

PARENT PARTICIPATION NEWS

A NEWSLETTER FROM MENPHYS SPECIAL OUTREACH SERVICE, PARENT PARTNERSHIP AND THE PARENT AND CARER COUNCIL.

Volume 1. Issue 1. October 2010



TOGETHER FOR FAMILIES

Exciting developments in parent participation



Parents Forum Meeting, 28th June 2010

Welcome to our first newsletter. We hope you enjoy reading about the exciting developments and find the information helpful.

As part of the Aiming High for Disabled Children Programme Menphys SOS, Parent Partnership and the Parent and Carer Council are working together to develop Parent Participation in the County of Leicestershire.

The exciting plans began in June when parents and carers were invited to a meeting at Parklands Leisure Centre in Oadby. Information was shared about services and most importantly,

parents shared their views on Parent Participation and how to move forward.

Thank you to all that attended and shared your views.

“An exciting development”

Invited parent

Continued on page 2

get your voice heard!

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Leicestershire County and Rutland Primary Care Trust

Leicestershire County Council

AIMING HIGH FOR DISABLED CHILDREN



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Parents and carers were asked for their views on Parent Participation.

Several themes developed:

- Getting your voice heard.
- Information and Communication.
- Feedback.
- Support.
- Reaching Others.

These will now form the foundations of Parent Participation in Leicestershire.

What Next?

We are asking all parents and carers to complete the **MENU OF OPPORTUNITIES** (see below). If you have not already done so please complete the menu and return it to me.

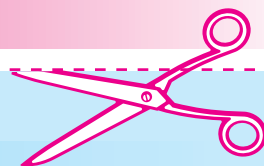
We are now planning the first **Parent's Forum**. It is a fantastic opportunity to get involved. If you would like more information about the forum please give me a call.

How you can help

- **Spread the word** about Parent Participation, the more parents and carers who enrol on the database the greater voice we have.
- Sign up to our **e-mail distribution list**. We regularly send out information to parents that can access e mail. Not only does this reduce costs we can get information to you instantly.

In order to register for our information e-mails please e-mail: Baylis.kirsty@menphys.org.uk

Kirsty Baylis, Parent Participation Coordinator, Together for Families
Watson Meeting Room, 20a Launceston Road, Wigston, LE18 2FZ. 0116 288 5353



Menu of opportunities

I would like to express an interest in:

- Receiving the newsletter
- Answering a questionnaire or completing a survey
- Receiving invitations to consultations
- Sitting on an interview panel
- Being involved in the training of others. E.G. childminders and foster carers
- Attending a regular meeting. E.G. Parent Participation Board.

Your Details

Mr Mrs Miss Ms

Name

Surname

Address

Postcode

Telephone

Email

Thank you

Aiming high short breaks in Leicestershire update

Dear Parents and Carers

I would like to thank all of you that were able to attend the Parent Participation event on the 28th June at Parklands Leisure Centre in Oadby, and in particular thanks to Kirsty for organising and planning the event.

The outcome for the future of parent involvement and participation in Leicestershire, is important to all of us that are involved in working with disabled children/young people and their families

I apologise to those of you reading this that did not attend as you will have already received some of this information, however, there were many parents and carers unable to make the event that should receive an up-date on progress so far, with the Aiming High short break agenda.

Aiming High for Disabled Children: Better support for families (2007) set out the previous Governments vision of the transformation of short break services for disabled children and their



families, which needed to include a range of provision from universal services to specialist provision, depending upon need and that any changes should include consultation and participation of disabled children, young people and their families.

Our consultations have involved the following:

- Face to Face meetings with the countywide family support groups.
- On line questionnaire on Aiming High website-80 responses.
- Looking at current demand for services /waiting lists.
- Obtaining feedback from organisations/agencies.
- Data from InfoXchange.
- Direct consultation with 184 Disabled children/Young people.

Priorities for disabled children and families include the following:

- Universal Leisure facilities in localities particularly changing rooms and swimming pools as although DDA compliant are not meeting need.
- Information at the time it is needed which is easy to find and accessible.
- More weekend and holiday schemes, inclusive and Specialist.
- More information on accessing direct payments for flexible support.
- Families not sure where to go for advice and information/support groups.
- Lack of appropriate equipment for a short break to occur/costs.
- Flexible local provision with trained staff in support.

- Sibling support groups.
- Overnight breaks **when needed**.
- Practical support within the home.
- Family days.
- Safety of children.

Disabled children and young people stated they liked the following activities for short breaks:

Swimming, computers, being outdoors at the park, sensory play, arts and crafts and family activities. Most disabled children and young people want to enjoy short breaks with their friends and families.

We continue to work on all the areas that have been identified by parents, carers and children and the full Delivery plan of how this is to be achieved will be published on the Aiming High website shortly. The Grants for Capital and Revenue funding has proved so far to be very successful with providers bidding for funding to develop provision within local areas, and we are working in partnership with the District Councils to look at facilities for increased inclusion in leisure facilities.

For more information please look at the website http://www.leics.gov.uk/aiming_high_for_disabled_children.htm

Or contact any of the organisations that attended the parent participation event. Many thanks for reading this up-date.

Julie Knight

Service Manager
Disabled Children





Menphys SOS News

“Choice, opportunity and inclusion”

Menphys SOS provides support to children and young people aged 0-19 with complex health needs, disabilities or special educational needs and their parents/carers.

The services we can provide in Leicestershire include:-

Early Support

Key working and coordination service

Benefits and Grants

Support in claiming disability related benefits and grants

Family Support

Through home visits and county wide support groups

Taster opportunities scheme

Inclusion into sport play and leisure activities

Family activity days

Splosh and Nosh swim parties and multi activity days

Summer Playschemes

Support to access specialist summer Schemes

Update

Last year brought exciting developments, achievement and some challenges for Menphys SOS and the families we support. Like many services and organisations we had to go through a re-organisation to manage the difficult financial climate. Despite this and through generous support from Leicestershire County Council Aiming High money we have continued to be able to fund our ever popular ‘Taster Sessions’ and ‘Family Activity Days’.

Early Support

aims to improve the quality, consistency and coordination of services for children with disabilities and their families across England. In Leicester, Leicestershire and Rutland in partnership with Menphys SOS Early Support is used to provide family key Working and co - ordination for children and young people aged 0-19 who have complex health needs, disabilities or special educational needs.

In 2009 – 2010 Menphys SOS (Leicestershire) received 83 new referrals for Early Support.

Early Support does it make a difference?

- I was treated as the ‘expert’ of my child
89.1% parents agreed
- I was able to say what was important to me about my child’s needs
94.45% parents agreed
- I felt supported by my Key Worker and those working with my child
92.73% parents agreed
- My Key Worker helped to co-ordinate services for my child
90.91% parents agreed
- I felt part of the Early Support meetings and my views were acknowledged and listened to
94.94% parents agreed

Parents/carers comments about Early Support

“The service is invaluable to my family and myself in coordinating and putting in place support, equipment and professionals to help make life easier”

“The service has made a huge difference to our lives and has taken a big weight off my shoulders”.

“Can’t rate the service highly enough a vital service. This is the holistic approach. Very professional, well done“

“It does what we cannot do - that is getting everyone together to have a rational conversation based on evidence”.



Contact us

Hinckley Office: **01455 899111**
Wigston Office: **0116 2885353**
Melton office: **01664 483315**
City Office: **0116 2823659**

www.menphys.org.uk

Sport, play and leisure activity

89 children were included into a taster activity of their choice, learning new skills in activities such as quad biking, dancing, singing, rock climbing, 1:1 music lessons, swimming and horse riding. This is compared to 56 children in the previous year.

260 children were joined by their families at our Family Activity Days. These included 'Splosh and Nosh' swim parties, Multi Activity and Ice skating events held around the county.

In March and April we put on two Ice Skating and

Participation days. A graffiti wall was put up enabling parents and children to express their views and the things they needed. Very clear messages were given and these views are being listened to in the first instance by The Aiming High Implementation Group.

GRAFFITI WALL

More disabled changing facilities nationwide - changing your child on a toilet floor is not acceptable!

ACTIVITIES FOR TEENS

I love lots of lights and music!

make the disabled facilities great (not left of a bottle - we have enough to deal with)

Swimming

As a family we want to do as many activities as possible together abled or disabled. It's not what can we do? We want help to just do it!

HORSE RIDING WOULD BE GREAT NOW THAT THE WEATHER IS GOING TO BE GOOD!!

Our Plans for 2010 -2011

We have further activity days planned to which you will be invited. If you are parents/carers who are not on our mailing list database already please feel free to contact us on **01455 899111**.

We would love to hear from you!

Welcome to the new members of the SOS TEAM

Alice Anderson
Lorraine McCollin
Stephanie Wakelin
Amy Henson

Fiona Rodrigues
Kirsty Baylis

Family Outreach Worker for Melton
Family Outreach Worker for the City and County
Family Outreach Worker for Rutland
Family Outreach Worker for North West Leicestershire
Covering the maternity leave for Jody Tysoe
Early Support Administrator for the City
Parent Participation Coordinator

Lyn Edwards

Service Manager, Menphys Special Outreach Service



Leicestershire Parent Partnership Service

Information leaflets

The Parent Partnership Service has a resource of a number of information and advice leaflets/publications including:

- Support for your Child
- Special Educational Needs - A guide for parents
- SEN in Leicestershire
- Improving Behaviour & Attendance – guidance on exclusion from schools and pupil referral units

If you would like a copy of any of these or other leaflets/publications, please contact the service

Leicestershire Parent Partnership Service

Parent Partnership Co-ordinator

Helga Gardiner

Parent Partnership Officers

Lisa Masterson and Karen-Marie McPherson

Clerical assistant

Kim Boyce

Parent Partnership Services (PPS) are designed to ensure that parents and carers of children with special educational needs (SEN) have access to information, advice and guidance on SEN matters to allow them to make informed decisions about their child's education. PPS can also help prevent difficulties from developing into disagreements. The SEN and Disability Act 2001 made PPS statutory, with LA's having a duty to ensure that any parent within their authority is given advice and information about their child's SEN.

Leicestershire Parent Partnership Service is a confidential and impartial service that supports families who have children with Special Educational Needs. We support families of children and young people aged 0 to 19 years with any educational issues. They do not need to have a statement of special educational need or a medical diagnosis of disability.

We may help in a number of ways, including:-

- Advice and information over the telephone
- To meet with a Parent Partnership Officer in person
- Support at meetings with school/local authority
- Help writing reports
- Free workshops/training on different issues re SEN

We also offer family drop-in groups and an outreach service in various locations around the county. (please contact the service for further details)



Parent Partnership Service
Bungalow 1
Blaby Stokes Primary School
Queens Road
Blaby
Leicestershire
LE8 4EG
Tel. no: **0116 2752097**
Email: **parent-partnership-service@leics.gov.uk**

Frequently asked questions

Q: What are special educational needs (SEN)?

A: Your child may need extra or different kinds of support from the other pupils at school. It may be that he/she has a problem that you already know about, for instance, some difficulties with eyesight or hearing, or with getting about. For some children, being at school gives them challenges to do with getting on well with others, taking turns, playing outside, coping with the noise and activity they suddenly find all around them. For others, learning to read, to write and spell, or to do maths, as well as all the other subjects in the curriculum, may present difficulties at some time during their years at school.

Q: I am worried that my child is making less progress than other children in class. What should I do?

A: It is important that you discuss this with your child's school setting. Make an appointment and explain your concerns as fully as you can. It may help to make a list of all the things that you would like to talk about and take it to the meeting with you. You are an important source of information and the school should seek to work actively with you. Record your observations of your child's progress and keep as fully informed as possible about the things that are being done to meet your child's needs.

Q: How do I know that the school will meet my child's needs?

A: Parents are encouraged to visit any school they are considering for

their child. A lot of schools will have an open evening for prospective pupils. As well as having a guided tour of the school and looking at the facilities it is a good idea to arrange to meet the school Special Education Needs Co-ordinator (SENCO). They are the person who will have a role in ensuring what is provided meets the needs of pupils with SEN. They will also know about school policies and practices. Another way to find out about the school is to read the school SEN policy and others like anti-bullying and anti-discrimination policies. The school's Ofsted report will also be a good source of information, so will speaking to other parents and pupils and looking at the website.

Q: Who is ultimately responsible for ensuring that a child's school abides by the SEN Code of Practice, for example, organising review meetings and requesting statutory assessment?

A: The head teacher is responsible for implementing the SEN Code of Practice, although this is often delegated to a member of staff known as the SENCO.

Q: What does exclusion mean?

A: Permanent exclusion means a pupil must not return to the school he/she was permanently excluded from. In addition, a fixed term exclusion is for a set period of time, an indefinite exclusion means no date has been set for the pupil to return to school. However, this is unlawful and a lunchtime exclusion is counted as a half-day exclusion.

Q: What can I do if school asks me to take my child home at lunchtime?

A: There may be times when school will ask you to collect your child at lunchtime. As a "one off" this may resolve a specific incident. If, however, you are being asked to do this on a regular basis it should only be as part of an agreed arrangement to provide support for your child. The head teacher should tell you how many days they want your child to go home for lunch and what arrangements they intend to put in place to enable your child to stay for lunch in future. If this is not provided then this means your child has been excluded from school at lunchtime which should be recorded as a half day exclusion.





TOGETHER FOR FAMILIES

Family Support Groups

Support for families with children and young people aged 0 – 19 years with additional needs or disabilities

COALVILLE

SureStart Warren Hills Children's Centre
Stamford Drive, Coalville

4th Thursday of month term
time from 1pm to 3pm

23rd	September	2010
28th	October	2010
25th	November	2010
27th	January	2011
24th	March	2011
26th	May	2011
23rd	June	2011

HINCKLEY

SureStart Children's Centre
Granville Road, Hinckley

3rd Wednesday of month
term time 10am to 12pm

22nd	September	2010
17th	November	2010
15th	December	2010
19th	January	2011
16th	February	2011
16th	March	2011
18th	May	2011
15th	June	2011

WIGSTON

Menphys Centre
Launceston Road, Wigston

2nd Friday of month term
time 10am to 12pm

10th	September	2010
8th	October	2010
12th	November	2010
10th	December	2010
14th	January	2011
11th	February	2011
11th	March	2011
8th	April	2011
13th	May	2011
10th	June	2011
8th	July	2011

MKT HARBOROUGH

Congregational Church Centre
Bowden Lane, Market
Harborough

3rd Tuesday of month term
time 10am to 12pm

21st	September	2010
16th	November	2010
21st	December	2010
18th	January	2011
15th	February	2011
15th	March	2011
17th	May	2011
21st	June	2011

LOUGHBOROUGH

SureStart Shelthorpe Children's Centre
Woodthorpe Road,
Loughborough

4th Friday of month term
time 10am to 12pm

24th	September	2010
26th	November	2010
28th	January	2011
25th	March	2011
27th	May	2011
24th	June	2011

MELTON

Melton Carnegie Museum
Thorpe End, Melton
Mowbray

1st Wednesday of month
term time 10am to 12pm

6th	October	2010
3rd	November	2010
1st	December	2010
2nd	February	2011
2nd	March	2011
6th	April	2011
4th	May	2011
6th	July	2011



Parent and Carer Council

We are a supported network run by Parents and Carers specifically for Parents and Carers.

- We all have children who are affected by disability or Special Educational Needs.
- We work alongside Childrens & Young peoples Services and Health.
- We voice Parent/Carer views through the various working groups that our parent representatives attend throughout the County.
- We are all committed to improving the quality and range of services for all our disabled children and families.
- We provide information and support through home visits and information sessions.
- We want to hear what works well for you.
- We want to hear what you think we should change.
- Service providers consult with our groups on issues that have an impact on disability and Special Educational Needs.

Leicestershire County Council in Partnership with the Parent & Take a Break Scheme For Carers who have Children & Young

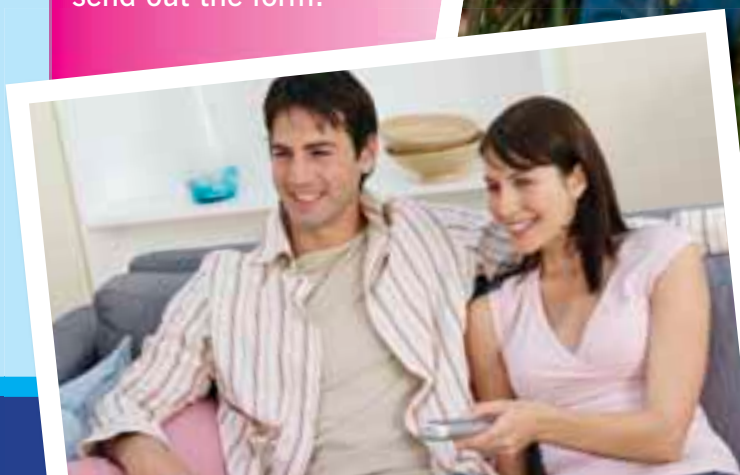
What is the Take a Break Scheme?

The Scheme provides a one off payment to parent/ carers living in Leicestershire. The TAKE A BREAK GRANT carers is now available for this financial year April 2010 until March 2011.

Any family, with a child age 0-18 with a disability and claiming at middle rate or higher rate and who are receiving no other's Social Care Service such as respite or home care can claim.

For this year **ONLY** the annual award has gone up to £250 for families who receive higher rate and to £200 for families receiving middle. This is because Leicestershire County Council have boosted the Take a Break funding with some Aiming High funding for disabled so that more parents can benefit from short breaks.

Application forms will be available at all the Drop in Support Groups or e-mail enquiries@parentcarercouncil.co.uk. You can also leave a message on 07968 857 598 or 07870 688 973 leaving your full name, and postcode and we will send out the form.



Carer Council 2010/11
People age 0-18

Take a break scheme

The payments should be primarily used to fund summer activities/ play schemes to suit your requirements, or flexibly to pay or contribute towards a service which constitutes a break for you from caring.

For example, payments can be used towards the cost of a holiday for your child or additional costs of taking someone on a family holiday to look after your child; purchasing out of school activity support or purchasing equipment which would give you a break.

How to apply

All applications will be processed by the Parent & Carer Council who will:

- Check and confirm your details and see proof of your DLA. (YOU MUST PRODUCE THIS)
- Confirm how you would be using the payment;
- Confirm that only one application is being made per child in the current financial year.

- Pass on your details to Children's Social Care Section to confirm you have not received other services over the previous 12 months and for a cheque to be sent directly to you.

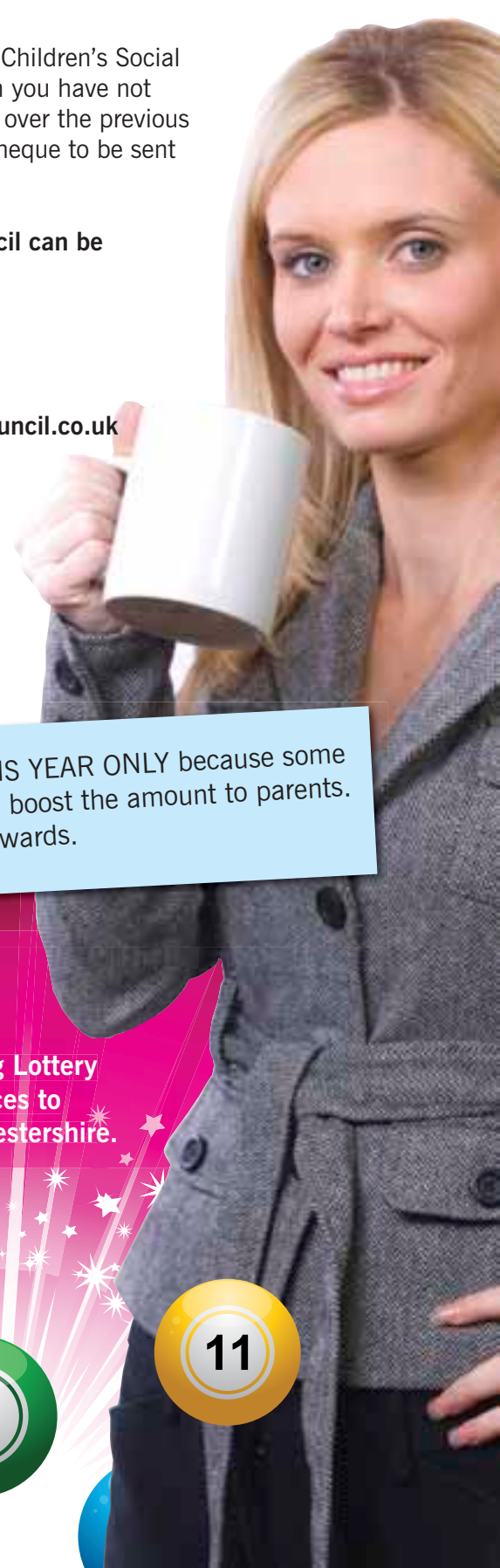
The Parent & Carer Council can be contacted via:

PCC (LLR)
POBox 9237
Loughborough LE11 9FQ
enquiries@parentcarercouncil.co.uk

Please note:

This grant is only administered by the PCC on behalf of Leicestershire County Council Childrens Services, We do not hold the funds.

N.B There will be a delay of 4-6 weeks between applying and receiving your cheque whilst checks are carried out.



TAKE A BREAK AWARD amounts for have been increased FOR THIS YEAR ONLY because some of the Aiming High for Disabled Children Funding has been used to boost the amount to parents. This means just over 500 families will benefit from Take A Break awards.

STOP PRESS!!!!

The Parent and Carer Council now has charitable status and are in a position to apply for Big Lottery funding and other funding sources to continue their work across Leicestershire.

OPPORTUNITIES TO GET INVOLVED

The Parent and Carer Council have a part time volunteer coordinator who has been busy recruiting volunteers to the organisation, if you are interested please email jenny@parentcarercouncil.co.uk



Family Information Service (FIS)

The FIS is a free helpline service that provides impartial information, advice and guidance to all families who have children aged 0-20 years.

The FIS also provides this service to practitioners who work with families and carers.

We offer free and impartial advice, assistance and guidance to families and practitioners to help them find the right information or signpost to other family support services.

A starting point for anyone looking for information should be FIS web pages on the Leicestershire County Council website. Here you will find online resources that will

help you find and access relevant information and services.

Our Parenting Top-Tips provides information on all aspects of family life. The information is split in to three age ranges; 0-5 years, 5-13 years and 13-19 years. The top-tips have five broad themes that cover lots of subjects and issues that face families, which both families and staff can refer to. The top tips are really easy to use and give you access to other websites and resources that provide family information.

Another resource is Leicestershire Family Information Directory.

This websites' aim is to be a 'Google' for families and practitioners to find support services and organisations both locally and nationally.

family
information

Visit our pages at www.leics.gov.uk/family or contact the helpline on 0116 305 6545 to find out more

MENPHYS NEWS

Dear Parents

As a friend of Menphys I am writing to thank you for your support in our recent fundraising activities.

Apart from the various events that we hold on a regular basis, such as the Menphys Walk, Carol Concert, Fetes etc. we are also keen to develop our corporate fundraising activities and also increase the number of collection tins out in the community.

If your employer chooses a charity of the year, could you help by nominating Menphys? Alternatively you may be able to place a collection tin at your local shop, restaurant, pub or retail outlet.

Please feel free to contact me if you feel that you have an opportunity to promote Menphys in this way. This type of fundraising represents a very important contribution towards the £500,000 that Menphys needs every year, to maintain and develop our services for disabled children and their families.

Yours sincerely,

Kerry Giles

Kerry Giles, Fundraising Volunteer Co-ordinator
Menphys. tel: 0116 282 7225

scope

face2face

Parents supporting Parents of Disabled Children

As a parent of an 11 year old boy with cerebral palsy, I can remember so clearly the feelings of isolation and grief that I felt when we were given the diagnosis at 18 months.

I didn't know any other parents who had children with the condition, so I felt really cut off from my friends and didn't feel that I had anyone that I could share my fears and negative feelings with.

How I wish I had known about Face 2 Face then. This is an organisation of trained volunteer befrienders (all parents of children with special needs themselves) who offer emotional support on a one-to-one basis to other parents whose children (from 0-19) have been recognised as having a special need or disability. When I contacted them, after finding out about the service a few years ago on the internet, I found out that there was a network of local schemes, but unfortunately not one in Leicestershire.

I felt that this was such a worthwhile service, so went on the training to do online and telephone befriending, until last year I was very fortunate to be offered the role of coordinator to help set up a Face 2 Face scheme in Leicestershire. We now have eight trained volunteers, with nearly all of them currently befriending parents.

The volunteers go to meet with the parent at home, to give the parent

a chance to talk to someone who will listen to them, without the fear of being judged, by someone who has an unspoken understanding of the issues that they have to face on a daily basis. Being able to share the fears and thoughts that you have been keeping to yourself can feel like a real weight has been taken off your shoulders, and can help you feel a bit more positive.

The need for emotional support is something that can all too easily be overlooked, but the lack of it can have such a negative impact on the family as a whole. There is nothing wrong with asking for help: it means you are taking a step in the right direction.

Anyone who feels they could benefit from the service, or if you are a mum or dad who is interested in becoming a befriender, then I would love to hear from you.

Fiona Burton

Fiona Burton
F2F Leicestershire Co-ordinator
Tel: **07736 730 978**
Email: fiona.burton@scope.org.uk
www.face2facenetwork.org.uk



Thank you from Frances Craven

I would like to thank you for taking part in the consultation events which took place around the county, asking for your views and experiences of the SEN and Disability services in Leicestershire. The information you gave will be very helpful in developing Leicestershire's new SEN and Disability Strategy.

We would value your on-going support in developing the Strategy, and will again ask for your views when a draft of the Strategy has been developed.

Thank you for sharing your personal experiences and helping us improve our services to families of children and young people with SEN and Disabilities in Leicestershire.

Frances Craven



Keep safe cards now available to disabled children and young people

Keep Safe Cards are now available to all disabled children and young people in Leicestershire.

The card comes in a plastic wallet and can be kept in a purse, wallet, bag or pocket. The Keep Safe Card opens out and has room for important information, like medical and contact details, which could help in an emergency.

The Keep Safe Cards have the backing of the emergency services and are funded for disabled children and young people by the Leicestershire Learning Disability Partnership Board, Leicestershire County Council and Connexions. More information about the Keep Safe Cards can be found on our website, www.betterlives.org.uk.

REALITY

Supporting Parents/Carers & Individuals with Autism

C/o Leisa Smith Tel: 07912850517

Reality is a support group for parents/carers of children who have Autistic Spectrum Disorders.

Reality holds monthly meetings where you will meet other parents/carers.

Professionals are often invited to meetings to talk to us about various subjects that may be of interest to you and your family. We always welcome new members to our meetings and future dates are as follows.

Thursday 14th October 2010
Thursday 11th November 2010
Thursday 9th December 2010
Thursday 13th January 2011
Thursday 17th February 2011

If you would like to join us for a coffee and a chat, the meetings are held at New Parks House / Parkfield School, Pindar Road, New Parks, Leicester LE3 9RN

Meetings start at 11am and are usually finished by 1pm. Childcare workers are available to entertain your children.

Members also have the use of the super toy and book library at New Parks House.

Reality also organise trips and activities for your children/family – this summer we will be going to Thorpe Park, Drayton Manor and a trip to the seaside – in order to access these you must be on reality's database.

Your keep safe card



connexions
LEICESTERSHIRE



Leicestershire
County Council

Open the card for contact details



This was made easier to understand by Leicestershire Valuing People Team using CHANGE picture banks

Cards are available, **FREE OF CHARGE**, from the Valuing People Team, tel: 0116 305 7992

REALITY is one of many Autism support groups available to parents and carers in the City and County. For more information please contact the Leicestershire Branch - National Autistic Society (LNAS) on **0116 291 6958**, or visit www.leicestershireautism.org.uk

Useful websites and numbers

MONEY

www.familyfund.org.uk

Benefits enquiries
0800 088 2200

Complete your DLA online at www.direct.gov.uk/en/DisabledPeople/FinancialSupport

OUTINGS AND HOLIDAYS

www.harriet-davis-trust.org.uk/wheelabout.html

The Trust provides four self-catering holiday houses in Pembrokeshire, UK for families with disabled children at economical prices.

www.ceacard.co.uk.

Cinema card.

EDUCATION

www.nasen.org.uk

National Association for special educational needs

www.ace-ed.org.uk

National charity that provides advice and information to parents and carers on a wide range of school based issues

www.parentlineplus.org.uk

National charity providing help and support. Also helpline **0808 800 2222**

www.beyondbullying.co.uk

Online Leicestershire information service for young people, parents and professionals seeking guidance on bullying.

www.allfie.org.uk

Alliance for Inclusive Education

Education Psychology.

Phone line for parents to ring and ask questions.
0116 305 5100 County.

ADVICE AND ASSISTANCE

www.ipsea.org.uk

National charity providing free legally based advice to families who have children with special educational needs.

www.childrenslegalcentre.com

National charity concerned with law and policy affecting children and young people.

GENERAL

www.ncb.org.uk

National charity which supports children, young people and families

CONTACT A FAMILY

www.cafamily.org.uk or freephone helpline **0808 808 3555** (9.30-5 Monday to Friday). Contact a Family also has a number of helpful guides.

www.adhdsolutions.org.uk

ADHD information and support

www.cerebra.org.uk

Charity set up to help improve the lives of children with brain related conditions through researching, educating and directly supporting

children and their carers. Also Parent Support Line **0800 328 1159**

www.mind.org.uk or

MindinfoLine **0845 766 0163**. National mental health charity.

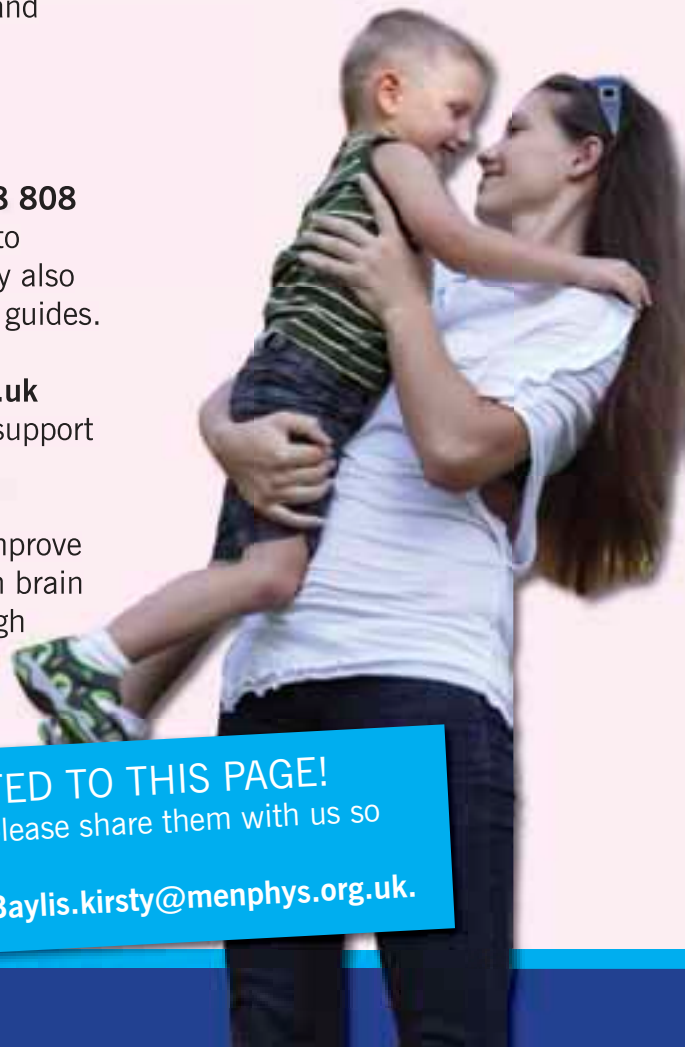
www.edcm.org.uk Every Disabled Child Matters (EDCM) is the campaign to get rights and justice for every disabled child.

www.afasicengland.org.uk

Information about speech and language impairment.

www.claspthecarerscentre.org.uk

Local charity which was set up in 1994 to provide a wide range of support services for carers living in Leicester, Leicestershire and Rutland.



THANK YOU TO EVERYONE THAT CONTRIBUTED TO THIS PAGE!
If you know of websites or help lines that have helped you please share them with us so that we can let other parents know.
Please contact Kirsty Baylis on **0116 288 5353** or email Baylis.kirsty@menphys.org.uk.

DID YOU KNOW?

Parents and carers often have to rely on a chance meeting with someone to find out information. This newsletter gives us an opportunity to share that information so that it reaches a wider audience. Thank you to all of you that provided this information to share with others.

CHARNWOOD SWIMMING CLUB FOR THE DISABLED

Fun for ALL of the Family. 50 pence a session. Qualified coach. Sundays 6-7pm. Charnwood Leisure Centre, Loughborough For more details contact Ellie on **07867 960 348**

www.merlinsmagicwand.org

Merlin's Magic Wand charity has been established to provide experiences for disadvantaged children primarily at attractions within the Merlin Group.

The "DID YOU KNOW?" page will be a regular feature in the newsletter. Please share information that has helped you with others. Please contact us to tell us about it.

There is a Special Needs Section on **MUMSNET** where you can get advice from other parents and share experiences. See www.mumsnet.com/special-needs

Odd Shoe Scheme at Clarks.

Clarks can supply most of the shoes in their catalogue in unmatched pairs. If they are in stock. They charge 25% on top of the usual price for children's shoes. It's best to call in advance to make an appointment for a weekday.

Aylestone Park Football Club have a great inclusive section. See www.aylestoneparkfc.org.uk or call Ian Smith on **07745 842 278** for more details. For other clubs see www.leicestershirefa.com

The Downs Syndrome Support Group

meets every second Friday of the month 10-12 at Netherall School. Please call **07757 800 312** for more information.

Interested in joining a **DRAMA GROUP?** Parents are trying to find out whether there would be interest in a drama group in the County. For more details please contact Kirsty Baylis on **0116 288 53 53**.

Contact Us

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20a Launceston Road
Wigston
Leicester
LE8 2FZ

Phone: 0116 288 5353
Fax: 0116 288 3837
Email:
baylis.kirsty@menphys.org.uk

get your
voice heard!

If you run a club or group and want to tell other parents about it, please let us know and we can share that information with others