



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

IMPACTING ON YOU

Newsletter

November 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:** The Portsmouth Local Offer Website
- Page 7:** Thinking about becoming a parent rep?
- Page 8:** Neurodiversity, a discussion with Dr Jonathan Prosser
- Page 9:** Your Views and Consultations
- Page 10:** Healthier Together Website
- Page 11:** What inclusion means in Portsmouth?
- Page 12:** Ordinarily Available Provision
- Page 13:** Triple P Discussion Group
- Page 14:** Triple P Discussion Group for Teens
- Page 15:** Portsmouth Autism Training Event
- Page 16:** News in Brief
- Page 21:** Get In Touch



Hi Everyone!

Welcome to the latest edition of Impacting on you. Christmas is around the corner. Every year, I promise myself that I will be organised weeks ahead, it never happens 😞

In this month's newsletter, you will find the latest updates about events and relevant articles which may be of interest.

We had a very busy and interesting discussion at our October coffee morning and you can read the full article on page 8.

Our annual event, The **Local Offer Live** will take place on Tuesday 12th February 2019, new venue, free workshops and more. Save the date!

Our forum has been very busy recently and we would welcome **new reps** to our group. More information on page 7.

On page 11 and 12, you will find **useful information** that you can use as parent carers to ensure that your child or young person get the support they need.

That's it for now, thank you again for your continued support and to the PPV team for their editorial input.

Hope to see you soon!

Barbara and the Team

General enquiries: ppv@p-d-f.org

Barbara McDougall: PPVcoordinator@p-d-f.org.uk

Kara Jewell: engagementofficer@p-d-f.org.uk

Alison Cooper: ppvadmin@p-d-f.org.uk

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 Coffee Morning Support and Information session	Saturday 24th November 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
PPV Coffee Morning Christmas Special!	Thursday 6th December 10 am to 12 pm	The Frank Sorrell Centre Prince Albert Road Southsea PO4 9HR
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

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**.

**NEW
VENUE!**

**FREE
WORKSHOPS**

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



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

**Save the
Date!**

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/>

Thinking about becoming a parent rep?

Parent carer participation, what does it mean?

Parent carer participation is when parents and professionals **work together**, recognising each other's **expert knowledge**, to make informed decisions about children's services that make the best use of people's time and money.

How do we do this?

- We are part of a network of over 150 Parent Carer Forums from across England under the **National Network of Parent Carer Forums- NNPCF**
- We are funded by **Contact**, the **Portsmouth Clinical Commissioning Group** and the **Local Authority**.
- We are completely **independent!**
- We take part in consultations, strategic meeting, events and conferences as well as contract reviews and interview panels (and much more).

As our project list is constantly growing, we would like to invite you to find out more about getting involved.

You can go to our website to watch useful videos explaining the role of parent reps and the latest information about the projects we are involved in.

<https://www.youtube.com/watch?v=H5sPBjxF-BE>

<http://www.portsmouthparentvoice.org/get-involved/>

If you would more information, please email
ppvcoordinator@p-d-f.org.uk or call 07712 439 159

Neurodiversity, a discussion with Dr Jonathan Prosser

On Tuesday last week, we welcomed **Dr Jonathan Prosser** (Clinical Director, Solent NHS Trust) to our monthly coffee morning. It was a very busy meeting, attended by both parents and professionals. The 2 hour session was packed with information and very useful discussions about the proposal to move away from the word “**autism**” and use “**neurodiversity**” as a more inclusive term.

We then discussed the possibility of parents having a personal health budget which will enable them to choose a “**menu**” of services such as Speech and Language, Occupational Therapy, Sensory Integration and more.

This is very early days but also very exciting as Dr Prosser really wants parent carers to be involved to ensure that this work not only for our children and young people but also for Portsmouth families. We will update you as the project progresses and if you would like to be **involved**, do get in touch!



Your Views and Consultations

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>

Willows Nursery

The Local Authority is consulting on a plan that would see Willows Centre for Children close with Cliffdale Primary Academy expanding to deliver the specialist provision currently provided by Willows.

The consultation period is from 15th October until 10th December with public meetings being held in November.

You can find more information on our website: <http://ow.ly/aldR30mgtPJ>

Please send any question or comments on the LA proposal to Janet.Andrews@portsmouthcc.gov.uk

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>

 AUTISM	
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).	
SIGNS AND SYMPTOMS <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).	LINKS <ul style="list-style-type: none">National Autistic Society http://www.autism.org.uk/?gclid=C-AAR2K3C8MhUjW5G0RZwEjghuBCj0AMQz3EAAAYASAEglZHPD_BwEAutism Hampshire https://www.autismhampshire.org.uk/Social Stories http://www.autism.org.uk/professionals/teachers/myworldhub/socialstories.aspx RESOURCES <ul style="list-style-type: none">Picture Exchange Communication System (PECS) https://www.nationalautisticsociety.org.uk/the-picture-exchange-communication-system-pecs/Makaton https://www.makaton.org/Sensory Diet https://www.understood.org/en/learning-attention-issues/treatment-approaches/therapies/sensory-diet-treatment-what-you-need-to-know
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.	
TOP TIPS <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.	TOP TIPS (Continued) <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.
FURTHER HELP <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

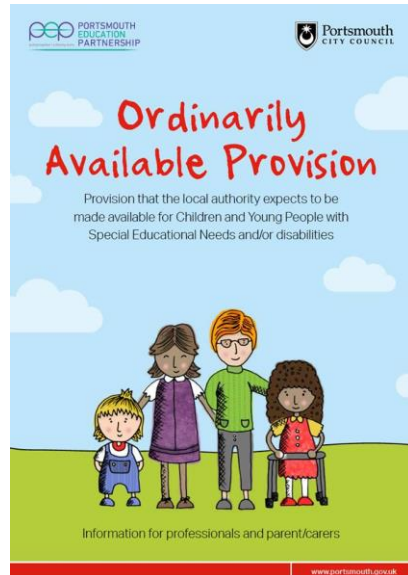


In order to achieve this we will...

- 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



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

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."

Managing Fighting & Aggression

Tuesday 25th September 12.00- 2.30pm - at Somerstown Family Hub,
Omega Street, Southsea PO5 4LP (02392 821818)

Dealing with Disobedience

Tuesday 18th October 2018 - 9.30-12 noon - at Paulsgrove Family Hub,
Cheltenham Road, Paulsgrove, PO6 3PL (02392 389559)

Developing Good Bedtime Routines

Tuesday 13th November 2018 9.30-12- at Landport Family Hub,
221 Arundel Street, Portsmouth PO1 1NF (02392 815005)

Dealing with Disobedience

Wednesday 5th December 2018- 12-2.30pm- at Somerstown Family Hub,
Omega Street, Southsea PO5 4LP (02392 821818)

TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB

For more information please contact Lorraine Morgan- Specialist Family Support Worker
(Parenting) - 02392 733440

www.triplep.net

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

Tuesday 20th September 2018 - 9.30-12.00- Somerstown Family Hub, Omega Street,
Somerstown, Portsmouth PO5 4LP (02392 821818)

Reducing Family Conflict

Monday 15th October 2018 - 12.00-12.30- at Buckland Family Hub, Turner Road,
Buckland, PO1 4PN (02392 733 440)

Building Teens Survival Skills

Tuesday 13th November 2018 12.00-2.30pm - at Landport Family Hub,
221 Arundel Street, Portsmouth PO1 1NF (02392 815005)

Dealing with Teens Emotions

Thursday 6th December 2018- 10.00-12.30pm- at Northern Parade Family Hub,
Doyle Avenue, Hilsea, PO2 9NE (02392 880868)

TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB

For more information please contact Lorraine Morgan 07766 050 055

Tracy Brooks- Specialist Family Support Worker (Parenting)

www.triplep.net

Portsmouth Autism Training Event

Aspie Trainers are a group of autistic people who deliver autism training from a first-person perspective, specialising in the use of lived experience in order to demonstrate what works when working alongside autistic individuals. Our training sessions aim to engage with non-autistic people in a way which will enable them to feel more confident when working with us in the future. We are excited to announce our next training event in **Portsmouth**.

When is it?

Tuesday 27th November, 2018, 12:30 pm – 3:30 pm

Where will it be?

Room D
Portsmouth Central Library
Guildhall Walk
Portsmouth
PO1 2DX



Who should attend it?

This event is suitable for anyone who works alongside autistic individuals, or anyone interested in finding out more about autism.

Which topics will be covered?

- ✓ Communicating with autistic individuals
- ✓ Meltdowns and shutdowns
- ✓ Question and answer session with our trainers

What will be included?

Each delegate will receive hand-outs containing information and strategies on the topics covered, as well as refreshments. There will also be an opportunity to network with delegates from other organisations.

How much will it cost?

The cost of this 3 hour session will be £40 per person.

How do I find out more?

If you have any questions or would like to book onto this course, contact James Parmenter on 07471 353062 or email aspietrainers@impact-initiatives.org.uk. Please hurry, as there are limited spaces available.

Get in touch:

☎ 07471 353062

✉ aspietrainers@impact-initiatives.org.uk



/aspietrainerswestsussex



@AspieWS



NEWS IN BRIEF



Portsmouth Youth Project

November events schedule

<http://www.enableability.org.uk/wp-content/uploads/PYP-NOVEMBER-2018-EVENTS-SCHEDULE-1.pdf>

contact

For families
with disabled children

Claiming Disability Living Allowance for children

A helpful guide if you are thinking of claiming DLA for your child for the first time:

https://contact.org.uk/media/1212211/claiming_disability_living_allowance_for_children.pdf



Portsmouth Down Syndrome Association

We provide friendship, support and an extensive range of educational services.

We offer:

- A very warm welcome and guidance for new parents.
- Social opportunities for our families to come together, make friends and share experiences.
- Information and training days for parents and related professionals.
- Up-to-date information and advice about all aspects of Down syndrome.
- A wide range of specialist educational services including Communication Therapy, Baby and Early Development Groups, a Nursery and School Outreach Service and Drama Groups for our members.
- Access to our information lending library.
- We cover Portsmouth and south Hampshire

Contact for further information: ucyfield@portsmouthdsa.org
<http://portsmouthdsa.org>



EHCP process and the Person Centred Connection

Two new short animations aimed at parents to help explain the EHCP process and the Person Centred Connection

<https://councilfordisabledchildren.org.uk/help-resources/resources/two-new-short-animations-aimed-parents-help-explain-ehcp-process-and-person-centred-connection>



Touch tour

Tuesday 27 November 2018 - 10:30 to 12:30

Join expert Touch Tour guide Jo Bressloff as she takes you on a fascinating tour of The D-Day Story's stunning Overlord Embroidery. Measuring 83 metres long, this incredible work of art was created to commemorate D-Day and the Battle for Normandy. During the tour you will handle artefacts and textiles to give you an understanding of how the embroidery was designed and stitched by artist Sandra Lawrence and the Royal School of Needlework.

Please be aware that the tour is ONLY suitable for blind and partially sighted visitors. You are welcome to bring a PA or carer. The tour is included in the admission price for the museum, donations are welcome. Spaces must be booked in advance by calling 023 9283 4744 / 4737 or email MuseumsVisitorServices@portsmouthcc.gov.uk.



Issue 6 - October 2018

SEN Legal Newsletter

October's Issue of the free SEN Legal Newsletter for Parents and Carers of Children with SEND it's now available to read here:

https://docs.wixstatic.com/ugd/6f42ce_efddb280eec4a118de5e6d015b0d0f6.pdf



Flu injection information for young people

The NHS have release information in an easy read format to help young people understand what the flu injection and why it is important to have it.

Information about the flu injection:

http://www.parentvoice.info/index.php?title=File:Flu_Injection_resource.pdf&page=1

All about the flu injection and how to stop getting it:

http://www.parentvoice.info/index.php?title=File:PHE_Flu_easy_read_adult_flu_leaflet_Sept_2018.pdf&page=1



Seahawks - The Families Group (Diabetes)

A new group for those families who have a child or teenager with diabetes. Contact: 02392 570624 seahawks@hotmail.co.uk

Visit their website for details <http://www.seahawks.diabetesukgroup.org>



Portsmouth Autism Community Forum

The next meeting of the Portsmouth Community Autism Forum (PACF) will take place on Wednesday 28 November 2018, 10am-12pm at the Buckland Community Centre, Malins Road, Buckland, Portsmouth PO2 7BT - see map at <http://www.bcc.org.uk/contact/> - the centre can be reached by buses to Kingston Road or parking is available on site or in Malins Road.

The topic of the next meeting will be employment.

For more information, please email Luke :

Luke.Evans@learninglinks.co.uk
[@pompeyautism](http://www.healthwatchportsmouth.co.uk/pacf)



Portsmouth Carers Voice

PCV is an organisation, which gives unpaid carers in Portsmouth an independent voice. We are represented on the carers executive board which gives us access to commissioners from Adult Social Care, Portsmouth Hospitals Trust and Solent NHS. We meet monthly on the last Wednesday of the month either in the south of the city at Tesco Fratton or in the north of the city at Cosham Community Centre. Times and dates of meetings are on <https://www.facebook.com/Portsmouth-Carers-Voice-473213359492852/> or via email to contacts below. For those who cannot attend or prefer to engage via social media they may do so via our FB page. Email: andrewparsonsPCV@gmail.com or katy.walsh@portsmouthcc.gov.uk



Ipsia Exclusion from School

Children with SEND are more likely to be excluded from school than their classmates. There are only two types of exclusion which are lawful: permanent and fixed-period - this means that legally a pupil is either in school full-time or they are excluded. What can you do if your child has been excluded? Read more here:

<https://www.ipsea.org.uk/pages/category/exclusion-from-school>



Dyspraxia Foundation Hampshire Support

For all families and adults affected by Dyspraxia living in Hampshire. The group is a valuable arena to share experiences and access support for this poorly understood condition.

Contact: frary75@gmail.com and <http://www.dyspraxiafoundation.org.uk>



Marvels and Meltdowns ADHD and Autisms Family Centre

Marvels and Meltdowns is a parent-led, not-for-profit, registered charity supporting families with children affected by ADHD (Attention Deficit Hyperactivity Disorder) ASC (Autistic Spectrum Conditions) and SPD (Sensory Processing Disorder) in Gosport, Fareham and the surrounding areas, through the provisions of our ADHD & ASC family centre, weekly group support meets and our online social media community.

More information: <http://www.marvelsandmeltdowns.org.uk>



Warmer Homes

Portsmouth City Council's new Warmer Homes scheme is offering free first time central heating to eligible households in Portsmouth, Gosport & Havant.

The scheme intends to deliver 1,500 free central heating installations to households with electric heating or those heated by gas fires/heaters. Electric heating is one of the most expensive forms of heating and could be costing you up to 3 times more, compared to having a gas central heating system.

Check if you're eligible here: www.warmerhomes.org.uk. Typical eligibility criteria include those on low incomes, those in receipt of means-tested benefits, those with long-term health issues or those in vulnerable situations.

Those receiving their first central heating system will also receive a free connection to the gas grid, where this is required. The total value of a gas connection and central heating system typically equates to £6,000.

To apply, please call **0800 038 5737** (Freephone) or you can apply online at: www.warmerhomes.org.uk

For more information regarding the scheme and eligibility, please visit www.warmerhomes.org.uk or email: info@warmerhomes.org.uk.



Stand up Support Group

A support group for parents & carers of special needs children. Set up & run by parents with SEN children with many children activities and meeting. For more information:

<https://www.facebook.com/groups/StandUpPortsmouth/>



DadzClub

A social place for us Dads.

This group has been formed for dads who want to be positive & active role models.

For more information: <https://www.facebook.com/Dadzclub/>



National Autistic Society South Hampshire Branch

Monthly e-newsletter packed with information:

<http://btckstorage.blob.core.windows.net/site251/docs/Newsletters/Nov%202018%20circular.pdf>



Send Butterflies Support Group

This group is set up to support parents and carers of children and young people with Special Educational Needs and Disabilities from birth to age 25. We provide two coffee mornings a month one in the north of the city and one in the south. For more information:

<https://www.facebook.com/groups/509649702549058/>



Selective Dorsal Rhizotomy (SDR) Surgery for Children with Cerebral Palsy

As a Children's Therapy Service we are aware that as a result of research there has been a change in the NHS England Guidance about Selective Dorsal Rhizotomy (SDR) Surgery for Children with Cerebral Palsy. We are aware that there may be children who had previously been declined this treatment on the NHS who are now eligible.

We would be grateful if you could help us in raising awareness of this change and requesting that parents discuss with their Paediatrician whether or not the procedure is recommended and whether they are eligible.

Please find attached the NHS England document.

This is the link to the NHS England announcement

<https://www.england.nhs.uk/2018/07/thousands-of-patients-to-benefit-from-innovative-new-treatments-on-the-nhs/>

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