

Lincolnshire Parent Carer Forum

November
2015



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Welcome to our November newsletter.

Christmas is round the corner and it's that time of year when we all start thinking about, or even already may have started preparing for the upcoming festivities.

It has been a very busy autumn so far. The Home to School Transport Review has started and we held 2 public meetings that we co-chaired with Lincolnshire County Council to enable parents to voice their opinions, experiences and suggestions. Currently, the review is focused on transport for special schools and alternative provision. We will shortly be publishing our report on the collated feedback which will be circulated widely to our network and to the Project Board overseeing the transport review. Thank you to all those who participated at these events.

Our volunteers have continued to attend various meetings with Lincolnshire County Council and Health to represent our network on various topics. These include the Education, Health and Care (EHC) working groups where we assisted with the new design for assessment forms to make them more parent friendly, as well as SEND Locality Meetings with professionals and parents, where the EHC transfer process was discussed affecting children and young people with statements that are being transferred over to the new EHC plans. We have also attended meetings with Clinical Commissioning Groups, the Mental Health Partnership Board and the Lincolnshire Health and Care Project team to name but a few.

Through a new small grant from the NHS Mental Health Promotion Fund, we have started evening meetings called Parent-2-Parent which enable parent carers to support each other whilst the forum continues to empower, inform and signpost parents according to their needs. Further information on upcoming Parent-2-Parent meetings can be found in this newsletter.

Also included in this edition, we have an article on yoga and its relationship with sleep! Might be baffling to know how bending into a pretzel could help you sleep better, but it's a fascinating read and there's actually no pretzels in sight.

We hope you find this newsletter in good health and hope to see you soon at our upcoming events.

With best wishes,

The LPCF team



Watch out for our next newsletter with details of our big celebration for our





Location	Date	Time	Address
Boston	23/11/2015 18/01/2016	10:00-11:30am	New England Hotel, Wide Bargate, Boston, PE21 6SH
Bourne	12/11/2015 10/12/2015 14/01/2016	10:30-12:00pm	The Nags Head, 2 Abbey Road, Bourne, PE10 9EF
Skegness	27/11/2015 29/1/2016	11:00-12:30pm	The Vine Hotel (Best Western), Vine Road, Seacroft, Skegness, PE25 3DB
Spalding	17/11/2015 12/1/2016	10:00-11:30am	The Castle Sports Complex, Albion Street, Spalding, PE11 2AJ
Grantham	18/11/2015 27/1/2016	10:30-12:00pm	The Urban Hotel, Swingbridge Road, Grantham, NG31 7XT
Sleaford	07/12/2015 18/01/2016	11:00-12:30pm	Jolly Scotchman, 18 Lincoln Road, Holdingham, Sleaford, NG34 8NP
Market Rasen	6/11/2015 More dates to follow - check website	11:00-12:00pm	The Rasen Hub 20 Union St Market Rasen LN8 3AA

Our coffee morning are specifically for parents and carers of children with Disabilities/Special Educational Needs. As we say, once a parent, always a parent; please note therefore, that there is no age criteria for your children.

Parent-2-Parent

19th November 2015

10th December 2015

7:00 - 9:00 pm

Join us at:

RAF Coningsby Community Centre,
Clinton Park, Tattershall, LN4 4QZ

NEW

Lots of stresses on? Need answers to your questions? You'd be surprised how much we can help with. Hope that you can come and talk to us where you will find a warm welcome.

Who can come? All parents and carers of children (including grown up ones!) with special educational needs and disabilities.

Schools and Colleges

with disabilities/SEN about what we do? We have many workshops and services we can offer that could greatly benefit them, and in turn, you too. If so, please email us on admin@lincspcf.org.uk and we will organise a visit.

Would you like one of our volunteers to come and talk to your staff and/or parents of children



Michelle's Bourne Coffee Morning

Are you a parent or carer of children or young people with special educational needs and disabilities? Then come along to The Nags Head, Bourne from 10:30 till 12:00pm for our next get together. If not for the free tea, coffee and scone, then at least come talk to other parents; it's surprising how refreshing and relieving it can be to simply tell someone about it or even help by signposting parents to a service that has worked well for you. If you don't let it out, it could lead to feelings of isolation, anxiety, stress...happen to be feeling any of these? Then come along. Don't feel any of these? Come along anyway and help others who might be! As an informed forum representative hosts coffee mornings, you may learn something new that could affect your family. This is what we are here for; to help you with your journey as a parent or carer.

You are welcome to bring friends and/or family members for support. What matters is that you turn up—it can be so relaxing to be in a room of people who understand what you're going through. Even other agencies attend these coffee mornings at our invitation on occasion. Michelle, the host for the Bourne coffee morning, understands what's it like - with three children, two of them teenagers diagnosed with autism, ADHD and Tourette's, it's hard not to. She even has a folder bursting with information that is practically there to support you.

So what are you waiting for? Other than the actual day, that is. Seeing as the coffee morning is being held on a Thursday, the markets are open as well so you could make a day of it. Pop in, even if it's just for a few minutes to say 'hello'; it would be wonderful to meet you.

Carol's Cookery Corner

We have, once again, got an abundance of Bramley Apples—just proof that even if you're sixty-five, there's no excuse not to work hard (in this case our tree producing a bountiful harvest). I am always at odds to know what to do with them and how to make some interesting foods other than just the normal apple crumble and such. This recipe is one of those interesting alternatives I came up with; a delicious family pudding your table is empty without. Even if you're diabetic, there is no excuse not to enjoy this: simply use granulated sweetener instead of sugar—you can't tell the difference!

For the base, you will need:

3 Large Apples (around 1lb or 450g when peeled and cored).

65g Demerara Sugar

1/2 Teaspoon Ground Cinnamon (optional)

Zest and Juice of 1 Lemon.

For the sponge topping, you will need:

115g Butter

115g Demerara Sugar

2 Large Eggs (beaten)

1/2 Teaspoon Vanilla Extract

125g Self Raising Flour

1 Tablespoon Flaked Almonds (optional)

The method:

Pre heat the oven to 180c/350f. Grease a large pie dish. Chop the apples, then add them to the sugar, cinnamon, lemon juice and zest, mixing well together, before putting them in the pie dish.

To make the topping, mix the butter and sugar together with an electric whisk until light and fluffy.

Gradually add the eggs, adding half of the flour in at the same time. Add the vanilla extract and beat well. Add the remaining flour by folding it in. Spoon the mixture over the apples to cover them completely, then sprinkle with the almonds and sugar. Bake for 40/45 minutes in the centre of the oven, until the sponge is well risen and golden brown.

Serve hot with custard or cream. Enjoy!



Yoga for relaxation and a better night's sleep

With today's society, over reactivity and stimulation are becoming daily obstacles. When it's time to get some sleep, it can be hard to switch off—yoga at bedtime could be the answer. Yoga is also great if you have a child who is hyperactive or who yearns for sensory and motor stimulation as it engages the entire body, resulting in being able to use that excess energy positively. Here are some simple poses (asanas) for you to try at home.

1. Extended Child's Pose: Get into a kneeling position, placing toes and knees together. Slowly lower your body and head to the floor. Place your arms by the side of your body, the forehead rests softly onto the mat/floor. Look down and inward. Now slide arms out in front of you. Easy breaths and stay in this relaxing stretch as long as it is comfortable.



Benefits: Calms the mind, relieves stress and tension - making you feel safe and secure—gently stretches the hips, thighs, knees and ankles, helps release back and neck pain and is a great decongestant.

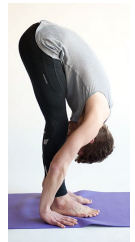
Modifications: Place a pillow or bolster for support between buttocks and ankles, widen knees for larger stretch and to lengthen the spine.



2. Tree Pose: This is a standing and balance pose. Looking forward, one foot is placed firmly on the floor and the opposite heel is placed on inner thigh (if you are good at balancing) or lower to the floor. Tuck your pelvis and chin in and lift your arms up above your head.

Benefits: Improves balance, concentration and focus, makes you feel strong and confident and strengthens legs, ankles and feet.

Modifications: Use a chair for support, raise arms into a prayer position (advanced pose) and stretch and/or keep both feet in contact with floor if unstable.



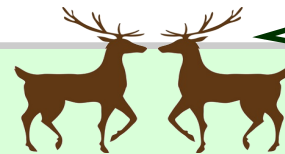
3. Forward Bend: Start in a standing pose. Fold your body forward slowly and gently from the waist. Relax your neck. Head is down, but gaze slightly forward. Root your feet to the ground, lift your toes. Relax arms and gently hang, like a rag doll. Come back up as slowly as you went down.

Benefits: Calms the brain and mind, relieves insomnia and headaches, helps relieve stress and anxiety, stimulates the liver, kidneys, can improve digestion and stretches hips, thighs, knees, hamstrings and calves.

Modifications: Sitting on/standing behind a chair and/or block to support arms.

To finish go back to extended child pose. Have a great night's sleep!

Parent Wellbeing



Hello, deer,
how are you?

Being a parent of a child with special needs or disability can lead to additional stresses, anxiety, feelings of helplessness and isolation. All these can have an effect on people's wellbeing; good physical and mental health is paramount to ensure we, as parents, stay well so we can continue with our caring role without detrimental effect.

Parent2Parent meetings are a new type of coffee-morning-style event with one purpose in mind; to help reach out to more people that may not be able to make it to our other daytime events. We understand that lifestyles are different from one family to another. Everyone deserves an opportunity to attend the coffee mornings, so now we have, in theory, a coffee evening.

These events are intended to help positively maintain parent carers' wellbeing. All too often, parent carers do not recognise that they are in fact, a carer when raising a child with special needs or disabilities. Law such as the Children and Families Act 2014 recognises these parents as carers, as does the new Care Act 2014 which came into existence in April earlier this year.

Parent carers have extra demands on their lives that makes their parenting experience a very unique and sometimes isolating journey. Our forum of parent carers can and do support each other. Being around people who have overcome struggles, who may have been through similar situations and who can empathise, is a wonderful inspiring and uplifting feeling.

All our volunteers undergo a robust induction training as well as ongoing training so they can support fellow parent carers on their journeys. Our representatives have an abundance of helpful information, contacts, and expertise. Through our many networks, parents can be signposted to services that you may not even know exist yet.

Perhaps all you want is for someone to listen to you? ...we can do just that too! Our event hosts have been trained in active listening and in promoting mental health and wellbeing. You are all very welcome to come and make the most of our expertise.

Please let us know in advance that you are attending. All dates and venue details are on page 2. See you soon!

National Network of Parent Carer Forums (NNPCF)

Two LPCF representatives went to London in October to the NNPCF Annual Conference to meet up with other forums from across the nation. There are 151 forums across England; there's 1 in each county and LPCF represents Lincolnshire. All these forums are recognised by the Department for Education (DfE) and last year, this recognition was written in the Children and Families Act 2014.



Above: Thérèse and Michelle represented Lincolnshire Parent Carer Forum at the NNPCF conference.

The Minister of Children and Families, Edward Timpson opened the conference virtually via a video link. He addressed all parent carers and encouraged ongoing participation with local authorities and health services. He acknowledged the difficulties that forums worked through last year with the many demands of implementing the new legislation for families, children and young people with SEND (Special Educational Needs and Disabilities).

Other speakers at the conference included the Director of Special Needs and Children's Services Strategy from the DfE, Ann Gross, who thanked forums for their valuable work in enabling the voice of parent carers to reach national level. The LPCF continues to take part in consultations and surveys which we send to the DfE informed by all our responding network members. It is this information that the DfE collates from the nation's forums which informs the country's progress with the SEND reforms.

Thank you to all parent carers who let us know their experiences through the 'Your Say' tab on our website, emails, telephone calls, talking to us at our events or writing to us. It is your direct feedback that informs us and gives us the bigger picture, which we then pass on to government, local and national. Your feedback is valuable and being a member of this forum, we are able to inform developments in the world of SEND, not just at a local level, but at regional and national level too.

Please remember to "have your say".

Members of



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

MYTH BUSTER

Question: Is it true that the Local Authority is going to remove Home to School Transport with this review?

This question was put to the Local Authority representatives that attended the Home to School Transport Review in October. Many parents feared that the review was a way of cutting costs which led to some questioning whether transport was going to be cut altogether. The answer was very clearly articulated by Lincolnshire County Council's representatives that this was NOT going to happen. They reassured parents that children that are entitled to transport will continue to receive their entitlement. The Home to School Transport Review was underway to establish more efficient ways of transporting children and the Local Authority welcomed parents' feedback to help them shape the new service which should be complete and implemented by September 2016.

SEND guidance

A new document has been published titled 'Developing Outcomes in Education Health and Care Plans' which parents may find useful. The LPCF has posted this in our library or through this link www.lincspcf.org.uk/LTLibrary_Date.php

The document gives definitions of what is meant by aspirations, needs, outcomes and provision. There are also examples on how these should be written in an Education Health and Care plan. To assist with reading this document, you will need to know the meanings of the following abbreviations:

- CoP = Code of Practice. This refers to the SEND Code of Practice which is statutory guidance related to the Children and Families Act 2014.
- SMART = Targets that are Specific, Measurable, Achievable, Realistic, Time-bound.
- SALT = Speech and Language Therapy
- LA = Local Authority

We hope you find this document helpful particularly for those parents who are currently going through a transfer of their child's statement of educational needs to the new Education Health and Care Plans.

CARE ACT

The Care Act came into force in April 2015 and it is a piece of law that complements the Children and Families Act 2014. It mainly focuses on carers for adults, however, parent carers are also identified as carers in this new law.

Local Authorities have a duty to assess carers' needs and their willingness and abilities to continue with their caring role.

The NHS choices website is a useful source of information which advises the following:

An adult caring for a disabled child can get support through children's services. This is usually the best way to meet their needs, so they are not covered by this Act.

However, there is provision in the Act for an adult carer of a disabled child to ask for an assessment of their caring needs before the child reaches 18.

When a local authority carries out such an assessment, it has the power to provide support to the carer, even though they are caring for a child, rather than an adult. This would, for example, enable a local authority to provide the support available through an adult carers' centre.

Factsheets about the Care Act can be found on the government website www.gov.uk/government/publications/care-act-2014-part-1-factsheets

Your Say

Every 6 months, the LPCF publishes what parents have had to say about their experiences of raising a child with Special Needs and/or Disabilities. Our latest edition of collated feedback has now been published covering information from October 2014 to April 2015. You can find this document in our library on our website.

Thank you for keeping us informed of your experiences. Remember that you can leave feedback through our website (go to 'Your Say') or you can talk to us face to face at one of our events or coffee mornings, or you can email your thoughts to us.

We appreciate all feedback; the good, the bad and the indifferent!

Thank You

DON'T DELAY! BOOK NOW FOR THIS EVENT...



Invites you to our
2nd County Coffee Morning
Friday 20th November 2015
11am to 1.30pm

Finch Hatton Arms
43 Main Street, Ewerby, NG34 9PH

This coffee morning is specifically for parents of children with disabilities and/or Special Educational needs. You may have previously been to one of our coffee mornings around the county or maybe you would just love to find out more about us. Here's your chance. Come meet us and you will be very warmly welcomed.

To book your place, please email: admin@lincspcf.org.uk or
tel: 0845 33 11 310 (leave a message)
and specify any dietary requirements by 15th November.

This invitation includes a FREE buffet lunch.
If you have to cancel at short notice, we would be very grateful if you could send a donation towards the cost of lunch.

We look forward to meeting with you.

IMPORTANT...

For our County Coffee Morning event (see above for details), we are dedicating representatives to specific areas of discussion. However, if you have questions on **educational matters**, then you will need to book an appointment which lasts 10 minutes. Should you wish to send in your question in advance, then please email us admin@lincspcf.org.uk

LOTTERY CLUB NEWS

August's Lucky Winners...

£50 – T Lord
£10 – E Cross
£5 – E Ormond

~oO~

September's Lucky Winners...

£50 – E Cross
£10 – P Wilkinson
£5 – M Cross

~oO~

October's Lucky Winners...

£50 – Caroline Prue
£10 – Tom Cross
£5 – M Spiteri

The odds are in your favour...this is a small lottery club and you have a high chance of winning. You don't have to be a forum member to join the lottery either. This is open to everyone that wants to help raise funds for our charity supporting families with children with SEN and disabilities.

The best news is, once we have more members, the prize money will go up! We would love your help to spread the news and attract more lottery club members.

If you'd like to join or buy an extra number, call 07593 553 609 or email carol.lotteryclub@gosberton.plus.com

We are now offering you the chance to subscribe for 3 months for only £13.

You can join via our website too!



**WANT TO GIVE A
LOVED ONE SOMETHING
DIFFERENT THIS
YEAR? OUR NEW
CHRISTMAS GIFT
VOUCHERS ARE HERE**

How to purchase: Contact us to purchase a lottery number, and we will send you this seasonal Gift voucher for you to personalise.

Easy Fundraising

Have you signed up for easy fundraising yet? It's the easiest way to help raise money for Lincolnshire Parent Carer Forum and it won't cost you a penny! There are NO catches either. If you already shop online with well known retailers e.g. Amazon, Sainsbury's, Asda and many many more, then you need to sign up for free to raise money while you shop.

Here's how it works:

You shop directly with the retailer as you normally would, but if you sign up to www.easyfundraising.org.uk/causes/lpcf for free and use the links on the easyfundraising site to take you to the retailer, then a percentage of whatever you spend comes directly to the LPCF at no extra cost to yourself. Donations come from the retailer making a contribution back to the community. Thank you in anticipation and happy shopping!

Our Contact Details:

To find out more about our coffee mornings or other events and activities, please use the email address or phone number below. If you phone please leave a message and we will return your call.

Website: www.lincspcf.org.uk

Tel: 0845 33 11 310

Email: admin@lincspcf.org.uk

Address: LPCF, PO Box 1183, Spalding, PE11 9EE