



# Network Newsletter

Issue No. 21 Feb/March 2010

## Dads Sunday Fun Day - A free event for the whole family

IN-PACT and Aiming High for Disabled Children are holding three family fun days across Northumberland. IN-PACT have regular contact with lots of mums but they realise the valuable contribution dads and grandparents make to family life. So why not join them on:

Sunday 28th February at Ashington Children's Centre 1–4pm

Sunday 7th March at Priory School Hexham 1–4pm

Sunday 18th April at The Swan Centre, Berwick 1–4pm

Why not come along for an afternoon of free family fun and activities with Krazy Kev - the balloon man. Create marvellous creatures with **twOttOdo**. Make your own sweetie tree and lots more.

Help **DAD!!!!** - to cook and decorate the best microwave cake in our 'Big Cook Little Cook' competition!! Have a **Family Photo Shoot** with our professional photographer and much more!

There will be lots of **information on local and national services** for families who have children with additional needs.

A selection of tea/coffee, soft drinks, cakes and scones will be available throughout the afternoon for mums, dads and grandparents and as well as snacks for children and young people.



**Aiming High**



Disabled Children  
& Young People  
Northumberland  
Northumberland County Council

All IN-PACT ask is that you give them a call  
and let them know you are coming.

Telephone INPACT on 01670 851816

  
action for  
children  
IN-PACT

# Dyslexia North East

Dyslexia North East is a group of volunteers who offer support and help for families, teachers and health care workers who are involved in caring for children affected by dyslexia, dyspraxia, ADHD and autism.



They meet on a regular basis in term-time for educational meetings with speakers, and also Workshops at other times in Libraries and Schools. They have resources and books to lend out to parents and families, and offer advice and information.

## PROGRAMME FOR 2010

March 4<sup>th</sup> ..... Susanna Brown - Physiotherapist and Sarah Pascal - Occupational Therapist - Sharing Tips on helping Children at Home and School

APRIL ..... EASTER Holidays - Activities to be arranged :- Workshops/ Barebones Story Walk and Ace Dictionary.

May 6<sup>th</sup> ..... Psychological Solutions - Roger Makepeace Clinical and Occupational Psychologist

June 10<sup>th</sup> .... Open Forum and Puzzle Games. Try your hand with Games and tips to help with Numeracy and Reading

All meetings, unless otherwise stated, are held at Royal Grammar Junior School, Lambton Rd, Jesmond NE2 4RX - on Thursdays from 6.30 - 8.30pm

Saturday July 3rd - special conference - "dyslexia matters" - at Centre of Life in Newcastle upon Tyne, From 9am - 4.00pm

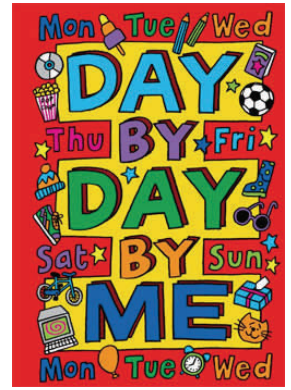
Membership is open to anyone - and is £10 donation per family per year ! You can join at a Meeting, or by email from the website

INFORMATION - please check [www.dyslexianortheast.org](http://www.dyslexianortheast.org)

**Contact details : Liz Ferguson 0786 826 3696**

## Epilepsy Charity launches pioneering children's seizure diary

A brand new seizure diary for children with epilepsy has been launched by the National Centre for Young People with Epilepsy (NCYPE). The fantastic new diary has been especially designed for youngsters aged 5 to 10 and is filled with fun activities.



The first one of its kind in the UK, the diary has space for recording seizures in a fun way - a vital help to doctors in diagnosing and managing epilepsy. The diary came about when a mum of a child with epilepsy, Caroline Muir, attended the NCYPE's Families Conference in 2008. Caroline had the idea and spoke to NCYPE staff members about it. The diary is available free of charge by calling 01342 832243 ext. 296 or by emailing [info@ncype.org.uk](mailto:info@ncype.org.uk)

## Action for Children IN-PACT online forum



action for children

**In-pact**

The Parent Carer and Professional Forum is a partnership between parents, professionals and the voluntary sector. It meets three times a year during term time to discuss issues raised by parents in Northumberland that are specific to children with additional needs and disabilities. It ensures that parents in the county have a voice and a say in the way that services are planned and developed. The forum has strong support and commitment from the FACT (Family and Children's Trust).

The IN-PACT online forum is another way of parents and carers 'having a say' if you can't attend meetings in your locality. You can register and log in with a password and leave a message about a particular concern or issue that might be affecting your child with additional needs. This might be about health, education, short breaks, anything affecting your child. IN-PACT will take issues forward to locality meetings or the main forum where there may be parents with similar issues to discuss. To learn more about the Forum click on the link or go to the participation pages on the website.

For more information, contact IN-PACT on 0-1670 857816.

To leave your comments visit the form at

[www.in-pact.org.uk/forum](http://www.in-pact.org.uk/forum)

## Advice booklets for parents on educational issues



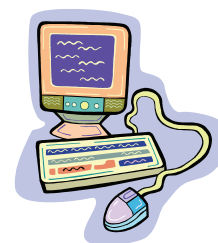
ACE provides free independent advice and information for parents and carers in England and Wales on a range of state education and schooling issues.

They have several booklets available to download from their website [www.ace-ed.org.uk](http://www.ace-ed.org.uk) on issues such as Appeals, Admissions, Disability discrimination etc..

To contact ACE for general advice tel:0808 800 5793  
(Mon to Fri 10am-5pm)

## Get on in School, Get online at home

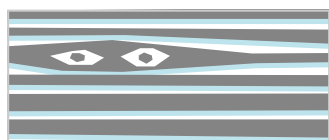
Home Access is a government drive which will help low-income families to get access to a computer and the internet to get online at home.



If you are a low income family in receipt of certain benefits you could qualify for a grant to buy a computer and/or a minimum of one years' internet access. The programme is aimed at those that need it most and targets families that do not have access to a computer or the internet at home.

If you think you are eligible for a Home Access Grant and would like to apply please call the Home Access Grant Helpline on 0333 200 1004 for an application form.

## Hidden Dys-Ability Support Group



This support group is for the parents and carers of children with disabilities and additional needs. The group meets on the first Tuesday of the month at the Mitchell Memorial Hall, Berwick from 6.30pm - 8.30pm.

They provide support and training sessions for parents and carers of children with a wide variety of disabilities such as autism, ADHD, Asperger's Syndrome, epilepsy, challenging behaviour, dyslexia and dyspraxia. Hidden Dys-Ability also run a nurture group which meets every Thursday 10am - 12pm in the family room at Spittal First School.

Contact Elizabeth Richardson for more information on 07739 830110.

## Aiming High for Disabled Children

At the Aiming High service provider event in December a key issue was raised by both parents and service providers relating to skills and competencies of staff providing short breaks to disabled children and young people.

The issues were:-

Service providers felt that they had:

- Limited access or no information on training opportunities to improve skills and competencies.

Parents felt:

- A lack of TRUST to use certain services due to staff limited knowledge of child's disability.



Aiming High for Disabled Children is holding a training information event at Longhirst Hall 9.30am - 2.00pm on Tuesday 2nd March 2010.

This is a fantastic opportunity for service providers and parents to find out how the Local Authority and Health Authority are working together, to provide the appropriate training, supporting providers to up skill, promoting parental trust in quality short break services.

If you would like to attend this event please contact Jackie Stanton or Judith Dennis, Aiming High Administration Team Tel: 01670 516131  
Email: [Jacqueline.Stanton@northumberland.gov.uk](mailto:Jacqueline.Stanton@northumberland.gov.uk)

## Y.E.S - Youth Enabling Service

Y.E.S is a new youth enabling service for young people who have additional needs aged 14-18 years.

Designed to give short respite to families and social engagement either in the home or within the local community. Enablers are fully trained and experienced, they will be matched accordingly to young people on likes and interests.

Enablers will be police checked, they will encourage and support young people to experience and learn new life skills and develop existing skills. Although this service is subsidised, there is a small charge for this service.

For enquiries and bookings contact Judith Rutherford on 01670 531 843 or 07957 336 845 or email: [judithrutherford@trinityyouth.org.uk](mailto:judithrutherford@trinityyouth.org.uk)

## Day in life Education Psychologist

We asked one of our local Educational Psychologist to tell us about a typical day in her life:

All our work aims to support children and young people to live and learn in their own families and communities, and to grow up and have successful adult lives. Alongside parents, carers and many other support services, we play our part by applying our skills and knowledge of psychology with a particular focus on education and learning.

Traditionally EPs did a lot of assessment of individual children's needs, but much of this is now carried out in schools and early years' settings. We continue to have close links with schools where we do a lot of our work, but also link more widely with families and other services in their communities. Now there is much more emphasis on *inclusion* - on preventing difficulties from happening in the first place, on 'fixing' things in the environment that are barriers to children learning and growing up successfully, as well as 'fixing' these skills that a child is finding more difficult to develop.

Today an EP in Northumberland is most likely to be working in a 'consultative' way

- Our work will nearly always start with a 'consultation' discussion with the key people who have the idea or the concern, such as a parents or carer, school or other staff , and (if it concerns them) the child or young person where ever possible too - to make a plan and agree what each of us will do
- We may offer to do any of a whole range of things, such as whole-school training, working with groups of staff to develop their practice, observation of a child or classroom teaching and feedback to the class teacher, visiting a parent or carer at home, working 1:1 with the child or young person, attend a future review, some research - what ever it takes!

We also work 'behind the scenes' to develop county-wide approaches to support children and young people, such as for children in care, migrant families, when critical incidents or bereavement occur, and much more.

To read the full article visit [www.in-pact.org.uk](http://www.in-pact.org.uk) and check out the information section you will find the full article in the Health Section.

## What's on the Web

The internet is full of fantastic resources for families of children with additional needs. Below is a selection of information that can be found on various websites.

If you know of have any good websites that you would like to share please contact IN-PACT on 0160 857816.

### Mencap Plannet

Plannet is a unique interactive and accessible online tool for young people with learning disabilities. Plannet aims to introduce self-directed support and individual budgets to young people in an easy and fun way using multimedia. To visit the site go to [www.plannet.org.uk](http://www.plannet.org.uk)



### Prepared for the Future?

Prepared for the future is a new booklet from the Foundation for People with Learning Disabilities. It gives information to prepare families for when a young person with a learning disability is leaving school or college

To download your free copy visit [www.fpld.org.uk/publications](http://www.fpld.org.uk/publications)

### Ask Sara—advice about daily living

[www.asksara.org.uk](http://www.asksara.org.uk) is an online advice tool from the Disability Living Foundation that gives you information, advice and product suggestions on topics such as bathing, household tasks, medication, hearing and vision. Click on your chosen subject, complete a short online assessment and they supply

**AskSARA**

Guided advice about daily living

you with an immediate report containing suggestions and products that make daily living easier.

### Cash Counts—The new Contact a Family Web Service

Contact a Family have just launched a new online one-stop shop for benefits, advice and money tips for families with disabled children.

It includes an online benefits calculator, allowing families to work out how much they are entitled to; A top tips guide on the benefits available to families with disabled children written by the Contact a Family helpline and a frequently asked questions page to help families navigate the complex benefits system.

Go to [www.cafamily.org.uk/cashcounts](http://www.cafamily.org.uk/cashcounts)

**contact a family**  
for families with disabled children

## Blue Badge Map

The government website Directgov launches an online map packed with accessibility information. The blue badge is a parking concession which many disabled people can apply for including children. It gives disabled drivers, more options to park and finding a place to park just got easier with the Blue Badge Map.



The map is available online at the Directgov website. Additionally the map shows accessible public toilets, including changing places toilets, shopping mobility centres and even accessible beaches.

You can search the map by entering street, town or post code. You can choose the facilities you would like to see displayed on the map from a list by ticking the box next to the desired facility.

You can get the map on your mobile phone if your phone is internet-enabled. To use the mobile service text 'BLUE' to 83377 and follow the instructions.

To visit the map online go to : [www.direct.gov.uk/bluebadgemap](http://www.direct.gov.uk/bluebadgemap)

Some of the articles in this newsletter are those of individual contributors and are not necessarily supported by Northumberland County Council.

Produced by Children's Services, County Hall, Morpeth, Northumberland NE61 2EF

Contact Jackie Stanton Tel: (01670) 516131

If you require this newsletter in an alternative format, please contact 01670 857816.



Supporting families who have children with special needs

**NORTHUMBERLAND**  
COUNTY COUNCIL

If you would like your child to be registered on the Network Database for Children with Disabilities, you will receive your own copy of our Network Newsletter. Please complete below to receive an application form and send to **Jackie Stanton, Children's Services, 94 Newgate Street, Morpeth NE61 1BU**

Name of child: .....

Name of parent: .....

Address of child: .....