



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

# IMPACTING ON YOU

## Newsletter

September 2017

Back to School



Information, advice and support for parents/carers of children and  
young people (0-25) with special needs and disability

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Hi Everyone!

Hope you all had a good summer holiday and I know that some of you will rejoice that the children are now back at school and others not so much.

We have quite a few events and consultations coming up over the next couple of months and you can check the “What’s On” page in this newsletter as well as our website and Facebook page for regular updates.

September also means the return of the Local Area Ofsted Inspections and although we do not know when it will be Portsmouth’s turn, we have been busy getting ready for them. You can find more information on page 17 of this newsletter about the inspection and how you get involved.

This month also marks the 3<sup>rd</sup> anniversary of the SEND reforms. The reforms were designed to ensure that children, young people and their families were at the centre of any decisions making process in regards to their education, health and social care provision. If you have been through the Education, Health and Care Plan process, we would love to hear whether your experience reflects what the reforms set out to do 3 years on. You can find more information on page 18 of this newsletter.

Looking forward to seeing you soon at one of our forthcoming events.

Barbara and the Team

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# What's On?

## Events and workshops coming up soon

Are you a parent or carer of a child or young person with additional needs and disability and living in Portsmouth?

We run various coffee mornings, events and training sessions in partnership with various voluntary groups ( **Autism Hampshire**, **Contact A Family**) and statutory agencies (such as **CAMHS**- Child and Adolescent Mental Health Services)

Event	Date and Time	Venue
<b>PPV Coffee Morning Autism Talk with Jenn Davies, Starlight ASD</b>	<b>Thursday 14<sup>th</sup> September 10 am to 12 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>Autism Strategy Review</b> More information on Page 5	<b>Wednesday 20<sup>th</sup> September 1.30 pm to 3.45 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>SEND Strategy Review</b> More information on Page 6	<b>Wednesday 27<sup>th</sup> September 10 am to 2 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR
<b>PPV Coffee Morning</b>	<b>Tuesday 17<sup>th</sup> October 10 am to 12 pm</b>	<b>The Frank Sorrell Centre</b> Prince Albert Road Southsea PO4 9HR

# ALL AGE AUTISM STRATEGY

Are you a **parent carer** of a child or young person with autism or are you an **adult with autism**? Do you live in the PO1 to PO6 area or have a Portsmouth GP? We would like to hear your views about how to improve services in the city.

**Wednesday 20th September  
1.30pm to 3.45pm  
The Frank Sorrell Centre  
Prince Albert Road  
Southsea PO4 9HR**

Please email Bradley Flowerday to register and for more information:

Bradley.Flowerday@portsmouthcc.gov.uk  
023 9284 1981





# SEND STRATEGIC REVIEW

ARE YOU THE  
PARENT / CARER OF  
A CHILD OR YOUNG  
PERSON WITH  
SPECIAL  
EDUCATIONAL NEEDS  
OR DISABILITY?  
HAVE YOUR SAY!

Portsmouth City Council  
are working with  
Southampton City Council to  
review the number, range  
and type of provisions to  
children and young people  
with special educational  
needs and  
disabilities.

Your  
experience of  
deciding on the right  
place for your child to go to  
school; *What factors did you  
take into account? What's  
working? What needs to  
change?* Liz Robinson and  
Pippa Cook, the Review  
Leads, are keen to  
hear your  
views.



**Frank Sorrell Centre  
Wednesday 27<sup>th</sup> September  
10.00am - 12.00pm**

**[ppvadmin@p-d-f.org.uk](mailto:ppvadmin@p-d-f.org.uk)**

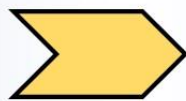
**Refreshments  
available**



# EHC....easy as ABC

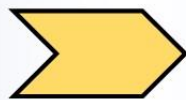
A live planning event at the Frank Sorrell Centre on 20/09/17 from 10-12 empowering you to make the most of your child's transfer review and or annual review meeting,

**Aspirations**



What are they?

**Outcomes**



How are they agreed?

**Provision**



What will this look like?

**SEND Needs**



Who identifies them?



This is an interactive session brought to you by Portsmouth Independent Support Service, feel free to bring any paperwork which might be a useful support at this session. To book email: [info@portsmouthis.org.uk](mailto:info@portsmouthis.org.uk) or call 0330 6600925 or just turn up on the day !



# Information on Mental Capacity

**M**ental Capacity is a complex issue which often come as a surprise to parent carers when they realise that ,when their young person turns 16, they are able to make decisions on their health needs, education and finances.

There is a lot of information on mental capacity and here are the key messages (taken from the Social Care Institute for Excellence -SCIE

<https://www.scie.org.uk/mca/introduction/mental-capacity-act-2005-at-a-glance> ):

- The Mental Capacity Act (MCA) 2005 applies to everyone involved in the care, treatment and support of people aged 16 and over living in England and Wales who are unable to make all or some decisions for themselves.
- The MCA is designed to protect and restore power to those vulnerable people who lack capacity.
- The MCA also supports those who have capacity and choose to plan for their future – this is everyone in the general population who is over the age of 18.
- All professionals have a duty to comply with the Code of Practice. It also provides support and guidance for less formal carers.
- The Act's five statutory principles are the benchmark and must underpin all acts carried out and decisions taken in relation to the Act.
- Anyone caring for or supporting a person who may lack capacity could be involved in assessing capacity – follow the two-stage test.
- The MCA is designed to empower those in health and social care to assess capacity themselves, rather than rely on expert testing – good professional training is key
- If capacity is lacking, follow the checklist described in the Code to work out the best interests of the individual concerned
- Understanding and using the MCA supports practice – for example, application of the Deprivation of Liberty Safeguards



You can find more information below including easy read versions:

#### Legislation:

##### **Mental Capacity Act 2005**

<https://www.cqc.org.uk/sites/default/files/Mental%20Capacity%20Act%20Code%20of%20Practice.pdf>

#### Support for parent carers

Mencap had produced some very useful resources for parent carers and explains the process clearly.

[https://www.mencap.org.uk/sites/default/files/2016-06/mental%20capacity%20act%20resource%20pack\\_1.pdf](https://www.mencap.org.uk/sites/default/files/2016-06/mental%20capacity%20act%20resource%20pack_1.pdf)

#### Easy Read Version

<file:///C:/Users/barbara.mcdougall/Downloads/mca-act-easyread.pdf>

#### Radio programme

BBC Radio 4 has produced excellent plays and discussions on this particular topic:

<http://www.bbc.co.uk/programmes/b092fbr0> . When 'H' got on the bus to his Day Centre, one day in 1997, he began a journey which ended in four court cases, a landmark human rights judgement, and resulted in the Deprivation of Liberty Safeguards (DoLS). As the Law Commission considers replacing DoLS with a new way of ensuring that vulnerable people are not deprived of their liberty, H's remarkable story - and that of his campaigning carers - continues to have consequences for tens of thousands of people around the UK.

Closely based on interviews with those who were there, our eye-witness drama tells the story of 'H', and his life at Bournwood Hospital.

#### Latest Article

##### **Vulnerable adults being let down by poor social work practice**

[http://www.lgo.org.uk/information-centre/news/2017/jul/vulnerable-adults-being-let-down-by-poor-social-work-practice?mc\\_cid=0e27cb0b7c&mc\\_eid=5bff6986f6](http://www.lgo.org.uk/information-centre/news/2017/jul/vulnerable-adults-being-let-down-by-poor-social-work-practice?mc_cid=0e27cb0b7c&mc_eid=5bff6986f6)

# Parent Reps Updates

We are currently recruiting new parent reps to join our busy team. We are very flexible and you do not need any experience as full training will be given. You are the expert when it comes to special educational needs and disability and your input and views are an important part of changing the way services are delivered in the city.

We are recruiting  
new parent reps!

You can committ as much or little as you want and you can get invoved in topics that matter to you and your family including autism, wheelchair services, early years and many more.

You can get involved  
to make a difference.

You will find more information about the role on our website and there is an easy form to complete online should you be interested.

You can also watch **videos** and you will be able to hear from parents and professionals what it means to them to be able to work together to improve the life chances of children and young people with special needs and disability:

**What is a parent carer forum?** <https://www.youtube.com/watch?v=H5sPBjxF-BE>

**The role of parent carers in the development of services**  
[https://www.youtube.com/watch?v=6v5\\_U4uu0sk](https://www.youtube.com/watch?v=6v5_U4uu0sk)

**Successful projects developped in co-production:**  
<https://www.youtube.com/watch?v=32re7dhmKlw&t=252s>

If you require further information. Do visit our website:  
<http://www.portsmouthparentvoice.org/get-involved/> or call on 07712 439 159.

**Would you  
like to join  
us....?**



Are you a parent carer of a child or young person aged 0 to 25 with special needs or disability?

We are looking for parent carers to share their views on local services, what is working and not working in Portsmouth.

We need parent carers who can commit around 1-2 half days each month to help us:

- Find out what is working well for you and other families in the city
- Find out what could be done to improve what is not working so well
- With feedback on education,

**In exchange for your time you will get:**

- Shopping vouchers to spend at high street stores.
- Travel and expenses paid.
- Skills to add to your CV.
- Help improve local support services
- Opportunities to meet other parents

For all enquiries contact:

**[ppvadmin@p-d-f.org.uk](mailto:ppvadmin@p-d-f.org.uk)  
or call 07825 185 608**


If you are interested in taking part or learning more about how you can become a Parent Rep please complete the online form. Alternatively please contact a member of team using the details provided. Once we have received your note of interest we will call you.



# Enabling access to an interactive world !

**LINWOOD**  
TEACHING SCHOOL ALLIANCE

**14th, 15th September 2017**  
**Bournemouth**

National Teaching School  
designated by  
  
National College for  
Teaching & Leadership

Linwood TSA presents two inspirational days packed with opportunities for parents and professionals to engage in presentations and workshops about children and young people who experience Profound and Multiple Learning Disabilities (PMLD) or Complex Learning Difficulties and Disabilities (CLDD )



## Guest speakers include :

- Jo Grace (Sensory Projects)
- Becky Lyddon (Sensory Spectacle)
- Julie Calveley (Intensive Interaction )
- Jacqui Warne, Executive Headteacher, Ellen Tinkham School ( Learn to Live Foundation: Providing a framework to listen and respond )
- Michael Armstrong (Soundstorm : Open Up Orchestra)
- Rachael Moat ( Objects of Intrigue...enabling switch access to music)



Bournemouth University Fusion building

## Where?

Fusion building, Bournemouth University,  
52 Gillett Rd, Poole BH12 5BF

## Cost ?

£125 for two days ( no charge for parents & carers )

## How to book :

[www.bournemouthcpdonline.co.uk](http://www.bournemouthcpdonline.co.uk)

or contact Will Green on 01202 525107

[willgreen@linwood.bournemouth.sch.uk](mailto:willgreen@linwood.bournemouth.sch.uk)

( From 23/07-31/08 ie school holiday.. all enquiries to [stevemason@linwood.bournemouth.sch.uk](mailto:stevemason@linwood.bournemouth.sch.uk) )

*Key speakers, workshops and exhibitors throughout both days will enable attendees to explore the latest technology and adaptive aids as well as raising their awareness of good practice across a range of sensory, communication and learning themes*

**DAY 1:** For all support staff and parents and carers of children and young people who experience PMLD & CLDD

**DAY 2:** More for teachers and other staff involved in the education and welfare of children and young people who experience PMLD & CLDD.



**Inclusive Technology**  
All the help you need.



Conference programme

# @Go Kids Go!

Independence through mobility



Skills  
Games



A great chance to meet other young wheelchair-users and to learn skills to help you become more independent. Extra wheelchairs provided for mums, dads, brothers and sisters to join in with the games. We welcome young people from 2 - 18 years!

TV presenter Ade Adepitan learnt his skills with us. Why don't you?

**Free Wheelchair Skills Workshop**  
**Sunday 1<sup>st</sup> October 10am – 3pm**  
**Portchester Community School,**  
**White Hart Lane, Portchester, PO16 9BD**

Please bring a packed lunch

To reserve a place email [roy@gokidsgo.org.uk](mailto:roy@gokidsgo.org.uk)

Or Telephone 01482 887163



Please share this flyer with any other families that you think might be interested

[www.go-kids-go.org.uk](http://www.go-kids-go.org.uk)





Southampton Parent Carer Forum, Hampshire Parent Carer Network,  
Portsmouth Parent Voice and Parents Voice Isle of Wight  
welcome you to attend this informative and useful workshop around  
Disability Living Allowance and Benefits.

The workshop is run by Cerebra



Friday 22nd September 2017

10am—2pm

Meon Room, Rose Road Association, Bradbury Centre,  
300 Aldermoor Road, SO16 5NA

Including refreshments and a light lunch

Please confirm your place by email to [clairepritchard@roseroad.org.uk](mailto:clairepritchard@roseroad.org.uk)  
As this will be a popular session, spaces are restricted to 6 parents/carers  
per local area so please confirm your place asap



HAMPSHIRE  
PARENT CARER  
NETWORK





stronger  
futures

# Little Stars!

**Drop in group for any children with Additional Needs**



**Every Wednesday: 1pm - 2.30 pm  
@ Northern Parade Family hub  
Doyle Avenue, Hilsea, PO2 9NE**

This is a fun and informal group led by an accredited volunteer. There are fun activities for the children and time for you to meet other parents for a chat.

**For more information please contact: Northern Parade Family hub  
Phone: 023 9266 0866 Email: [northernparadecc@portsmouthcc.gov.uk](mailto:northernparadecc@portsmouthcc.gov.uk)**







**You are invited to celebrate the  
OFFICIAL LAUNCH  
of**

**MAKE and Gig Buddies  
9th September 2017**

**Itinerary for the day**



**10.30am MAKE's BAKE OFF**

**Judging will take place of our city services delights.**

**11.15am Gig Buddy Promotion**

**V Mackenzie'Smith will be telling you all about Gig Buddies  
and you'll have an opportunity to sign up.**

**12.00pm Have a browse, a spot of retail therapy, meet our traders  
or grab some lunch\***

**12.45pm Arrival of the Lord Mayor of Portsmouth and  
the Lady Mayoress, Councillor Ken Ellcome and Mrs Jo Ellcome**

**1pm Unveiling of the Official Plaque and cutting of the cake  
by the Lord Mayor of Portsmouth and  
the Lady Mayoress, Councillor Ken Ellcome and Mrs Jo Ellcome**

**2pm - Complimentary nibbles and refreshments**

**2.30pm Fashion Show - Take a seat and watch our clients  
modelling a selection of clothes on the catwalk**

**Please feel free to spend all day with us or just pop along too  
one or two of our activities.**

**We look forward to welcoming you!**

**(\* Lunch is not complimentary however available to purchase from the cafe.)**

**1, Cornwall Road, Fratton, Portsmouth, PO1 5AA**

# Local Area Ofsted Inspection

More local areas have gone through the inspection since it started in May last year. Over 20 reports have now been published which you can access here:

<https://reports.ofsted.gov.uk/resources/local-authority-school-improvement-arrangements-inspections-and-focused-school-inspections>

A few of the authorities inspected have received recommendations following the reports which at time were quite critical.

Every local authorities will be inspected over the next 5 years.

Portsmouth hasn't received the phone call yet but it will happen sooner or later.

20 reports  
published

You can find more information about the inspection here:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/417435/Special\\_educational\\_needs\\_and\\_disabilities\\_guide\\_for\\_parents\\_and\\_carers.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/417435/Special_educational_needs_and_disabilities_guide_for_parents_and_carers.pdf)

Special Needs Jungle have published a brilliant parent carer guide to the Local Area Ofsted Inspection.

You can find out more at: [http://www.specialneedsjungle.com/parents-carers-guide-new-special-educational-needs-disability-inspections/?utm\\_source](http://www.specialneedsjungle.com/parents-carers-guide-new-special-educational-needs-disability-inspections/?utm_source)

Some of the inspection meetings will be conducted via a webinar. PPV are planning to run a trial webinar in the next few months to encourage parents to take part. It's an easy process and can be accessed via PC, Laptop, tablet or mobile phone.

Register early to  
take part

Finally, if you would like to register your interest to take part in the inspection, please get in touch ([ppvcoordinator@p-d-f.org.uk](mailto:ppvcoordinator@p-d-f.org.uk)) with your name, contact details and area of interest such as education, health and social care. This information is strictly confidential and will not be shared with third parties. This information will enable us to get in touch with you quickly and effectively when we are notified of the inspection.

# Your Views and Consultations

## Your experience of the Education, Health and Care Plan (EHCP) process

We would like to hear about your journey through the new assessment process, whether you have transferred from Statement to the new EHCP (Education Health and Care Plan) or if you have requested an assessment for an EHC Plan. We want to see what is working for parents and what needs more work, so we can take this back to the Local Authority.

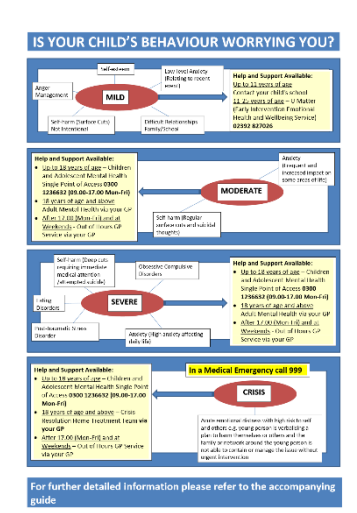
We will then work with the Local Authority to share any good practices across all the schools in Portsmouth and look at ways we can improve anything that is not working.

To choose a new assessment survey or the transfer survey, please go to our website: <http://www.portsmouthparentvoice.org/get-involved/>

## Worried about your child's behaviour?

PPV in partnership with the Portsmouth Clinical Commissioning Group (CCG) have developed a guide and poster for parent carers who might have questions about their child's behaviour or wellbeing.

We would love to hear your view and thoughts. You can download both documents from our website: <http://www.portsmouthparentvoice.org/wp-content/uploads/2017/07/Service-Guide-Parents-Poster-July-17.pdf> )





<http://www.portsmouthparentvoice.org/wp-content/uploads/2017/07/Service-Guide-for-parents-July-17.pdf>

Main services available in Portsmouth for children and young people with emotional or mental health needs (up to 25 years of age)																				
HOW IS YOUR CHILD'S BEHAVIOUR WORRYING YOU?	WHEN TO BE CONCERNED	WHERE TO GET ADVICE AND HOW TO ACCESS SUPPORT																		
<ul style="list-style-type: none"> <li>Self-harm (cuts, scratches)</li> <li>Difficult family relationships</li> <li>Bullying and difficult relationships at school</li> <li>Life transitions (divorce, moving home, moving school)</li> <li>School work issues and poor behaviour</li> <li>Anger management</li> <li>Self-harm (surface cuts, head banging, occasional without intention to seriously harm oneself)</li> <li>Anxiety/Low Mood (low level, relating to a recent event, i.e. response to bereavement, divorce, changing schools)</li> </ul> <p><b>This is not an exhaustive list</b></p>	<p><b>MILD</b></p> <p>Your child struggles to cope with changes in relationships and life events</p>	<p><b>Up to 11 years of age</b></p> <p>Contact your child's school in the first instance - if you require further support contact your GP. Both school staff and GPs can refer directly into the Child and Adolescent Mental Health Service. 11-25 years of age</p> <p><b>U Matter</b></p> <p>Informal early support, counselling and peer mentoring - <b>02392 827026</b></p> <table border="1"> <tr> <td>Monday-Thursday</td><td>09.00-17.00</td><td><b>HOW TO ACCESS SUPPORT</b></td></tr> <tr> <td>Friday</td><td>09.00-18.00</td><td>Young people/parents can refer directly into this service.</td></tr> <tr> <td>Saturday</td><td>09.00-17.00</td><td></td></tr> </table> <p><b>Open to all 11-18 High Street, Colchester</b></p> <table border="1"> <tr> <td>Monday-Thursday</td><td>09.30-21.00</td><td><b>HOW TO ACCESS SUPPORT</b></td></tr> <tr> <td>Friday</td><td>09.30-21.00</td><td>Young people can access the Drop in directly.</td></tr> <tr> <td>Saturday</td><td>09.00-15.30</td><td></td></tr> </table> <p>Email address: <a href="mailto:relates@relatesportsmouth.org.uk">relates@relatesportsmouth.org.uk</a> Web form: <a href="http://www.portsmouth.gov.uk/portsmouth-direct/self-or-parent-referral">http://www.portsmouth.gov.uk/portsmouth-direct/self-or-parent-referral</a></p>	Monday-Thursday	09.00-17.00	<b>HOW TO ACCESS SUPPORT</b>	Friday	09.00-18.00	Young people/parents can refer directly into this service.	Saturday	09.00-17.00		Monday-Thursday	09.30-21.00	<b>HOW TO ACCESS SUPPORT</b>	Friday	09.30-21.00	Young people can access the Drop in directly.	Saturday	09.00-15.30	
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<ul style="list-style-type: none"> <li>Self-harm (regular surface cuts) and suicidal thoughts without intention to seriously harm.</li> <li>Anxiety/Low Mood (frequent and increased impact on some areas of life, e.g. occasionally struggles to leave house or attend school).</li> </ul> <p><b>This is not an exhaustive list</b></p>	<p><b>MODERATE</b></p> <p>This behaviour happens sometimes and can sometimes affect your child's daily life</p>	<p><b>Up to 18 years of age</b></p> <p><b>If known to Child and Adolescent Mental Health Service</b></p> <p>Evidence based treatment for mental health disorders, which can include medication and talking therapies on a 1:1, group or family basis - <b>Single Point of Access 0300 1236632</b></p> <table border="1"> <tr> <td>Monday-Friday</td><td>09.00-17.00</td><td><b>HOW TO ACCESS SUPPORT</b></td></tr> <tr> <td></td><td></td><td>Young people can contact their case holder directly.</td></tr> </table> <p><b>If not known to Children and Adolescent Mental Health Service</b></p> <table border="1"> <tr> <td>Monday-Friday</td><td>09.00-17.00</td><td><b>HOW TO ACCESS SUPPORT</b></td></tr> <tr> <td></td><td></td><td>Access to this service is via your child's school or GP.</td></tr> </table>	Monday-Friday	09.00-17.00	<b>HOW TO ACCESS SUPPORT</b>			Young people can contact their case holder directly.	Monday-Friday	09.00-17.00	<b>HOW TO ACCESS SUPPORT</b>			Access to this service is via your child's school or GP.						
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<ul style="list-style-type: none"> <li>Post Traumatic Stress Disorder/Obsessive Compulsive Disorders.</li> <li>Eating Disorders/Anorexia/Bulimia (depression, self-harm, suicidal thoughts, attempted suicide).</li> <li>Self-harm (deep cuts requiring immediate medical attention, burning, attempted suicide).</li> <li>Anxiety (high anxiety affecting daily functioning, i.e. unable to leave the house or attend school).</li> <li>Depression.</li> </ul> <p><b>This is not an exhaustive list</b></p>	<p><b>SEVERE</b></p> <p>This behaviour happens frequently and affects your child most days preventing them having the ability to carry out their normal activities</p>	<p><b>18 years of age and above</b></p> <p><b>Adult Mental Health Service</b></p> <p>Information resource and treatment provided to adults of working age with severe and enduring mental health problems in the community and in hospital if required.</p> <p><b>HOW TO ACCESS SUPPORT</b></p> <table border="1"> <tr> <td>Monday-Friday</td><td>09.00-17.00</td><td><b>HOW TO ACCESS SUPPORT</b></td></tr> <tr> <td></td><td></td><td>Young people can access this service via their GP.</td></tr> </table> <p><b>16 years of age and above. MINIMAL RISK ONLY (i.e. young people who are able to keep themselves safe for up to two weeks whilst waiting for treatment)</b></p> <p><b>Talking Change</b></p> <p>A range of therapies and treatments for those dealing with common mental health difficulties in a 1:1 or group setting - <b>02392 892920</b></p> <table border="1"> <tr> <td>Monday-Thursday</td><td>08.00-20.00</td><td><b>HOW TO ACCESS SUPPORT</b></td></tr> <tr> <td>Friday</td><td>08.00-17.00</td><td>Young people can refer directly into this service.</td></tr> <tr> <td>Saturday</td><td>09.00-15.00</td><td></td></tr> </table> <p><b>PLEASE NOTE:</b> In all circumstances if you require help and support outside of the hours services are available please contact the GP Out of Hours Service via your GP.</p>	Monday-Friday	09.00-17.00	<b>HOW TO ACCESS SUPPORT</b>			Young people can access this service via their GP.	Monday-Thursday	08.00-20.00	<b>HOW TO ACCESS SUPPORT</b>	Friday	08.00-17.00	Young people can refer directly into this service.	Saturday	09.00-15.00				
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Saturday	09.00-15.00																			
<ul style="list-style-type: none"> <li>Acute emotional distress with high risk to self and others e.g. young person is verbalising a suicidal plan/idea or actions to harm themselves or others and the family or network around the young person is not able to contain or manage the issue without urgent intervention.</li> </ul> <p><b>This is not an exhaustive list</b></p>	<p><b>CRISIS</b></p> <p>An extreme event that could mean a risk to your child's life or others</p>	<p><b>IN A MEDICAL EMERGENCY CALL 999</b></p> <p><b>Up to 25 years of age</b></p> <p>Please refer to the information above for this age group regarding where to get advice and how to access the support available.</p> <p><b>18 years of age and above</b></p> <p><b>If known to Mental Health Services (Crisis Resolution Home Treatment Service)</b></p> <p>Intensive crisis care package for short term support - <b>02392 862520</b></p> <table border="1"> <tr> <td>Sunday-Saturday</td><td>24 hours</td><td><b>HOW TO ACCESS SUPPORT</b></td></tr> <tr> <td></td><td></td><td>Young people can refer directly into this service.</td></tr> </table> <p><b>If not known to Mental Health Services</b></p> <table border="1"> <tr> <td>Sunday-Saturday</td><td>24 hours</td><td><b>HOW TO ACCESS SUPPORT</b></td></tr> <tr> <td></td><td></td><td>Young people can access this service via their GP.</td></tr> </table>	Sunday-Saturday	24 hours	<b>HOW TO ACCESS SUPPORT</b>			Young people can refer directly into this service.	Sunday-Saturday	24 hours	<b>HOW TO ACCESS SUPPORT</b>			Young people can access this service via their GP.						
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Please Note: This document is only intended as a guide it does not include all support available

You can complete the survey about the poster and guide using the link below:

<https://www.surveymonkey.co.uk/r/D27XSVG>

## U Matter Service

The U Matter Service was launched earlier this year and we would like to hear your views on the services if you have accessed it whether as a parent or a young person.

The service is free and accessible to all young people aged 11-25 in the PO1 to PO6 area, and their families. There is a walk in/call in self-referral route, or people may be referred via other routes such as their doctor, teacher or health worker.

You can find more information about the service here: <http://www.portsmouthlocaloffer.org/local-offer-search/item/357>

If you have accessed the service and would like to share your views and experience of the service, please complete the survey below:

<https://www.surveymonkey.co.uk/r/WXJ2P25>

## Portsmouth Autism Service

### How to access the Surrey and Borders Diagnostic Assessment Service

The Portsmouth Autism Assessment service carries out diagnostic, cognitive and communicative assessments. The diagnostic service which is provided by Surrey & Borders Partnership Foundation NHS Trust works in close collaboration with the support service provided by Autism Hampshire who can be sourced for support prior to your assessment.

A referral from a G.P. must be made. The process is that a GP letter must be sent by secure e-mail to [RXX.portsmouth-asd-diagnostic-serviceSABP@nhs.net](mailto:RXX.portsmouth-asd-diagnostic-serviceSABP@nhs.net) or Fax : 01372 206279. Please provide your patient with this Information sheet. If you or your patient have questions about referrals/appointments, you can contact the Administrator on 01372 205749

### The Diagnostic Process

You will initially receive a diagnostic assessment lasting approximately 2-3 hours with the Autism Specialist practitioner. The in-depth assessment usually takes place on a single day. For some with more complex presentations a further two hour appointment with the Psychologist and two hour appointment with the Speech Therapist will be arranged, you will be given a break between these assessments for your comfort. On occasion you may need to see the consultant Psychiatrist for further clarification of the presentation and diagnosis. Once diagnosed personalised recommendations regarding support you may find helpful will be offered to you and your family. At this stage, with your consent, you will be offered support from Autism Hampshire's Community Access Service in Portsmouth.

### Autism Hampshire Community Access Pre and Post Diagnosis Support

Community Access is an Information, Advice and Guidance Service. The Community Access Officer has extensive knowledge of services in and around the city of Portsmouth which may be beneficial to you. Support from the Community Access Officer is available to you pre, during and post diagnosis. Referral can be from yourself or a family member as well as any professionals that you are working with including Surrey & Borders Partnership Foundation NHS Trust. Please be assured that a referral from someone will not be accepted without your consent. We are based in the Frank Sorrell Centre, Prince Albert Road, Southsea, PO4 9HR.

Please contact Jackie Harvey, Community Access Officer in Portsmouth for more information.  
023 9281 4723 or [jackie.harvey@autismhampshire.org.uk](mailto:jackie.harvey@autismhampshire.org.uk)

[www.autismhampshire.org.uk](http://www.autismhampshire.org.uk)

Autism Hampshire, a charitable company limited by guarantee in England, Reg. No. 01710300.  
Registered office: 1634 Parkway, Solent Business Park, Whiteley, Fareham, Hampshire, PO15 7AH.  
Charity reg no: 288141. ©2013 Autism Hampshire, all rights reserved.



# NEWS IN BRIEF

## Confidence Building Course for Carers

**Mondays 11th, 18th, 25th Sept, 2nd, 9th Oct, 10AM-12PM**

You will be given the opportunity to learn to use various tools and strategies which can increase your confidence and help you face up to difficult situations. Build your self-esteem, get help with your stress management, reduce stressful moments and learn to manage difficult situations. Understand the power of your mind and how positive affirmations can help.

This session is facilitated by Sarah from The Learning Place. To book your place, please contact please call Natalia on 02392 851864 or email [carerscentre@portsmouthcc.gov.uk](mailto:carerscentre@portsmouthcc.gov.uk)

More information here: <https://www.facebook.com/events/303981133397023/>

## Clearance – 50% off Specialist Equipment for Disabled Children:

Families and organisations can purchase life changing, high quality, low cost equipment from Newlifeable which has been clinically cleaned, refurbished, serviced and certified in line with MHRA guidelines. Such equipment includes: Cots, Beds, Seating, Wheelchairs, Pushchairs, Walking Aids. Simply apply for an item from the Newlifeable site:

[http://www.newlifeable.co.uk/docs/about/product\\_categories.shtml](http://www.newlifeable.co.uk/docs/about/product_categories.shtml) to be supplied free, under their Equipment Grants scheme. Alternatively, you can choose to buy the item you need, online or by invoice, for fast delivery. If you are interested, call them on 01543 431465 or email [newlifeable@newlifecharity.co.uk](mailto:newlifeable@newlifecharity.co.uk).

## 30 Hours Free Childcare – Information

When applying, ensure you do not tick the tax free childcare box as this will cancel your tax credit claim. The reason is that both schemes register through the same system. You will need to reapply every three months.

For more information, please go to: <https://www.childcarechoices.gov.uk/> or <https://www.gov.uk/help-with-childcare-costs/free-childcare-and-education-for-2-to-4-year-olds>

## Autism Hours

As part of The National Autistic Society's Autism Hour and with the support of shopping centre owner intu, in the week of 2 October shops and businesses will be taking simple steps for 60 minutes that lead to a more autism-friendly world. Participating shops and businesses will be turning down music and other noise, dimming the lights and sharing information about autism with their employees.

To find out which shops and businesses on your local high street are taking part, use our interactive map below. Simply zoom in to where you live on the map, or filter by category, to start planning your visit. Pleased to see that Superdrug is taking part in the scheme 😊

[http://www.autism.org.uk/get-involved/tmi/autism-hour/map.aspx?utm\\_source=The%20National%20Autistic%20Society&utm\\_medium=email&utm\\_campaign=8612240\\_TMI%20Autism%20Hour%20Strong%20250817&dm\\_i=YA3,54L8W,QAKY7Z,JO5XU,1](http://www.autism.org.uk/get-involved/tmi/autism-hour/map.aspx?utm_source=The%20National%20Autistic%20Society&utm_medium=email&utm_campaign=8612240_TMI%20Autism%20Hour%20Strong%20250817&dm_i=YA3,54L8W,QAKY7Z,JO5XU,1)

## Pro-Bono Legal Advice & Mediation Services- Portsmouth Clinic

When: 1st Wednesday evening of the month between 6pm and 8pm.

Where: Portsmouth Citizens Advice PO1 2GF, unless you have requested a telephone appointment.

What: A pre-booked specialist advice session (up to 30 minutes with a lawyer) for any of the areas covered.

You may have up to 3 sessions for the same legal issue, if needed. The session is designed to provide you with clear advice and sign-posting. Lawyers will advise based only on the information provided, and the advice given does not replace the need to instruct a lawyer, should this be identified in the session.

- Legal Areas Covered: Civil Litigation, including but not limited to contracts, property, boundary & housing associations disputes & money claims
- Community & neighbour
- Religion
- Special educational needs
- Employment & Workplace
- Family, Divorce, Separation, Child arrangements & more
- Personal Injury / Medical Negligence
- Immigration law

- Wills Trusts & Probate including Power of attorney.
- Contentious probate
- Commercial disputes

<http://www.sussexlegalservices.com/law-clinic-portsmouth>

## Home Start Services

**Big Hope, Big Futures Project:** Specially trained Home-Start volunteers can provide carefully chosen books, toys and learning activities which will help you to: • Engage with your child's early learning • Establish good bedtime and morning routines • Access services like family hubs / toddler groups • Support you to use positive reinforcement and praise • Create a positive home learning environment

<http://www.portsmouthparentvoice.org/wp-content/uploads/2017/08/BHBF-family-leaflet-A5-2017.pdf>

### Volunteer Home Visiting Service:

Our volunteers help mums, dads and carers going through difficult times including: • Loneliness and isolation • Relationship difficulties • Coping with twins, triplets or several pre-school children • Ill health, disability or special needs • Lone parenting • Post-natal illness • Child behaviour difficulties.... and much more.

<http://www.portsmouthparentvoice.org/wp-content/uploads/2017/08/Home-visiting-leaflet.pdf>

## IPSEA SEND Law Training Day for Parent Carers

IPSEA are running their final Foundation SEND law training session of 2018 for parents and carers in London on **Thursday 30 November 2017, London**

It will provide parents, carers and family members of children and young people with all types of special educational needs and/or disability (SEND) with an introduction to the law relating to the education and training of children and young people with SEND.

**Cost: £65**

For more information, please go to: [https://ipsea-training.myshopify.com/products/ipsea-send-law-training-day-for-parents-london-30-11-17?dm\\_i=PWP,54EAF,PE35YG,JN9SH,1](https://ipsea-training.myshopify.com/products/ipsea-send-law-training-day-for-parents-london-30-11-17?dm_i=PWP,54EAF,PE35YG,JN9SH,1)



## **Housing Options Event for People Living with a Learning Disability and/or Autism in Hampshire Including Southampton, Portsmouth and Isle of Wight**

Held on **Tuesday 19 September**, 10am-2pm (there will be a talk at 10am and 12 noon) at Performance Hall, Discovery Centre, Jewry Street, **Winchester**, SO23 8SB.

This is a drop in event with information stands on housing including: Keeping Safe • Local councils • Health. Tea, coffee and biscuits will be provided. If you have any questions please contact Louise Osborne, email [WHCCG.SHIPTCP@nhs.net](mailto:WHCCG.SHIPTCP@nhs.net) or telephone 02380 627890. Hampshire Parent Carer Network will be there with advice for parent carers of older children, those transitioning to adulthood and young people.

## **When a child with additional needs is ready to start toilet training**

ERIC trustee Dr Eve Fleming is a special needs expert and continence specialist. She has many years' experience of helping children with additional needs and chronic health problems to get clean and dry. In a guest blog for ERIC, Eve shares her approach to assessing whether a child is ready to start toilet training and recalls the story of just one of the children she has helped to get clean and dry. To read the blog: <http://www.tacinterconnections.com/index.php/allnews/developmentsintreatment/2720-when-a-child-with-additional-needs-is-ready-to-start-toilet-training> or to find out more about ERIC: <https://www.eric.org.uk/>

## **SENTAS- Special Educational Needs Transport Advocacy Service**

Sentas is a non-profit Community Interest Company and was formed to provide parents and young adults with information, advice and advocacy around issues with SEN home to school and college transport.

Sentas passionately believes that changes need to be made to the way SEN home to school and college transport is implemented by Local Authorities (LA's). Currently many children and young adults who are entitled to SEN home to school transport are being refused transport assistance by LA's.

## **Parents praise Clarks for launching autism-friendly school shoes**

The shoes that go by the name, Hula Yo Gore-Tex, have been popular with parents who say they are ideal for children with autism and sensory issues.

To read the full story, please go to: <https://www.familiesonline.co.uk/local/winchester-central-hampshire/in-the-know/parents-praise-clarks-for-launching-autism-friendly-school-shoes>

## You can keep in touch with us using the following



Website: [www.portsmouthparentvoice.org](http://www.portsmouthparentvoice.org)



Facebook: Like our page Portsmouth Parent Voice



Twitter: You can follow us at @PparentVoice



Email [ppvcoordinator@p-d-f.org.uk](mailto:ppvcoordinator@p-d-f.org.uk)



Phone: 07825 185 608



Instagram: [ppvcoordinator](https://www.instagram.com/ppvcoordinator)



Pinterest: Portsmouth Parent Voice



Write: Portsmouth Parent Voice

The Frank Sorrell Centre, Prince Albert Road, Southsea, PO4 9HR