



Family Voice Peterborough

Registered Charity
1171389

Special points of interest:

- Participation News
- Opportunities to participate
- Activities/ Events/ Support and Training

Inside this issue:

Regional and National News	2
Regional and National News Cont.	3
Local Participation News	4
Local Participation News Cont.	5
Activities/ Events/ Support/ Training	6
Activities/ Events/ Support/ Training	7
Caravan News and Bookings	7
Contact Details	8

Welcome to latest newsletter!

Hello everyone,

We realise the holidays can be a little stressful and hope you managed to find support when needed. We also hope the summer holidays went as well for you as they could, and you had the opportunity to do some fun family activities.

There were many activities on offer from organisations such as Families First and Little Miracles taking place. If you

missed out please do check out their Facebook pages and Websites to see what they have on offer during the next school holiday period.

FVP have been through some changes over the summer and have moved over to putting more information online and created a new mailing list via mail chimp. This means more timely news and information for families. The website has also seen some changes with the

introduction of new online calendars so people can see what is available for families across Peterborough.

There are many ongoing training, support and participation opportunities as well; not only with FVP but also organisations such as Inspire, PDDCS, Little Miracles, Family Action to name a few.

Our message as we start the new term is 'you are not alone'

Don't bin me, pass me on to other parents!

Trustee Update

Sara Rourke is no longer acting as Trustee/ Parent Representative and Family Voice Peterborough would like to thank for her time and wish her luck in her future endeavours.

FVP Trustees are currently
John Ravenscroft—Chair Person
Wendy Gray—Treasurer

Ralph Middlebrook
Graham Casey

If you are interested in finding out more or applying to be a Trustee please get in touch via email to wendy@familyvoice.org

Your Newsletter
Your Voices
Your Participation

National and Regional News

Important news from Contact for families with disabled children— Formerly known as Contact a Family

"Our ambition as a charity is to reach more families with disabled children, and to be there as soon as they need us. To achieve this, we set out to extend our appeal to young families; to make our information and online presence more accessible; and to bolster the support we provide families in those stressful early days.

Our new brand is an important part of this work and was developed in partnership with parents, including some parent carer forums, to do two things:

- *help us articulate who we are and what we can offer more clearly*
- *help families understand what we can do to support them quickly and easily*

When we undertook the brand review one of the barriers that families identified was our old name. Parents told us that it made them think we were something that we weren't or that they had to do something they didn't want to do. So, we decided to shorten

our name to Contact. Unlike 'Contact a Family', 'Contact'

contact For families with disabled children

doesn't attempt to describe any or all areas of our work, but it's at the heart of everything we do: whether that's putting families in contact with each other or in contact with us.

Our new mark looks like this:

As you may know, the world of disability can be overwhelming for families, particularly in the early days, so we have made the way we look simpler, clearer and approachable. Moreover, we have overhauled our online and print information to make it more accessible and easier for families to navigate. Our new website is mobile-optimised to support the growing number of families visiting on their phone or tablet. The website is live today [so do take a look](#).

*And as well as new look guides for families, we are publishing a brand new free resource, *The Helpful Guide for Families with Disabled Children*, a little book for families in those early days, when they don't know where to*

turn. This can be ordered via our helpline (or via our website later

this week).

*This is an exciting time for us as a charity. Who we are won't change, and the way we work won't change either - **we support families, bring families together and help families take action for others.** We are here for all families, whoever they are and whatever their child's condition. Just like we always have been. But the challenges families with disabled children face are ever more complex, and the demand for our services is rising. We are determined to reach out to more families and be ambitious about what we can achieve."*

New Co-Chair for the NNPCF Steering Group

August 2, 2017

The Steering Group of the NNPCF are delighted to announce that we have elected Mrunal Sisodia as joint Co-chair of NNPCF.

Mrunal lives with his family in Bedford and is married to Clare and is the father of two children,

Communication Channels

Facebook

www.facebook.com/
fvpcommunity

YouTube

http://www.youtube.com/user/
FamilyVoicePeterboro

Twitter

@familyvoice1

Website

www.familyvoice.org

Email

participation@familyvoice.org

You can keep informed by linking with us through all these channels of communication.

**Together we can
achieve
anything**

National and Regional News Cont.

a son aged nine and a daughter aged seven. His son, Arun, has a winning smile and an insatiable lust for life. He also has cerebral palsy, autism, learning difficulties and epilepsy.

Mrunal has been involved in the Parent Carer Forum movement since May 2013. During this time he has been a steering group member of the Bedford Borough Parent Carer Forum and served as chair from its inception in May 2013 until June 2016. He was also chair of the Eastern Region of Parent Carer

Forums between May 2014 and January 2016. Mrunal was appointed NNPCF steering group member for the East of England in December 2016. In his professional life Mrunal has held a number of director level positions in the financial and the charity sector over a 25-year career and brings a valuable mix of personal and professional experience to the role.

Following his appointment Mrunal said: "I am honoured to be appointed co-chair of the NNPCF. It's humbling to be a part of a movement with so many passionate,

knowledgeable and committed members who work so hard to achieve a better life for children and families like mine. At such a pivotal time, it's more important than ever that our voices are heard and that the people who create the policies, set the budgets and deliver services really understand our lived experience of SEND so that though working together we can deliver the best possible outcomes our children and young people."

Useful sources of Participation and SEN Information

National Network of Parent Carer Forums (NNPCF)

<http://www.nnpcf.org.uk/>

Contact for families with disabled children

<https://www.cafamily.org.uk/>

National Deaf Children's Association (NDCS)

<http://www.ndcs.org.uk/>

Peterborough City Council Local Offer

<https://www.peterborough.gov.uk/residents/special-educational-needs/local-offer/>

Council for Disabled Children

<https://councilfordisabledchildren.org.uk/>



The **Section 19 Principles** are a duty to have regard to:

The views, wishes and feelings of the child, young person or parent

The importance of their full participation in decisions

The importance of their being provided with the necessary information and support to participate

The need to support the child or young person to achieve the **best possible** educational and other outcomes, preparing them effectively for adulthood

Local Participation News

Parent participation is a vital component of service development and change across Peterborough. Wherever services exist relating to children and young people aged 0-25 who have special educational needs and disabilities commissioners (those in the Local Authority who develop and fund services) are keen to actively include parent carers.

The right to be heard and included rests within the Children and Families Act 2014. The importance of participation can be found in section 19 of part 3 of the act and is defined by the following principles:

The **Section 19 Principles** are a duty to have regard to:

- The views, wishes and feelings of the child, young person or parent
- The importance of their full participation in decisions
- The importance of their being provided with the necessary information and support to participate
- The need to support the child or young person to achieve the **best possible** educational and other outcomes, preparing them effectively for adulthood

At FVP we are working to include parent carers through a variety of methods; from online surveys and face to face focus groups through to parent representation. We know how important your voice is and want any changes to reflect this.

We also have an active Facebook group for you join should you wish. Go to Facebook and search for

Family Voice Peterborough SEND Participation Group

As we start the Autumn term there are some ongoing and emerging participation opportunities to let you know about.

Cambridgeshire and Peterborough SEND Strategy

Work is starting to take place to develop a shared vision and principles for SEND across Cambridgeshire and Peterborough. Parent carers sharing their views on this is vital to help commissioners plan the most appropriate services they can for our children and young people. They are interested in hearing what outcomes we want for our children/ young people and how we see the future for them. We will put information about this on our website as soon as we have more and will share opportunities to get involved in our Facebook group.

The county wide work will not affect what is delivered locally, it is about having a shared vision with separate actions for each authority. What the work will entail is some close working between FVP and Pinpoint Cambridgeshire.

0-25 Transformation

Continued work is taking place to transform services for those aged 0-25 with SEND; this relates to children with disability social care, short breaks services and preparing for adulthood.

Over the spring term we shared a survey for parent carers to have say about what the current short break services look like and what they would want to see going forwards. This survey was followed up by a series of Facebook discussions. All

this information was collated and passed to commissioners who are now looking at what services will be delivered and how they will be delivered in the near future.

Cambridgeshire and Peterborough Foundation Trust (CPFT)

CPFT are looking to implement service level changes and would like to have parent carers involved as much as possible. These relate to various areas from CAMHs to areas relating to disabled children.

Some work we have already done with CPFT relates to the development of a series of "social stories" guides to appointments and the child development centre. These guides have been produced by parents for parents and are available to download from our website. <https://www.familyvoice.org/Participation>

Local Offer

There is still ongoing work in the development and design of the Local Offer (LO) and your input will have a direct impact on how it looks and feels to use.

On another level the LO is also the route by which you can shape services. The information you provide via the LO feedback system is used to inform commissioning of services. You can provide feedback directly to the Local Authority via the LO and

Local Participation News Cont.

comments made will be responded to. If you are unhappy or happy with services you can let the Local Authority know this via the LO.

Physiotherapy and Occupational Therapy Review

A review is under way of Paediatric Physiotherapy and Occupational Therapy services and commissioners would like to ensure parent carers are included in this review. Two joint parent carer and professional sessions will be taking place across Cambridgeshire and Peterborough in the next couple of weeks.

The session in Peterborough will run on Wednesday 13th September between 12.30 and 2.30.

The session will take place at FVP, The Goldhay Centre, PE2 5QP.

A light lunch will be served at the start and support will be offered towards the cost of childcare and/or transport.

For further information and to book a place email participation@familyvoice.org or call 01733 685510

Preparing for Adulthood

Preparing for Adulthood (PfA) used to be known as Transitions and is about supporting our young people as they move towards being adults (14 to 25). The area covers employment, supported internships, moving out of home and taking part in adult life. This is an area where we really need parental input to ensure what plans are being made

meet the needs of all of our young people.

We have a parent representative who attends the PfA Group and would love to have your input to either also attend meetings or simply share your views and concerns. To contact our parent representative email reps@familyvoice.org

Partnership Boards

One way parent carers can participate individually or via parent representative support through Local Authority Partnership Boards. The boards are for Commissioners, Providers, Local Authority Officers, Voluntary Sector Organisations, Other Organisations and Service Users/ Carers to come together to discuss current services, strategies and planned changes and developments to services. The boards that may be of interest to parent carers are as follows:

Learning Disability Board

The Learning Disability Partnership Board (LDPB) mainly focuses on adults with LD and their carers as however they do look at those with LD who are preparing for adulthood. The board meets quarterly and is co-chaired by an adult with an LD.

Autism Board

The Autism Board focuses on children and adults with Autism and their carers. This is one area of

work where we have been asked to gather more parent carer views.

The board is looking at the new children and adults strategy for autism and also joint working across Cambridgeshire and Peterborough.

To find out more email Claudia on reps@familyvoice.org.

Physical Disabilities Board

This is a fairly new partnership board that will focus on physical disabilities. Other members include the Disability Forum and Disability Peterborough. As with other boards to get involved and find out more email reps@familyvoice.org

Carers Board

The Carers Partnership Board (CPB) has gone through a refresh and is now co-chaired by Peterborough City Council and Carers Trust. The board is for carers to have a voice and shape the carers strategy. It is at this board we have the opportunity to raise awareness of parent carers in particular. This is important as we have found this is one of the most unrecognised group of carers. We are seeking representation at this board which meets quarterly.



Activities/ Events/ Support/ Training

There is quite a bit taking place for families in Peterborough who have children/ young people with SEND and to help keep everyone informed we are now using an online calendar on our website.

www.familyvoice.org/events

If you want to know what we have planned, find out how to book and see what else is being offered around the city please do check out our website. Also if you know of something and we do not have it listed then get in touch at office@familyvoice.org and we will look to update the calendar.

This is about trying to keep everyone update and let you all know you are not alone and there is quite a bit out there that may be of help and benefit.

Below are some items already on the calendar and that we are either hosting or running directly.

MySign

MySign are running their signing course again. You can have training in BSL Level 1, 2 & 3.

Sessions run around the city, and to find out what sessions are running at The Goldhay Center, 105 Paynels, Peterborough, PE2 5QP check out <http://www.mysigntuition.org.uk/>



PDDCS Deaf Toddlers

During term time PDDCS are running their deaf toddlers

group every other Thursday at The Goldhay Center, 105 Paynels, Peterborough, PE2 5QP. Times and dates can be found on the events calendar at www.familyvoice.org/events

Contact for families Siblings Session

Contact and Family Action are running a siblings information session for parent carers on 12th October from 10am to 12pm. This session will run at The Goldhay Center, 105 Paynels, Peterborough, PE2 5QP. To book a place contact Sally Chalfont: 01733 893361 or

07756 459398 or email Sally.Chalfont@family-action.org.uk

CB workshops

FVP and Pinpoint have now been trained to deliver the behaviours that challenge workshops and are planning to run them through-out the coming months. Something we would like to do is offer these workshops to your child/ young persons setting. If we can run the sessions at settings this would mean parents and professionals are receiving that same information which all goes to helping your children. Please do let your setting know about this and ask them to get in contact so we can help. Our contact details for this are training@familyvoice.org.

EPP sessions

We are currently running the Expert Parent Programme to order as opposed to pre-setting lots of dates where no-one turns up. If you would like take

part in the EPP then get in touch with us at training@familyvoice.org and we will put your name on a list. When we have any dates/ times one of the trainers will be in touch to get you booked on to their session. To see if there are any upcoming sessions check out the calendar on our website.

Sleep Solutions

Monday 18th September 2017 from 10.00am - 2.00pm at Hampton Children and Family Centre, Hargate Way, Hampton Hargate, Peterborough, PE7 8BZ

This one day sleep workshop includes:

- Effects on the Whole Family
- Why is Your Child not Sleeping?
- Keeping a Sleep Diary
- The Bedroom Environment
- A Good Bedtime Routine
- Night wakings
- Approaches to addressing sleep
- Useful Resources

TO BOOK YOUR PLACE call Sally on 01733 893361 or 07756 459398 or email Sally.Chalfont@family-action.org.uk

Families First

Free Open Access Play Sessions.

Families First Would like to invite 5 - 13 year olds and

Activities/ Events/ Support/ Training Cont.

families for free Play Sessions on
-
Tuesdays, 3:15 - 5pm at The
Goldhay Centre, 105 Paynels, Or-
ton Goldhay.

Wednesdays & Thursdays, 3:15 -
5:45pm at the Charteris Centre,
Normanton Road, Welland.

Fridays, 3:15 - 5:45pm & Satur-
days, 10 - 3pm at Crofts Corner,
Essendyke, Bretton.

50p for Teatime Club & £1 for
Lunchtime Club or bring a pack
up.

**Special Educational needs
information day (Family Action
and Contact)**

3rd November 2017

9am to 3pm
105 Paynels, Peterborough, PE2
5QP
TO BOOK YOUR PLACE call
Sally on 01733 893361 or 07756
459398 or
email Sally.Chalfont@family-
action.org.uk

National Autistic Society (Peterborough Branch)

The NAS is up and running locally
again and are looking for
members, volunteers, support
and more. They can be contacted
by:
Email: peterborough@NAS.org.uk
Phone: 07483 032091

They also have a closed Facebook
Group – just search for



Peterborough NAS.

They are in the process of
planning meetings, support
sessions, training sessions and
clubs/ activities so please do get
in touch with them to find out

Caravan News and Bookings

There will be a slight increase in the prices charged for booking the caravans in 2018. Bookings will open in November, if you wish to go on the waiting list to be informed when bookings open please email holidays@familyvoice.org. Booking periods are for Friday to Friday (7 Nights), Monday to Friday (4 Nights) and Friday to Monday (3 Nights).

BUTLINS PRICES

	High Season	Mid Season	Low Season
7 Nights	700	420	245
4 Nights	400	240	140
3 Nights	300	180	105

HAVEN PRICES

	High Season	Mid Season	Low Season
7 Nights	725	445	270
4 Nights	425	265	165
3 Nights	325	205	130

Dates to look out for

- ⇒ Sleep Solutions
- ⇒ Deaf Toddlers
- ⇒ Family Sign Sessions
- ⇒ IPSEA Workshop
- ⇒ Siblings Session
- ⇒ Expert Parent Programme
- ⇒ Spooktacular
- ⇒ Festive Fun

All About Us

FVP started as group of parent carers who came together to actively seek to improve services in all areas of the lives of children and young people with disabilities or additional needs between the ages of 0–25 years. The main aim is to be the strategic consultative body within Peterborough for families, providing a liaison point for statutory and voluntary bodies. FVP also endeavour to bring parents and carers together to have a strong voice ensuring the future for their children and young people is a good one. As well as this FVP arrange national and local trips and activities for the whole family and provide short breaks at the seaside.

FVP are also a registered charity.

Family Voice
Peterborough

Together improving services for
children and young people with
disabilities and additional needs



Family Voice Peterborough
105 Paynels
Peterborough
PE2 5QP

Office: 01733 3685510
E-mail:
secretary@familyvoice.org

All Contact Details

Email:

secretary@familyvoice.org

Phone Numbers:

Office 01733 685510

Address:

105 Paynels, Peterborough, PE2 5QP

Website:

www.familyvoice.org

Face Book:

facebook.com/fvpcommunity

facebook.com/fvpfundraising

facebook.com/FamilyVoiceCaravan

Twitter:

@familyvoice1

We're on the Web

@

www.familyvoice.org



facebook

Registered Charity No. 1171389