



Lewisham Parent and Carer's Forum—Leemore Central Community Hub
Bonfield Road, Lewisham, London SE13 5EU—Tel: 075345 68020 —
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Registered Charity no. 1159533 in England

NEWSLETTER 6TH January 2020

HAPPY NEW YEAR

Dear Parents and Carers

We hope you had a lovely break and are not too exhausted!

We have two important events on Mental Health and Emotional Wellbeing plus Preparing for Adulthood and Transitions, that we would like to invite you so that you may share your views, advice and knowledge with those that provide services to your children and young people.

We do encourage you to take part in these events so that you can help shape the services.

Events

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND EMOTIONAL WELLBEING FOCUS GROUP i-THRIVE

Would you like the opportunity to learn about i-THRIVE and have the opportunity to shape and define the local approach?

Date: Friday 17th January 2020
Time: 10am to 11.30am
Venue: Town Hall Chambers, Room 304, Rushey Green (entrance is b Catford Theatre) – please sign in at reception (lift and stairs) – call Sue Stocks on 07534568020 if you have any difficulties.

i-THRIVE is a framework for children and young people's **mental health and wellbeing**. It is an integrated, person-centred and needs led approach to delivering mental health services for children, young people (0-25) and families.

The framework is in five needs-based groupings:

1. **Thriving**
2. **Getting Advice**
3. **Getting Help**

- 4. **Getting More Help**
- 5. **Getting Risk Support**

To develop the framework for Lewisham we are seeking consultations with young people and families to co-produce definitions for each grouping.

Would you like the opportunity to learn about i-THRIVE and have the opportunity to shape and define the local approach?

Focus group will be run by:

Michelle Wright, Commissioning Contracts Officer and **Jessica Juon**, Joint Commissioner for Children and Young People's Mental Health and Emotional Wellbeing

Places are limited to 20 people so please book early to avoid disappointment

Please contact Sue Stocks on 075345 68020 or email info@lewishamparentcarer.org.uk to book your place

Transition & Preparing for Adulthood Strategy Development & Design Workshop

Young People/ Parent Carer Aspirations & Expectations Focus Groups - Refreshments provided

Date: Wednesday 22nd January 2020
Time: 12.30 to 2.30
Venue: Training room, Leemore Centre, Bonfield Road, Lewisham SE13 5EU
(Please see access details to building at the end of the newsletter)

Would you like to **volunteer a couple of hours of your time** to help with the transition strategy? This is a new incentive following past consultations with parents and carers to provide a good pathway into adulthood for our young people in Lewisham.

Please do come along and help shape this vital service. We have space for 12 parents so please book early to avoid disappointment.

What we will be looking at:

1. What aspirations do your young people and your family have for adulthood?
2. What do you and they hope for in terms of employment, housing, support, education, relationships etc?

3. What do you and they expect, and how does this compare to what you hope for?
4. What are the barriers that stand in the way of achieving these aspirations? If could be services or people.
5. What would help young people and your family to achieve them? Would it be resources, people, organisations, attitudes?
6. How do aspirations and expectations of your young person with learning difficulties/disabilities compare with other young people without these difficulties, such as their brothers and sisters?

Places are limited to 12 people so please book early to avoid disappointment

Please contact Sue Stocks on 075345 68020 or email info@lewishamparentcarer.org.uk to book your place

ATTACHMENTS TO NEWSLETTER – 3 items

1. Kaleidoscope Drop in Rota Information and Advice Sessions

Do you want to get specialist information and advice?

You don't need to book an appointment; have a look at the attached schedule and pop in to chat with one of the specialist workers or a parent from one of our parent groups.

At Kaleidoscope, 32 Rushey Green, London SE6 4JD

It's confidential and FREE!!

Find us on Kaleidoscope's ground Floor, next to reception.

For more information visit:

- **Contact:** www.contact.org.uk, Tel: 0208 297 8056
- **Lewisham Parent and Carers Forum:** info@lewishamparentcarer.org.uk Tel: 075345 68020
- **DFCG – Down's Syndrome Group** – Tel: 07930 393942 – dfcg13@hotmail.com
- *Carers Lewisham have changed their remit and will no longer be attending*
- **KIDS Lewisham SENDIASS:** Lewisham@kids.org.uk or call 020 3319 2163
- **Healthwatch Lewisham:** www.healthwatchlewisham.co.uk. Tel: 0207 998 7796
- **Lewisham Autism Support:** Catherine.spain@nas.org.uk T:020 8699 3066 M:07483 031 553
- **Family Information Service:** 020 8314 3940

Please see attached

2. PATHWAYS TO PROPERTY PROGRAMME

Pathways to Property aims to widen access to the real estate profession by raising awareness of the range of careers available within the property sector. OFFER FOR SCHOOLS. Please see attached.

3. ALCHEMY GROUP FOR PARENTS AND CARERS - UNDERSTANDING THE PATHWAY CAMHS

Having a child go through CAMHS can be a difficult and challenging time for all involved. ALCHEMY is offering a six week course for parents and carers who have young people using CAMHS. The course has been completely co-produced with parents who have previously had children access CAMHS. Please see attached for full information.

HOUSING - Government and Social Care Ombudsman

Article date: 09 January 2020

Note: We do not usually provide information on housing, but having found this on the Government and Social Care Ombudsman news bulletin, it seemed like a good idea to share.

Ombudsman highlighting the human cost of poor housing benefit practice

Families are facing the very real prospect of becoming homeless because of the way some authorities are dealing with appeals against housing benefit claims, the Local Government and Social Care Ombudsman is warning.

In a new report, the Ombudsman highlights the serious problems people face when authorities get things wrong with housing benefit payments.

Despite being gradually replaced by Universal Credit, housing benefit is still paid to some 3.6 million of England's poorest and most vulnerable people who rely on it to help with living costs. When councils get things wrong this only adds to the pressure these families face.

The Ombudsman's report looks at the lessons local authorities can learn from the cases it has investigated. In some situations, poor practices have led to confusion and uncertainty while in more extreme cases – including in a report issued this week - families have become homeless.

Nigel Ellis, Chief Executive at the Local Government and Social Care Ombudsman, said:

“The cases we highlight in this report show the very real impact of what can happen when councils do not deliver housing benefit properly. Some of our most vulnerable families are refused a fair hearing by having their rights to appeal their council's decision taken away.

“Although Universal Credit is being rolled out across the country, this is not happening as quickly as first anticipated; councils still need to ensure they administer housing benefits properly until the new system is in place in their area.

“Last year we upheld 78 per cent of the complaints we investigated about housing benefit, compared with 58 per cent for all our casework. This suggests there are problems with some councils’ understanding of their duties towards claimants and the correct processes they must follow.

“We are issuing this report to provide guidance and good practice advice to help those who administer housing benefits avoid the pitfalls and common problems we are highlighting.”

Problems discussed in the Ombudsman’s report include councils preventing families from challenging decisions about their housing benefit entitlement, or not telling them about their right to appeal, and councils trying to recover overpaid money before appeals have even been considered.

In one case, poor internal communication and poor record keeping at the council coupled with a delay in the appeal process led to more than two years of confusion for one man about the amount of benefit he should be receiving and whether the council was right to pursue him for overpayment.

The Ombudsman investigates complaints about the way councils administer housing benefit, including the administration of appeals. The Ombudsman does not decide whether someone is entitled to housing benefit or not. If someone disagrees with a council’s decision on a claim, after the council has carried out a review of its decision, the council must pass the case to the independent tribunal (Social Entitlement Chamber of the First-Tier Tribunal).

[FOCUS REPORT – HOUSING BENEFITS January 2020](#) click on the link for the report

School and College Open Day

Tuesday 4th February 2020
WESC Foundation, Exeter

WESC Foundation
The Specialist Centre for Visual Impairment

Are you:

- exploring school or college options for a young person or adult (up to 25 years old) who is visually impaired and has other additional needs?
- looking for day, residential, supported living and work options for young adults with a sensory impairment?
- looking for specialist support for visually impaired students in other educational settings?

Come and find out all about the services we offer, meet the staff, take a tour of our Exeter campus and join us for lunch.

Booking essential. Email Richard Ellis to find out more:
rellis@wescfoundation.ac.uk

THE FOLLOWING INFORMATION IS PROVIDED BY SIGNAL FAMILY SUPPORT

Please note that SIGNAL is only passing on the non-SIGNAL information. Unless otherwise stated, we do not necessarily recommend or endorse any particular event, group, person, product or service.

<p>If you wish to join SIGNAL FAMILY SUPPORT Please contact Candida Burrows Manager, SIGNAL Family Support 07946 632477 www.signalfamilysupport.org <i>Mutual support for families in Lewisham with children on the Autism Spectrum</i></p>	<p>Seminar: Transition to Adult Life 2 - mental capacity, welfare and financial deputyship for young adults. Thursday 5th March 10am to 2.30pm. City venue; cost just £19 for parents/carers, including lunch. To book: https://www.eventbrite.co.uk/e/c-transition-to-adult-life-2-tickets-57495406308</p>
<p>Dawnosaurus at the Natural History Museum – Saturday 21st March, 8-10am. FREE early opening for families with children on the autism spectrum. Booking is essential and opens one month prior to the event: www.nhm.ac.uk/events/dawnosaurus.html</p>	<p>Kaleidoscope drop-in information and advice: regular free sessions held by local groups at Kaleidoscope, 32 Rushey Green SE6 4JD.</p>
<p>SEND Scouting in Forest Hill: the 20th Forest Hill Division meets on Thursday evenings at the Rockbourne Youth Club, Rockbourne Rd SE23 2DA. Cubs (8&1/2-10) and Scouts (10-14): 6.30pm to 7.30pm Explorers (14-18): 7.30pm to 8.30pm. The groups include girls and boys, and siblings can also attend. The cost is £2 per child per week, payable termly. Contact Clare for more information: clare_ohandley@yahoo.ca or 07804 988001.</p>	<p>SEN Explorers sessions at the London Transport Museum: Mornings (8.30-10am) 22nd Feb and 11th April. Under 18s and carers go free, but need to book. www.ltmuseum.co.uk/learning/families/sen</p>
<p>Greenwich Theatre (Studio): The Duck, 4th & 5th Feb at 7.30pm “The Duck grew up confused and fascinated by the world around her, but it is only when she receives her autism diagnosis that all those misunderstandings start making sense.” For more information about the play: https://autistrhi.com/2018/05/11/the-duck-an-autistic-play/ To book: https://www.greenwichtheatre.org.uk/events/duck</p>	<p>Shrek the Musical at the Bob Hope Theatre, Eltham Relaxed performance on Monday 13th April at 2.30pm For more information and to book: http://www.bobhopetheatre.co.uk/shrek.html</p>
<p>Picturehouse autism-friendly screenings: 3rd Sunday of every month. January: Smallfoot (U) February: Into the Spider-Verse (PG) More details here: http://pheducation.wixsite.com/pheducation/autism-friendly</p>	

LEWISHAM SEND LOCAL OFFER

SEND **Local Offer** provides information about services for children and young people with Special Educational Needs & Disabilities.

LEWISHAM PARENT AND CARER'S FORUM

Lewisham Parents and Carer's Forum (LPCF) is a voluntary group of **parents** and **carers** of children and young people (0-25) with special/additional needs and disabilities (SEND) living in the London Borough of **Lewisham**.

PLEASE FOLLOW THE LINK FOR BOTH WEBSITES

<https://www.sendlocaloffer.org/lewisham/>

Lewisham Parent and Carer's Forum has a new website – www.lewishamparentcarer.org.uk – or as above, a new Facebook page **@LewishamPCF** and a twitter account **@LewishamPCF**

Dear Parents and Carers

If you have any queries or comments on any of the content of this newsletter please do contact us. Please note that Lewisham Parent and Carer's Forum only pass on information about services and activities and we not necessarily recommend or endorse any particular organisation or any one person, product, service or event.

WHERE TO FIND US



**Based in the same building as CAB - Press F5 for LPCF (by the lift)
Main Hall, Leemore Centre, Bonfield Road, Lewisham, London SE13 5EU –
through green gates at side of building in Bonfield Road – LPCF - 07534 568020**