



"TOGETHER WE CAN MAKE A DIFFERENCE"

**PARENTS
OPENING
DOORS**
PARENT CARER FORUM

Face 2 Face
Parents supporting Parents
of disabled children

Whats Included?

- A message from the Trustees
- Our day to day activities
- Family Groups
- Strategic Meetings
- New Emotional Health and Well Being Service
- School Nursing
- Transition Conference
- Parent Rep Training
- Face 2 Face
- Our new website
- Top tips for the summer holidays
- Fundraising
- Dates for your diary



SUMMER 2017 NEWSLETTER

Registered Charity Number: 1150871

Hello everyone

Thank you for being part of PODS. Sorry that it's been a while since you last had a printed newsletter but there has been a lot going on internally. I wish all PODS families a lovely summer holiday, in whatever you decide to do. fingers crossed that the sun carries on shining.

I would like to say a huge thank you to all the members of PODS both paid and volunteers who work so hard on making PODS a success, they work so hard trying to make a change for the better for all our families. Additionally we have employed a Project Officer (Liz Bickford-Smith) and more recently a Project Administrator (Kerrie Seagrave).

This year PODS seem to have had many changes. I would like to say a big thank you to Keiron Warr who was Chair along with being a Trustee, however Keiron stood down from both positions in February 2017 but remains a part of the team as a Parent Rep. Marie Welch kindly agreed to then stand up and take over as Chair as she was already a Trustee, but unfortunately had to step down in June 2017 due to circumstances. Debbie and Dave Hart who are both Trustees have also decided that it's time to step down after both playing a large role within PODS for 8 years. It is on this note I would like to say a very big thank you and welcome to Simon Buckley-Robins and Dylan Harrison, who have both decided and agreed to step up and become trustees at the AGM on 3rd July.

On a more personal note, I would like to wish PODS all the best for the future, and wish the people who work or volunteer for PODS to keep going strongly. It's a fantastic charity who is there for all the parents who have a child or young adult who has a disability or additional need - PODS is there for you! This year we are working harder to involve and empower parents and are currently running (June-July 2017) a Parent Rep training course - to widen our parent carer voice and ensure wide involvement of more parent carers in the community.

As you may be aware we have 10 trained Face2Face scheme Befrienders and we would like to thank each Befriender for their commitment to the scheme and the emotional and practical support they are able to offer our parent carers.

PODS are holding several events over the Summer Holidays, please remember to book up through Eventbrite, hopefully see you there.

If you are interested in getting more involved please get in touch with Jayne Stevens the Participation Coordinator, details are at the back of this newsletter.

Kind Regards

Debbie Hart x

Our day to day activities

As you know we have been BIG Lottery funded for the period of October 2013 to September 2016 and during latter part of 2015 and throughout the first half of 2016 we spent considerable time looking to make applications for further funding. We were successful in receiving another grant from BIG Lottery in September 2016 which will continue until 2019. The additional monies have secured the roles of our current Participation Co-ordinator and Face 2 Face Scheme Co-ordinator alongside a new post of Project Officer and

continuation of an Administrator post. We continue to receive our funding from Dept for Education which forms the basis of all our work around Participation and ensuring that the voice of parent carers is heard across all services.

We have highlighted our key outcomes for this period of funding. We have already reported to the BIG Lottery on our first 6 monthly progress with excellent feedback and a very big 'pat on the back'

Annual Picnic in the Park

Monday 7th August
10am - 3pm

Admaston House
Wellington Road, Admaston
Telford TF5 0BN

Join us for fun & family activities



Outcome 1: Parent carers will have the opportunity to access peer-led emotional, practical and social support to reduce isolation and increase wellbeing;

Outcome 2: Parent carers will have increased confidence and opportunity to participate in joint decision making regarding service provision;

Outcome 3: Parent carers will have improved knowledge and understanding of Send reforms and legislation;

Outcome 4: Higher percentage of hard to reach parent carers and/or working parent carers will become more knowledgeable;

Pods new website launched!

Take a look at our shiny new website at www.podstelford.org! The home page now welcomes you with the familiar PODS logos and graphics and there are quick link boxes at the bottom of the screen to access information on family groups, SEND reforms, answer surveys and contact the Face 2 Face scheme. There's also lots more information on PODS – what our aims are, who we are and what we do. Scroll down the page to see the latest on the Facebook and Twitter and key news items.

In response to feedback from parent carers we have added a lot more information, including links to both local and national resources and organisations. Use the jargon buster under the "Information" tab to find out what all those words you hear in assessments, meetings, education or benefits reviews actually mean. And please send us your suggestions of words to be included if you find something missing.



If you know someone who would like to join PODS they can now sign up on-line by completing the "Become a member of PODS" under the "Contact" tab.

So please have a good look around the new website and send us your feedback via the "Contact PODS Forum" option under the "Contact" tab. We would love to hear what you think and your suggestions for other things to be included.

Updates from Telford & Wrekin Council

SEND Strategy

The SEND Strategy www.telfordsend.org.uk also has details of the SEND Action Plan for 2017 – 2018. The SEND Strategy gives an Introduction and where we are now, along with their Vision, Principles and Priorities,

Our Vision - We want children and young people, aged from 0 to 25, with SEND across Telford and Wrekin to make excellent progress; to achieve the best possible outcomes, to open doors for their own future and thus enable them to become active citizens within their community

Our Principles - This vision and delivery of key priorities will be underpinned by the following principles:

Collective responsibility – SEND is everyone's business and we need a fair system where everyone plays their part to solve even the most complex of problems.

Early Support and Intervention – Early help and support through a high quality graduated response to offset and mitigate against the entrenchment of difficulties.

Inclusion - The majority of children and young people with SEND will attend mainstream settings with support from specialist providers.

Localisation - Children and young people should be educated as close to their home as possible to support meaningful engagement in their community.

Personalisation - A personalised approach leading to greater choice and control for families, valuing unique circumstances.

Co-production - Parents and carers know their children and families the best. They are active participants in decision making and help to develop and shape services.

Partnership – Integration, joint commissioning and coordination of approaches to deliver better outcomes for children and young people with SEND.

Culture Change – Our 'SEND offer' must change which means we need to think in different ways, create alternative methods for delivery and develop more flexible approaches to support.

Our Priorities - We will deliver the SEND Strategy through 4 key priorities outlined in the following pages. These priorities and their underpinning delivery objectives, along with the vision and principles above, have been informed by extensive consultation and co-production with partners; including parents, health, care colleagues and educational settings.

The following link will take you to the SEND and Inclusion Newsletter.
www.telfordsend.org.uk/localofferservices/info/1/home/63/welcome_to_our_send_newsletters

New Emotional Health and Wellbeing Service in Shropshire, Telford and Wrekin

South Staffordshire and Shropshire NHS Foundation Trust are pleased to announce that from 1st May 2017 we will be providing a new mental health support service for young people across Shropshire, Telford and Wrekin.

What does this mean?

The new service will be available to young people, up to the age of 25, and will offer help and support to those who are struggling with their mental health and wellbeing.

In order to provide an innovative and modern service which meets the needs of local young people, the new service will be delivered in partnership with leading specialist wellbeing services: Kooth, The Children's Society and Healios.

Kooth – An online service that uses digital technology to provide emotional and mental health support for young. Kooth provides a seven day online service offering self-help tools, peer support and the opportunity to talk to trained counsellors online. For more information visit Kooth - www.kooth.com

The Children's Society – A national charity helping children and young people at their most vulnerable, the charity runs drop in sessions and works with young people to aid their transition into other services. For more information visit The Children's Society - www.childrenssociety.org.uk

Healios – an online service that provides qualified clinicians and evidence based psychological therapies and mental health assessments, uniquely focussed on the needs of the entire family. Qualified clinicians are available to support young people and their family/guardians from 8am to 9pm seven days a week (excluding bank holidays). For more information visit Healios - www.healios.org.uk

Additional services will be provided via Shropshire Community Health Trust and developments are currently being undertaken to redesign the NHS delivered elements of the service (previously CAMHS), this has involved significant engagement and pathway development working with children young people, parents and carers along with local professionals and stakeholders. This work will continue with changes to the pathways being seen from September onwards.

What does the future look like?

We have been working with young people, parents, carers, local organisations, government, stakeholders and more in shaping and creating the new service.

Our plan is to continue these discussions with young people and their families so we can develop a service that meets the community needs.

Professional Referral

There will be no immediate changes to the locations where young people can access mental health services, these services are currently available for young people in Telford and Wrekin via Family Connect (01952 385 385) and for young people in Shropshire via Compass (03456 789 021)

Assurance group meetings take place on a monthly basis and are attended by LA, CCG, Safeguarding, Parent Forums from both Telford & Wrekin and Shropshire. This is an opportunity for feedback to be given from families and now this is heard directly by the new General manager of the service Alex Critchell who was appointed from 1st June 2017.

Healios endorsed by NICE



Healios, a pioneering digital healthcare company, has received endorsement from the National Institute for Health and Care Excellence (NICE) in its approach to treat anxiety disorders in children and young people with cognitive behavioural therapy (CBT).

It has been well established that young people with anxiety disorders are at greater risk of developing other mental illnesses such as eating disorders, depression, personality disorders, psychosis and schizophrenia. It is therefore critical to ensure children and young people with an anxiety disorder can access high quality, clinically effective treatments as soon as possible to reduce immediate distress as well as prevent further mental health challenges in young adulthood.

Carolyn Gavin, Head of Operations and Specialist Family Services at South Staffordshire and Shropshire NHS Foundation Trust (the lead organisation for the new Emotional Health and Wellbeing Service) said: "This is really positive news for Healios and the families using the service. By partnering with Healios to support our existing mental health care provision, we are transforming how services are provided for children and young people, including their family, in a way which is more convenient and fits around their needs and lifestyle. The endorsement from NICE provides the assurances for NHS Trusts and CCG's when commissioning partners to deliver high quality care in a more innovative way"

School Nursing – How to get in Touch

The School Nursing Service takes over their care from the Health Visitor at the age of 5.

Child health records are handed over to the school nursing service from the Health Visitor and remain with the School Nursing Service until young people leave school or sixth form.

School Nurses are qualified registered nurses or midwives with specialist training and experience in public health for children, young people and families.

www.shropscommunityhealth.nhs.uk/school-nursing

Please find out more information by visiting their website or if you need to contact a member of the team please call 01952 621340 directly.

Special Schools: Sharon Fallon is the School Nurse contact for Houghton, Southall, Queensway (HLC) and Mount Gilbert. Sharon's direct number is 01952 621344. The Bridge School Nurse is Karen Myles, the direct number to the medical office is 01952 387172.



Communication

We have communicated with our families in a number of ways – through newsletters, e-bulletins, website, social media and leaflets/flyers. These are shared periodically across schools and community settings. This has led to increased knowledge, access to the project, reducing sense of isolation.

We have continually shared the message of our partnership between PODS Parent Carer Forum, Face 2 Face Scheme and been supported through BIG Lottery funding. Our Press Release was successful and ongoing literature campaigns, newsletters and bulletins have helped our information to be shared with wider networks.



Strategic Meetings

Your views and feedback are gathered in a number of ways via PODS Parent Carer Forum – through surveys, direct contact, family groups and focus groups, through conferences, telephone calls, emails, social media and ad-hoc conversations. All this is gathered up by our Participation Co-ordinator and reported on in various strategic meetings.

Some meetings where we represent parent carer views include:

- Early Help Board
- Aiming High for SEND (0-25) Board
- SEND related Task & Finish Groups: SEND Local Offer, SEND Personal Budgets, SEND Transition
- SEND Communication & Consultation, SEND Joint Commissioning, Short Breaks,
- Emotional Health and Wellbeing Assurance Board (CAMHS)
- Chief Officers Group (voluntary organisation charities)
- OFSTED/CQC Implementation
- School Coffee Mornings
- We also attend a series of focus groups and adhoc meetings where requested and individual meetings with lead commissioners when we focus on key areas of workstreams.

The key meetings we attend are the Aiming High for SEND which covers everything to do with Disability and SEN and this then reports into the Early Help Board (which focusses on preventative services). The Early Help Board then in turn reports to the Health and Wellbeing Board who set the Health and Wellbeing Strategy and priorities for 2016-19.



Family Groups

These continue to work well for parent carers (and wider family members) and are jointly delivered alongside our Face 2 Face scheme which offers emotional and practical support.

Our families tell us that they value the non-judgmental approach to our work – families can be themselves and share their stories in a safe environment knowing that as a peer led charity we understand them.

Attendance at family groups helps families feel connected and to access information that is important to them



Family groups continue through the holidays and we have lots of lovely activities planned for you and your families throughout the summer months and then we have produced a schedule of family groups from September to December enclosed as part of this newsletter.

Family Connect

Jayne Stevens was invited to visit the Family Connect 'Office'. The office is in Darby House and is set up with teams who take calls and then refer to specific teams including Early Help, CAMHS, Probation, West Mercia Police, Health, Education, Community Rehab, Youth Justice, CATE (Exploitation), Safeguarding Wrekin Housing Trust. Some members of these teams also have desks in the Family Connect office and can deal with queries directly.

There are 2 triage meetings each day where members of relevant teams come together to discuss a 'case'.

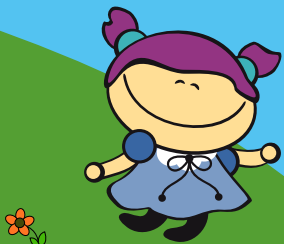
The CAMHS worker remains at Family Connect and this will be reviewed as part of the single point of access decision that has been made regarding access into the new Emotional Health and Wellbeing Service.

It was very interesting to see it in action and how calls are received and recorded and then information is passed to relevant teams (either in the same office or out to wider teams if they can't help immediately).

Have a look at their website link and see what information they hold on their directory – there's a specific link on there to SEND and the Local Offer too:


www.telford.gov.uk/info/20223/family_connect_service_directory

Tel: 01952 385385



Transition Conference

We hosted a transition conference in March funded through an additional grant from Department for Education.



We invited Pat Bullen – an associate from NDTi (National Development Team for Inclusion) as our key speaker to talk to us about the Preparing for Adulthood Pathways and also our local teams from health (Anna Hammond who leads on the CAMHS Transformation), Andy Cooke (Service Delivery Manager – SEND and Inclusion) and Tim Smart (Careers Team Leader, Future Focus) and Julie Edmonds (a local parent carer) to talk to us about the local picture. Keiron Warr opened the conference and Jayne Stevens our Participation Co-ordinator updated on the work PODS Forum has undertaken over the previous year and future plans. We also ran a series of workshops in the afternoon focussing on carers (for those 18+), Benefits and DLA/PIP, Preparing for Adulthood and MyOptions.

The presentations for the conference are on our website alongside lots more pictures from the day. The 'wishing tree' has been transformed into part of our display board that we will be taking with us to all events in the future.

We asked you what was working well and you told us that Future Focus input had been great and that Ican2 services worked, also good comments about My Options and supported internships. EHCP were deemed to be much better than statements as they are more specific and detailed

Areas that need improvement for some families were communication between services and regular support from health teams and clearer pathways, a wider understanding from schools and teaching staff of challenges faced at transition times. Families felt that it was important that they needed someone to talk to – a key worker – to help guide them through the amount of information that is 'out there', especially when they don't have access to a Social Worker. Criteria for services needs to be clearer especially around social care and not having to continually fight for services and having to jump through hoops. Post 16 provision for children in Telford & Wrekin is a concern for families, particularly 19+. Specific younger people support around friendships and social groups would be welcomed.

The presentations and photographs taken at the conference are available to view on our website alongside further links to transition information.



Focus on Transition into Adult Health Services

Shropshire Community Health 

For Children who access health services through Shropshire Community NHS Trust there has been some development work taking place around Transition to Adult services.

They have highlighted that there is a wealth of policy and guidance on agreed principles in respect of good transitional care, but there is little evidence to suggest that this is reflected in practice but some areas of good practice have been noted e.g. Young Persons Diabetes team and audiology.

Transition can be a vulnerable time for young people and their families because they may stop receiving services they have received since birth or at a young age, or they may lose continuity in care. Some young people and families have reported confusion and distress by the lack of information and support given to them comparing it to 'falling off a cliff'. We also know that there is a general variation in young people's experience depending on the services they are transitioning from and to.

The following NICE (National Institute for Health and Care Excellence) Guidance 'standards' have been set out and are currently awaiting an audit review for children accessing Community Paediatrics, Speech and Language Therapy, Occupational Therapy, Physiotherapy, Community Children's Nursing, Young person's Diabetes Service and School Nursing:

- 1: Young people who will move from children's to adults services start planning their transition with health and social care practitioners by school year 9 (aged 13 to 14 years), or immediately if they enter children's services after school year 9.
- 2: Young people who will move from children's to adults' services have an annual meeting to review transition planning.
- 3: Young people who are moving from children's to adults' services have a named worker to coordinate care and support before, during and after transfer.
- 4: Young people who will move from children's to adults' services meet a practitioner from each adults' service they will move to before they transfer.
- 5: Young people who have moved from children's to adults' services but do not attend their first meeting or appointment are contacted by adults' services and given further opportunities to engage.

PODS have been invited to attend the monthly Health Transition Group that meets once a month and we'd like to ask a Parent Rep to join us at this meeting – please get in touch with Jayne Stevens to discuss further.



I wish for

Someone to turn to.

More understanding of how each child is different

More awareness, understanding and compassion whilst as a family we are trying to do our best in the community.

I'm guided with the right steps for my children to be in the right school to suit their needs.

To bring more hope to service users and a better solution to those who need it most.

CAMHS would listen to me and offer more than drugs

More informed understanding, manner & approach from services (not a 'scattergun approach')

More provision for 19 - 25 year olds

Information on what's available locally as my son moves towards adulthood.

Services were less judgemental and more open to listen to us parents and offer a solution that works and not just lip service.

Choices for 16+

Information around timescales and criteria - expectations and where to go and to whom

Services to talk to each other.

Respite care for young adults.

All professional services in school would be better run and able to help.

A diagnosis.

Because "caring" takes so much time and energy, that Carer's Allowance was somewhere near "minimum wage".

Better carer's rights, specifically for parent carers.

Continue to receive the support from PODS & Face 2 Face.

Decisions would be made about my child's wellbeing and not about how much things cost.

Face 2 Face Scheme Update

Remember we are here for you! – Face 2 Face is a network of trained parent volunteers who offer emotional and practical support to other parent carers at point of diagnosis or during any challenging times parent carers might be facing related to their child's disability.

Talking to another parent who understands can make all the difference. Face 2 Face can offer you this support in a number of ways –

- Linking you to a Befriender who can offer support 1-2-1 in your home
- Telephone Befriending
- Peer support via our monthly Family Groups
- Direct contact via private message on our facebook page (Face2Face Telford and Wrekin)

We are really excited about resources we have been able to purchase recently and will be building Befriender Toolkits for our Befrienders to take out into families' homes. This will help us to offer more practical support to families alongside the emotional support Befrienders are trained to offer. Lots of visual and communication supports and scheduling aids, we have also purchased the Widgit software (symbol package that is widely used in specialist settings in Telford and Wrekin) that will mean we can support parents in making their own personalised resources at some of our Family Groups.



Tony The Turtle

We have a set of these "Stories for children who see the world differently" Tony the Turtle books, stories are written by Valerie Sheehan to give children a voice and empower parents on how best they could help them. Tony, main character to have a shell so it shows the significance of the child coming in and out of his shell when his environment becomes too overwhelming. Valerie has shown Tony using visual supports in all the books, to show the importance of daily schedules and First and Then charts and how these visuals can increase independence and reduce anxiety.

Contact us

Face 2 Face Co-Ordinator Shashana Weare

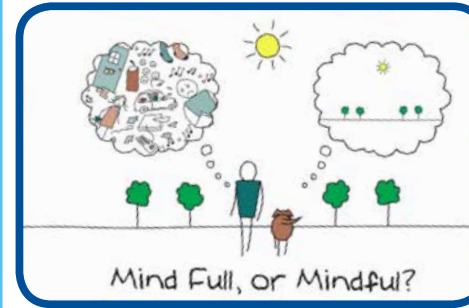
Tel – 07557 130 091

Email – face2facepods@hotmail.com

Like us on  (Face2Face Telford and Wrekin)



Face 2 Face Befriender Scheme Update



Recently two members of our Face 2 Face team have completed an 8 week foundation course in Mindfulness, that we are planning to run taster sessions and workshops in for our Parent Carers. We will be adapting the lessons we have learnt to best meet the needs of Parent Carers whose stress levels and the ability to manage can sometimes effect their family relationships and general feeling of wellbeing.

So what is Mindfulness?

Put very simply, Mindfulness is the art of being present. Of being completely immersed in the moment; not letting your mind wander into tomorrow's to-do list, or worrying about how the IEP meeting is going to go next week, how long you might be waiting for an EHCP decision or indeed CAMHS referral.

Tara Brach, psychologist, author and teacher of meditation, says:

"Mindfulness is a pause — the space between stimulus and response: that's where choice lies." We can so often get caught up in the difficulties and struggles of parenthood of a child with special needs and get stressed. When we get stressed, we can become snappy, less tolerant and that affects the way we react with our children, our partners or to situations at work. By looking closer and becoming more familiar with our own patterns of reactions we become more able to respond from a place of calmer consideration rather than one of emotion based knee jerk reactions.

How can it support me and my family?

Mindfulness can be of benefit to anyone, but it is known to be particularly helpful to those who are carers or in caring professions. When we are looking after others, it can be very difficult to make time for ourselves. However, it's important that we remember we need to take time to look after ourselves, as this can help ensure we are better able to look after others. We often mention about not being able to pour from an empty cup!

Have I really got time to fit Mindfulness into my day?

Like anything, Mindfulness can become a habit and even more than that, it's claimed that it can reduce stress, help you become more focused, and improve your relationships and decision making. Practicing Mindfulness can take as little as 10 minutes a day, so maybe the question shouldn't be have I got time, but rather can I afford not to give this a go?

We have also recently invested in Mindful Monsters a program designed to support Parent Carers to share Mindfulness exercises and activities with their children. We will be bringing these resources to share with parents at our monthly Family Groups.



Who are Befrienders?

Every Face2Face Befriender is someone whose own child has special needs. They know what it is like to cope with a new diagnosis and the challenges that come with it in the future.

All Befrienders have completed 10 week accredited training to be able to offer emotional and practical support to you.

How we can provide support for you

In your home, regular 1-2-1 sessions.

* Our monthly Family Groups where you can meet and gain the support of other parents.

* Telephone Befriending support.

* Our Facebook page Face2Face Telford and Wrekin.



If you are interested in finding out more about receiving support or becoming a trained Befriender please talk to us.

Our next Family Groups

Come along for a cuppa and a chat. Warm welcome and biscuits guaranteed.

Date-
Venue-
Time-

Date-
Venue-
Time-



What is the Face2Face Befriender scheme?

Face2Face is a network of trained parent volunteers who support other parents of children with special needs at the time of diagnosis or during challenging times related to their child's disability.

Discovering that your child has a special need or disability can be a daunting experience. Talking to another parent who understands, can make all the difference. It is normal to feel isolated, shocked or even guilty. That is where Face2Face can help.

Like us on Facebook for top tips, interesting articles and to message a trained befriender. Face2Face Telford and Wrekin.

Contact us

Shashana Weare
Scheme Coordinator
07557 130 091
Face2Face@telford.gov.uk

Face2Face links parents with Befrienders who live locally so that they can meet and talk face to face. The parent and befriender decide how often to meet and over what period. Sometimes a visit is enough, other times a Befriender may support parents over several months.

Face 2 Face Parents supporting Parents of disabled children



What can a Face2Face Befriender offer you?

Future in Mind

At the end of last year almost 100 professionals from schools, Educational Psychologists, Learning Support Advisory Teachers, Public Health, School Nurses, Early Years both maintained and private sectors, CAFLS, Behaviour Support, members of the Local Authority and Advisers from the Severn Teaching School Alliance attended a launch event opened by Cllr Arnold England. Each participating school have a 'lead' and a full resource pack that they can use as part of the wider PHSE curriculum and support services.

The project has evolved as part of NHS England's Transformation Plan and the document "Future in Mind", which sets out a vision for tackling emotional health and wellbeing effectively and in the long term; prevention as well as treatment.

It is a multi-disciplinary approach; bringing the expertise of professionals together to meet the needs of children and young people whenever they need it; a planned approach, not just luck! The main goals for Future in Mind:

- Promoting resilience, prevention and early intervention
- Improving access to effective support for all children and young people – a system without tiers
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

Further information will be shared in the next newsletter.

There is likely to be a Future In Mind 'lead' in your school – why not ask them and find out how they are supporting your child?

PARENTS OPENING DOORS PARENT CARER FORUM

INVOLVING & SUPPORTING FAMILIES WHO HAVE A CHILD OR YOUNG PERSON WITH A DISABILITY OR ADDITIONAL NEED (AGE 0-25)

Your Views

Face 2 Face Scheme



SEND Reforms

Family Groups

01952 271532
@oodstelford.org

0777 534
www.pocf.org.uk

PARENTS OPENING DOORS PARENT CARER FORUM

"TOGETHER WE CAN MAKE A DIFFERENCE"

We work across the whole range of services including health, education, social care, and alongside our voluntary sector partners – at a local, regional and national level. We are also members of the National Network of Parent Carer Forums.

Parent Carer Participation is when parents and professionals work together, recognising each other's knowledge, to make informed decisions about services that make the best use of resources.

We are funded through BIG Lottery Reaching Communities grant and through a Participation Grant from Department for Education.

Your Views

Increased Confidence and Opportunity to be involved in local decision making about service provision through information provided via our website, social media, support and newsletters and at family groups.

Face 2 Face Scheme

Accessing direct emotional and practical support from our Face 2 Face Befriending Scheme to support you and reduce isolation and increase your wellbeing. See separate leaflet for more.

SEND Reforms

Increased knowledge and understanding of SEND reforms and appropriate rights across all workshops, training, seminars and parent carer events.

Family Groups

Reaching out and joining with other families through Family Groups can throughout the month during the daytime and evening. Also meet others and fun activities organised throughout the year. See our website for details of dates/networks.

PARENTS OPENING DOORS PARENT CARER FORUM

I wish for



Local Offer

The Local Offer (www.telfordsend.org.uk) has the SEND newsletter which offers regular updates of what's going on in the Local Authority, also if you are new to the EHCP process the Local Offer has a detailed explanation of the process, including a short video of what an EHCP should include. As we are moving closer the summer holidays details of holiday activities can be found on the Ican2 page, booking details can also be found here.



Annual Survey

Our Annual survey helps us to develop our priorities for the coming year and also ensures that we are meeting the needs of our families locally. The survey covers the full remit of our charity's work including the PODS Parent Carer Forum and the Face 2 Face Scheme. Please let us know your thoughts on our work and also your thoughts about local services so that we know where to focus in the coming months. Thank you.

Survey enclosed with pre paid envelope, please complete by 28th July

Completion of the survey you will automatically be entered into a prize draw to win a £50 gift voucher/card of your choice in time for the Summer Holidays.

Local SEND Information

Telford & Wrekin Local Offer
www.telfordsend.org.uk

Parent Rep Training

It is important for PODS to grow and develop and we also want to empower a next generation of parent carers to support the key work of PODS Forum in ensuring that the parent carer voice is heard...

We have worked with a leading Parent Carer Forum in Peterborough to develop a Parent Rep Training course that will provide parent carers with the skills, knowledge and confidence to help us with our Participation aims – these may well be via strategic meetings, involvement in the community, or running focus groups for example – lots of ways in which we can involve each other.

The training course runs over 5 consecutive weeks and we currently have a team of 8 undergoing training that will finish mid-July and then another training course will run in September (there are currently 4 places on this) course if you are interested in joining us.



The core themes of the training include:

Week 1 covers the what, when, where, how and why of Parent Carer Participation;

Week 2 covers communication – different types and barriers, greater understanding and active and efficient communication;

Week 3 covers our Personal journey and how we share them appropriately and how they can be used to make a difference for others, whilst turning a negative into a positive experience;

Week 4 covers Confidence and understanding own abilities, using feedback and looking after ourselves;

Week 5 covers an understanding of structures of key partners and also how and where we influence.





has been in Telford



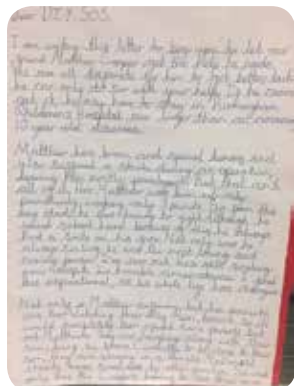
We have been given permission to share this article by Matthew's parents and his school.

This is our Matthew when he was a Year 5. By the end of that year he was critically ill in Birmingham Children's Hospital with a brain tumour and tumours in his spine. Complications during surgery to remove the tumour in Matt's brain caused him to suffer several strokes resulting in Matthew on the verge of death and ultimately paralysed. He cannot walk, talk, breathe, eat and many of the other things we take for granted. He was only 10 years old.

When Matt first came around from the strokes and his family had come to terms with the future as it would now be for their only child, it soon became apparent to them that the family home, where they had lived for the whole of Matt's life, would not be suitable for his

needs any more. This is where we, his school family, stepped in to help

The children wanted to do what they can and thereby the DIY SOS story begins. In November 2015, the children, along with the staff and parents, wrote VERY persuasive letters to the programme pleading for their help. We heard nothing and by the spring of 2016 we assumed they had not been selected and so the idea of getting our own team of volunteers together came about – we called it the WWJS DIY SOS! We were inundated with offers of help from the local community: carpenters, architects, plumbers, painters and many, many more. Everyone wanted to help and offered to make tea, cakes, dig holes and whatever they could to be part of it. We also started a fundraising campaign as the cost of adapting Matt's house would be enormous! Within a few months that fundraising total had reached £52,000. We were blown away by the kindness and the generosity of our friends and family both close to home and far afield.



In Summer 2016 the call came- we were being considered by the DIY SOS people. They were very impressed with what we had managed to do ourselves and were considering us amongst the thousands of other applicants. Just before Christmas we got the call ; they had chosen Matthew to be helped in this series.



The work has started and we are visiting regularly as the BBC have been kind enough to invite us to different bits of filming. It all finishes and the reveal will be held on Thursday 9th March when Matt and his parents can come home and start their new lives in perfectly adapted surroundings. The money that we have raised can hopefully be used to pay for the expensive physiotherapy that he will need and the equipment necessary to aid his recovery.

We will be on the television sometime later in the year when the whole community will be invited into the school hall to share a glass of fizz with us as a small thanks to them for helping this dream come true. Wrockwardine Wood C.E. Junior School truly

is a place of Love, Laughter and Learning and we have the type of community which allows us to flourish and succeed with such fantastic support. From a tragedy our children have seen that the world is full of good people who can pull together in times of crisis and this is a great life lesson.

Top tips for the summer holidays...

The summer holidays can be a difficult and challenging time for families with disabled children, whether you are planning a holiday or staying at home. Summer may also be a time of transition from primary to secondary school, school to college or to the adult world.

We have gathered a few helpful hints and tips that may help you over the summer holidays...

• Plan & Prepare!!

• Use visuals where possible (PECS)

• Clearly mark days out or holidays on a calendar

• Countdown "Sleeps" to a holiday

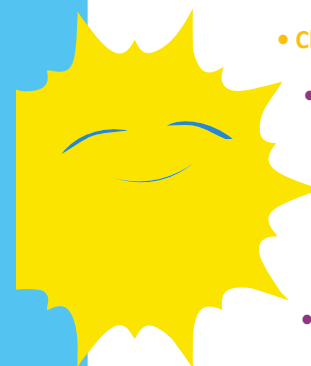
• Check disabled facilities and access before you travel

• Balance activities and downtime

• Research your holiday destination

• Seek advice from other parents that have visited where your planning to go

• Having a Max Card can help for discounts on a variety of days out



Useful Websites

www.cafamily.org.uk

www.mencap.org.uk

www.disabledchildrenspartnership.org.uk

www.cerebra.org.uk

www.scope.org.uk

www.autism.org.uk

Update from the Fundraising Team

Firstly, I would like to say a very big thank you to Val Taylor who did a superb job for arranging and sorting out stalls for the pamper evening that PODS held last month (June), every one that came seemed to enjoy having affordable treatments and going away with a little goodie bag to be able to give themselves a little pamper once they got home.

Thank you to everyone who joined us, what a lovely evening.

We've arranged the following activities for the summer holidays.

Monday 24th July 2017

We are holding 2 sessions of woodwork, similar to what we did last year, it will be at the Visitors Centre (Town Park by the water feature). There will be a morning session 10am-12noon and an afternoon session 1pm-3pm. Please only book onto one of the sessions as both sessions will be the same. You will need to book through eventbrite, please remember to choose morning or afternoon. There is a café on site if you wish to purchase food or drink, however there will be free refreshments at the event.

Monday 7th August 2017

This year PODS are hosting our "Picnic in the Park" again, which was a big success last year, this year we hope it will be just as good if not better, it will be held at Admaston House (where PODS hold their Family Group on 1st Monday of month)

Keep an eye out for information on the PODS website and face book.

Saturday 26th August 2017

We are also hosting a Fun and Floats Swimming session, this is being held at Wellington Civic and Leisure Centre, Wellington, TF1 1LX.

At all our events children must be accompanied by a parent or carer at all times, as they remain parent's responsibility.

Again, this will be bookable through Eventbrite.



PODS/F2F Family Groups

	Admaston Community Centre, Wellington Rd, Wellington, TF5 0BN 10-12noon	Evening Meeting Please check website 7-9pm	Hollinswood Community Centre, 7 Downmead, Telford, TF3 2EW 9.30-11.30am	Dawley Christian Centre, High Street, Dawley, Telford, TF4 2EX 9.30-11.30am
August	7th Admaston Picnic in the Park 10-3pm	Holiday Fun and Activities	Holiday Fun and Activities	Holiday Fun and Activities
September	4th Your Voice + Family Resources Showcase	14th Your Voice + Family Resources Showcase	20th Your Voice + Family Resources Showcase + Invited Speaker	28th Your Voice + Family Resources
October	2nd Your Voice + Invited Speaker + Mindfulness Taster	12th Your Voice + Family Resources	18th Your Voice + Family Resources	26th Your Voice + Invited Speaker + Mindfulness Taster
November	6th Your Voice + Family Resources	9th Your Voice + Family Resources	15th Your Voice + Invited Speaker + Mindfulness Taster	30th Your Voice + Family Resources Christmas special
December	4th Your Voice + Family Resources Christmas special	14th Your Voice + Family Resources Christmas special	20th Your Voice + Family Resources Christmas special	Closed for festivities

**PARENTS
OPENING
DOORS** 
PARENT CARER FORUM

Jayne Stevens

☎ 01952 271532 📞 0777 534 2092

✉ info@podstelford.org

🖱 www.podstelford.org

📘 PODSForumTelford

🐦 PODSTelford

🏠 PODS (Parents Opening Doors)
P O Box 772, Telford,
Shropshire TF7 9FD

Face 2 Face

Parents supporting Parents
of disabled children

Shashana Weare

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✉ Face2Facepods@hotmail.com

📘 Face2FaceTelfordandWrekin

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