (**CPMS**), Child and Adolescent Mental Health Services (**CAMHS**) or had an admission to **A&E**, we would value your input. The survey should take between 5 and 10 minutes to complete.

To complete the survey, please follow this link: <https://www.surveymonkey.co.uk/r/QCH5ZV2>

U Matter

The U Matter Service was launched in 2017 and we would like to hear your views on the services if you have accessed it whether as a parent or a young person.

You can find more information about the service here: <http://www.portsmouthlocaloffer.org/local-offer-search/item/357>

And complete the survey here: <https://www.surveymonkey.co.uk/r/WXJ2P25>

Let's work together to help make secondary schools more inclusive

The Alliance for Inclusive Education (ALLFIE – a Disabled people's organisation run both by and for Disabled people) has received a grant from the Disability Research on Independent Living and Learning (DRILL) programme to lead a project on the effectiveness of schools' Accessibility Plans. ALLFIE is

working for the right of all Disabled pupils and students to be fully included in mainstream education.

Survey for parent carer: <https://www.surveymonkey.co.uk/r/ALLFIEparentsquestionnaire>

Professional and educator survey:

<https://www.surveymonkey.co.uk/r/ALLFIEeducatorsprofessionalsquestionnaire>

Portsmouth Young Carers Survey

Portsmouth Young Carers team are gathering the views of people who use the service to understand how effective it is in supporting families in the city and to help us plan for the future.

We are interested in the views of practitioners within the city.

The link below will take you to a short questionnaire which is answered online and comments are recorded anonymously.

https://www.research.net/r/services_young_carers_survey

Wheelchair services – tell us your views

The local NHS is reviewing the way that wheelchair services work – it is recognised that too many people are not getting the service they need.

The health service wants to hear from long-term wheelchair users about the service they receive now and – more importantly – how things could be improved.

To let us know your views, you can simply complete the survey below:

<https://www.surveymonkey.com/r/wheelchairsreview>

Enable Ability Updates

Enable Ability are going to be implementing some really positive changes in the New Year, therefore we are delighted to announce that the local Copnor-based charity, who work with disabled people of all ages, will be launching a **new website** which will be easy to navigate and will showcase the many services the charity provides for people in Portsmouth and the surrounding areas.

Our recent news is that Enable Ability have **taken over a local charity**, the **Portsmouth Autism Support Network**, commonly known for its abbreviated name of **PASN**. Since the merger in October 2018, Enable Ability have been working closely with parents, service users and other organisations through a period of consultation due to end in March 2019.

In April, the charity hopes to have a much clearer picture of how to take PASN forward without too many changes. Until then, please follow the **PASN Facebook page** or **join the Enable Ability mailing list**; details of how to join this are detailed at the bottom of this article.

Most services provided by Enable Ability remain the same, however there were some changes that took place in **April 2018** due to a shift in local authority funding, a **new project** named the **Portsmouth Teenage Project** was created specifically for young people in Portsmouth aged **13-17 years old** with **mild to moderate disabilities**. The **Portsmouth Youth Project** remains strong for our young people aged **18-25 years old** with a more work-focused element to weekly activities.

With the introduction of the new website, Enable Ability are **renaming some of their projects** to give a little more clarity on the ages of the groups, for example; **junior, teenage and youth**. The charity also plans to support Dan Davies and his **Bivol Trust** in the New Year; this is predominantly for adult-focused activities.

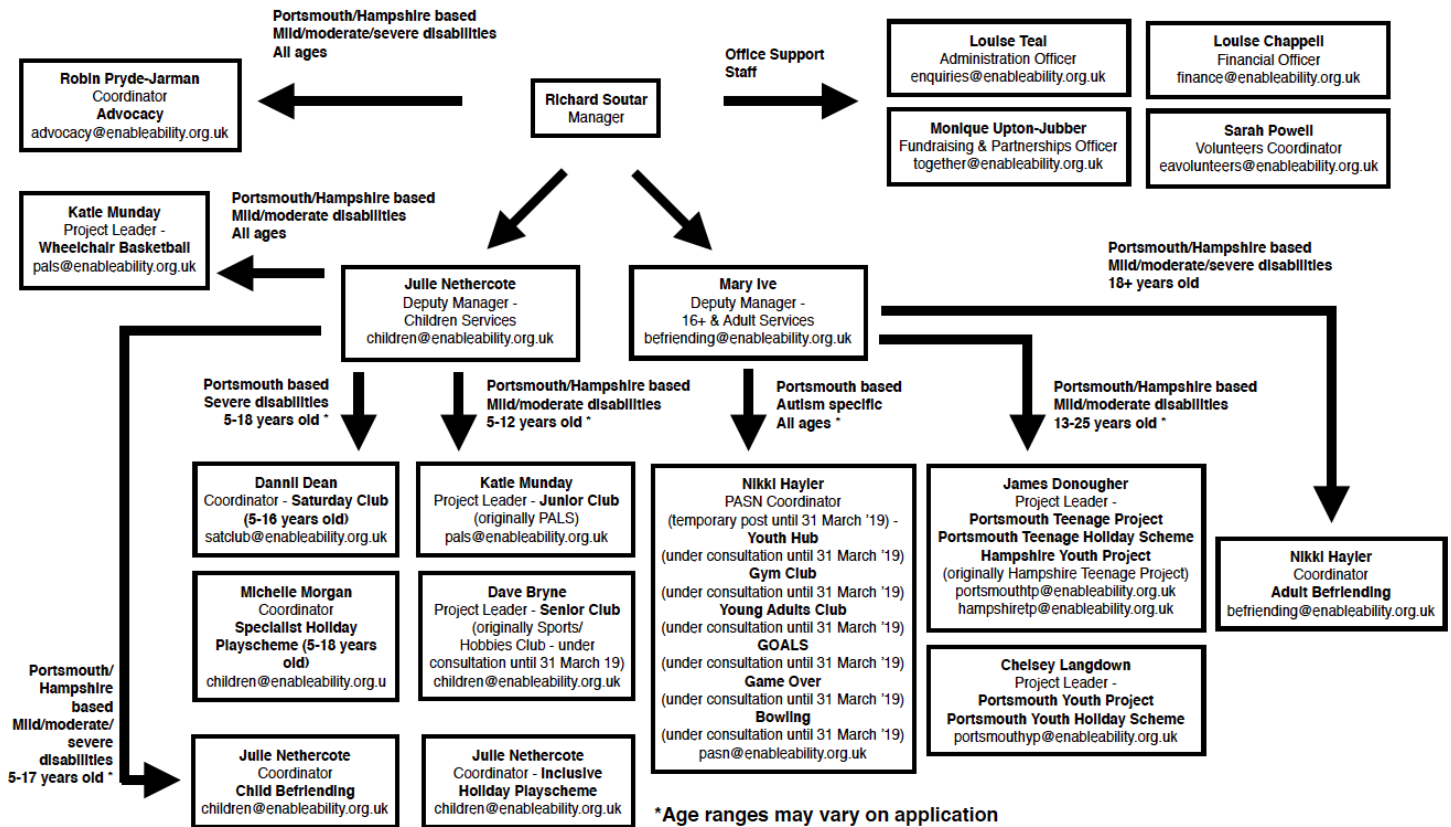
Enable Ability hopes the **chart** below will help to eliminate any further confusion with regards to the recent changes, the staff are excited to reveal their new website which should give even more clarity to the many services the charity provides.

The year of **2019** will prove to be a **major milestone** in the charity's development over its **68 year history**, Enable Ability plan to **invest** the largest amount of money into a **social enterprise project** which will have a really positive impact on residents in the local community... watch this space.

To **keep updated** with the latest news, please email enquiries@enableability.org.uk and join Enable Ability's social media pages on **Facebook, Instagram, Twitter and LinkedIn**. Alternatively, Enable Ability will be attending every **coffee morning** hosted by **Portsmouth Parent Voice** in the New Year for those who prefer speaking to someone in person.

You can view the new organisational chart on the following page

Enable Ability New Organisational chart



You can download the chart here:

<http://www.portsmouthparentvoice.org/news/enable-ability-updates/>

Healthier Together Website

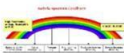


Healthier Together Website Information Guides

Over the past few months, PPV parent reps and professionals have worked together to design easy guides covering a range of topics ranging from anxiety to eating disorders.

The guides are now live on the Healthier Together website. The information is generic as the website is not only for Portsmouth but covers the Wessex area including Southampton, Hampshire, Isle of Wight all the way to Dorset.

For more information, go to the Healthier Together Website to see the guides in action. You will be able to download the guides and there is also a useful print option: <https://what0-18.nhs.uk/resources> (under mental health resources) as well as the following page: <http://ow.ly/jaHj30mhigv>

	
<p style="text-align: center;">AUTISM</p> <p>Autism is a condition which affects the way in which a person communicates with and relates to other people. It can also be called a neurodevelopmental condition or Autistic Spectrum Condition (ASC).</p>	<p style="text-align: center;">LINKS</p> <p>National Autistic Society http://www.autism.org.uk/ https://www.autism.org.uk/7gchd-EAAKQz8ChMv0Wb0Gd2Wt1gghu6Ct0AMQzSEAYASAEgJ7zPQ_BwE</p> <p>Autism Hampshire https://www.autismhampshire.org.uk/</p> <p>Social Stories http://www.autism.org.uk/professionals/teachers/mywordshub/socialstories.aspx</p> <p style="text-align: center;">RESOURCES</p> <p>Picture Exchange Communication System (PECS) https://www.autismhampshire.org.uk/therapies/communication-system-pecs/</p> <p>Makaton https://www.makaton.org/</p> <p>Sensory Diet https://www.understood.org/en/learning-attention-issues/treatments-approaches/therapies/sensory-diet-treatment-what-you-need-to-know</p>
<p>SIGNS AND SYMPTOMS</p> <ul style="list-style-type: none"> • Difficulties understanding and recognising communication such as verbal language, facial expressions, tone of voice and body language. • Possible speech and language delay. • Difficulties recognising and understanding other people's feelings and understanding and managing their own. • Difficulties with understanding other people's intentions and behaviour. • Preferring to stick to their own routines. • Many people with autism experience some kind of under or over sensitivity to the seven senses: auditory, visual, touch, taste, smell, vestibular (balance) and proprioception (movement). <p>All of the above can lead to a heightened level of anxiety for individuals on the Autistic Spectrum. The condition can affect every aspect of a person's life.</p>	<p>TOP TIPS (Continued)</p> <ul style="list-style-type: none"> • Make sure what you say matches your tone of voice, facial expression and body language. At times of anxiety or distress reduce the "volume" of your communication e.g. use fewer words, less eye contact etc. • Be careful of giving open ended choice e.g. "What do you want for tea?". You may find it better to give a choice of options "Would you like spaghetti or fish fingers?". • Praise and reward when things go well. • Use the timetable to agree when to do homework, when to go on the computer or when to go to bed etc. • If there are changes to plans let your child know in advance. • Use normal daily routines to provide structure to the day. Have a good morning routine, meal routine, bedtime routine. • Be aware of how much sensory information there is going on and think about reducing it e.g. sounds, smells, lights etc. • Clearly indicate the beginning or end of something, possibly using timers to count down time to something finishing, so the child is prepared. • Physical exercise can be really useful in managing anxiety e.g. a small trampoline. • It may be useful to create a document, such as a hospital passport, as a quick and easy way to explain your child's difficulties.
<p>TOP TIPS</p> <ul style="list-style-type: none"> • Ensure you get their attention before you speak. • Be clear and specific about what you want them to do. For example "Lego" "in box" rather than "tidy up". • Cut out unnecessary social language such as "do you think you could ..." • Be careful of using sarcasm, humour or irony. 	<p>FURTHER HELP</p> <ul style="list-style-type: none"> • Speak to your child's school. • Speak to your doctor. • Look at your local authorities Local Offer website.

We've worked closely with young people, parents, carers and professionals in Portsmouth to agree what inclusion means to people in our city.

Inclusion means that every child or young person will:

Achieve their potential from education or training

Build and maintain positive social and family relationships

Make a successful move to employment, higher education and independent living

Our aim is that every child can excel in a local school.

We want all children and young people in Portsmouth to...

- Feel included and part of their community
- Go to nursery, school or college locally
- Be valued and not discriminated against
- Have equal opportunities
- Have positive social and family relationships
- Make successful transitions to employment, higher education and independent living
- Develop emotional resilience and positive self esteem
- Aspire to live independently and participate in school and society
- Achieve their potential
- Be physically, emotionally and mentally healthy
- Be safe in a positive environment
- Be heard, for their views to be taken seriously and influence change

We want all families in Portsmouth to...

- Feel their child or young person is included and feels a part of the local community
- Know their child's needs are understood and acted upon by those who support them to ensure consistency
- Feel welcome and included wherever they go
- Have a positive relationship with their child's school
- Have their voices heard
- Know where to go for advice and support when needed
- Be actively involved in the planning and delivery of their support plan or network
- Be at the centre of everything we do in the spirit of co-production



In order to achieve this we will...

- Aim for children and young people to attend a local mainstream nursery, school or college wherever possible
- Create an environment that is welcoming to all
- Support children and young people to develop skills and resilience to overcome barriers
- Work together across services
- Respect and value children and young people as individuals
- Develop the skills, knowledge and competence of the workforce
- Work together across whole organisations to challenge bullying and discrimination and have a plan that helps resolve bullying for the benefit of everyone involved



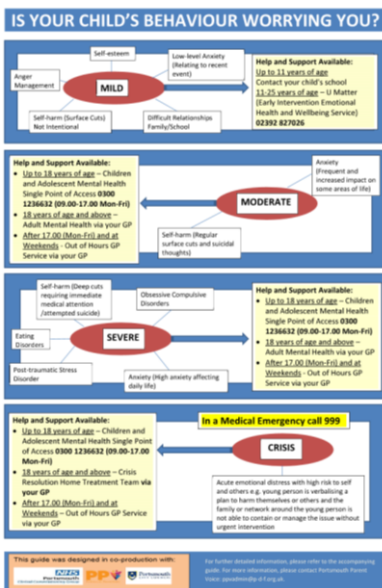
Mental Health and Wellbeing

Parent carers often get in touch regarding mental health and wellbeing issues. Our Shaping Better Futures Together co-production group has worked in partnership with professionals to review and design information available not only to parent carers but also to professionals.

Our latest addition is a new A5 booklet which provide you with information and support available in Portsmouth.

You can download the guide, poster and booklet via our website:

<http://www.portsmouthparentvoice.org/links/>



HOW IS YOUR CHILD'S BEHAVIOUR WORRYING YOU?	WHEN TO BE CONCERNED	WHERE TO GET ADVICE AND HOW TO ACCESS SUPPORT										
<ul style="list-style-type: none"> Self-esteem issues. Difficult family relationships. Bullying and difficult relationships at school. Life transitions (leaving, moving home, moving school). School work issues and poor behaviour. Anger management. Self-harm (surface cuts, head banging, occasional without intention to seriously harm oneself). Anxiety/Low Mood (low level, relating to a recent event, i.e. response to transition, divorce, changing schools). <p>This is not an exhaustive list</p>	<p>MILD</p> <p>Your child struggles to cope with changes in relationships and life events</p>	<p>Up to 11 years of age</p> <p>Contact your child's school in the first instance - if you require further support contact your GP, both school staff and GPs can refer directly into the Child and Adolescent Mental Health Service.</p> <p>11-25 years of age</p> <p>U Mather</p> <p>Information, support, counselling and peer mentoring. 02392 827926</p> <table border="1"> <tr> <th>HOW TO ACCESS SUPPORT</th> </tr> <tr> <td>Monday-Thursday 08.00-22.00</td> </tr> <tr> <td>Friday 08.00-18.00</td> </tr> <tr> <td>Saturday 09.00-17.00</td> </tr> </table> <p>Drop in at Mid High Street, Colchester</p> <table border="1"> <tr> <th>HOW TO ACCESS SUPPORT</th> </tr> <tr> <td>Monday-Thursday 08.00-22.00</td> </tr> <tr> <td>Friday 09.00-14.00</td> </tr> <tr> <td>Saturday 09.00-13.00</td> </tr> </table> <p>Email address: upmather@portsmouthnhs.uk</p> <p>Web-Name: http://www.portsmouthnhs.uk/childandadolescentmentalhealthservice/healthcareparentreferral/</p>	HOW TO ACCESS SUPPORT	Monday-Thursday 08.00-22.00	Friday 08.00-18.00	Saturday 09.00-17.00	HOW TO ACCESS SUPPORT	Monday-Thursday 08.00-22.00	Friday 09.00-14.00	Saturday 09.00-13.00		
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<ul style="list-style-type: none"> Self-harm (regular surface cuts) and suicidal thoughts without intention to seriously harm. Anxiety/Low Mood (frequent and increased impact on some areas of life, e.g. occasionally struggles to leave house or attend school). <p>This is not an exhaustive list</p>	<p>MODERATE</p> <p>This behaviour happens sometimes and can sometimes affect your child's daily life</p>	<p>Up to 18 years of age</p> <p>ESCAPE to Child and Adolescent Mental Health Service</p> <p>Evidence based treatment for mental health disorders, which can include medication and talking therapies on a 1-1, group or family basis. Single Point of Access 0300 1236632</p> <table border="1"> <tr> <th>HOW TO ACCESS SUPPORT</th> </tr> <tr> <td>Monday-Friday 09.00-17.00</td> </tr> </table> <p>For more information to Children and Adolescent Mental Health Service</p> <table border="1"> <tr> <th>HOW TO ACCESS SUPPORT</th> </tr> <tr> <td>Monday-Friday 09.00-17.00</td> </tr> </table> <p>Access to this service is via your child's school or GP.</p> <p>18 years of age and above</p> <p>Adult Mental Health Service</p> <p>Information resources and treatment provided to adults of working age with severe and enduring mental health problems in the community and in hospital if required.</p> <table border="1"> <tr> <th>HOW TO ACCESS SUPPORT</th> </tr> <tr> <td>Monday-Friday 09.00-17.00</td> </tr> </table> <p>18 years of age and above. WOMPASS (WOMen's Peer Support) is a service people who are able to help themselves safely for up to two weeks whilst waiting for treatment.</p> <p>TALKING CHANGE</p> <p>A range of therapies and programmes for those dealing with common mental health difficulties in a 1-1 or group setting. 02392 829200</p> <table border="1"> <tr> <th>HOW TO ACCESS SUPPORT</th> </tr> <tr> <td>Monday-Thursday 08.00-20.00</td> </tr> <tr> <td>Friday 08.00-17.00</td> </tr> <tr> <td>Saturday 09.00-13.00</td> </tr> </table> <p>HEALTH NOTE: In all circumstances if you require help and support outside of the hours services are available please contact the Out of Hours Service or 999.</p>	HOW TO ACCESS SUPPORT	Monday-Friday 09.00-17.00	HOW TO ACCESS SUPPORT	Monday-Friday 09.00-17.00	HOW TO ACCESS SUPPORT	Monday-Friday 09.00-17.00	HOW TO ACCESS SUPPORT	Monday-Thursday 08.00-20.00	Friday 08.00-17.00	Saturday 09.00-13.00
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<ul style="list-style-type: none"> Acute emotional distress with high risk to self and others e.g. young person is verbalising a suicidal plan or actions to harm themselves or others and the family or network around the young person is not able to contain or manage the issue without urgent intervention. <p>This is not an exhaustive list</p>	<p>SEVERE</p> <p>This behaviour happens frequently and affects your child most days preventing them having the ability to carry out their normal activities.</p>	<p>Up to 18 years of age</p> <p>IN A MEDICAL EMERGENCY CALL 999</p> <p>Please refer to the information above for this age group regarding where to get advice and how to access the support available.</p> <p>18 years of age and above</p> <p>ESCAPE to Mental Health Services (Crisis Resolution Home Treatment Service)</p> <p>Person-centred crisis care package for short term support. 02392 682520</p> <table border="1"> <tr> <th>HOW TO ACCESS SUPPORT</th> </tr> <tr> <td>Monday-Saturday 24 hours a day</td> </tr> </table> <p>Young people can refer directly into this service.</p> <p>24 Hour Helpline to Mental Health Services</p> <table border="1"> <tr> <th>HOW TO ACCESS SUPPORT</th> </tr> <tr> <td>Monday-Saturday 24 hours a day</td> </tr> </table> <p>Young people can access this service via their GP.</p>	HOW TO ACCESS SUPPORT	Monday-Saturday 24 hours a day	HOW TO ACCESS SUPPORT	Monday-Saturday 24 hours a day						
HOW TO ACCESS SUPPORT												
Monday-Saturday 24 hours a day												
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Monday-Saturday 24 hours a day												

Please Note: This document is only intended as a guide it does not include all support available. For more information: ppwadmin@p-p-f.org.uk

Emotional or Mental health support

Main services available in Portsmouth for children and young people with emotional or mental health needs (up to 25 years of age)



Mental Health and Wellbeing Support Group

**Supporting parent carers of
children and young people
Aged 0-25**

Wednesday 30th January

9:30am-11am

Paulsgrove Family Hub

Cheltenham Road



North of the City-New Mental Health & Wellbeing Support group for parent carers of children, young people up to 25 years old.

The group will be Peer support with topics covering support available in the city, sign posting to voluntary and statutory organisations, evaluating and feeding back. The group will start on **Weds 30th January 9:30-11:30** at Paulsgrove Family Hub.

The Group will initially begin with Paula (from the Carers Centre) and Barbara (Portsmouth Parent Voice co-ordinator) who will be facilitating the meeting.

The first session will be to find out what parents want support with and how we are going to support this. Hopefully, there will be support from other organisations who will drop in on an invitation basis based on the need of the group.

Please note that no clinical advice can be given as neither facilitators are clinicians.

The group is primarily **focused on mental health and wellbeing issues such as eating disorder and self-harm.**

The group will meet on the **last Wednesday of the month except during school holidays.**

For more information, contact Paula: Eddy, Paula Paula.Eddy@portsmouthcc.gov.uk or Barbara: ppvcoordinator@p-d-f.org.uk

SPEAK YOUR MIND

WHEN

**February 10th, 2019
12:30pm - 5:00pm**

WHERE

Fratton Community Centre

Trafalgar Place
Fratton P015JJ

**AN OPPORTUNITY TO HAVE YOUR SAY IN HOW SCHOOLS AND
HEALTH SERVICES SUPPORT YOUNG PEOPLE'S MENTAL HEALTH.
FEATURING KEY NOTE SPEAKER PAUL MCGREGOR (BBC, SKY NEWS,
VOGUE, GQ, HUFFINGTON POST)**

Fratton | Big Local

Finding the way forward for Fratton



**Portsmouth
CITY COUNCIL**

AGES 12-25

**FREE
TICKETS**

Must be booked online
from www.eventbrite.co.uk
(search 'speak your mind')

FREE LUNCH

Free lunch from 12:30pm
to 1:30pm when the event
officially starts.

SUPPORTED BY:

Portsmouth City Council
Fratton Big Local
Portsmouth Education
Partnership
and run by Future in Mind
young people's group

FIND OUT MORE

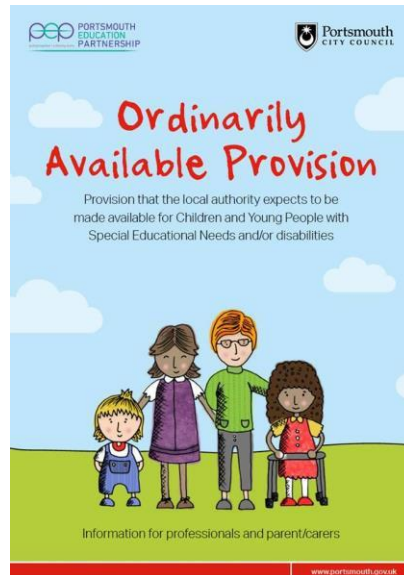
To find out more, ask any
questions about the event,
or if we can do anything to
make it easier for you to
come email

Dynamiteports
mouth@gmail.com



LOTTERY FUNDED

Ordinarily Available Provision



New booklet published on the Portsmouth Local Offer website explaining what schools are expected to provide if your child has identified special education needs.

This is called the Ordinarily Available Provision: what the local authority expects to be made available for Children and Young People with Special Educational Needs and/or disabilities.

Portsmouth is a needs-led city: Any provision or support should be provided in line with the needs of the child or young person and is not dependant on any formal diagnosis. This document has been coproduced with SENCOs following extensive consultation with head teachers and partners.

http://www.portsmouthlocaloffer.org/images/Final_SEND_OAP_August_2018.pdf

0–5 Pathway for children within the Early Years Foundation Stage (EYFS) with a Special Educational Need or Disability.

- Information about an early years setting
- Information and actions for parents

Needs identified at or before birth

Needs identified by parent or Health Visitor or Early Years Setting

You can look at the Local Offer website for support
<http://www.portsmouthlocaloffer.org/>

0–2 years old

Your Health Visitor is your child's lead professional and can support your family in the birth to 5 year old age range.

You may be eligible for Disability Living Allowance (DLA)

<http://www.portsmouthlocaloffer.org/local-offer-search/item/186>

***Your child may be referred to:**

- Portage
- Sensory Impairment Team
- Speech and Language
- Occupational Therapist
- Physiotherapist
- Paediatrician
- Early Years Panel (EYP)
- Audiology

The term after your child turns 2, they may be eligible for 2 year old funding to attend an early years setting.
<https://www.portsmouth.gov.uk/ext/learning-and-schools/pre-school/finding-childcare>

2 year old

Your Health Visitor will complete your child's developmental check

<http://www.portsmouthlocaloffer.org/local-offer-search/item/47>

If your child is in an early years setting, they will complete a 2 year old progress check.

The early years setting or professional can refer to the Early Years Panel (EYP)
<http://www.portsmouthlocaloffer.org/local-offer-search/item/173>

If a child is known to EYP, the panel may:

- suggest that your child should be assessed by an Educational Psychologist
- refer to the services*
- consider whether a special provision place is appropriate for your child

The early years setting can apply for Portsmouth SEN Support Partnership outreach (PSENSP) or work with their Area SENCo for support strategies.
<http://www.portsmouthlocaloffer.org/local-offer-search/item/37>

The Family Information Service and outreach team can support you to find childcare

<http://www.portsmouthlocaloffer.org/local-offer-search/item/6>

You can look at the Local Offer website for support
<http://www.portsmouthlocaloffer.org/>

After child turns 3

The term after your child's 3rd birthday, they will be eligible for universal early education and childcare funding and can start at an early years setting.
<https://www.portsmouth.gov.uk/ext/learning-and-schools/pre-school/finding-childcare>

Your child may be eligible for extended entitlement of 30 hours of early education and childcare funding.

<https://www.portsmouth.gov.uk/ext/early-years-and-childcare/help-with-childcare-costs/early-education-funding-for-3-and-4-year-olds>

Early years settings can refer to the Multi-agency Behaviour Support Service (MABS)
<http://www.portsmouthlocaloffer.org/local-offer-search/item/346>

The early years setting can apply for Portsmouth SEN Support Partnership outreach (PSENSP) or work with their Area SENCo for support strategies.
<http://www.portsmouthlocaloffer.org/local-offer-search/item/37>

Early years settings can apply for the SEND Inclusion Fund if they feel they cannot meet SEND through their Ordinarily Available Provision (OAP)
<http://www.portsmouthlocaloffer.org/local-offer-search/item/453>

<http://www.portsmouthlocaloffer.org/local-offer-search/item/454>

Early years settings can claim Disability Access Fund (DAF) if your child is in receipt of DLA
<https://www.portsmouth.gov.uk/ext/early-years-and-childcare/support-for-children-with-special-educational-needs-or-disabilities>

Portage Plus

<http://www.portsmouthlocaloffer.org/local-offer-search/item/331>

Your child's early years setting and/or Educational Psychologist may discuss the different kinds of support available for school start. They may discuss making an Education Health and Care Plan (EHCP) assessment request with you.
<http://www.portsmouthlocaloffer.org/local-offer-search/item/362>

The September after your child's 3rd birthday is when you should start to consider school provision for the next academic year. Between October and January you can apply for a school place for your child to start in Year R

<http://www.portsmouthlocaloffer.org/local-offer-search/item/312>

You can view school websites for SEN information reports and you can view the Local Offer at <http://www.portsmouthlocaloffer.org/>

5-14 Pathway

Transition to school

For more information see Portsmouth Local Offer:
www.portsmouthlocaloffer.org



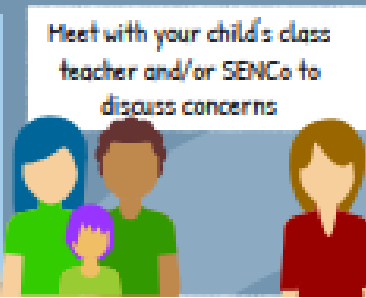
1. SEN SUPPORT IN SCHOOLS

Before you meet:
Write down your concerns and points to raise. Consider taking a friend or partner to make notes so you can concentrate on the conversation.

If you disagree at any point, you can ask to involve the Disagreement Resolution service or speak to the Information, Advice & Support Services Network

IF YOUR CHILD'S NEEDS ARE CLEARLY SEVERE, AN EHCP ASSESSMENT MAY BE REQUESTED WITHOUT THE SEN SUPPORT STAGE (OR CONDUCTED BEFORE SCHOOL AGE)

START HERE:
You, or your child's school are concerned that your child may have a special educational need



Agree on a plan of action using the Assess, Plan, Do, Review cycles & decide together which external assessments will be needed

Work with the school to see what services from the Local Offer your child can access to help them overcome any barriers to learning

If your child has a medical condition, ask to see your school's policy that complies with the Government's Statutory Guidance Supporting pupils at school with medical conditions. Ask how these guidelines can be used to support your child, if necessary

If progress is made, continue the cycle of Assess, Plan, Do, Review. However, at any point, if you feel the interventions are not working, you can choose to apply for a statutory assessment for an Education, Health and Care Plan

Make sure you meet the expert after they have carried out any external assessment on your child, so you can give them any extra information. You know your child better than anyone and your input is vital.

There may come a point at which you agree your child has made sufficient progress and no further support is required. However, you can ask for SEN help again at any point if you think it is needed.

When the report(s) have been received ask to meet with the class teacher and SENCo again to revise any interventions in the light of the report recommendations. Agree a date for initial review

An EHCP can be requested by parent, young person, teacher or anyone else concerned about the child's SEN

On the review date, discuss with the teacher/SENCo how the interventions are working, any changes that need to be made and a further review date

Move to Flow Chart 2 "Requesting an EHCP"

WHERE, DESPITE THE SCHOOL HAVING TAKEN RELEVANT AND PURPOSEFUL ACTION TO IDENTIFY, ASSESS AND MEET THE SEN OF THE CHILD OR YOUNG PERSON, THE CHILD OR YOUNG PERSON HAS NOT MADE EXPECTED PROGRESS, THE SCHOOL OR PARENTS SHOULD CONSIDER REQUESTING AN EDUCATION, HEALTH AND CARE NEEDS ASSESSMENT.

When your application has been received, you should be given the details of your local SENDIASS who will be able to advise and support you through the process. These are free and impartial services who provide information, advice and support to children, young people and parents on a range of SEND issues, including your EHCP application. You can also search for resources on the Special Needs Jungle site and on the IPSEA website, among others.



On Monday 17th December we have a really exciting club night event planned, we have joined forces with local disability event hosts Beatz Music Events to bring our hugely successful bi-monthly club night to the Wedgewood Rooms in Southsea. This iconic venue, opened in 1992, has been host to many famous bands including Kasabian, Muse, Oasis and Primal Scream.

For this one off Christmas special the new venue will allow us the space to open up attendance to adults across Portsmouth and surrounding areas with any disability and is set to be a dazzling event with live band Bedlam performing and DJ sets from the world renowned Monkey Love Stunt Team.

Tickets are £5 and companions go free, the attached poster has details of venue location and opening times.

Small changes,
big differences.



Teen Triple P Discussion Groups

12-16yrs

"For anyone who wants to help their child to be the best they can be."

Getting Teenagers to Cooperate

Thursday 31st January 2019 - 10.00-12.30 Somerstown Family Hub, Omega Street,
Somerstown, Portsmouth PO5 4LP (02392 821816)

Reducing Family Conflict

Friday 1st March- 10.00-12.30pm- at Landport Family Hub,
221 Arundel Street, Portsmouth PO1 1NF (02392 815005)

Building Teens Survival Skills

Wednesday 20th March 12.00-2.30pm - at Northern Parade Family Hub,
Doyle Avenue Hilsea, PO2 9NE (02392 660866)

Dealing with Teens Emotions

Tuesday 9th April 2019 10.00-12.30pm- at Paulsgrove Family Hub,
Cheltenham Road, Paulsgrove PO6 3PL (02392 385995)

TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB

www.triplep.net

Small changes,
big differences.



Triple P Primary Discussion Groups

Age 5-12yrs

"For anyone who wants to help their child to be the best they can be."

Developing Good Bedtime Routines

Tuesday 22nd January 2019 10.00-12.30 - at Somerstown Family Hub,
Omega Street, Southsea PO5 4LP (02392 821816)

Dealing with Disobedience

Monday 25th February 2019 - 12-2.30pm - at Somerstown Family Hub,
Omega Street, Southsea PO5 4LP (02392 821816)

Managing Fighting & Aggression

Tuesday 19th March 2019 9.30-12pm-at Paulsgrove Family Hub,
Cheltenham Road, Paulsgrove, PO6 3PL (02392 385995)

Dealing with Disobedience

Thursday 4th April 2019- 12-2.30pm- at Buckland Family Hub,
Turner Road, Buckland PO1 4PN (02392 733440)

TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB

www.triplep.net

NEWS IN BRIEF



Three Golden Rules for supporting autistic pupils

We need to move beyond generalisations and bust some of the myths around autism, says this expert.

<https://www.tes.com/news/three-golden-rules-supporting-autistic-pupils>



Portsmouth Leisure Card

The Portsmouth leisure card entitles residents to discounts at Portsmouth City Council facilities as well as some other services. Applying for a leisure card is free - they are available to residents that receive means-tested benefit within PO1 to PO6 areas. You can enjoy sports centres, swimming pools, golf, museums, city arts, Portsmouth Historic Dockyard, Royal Marines Museum and the Blue Reef Aquarium. Please note that discounts vary - a complete listing will be sent to you when you receive your Leisure Card. The leisure card is valid for 12 months and it is your responsibility to apply for a renewal when the current card expires. Further information and application form:




www.portsmouth.gov.uk/ext/leisure/portsmouth-leisure-card



Emotional regulation in the context of whole school inclusion

Helping pupils understand the importance of emotions and how to regulate them can reduce stress, anxiety and dysregulation. Gareth D Morewood explains how research can inform a nuanced approach:

<http://blog.optimus-education.com/emotional-regulation-context-whole-school-inclusion>

<p>Super Parents with Special Kids</p>	<p><i>Supper Parents Special Kids</i> Super Parents Special Kids are there to talk through any concerns you may have as a parent, or just a general chit chat! Thursdays 10-12 every 4 weeks in Havant. Contact: ramsay2806@googlemail.com</p>
	<p><i>Misinformation and misconceptions: Busting some SEND law myths</i> An informative article by Special Needs Jungle about myths around the laws and regulations concerning SEN. https://specialneedsjungle.com/misinformation-misconceptions-busting-send-law-myths/</p>
	<p><i>Welcome to Autism Insight</i> Dr Emily Lovegrove runs her own private practice offering anti-bullying strategies - working mainly with autistic children and young adults - focusing on strategies that work with our biological responses to stress. Here Emily discusses bullying behaviour and offers some methods of coping with bullying. https://network.autism.org.uk/knowledge/insight-opinion/autistic-young-people-and-bullying?utm_source=The%20National%20Autistic%20Society&utm_medium=email&utm_campaign=10034100_Autism%20Insight%2014.11.18%20Professionals%20Previous&utm_content=Autistic%20bullying&dm_i=YA3,5Z2D0,QAKY7Z,NENUE,1</p> <p><i>Preparing for Christmas: Autism resources</i> The Christmas period, with lots of change, social interaction, expectations and demands to negotiate, can be a very exciting but often stressful time of the year for many autistic people. We have put together a brief list of useful resources that we hope may prove helpful in making this festive period as special and as stress free as possible for those you work with. https://network.autism.org.uk/knowledge/insight-opinion/preparing-christmas-autism-resources</p>
	<p><i>Healthcare waste collection</i> If you have an older child who is still in nappies go to this link & click on the "on line form" to request a weekly collection. You put it down as "offensive waste" & they will give you orange waste bags after your first collection. https://www.portsmouth.gov.uk/ext/recycling-and-rubbish/healthcare-waste-collection?fbclid=IwAR1Sq5YT7oMowbxKKjvidOY4yIQx7gObfkS5wMpQtsRuWm3qlqkKM2IN_Lk</p>



Moriah First Birthday

Moriah is a support group for parent carers with English as an additional language.

We are inviting all the friends of Moriah Family Support Group to join us as we celebrate what we achieved in our first year and look forward to amazing future we have ahead of us. Come and learn more about who we are and what we do so you can help us spread the word to the families you know that could benefit from joining us.

For more information, please email: moriahforyou@gmail.com

Or visit:

https://www.facebook.com/moriahfamilysupportgroup/?ref=br_r_s



IPSEA: Exclusion Webinar

Our Exclusion webinar will help you find and use the law and statutory guidance about exclusions, recognise and challenge an unlawful exclusion, understand the duties of the school and LAs to pupils with SEN, and importantly, take the next steps to ensure the pupil's SEN are properly understood and met.

Available until 16th December 2018

<https://www.ipsea.org.uk/Event/exclusion-webinar>



Portsmouth leisure card

The Portsmouth leisure card entitles residents to discounts at Portsmouth City Council facilities as well as some other services.

Applying for a leisure card is free - they are available to residents that receive means-tested benefit within PO1 to PO6 areas.

You can enjoy sports centres, swimming pools, golf, museums, city arts, Portsmouth Historic Dockyard, Royal Marines Museum and the Blue Reef Aquarium. Please note that discounts vary - a complete listing will be sent to you when you receive your Leisure Card.

The leisure card is valid for 12 months and it is your responsibility to apply for a renewal when the current card expires.

For more information:

<https://www.portsmouth.gov.uk/ext/leisure/portsmouth-leisure-card>



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Helping pupils understand the importance of emotions and how to regulate them can reduce stress, anxiety and dysregulation. Gareth D Morewood explains how research can inform a nuanced approach.

<http://blog.optimus-education.com/emotional-regulation-context-whole-school-inclusion>



 **"Hello,**
My name is Redd Smith. I'm a final year Product Design student at the University of Leeds, originally from Bristol. **"**

After a year working as a Footwear Designer at Clarks Originals, I'm now producing a **project focusing on footwear for people with Cerebral Palsy.**

I would love to hear from as many people as possible about the **difficulties and issues of taking off and putting on shoes!**

If you would be happy to give me a very small amount of your time please contact me on:

 07876175714  redd-s-10@hotmail.co.uk

✳ I want to focus on making this a cool and ✳ desirable shoe!

Thank you!



UNIVERSITY OF LEEDS



Supporting you, your colleagues and your pupils this Christmas

As we come to the end of the Autumn Term, our thoughts turn to the Christmas holidays and what this means for children and staff alike. For many it's a chance for a well-earned rest and time with loved ones. For others, Christmas means yet another list of tasks and competing priorities, which can be exhausting. And we often come down with the dreaded bug as soon as we relax! For some, this time of year can be associated with loss of routine, loneliness, boredom or unhappiness.

You can download the guide below:

<https://youngminds.org.uk/media/2784/what-to-look-out-for-in-your-pupils.pdf>

You can keep in touch with us using the following



Website: www.portsmouthparentvoice.org



Facebook: Like our page Portsmouth Parent Voice



Twitter: You can follow us at @PparentVoice



Email ppvcoordinator@p-d-f.org.uk



Phone: 07825 185 608



Instagram: [ppvcoordinator](https://www.instagram.com/ppvcoordinator)



Pinterest: Portsmouth Parent Voice



Write: Portsmouth Parent Voice

The Frank Sorrell Centre, Prince Albert Road, Southsea, PO4 9HR