



Greenvale School
Waters Road
Catford
SE6 1UF

Tel: 0208 465 0740
Email: admin@greenvaleschool.co.uk
Website: greenvale.lewisham.sch.uk

Headteacher: Lynne Haines
Deputy Headteacher: Elizabeth Smith

Dear Parent/Carer

12/11/18

Lewisham Parent & Carers Forum have asked me to pass the attached leaflet on to you. They are a charity that offers support for young people with additional needs and their families. Please see the leaflet for more information.

Over the next year we will also be inviting them in for a coffee morning. I will keep you posted and let you know when that will happen.

Lewisham Parent & Carers Forum are not affiliated with Greenvale school but they were keen for us to share with you the good work they do.

Kind Regards,

Aaron Collins

Assistant Headteacher



SCHOOL
MEMBER



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

NEWS BULLETIN – 7th November 2018

Dear Parents and Carers, We have some events for you, information, updates of what we are doing and our plans for the future. If you have any questions please do come back to us. Our contact details are above.

SAVE THE DATE

LEWISHAM PARENT AND CARER'S FORUM AGM

Wednesday 28th November 2018
10.30am to 2.30pm - Lunch provided

- **Parent Forum update**
- **Access Sport** - Access Sport is looking to support community clubs within Lewisham, Greenwich and Southwark, to be more inclusive to young disabled people (aged 5 – 25) and their families. We are still in the planning phase, and would love to hear from the parents/carers/families from the Lewisham forum to hear about what is going on currently in the borough and what you would like to see.
- **Kim Barclay – ANXIETY IN YOUNG PEOPLE** – Does your young person suffer from anxiety? How would you know? How does it present itself? Kim will talk to you about anxiety in young people and offer suggestions on how to support them. You will have the opportunity to ask questions.
- **DRUMBEAT OUTREACH to talk about Autism training and courses** - For parents and carers supporting a range of ages - Earlybird, Earlybird Plus and Cygnet. In addition to these core programmes we run Healthy Minds and Teen Life from NAS, and Puberty, Sexual Wellbeing and Relationships and Supporting Siblings from Barnardos. When capacity allows, we also run parents/carer drop ins - Calling All Grandparents, Neurodiversity Group, Dad's Group and Friends of Earlybird.
- Further speakers to be confirmed

We are looking for volunteers and new trustees, please do contact us if you are interested in being involved in the Parent Forum. See separate flyer attached.

If you would like to book a place please contact Sue Stocks – Lewisham Parent and Carer's Forum at info@lewishamparentcarer.org.uk or 07534568020

LEWISHAM PARENT AND CARER'S UPDATE

Please find below details of the work that we are undertaking on your behalf:

- We are working with the local authority on the new SEND Guidance document, which is due to be finalised by the end of November.
- We will be working on the Local Offer and Communication and Engagement with the Local Authority
- Following our AGM on 28th November we are organising an Early Years Event in January and a Disability Awareness Day in March 2019.
- We will be returning to Parent Forum meetings and we will be holding these termly.
- We will re-start our School Programme and attend schools for coffee mornings.
- We are creating a new website for you which we hope you will find 'user friendly'. This website is for parents and carers in Lewisham, so if you require any information to be added you can feed that back to us at any time. We anticipate this website becoming 'live' early in the New Year.
- Further to our recent survey to parents and carers, we are looking for further funding to support young people aged 16 to 25 in Lewisham. We will let you know if we are successful.
- We are also planning to apply for a grant for parent carer training on a wide range of subjects for the coming years.
- We are currently working on our Business Plan for the next 3 years and once this is available we will share this with you.

Please feel free to let us know what you would like us to do on your behalf.

We are currently asking for volunteers and trustees to further support the Parent Forum and if you are interested in contributing to the work that we do, please do contact us.

We have provided a volunteer request flyer along with this newsletter for your information.



Free and impartial money advice, set up by government

Advice and guides to help improve your finances
Tools and calculators to help keep track and plan ahead
Support over the phone and online

<https://www.moneyadviceservice.org.uk/en>

Give us a call for free and impartial money advice.

0800 138 7777

Typetalk: 18001 0800 915 4622 - Web chat available

Monday to Friday, 8am to 6pm

Saturday closed, Sunday and Bank Holidays, closed

SCHOOL VISITS

Lewisham Parent and Carer's Forum are visiting nurseries and schools in Lewisham, if you would like us to come to talk to parents and carers at a coffee morning in your school, please do talk to your school SENCo or School Head and ask them to contact us as info@lewishamparentcarer.org.uk Sue Stocks

Gambado Autism Sessions are now FREE!

Gambado soft play in Beckenham holds monthly SEN and autism-friendly sessions. Even better - these sessions are now FREE!

Autism sessions are held on the first Monday of each month, from 5pm to 6.30pm. Gambado Beckenham: NatWest Sports Ground, Copers Cope Rd, BR3 1NZ. Call 020 8662 6910 or email Beckenham@gambado.com To book: www.gambado.com/events/beckenham/autism-friendly-sessions/

IPSEA – EHCP MASTERCLASS FOR PARENTS AND CARERS

Aimed at parents and carers of children with special educational needs and disabilities (SEND), this one-day training has been developed to guide you through the entire EHC plan process.

From the decision of local authorities to assess, right through to the final EHC plan, this training day will help you navigate the system, supporting you to make informed and positive decisions regarding your child's education and getting the right plan in place.

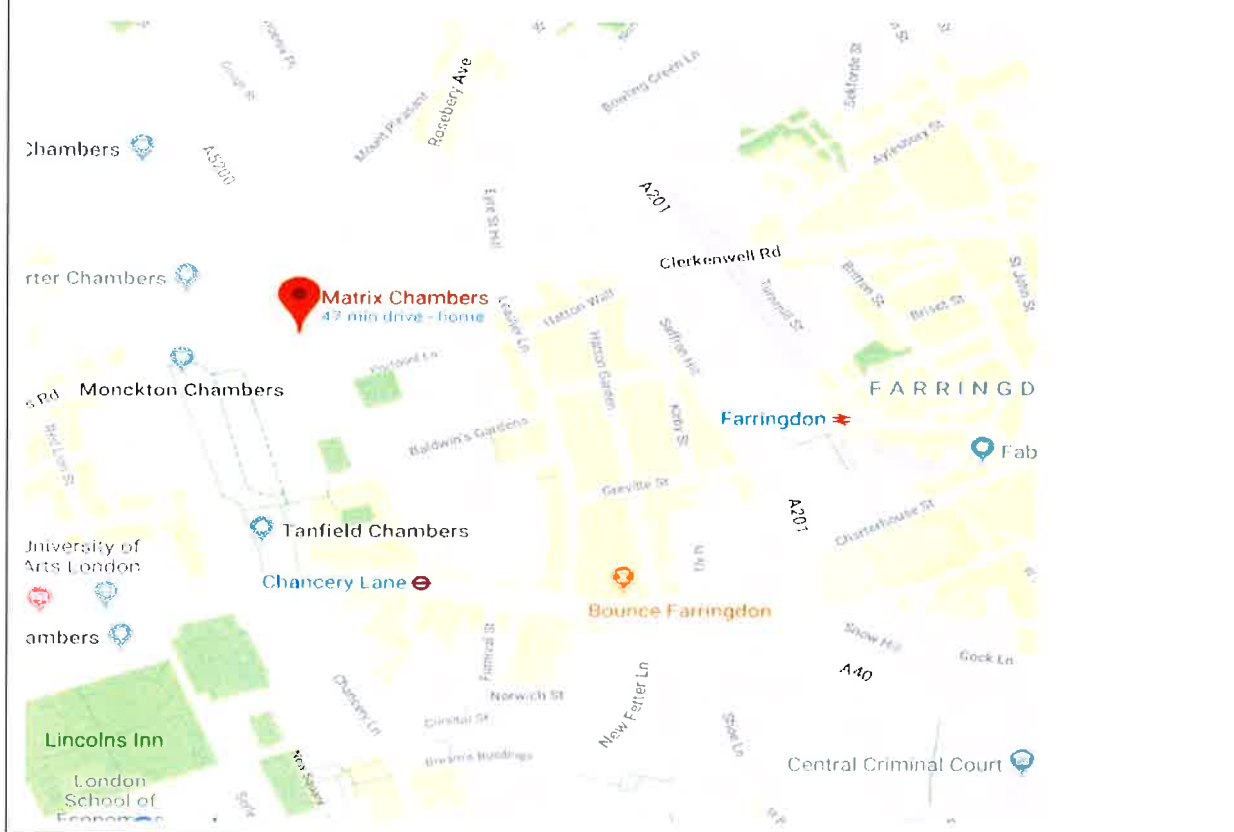
The training covers the following topics:

- The Structure of an EHC Plan
- Where information should be within an EHC plan
- The legal status of an EHC plan
- What a good EHC plan looks like
- Q&A with a SEND expert

FRIDAY 25th JANUARY 2019 - The day will start with registration at 9.45am. The training will begin at 10am and end at 2.45pm. There will then be a question and answer session until 3.15pm. Cost is £65.00 per person.

You will need to bring a packed lunch. Tea/coffee will be available on the day.

To book on line copy and past this link <https://www.ipsea.org.uk/Event/london-ehcp-masterclass-for-parents-and-carers-25012019>



Take part in **FREE**
Challenging Behaviour Workshops
to **understand** challenging behaviour and
learn skills to **prevent & respond to** your child's behaviour

16th Nov & 30th Nov in Lewisham

23rd Nov & 14th Dec in Waterloo

7th Dec & 11th Jan in Orpington

Workshops are held 10am - 2.30pm

This is a 2 part workshop - you will need to
attend both dates. Workshops are free.



For parents, grandparents or siblings of
children and adults who have moderate to
severe learning disabilities.



*** Improve your family life ***

*** Reduce challenging behaviour ***

*** Gain confidence in supporting your child ***



To apply to attend or find out more:

Apply online: www.surveymonkey.co.uk/r/SELworkshopsCBF

Call: **0300 666 0126** or Email: workshops@theCBF.org.uk



Funded by:



**Our Healthier
South East London**
Sustainability and Transformation Partnership

Workshops will be led by the *Challenging Behaviour Foundation*, for the South East London Transforming Care Partnership: A partnership of NHS providers and CCG serving the boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham & Southwark, with NHS England

Money Management & Debt Workshop



Come along to this workshop that will help you take control of your money and avoid debt. It will also help you to manage your situation if you are in debt. The workshop will be run by David Adam, Citizen Advice - Lewisham

Venue: Main Hall - Leemore Community Hub, Bonfield Road, Lewisham, SE13 5EU

Date: Friday 16th November 2018

Time: 10.00-12.00

Light refreshments provided

**call the office on 020 8297 8056 or
email to jennifer.cole@contact.org.uk**



contact *For families
with disabled children*



Incorporating The Lady Hoare Trust, Registered Office: 209-211 City Road, London EC1V 1JN, Registered Charity Number: 284912 Company Limited by guarantee, Registered in England and Wales Number: 1633333, Contact Lewisham, Leemore Central Community Hub, Bonfield Road, Lewisham SE13 5EU
Tel: 02082978056

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REMINDER - Transition to Adult Life seminars

The Advocacy and Support Partnership, Irwin Mitchell Solicitors and Action for Kids are running a series of 3 one-day seminars on Transition to Adult Life. The seminars run from 10am to 2.30pm at the St Alban's Centre, Baldwins Gardens, London EC1N 7AB. For parents and carers the cost is just £15 each, including lunch.

The dates and topics are as follows:

1) Tuesday 13th November: Mental Capacity, Welfare and Financial deputyship and Continuing Health Care assessments

2) Wednesday 27th February: Housing, benefits, employment, financial planning

To book: www.eventbrite.co.uk/e/b-transition-to-adult-life-1-the-care-act-rights-to-social-care-support-tickets-41852260237

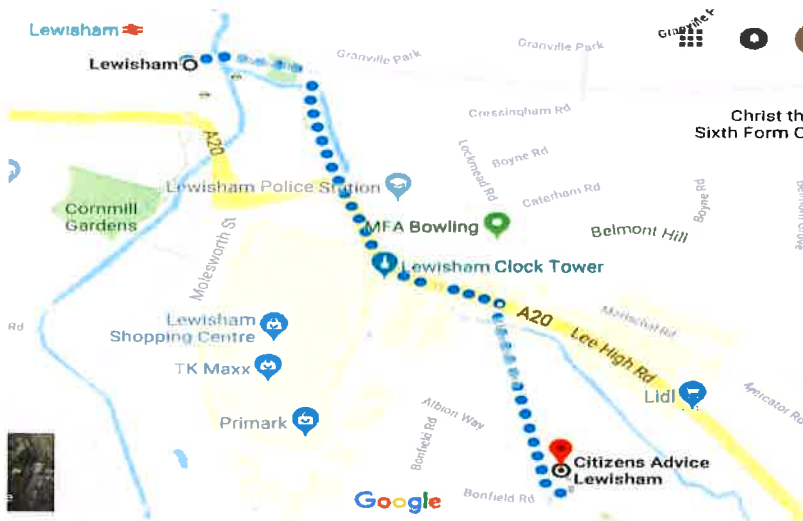
NOTE: These seminars are well worth attending. Please do try and go along.

INFORMATION 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>Autism is My Superpower: drop in sessions on, 5th December. Bellingham Childre and Family Centre, 109 Randlesdown Rd SE6 3HB. Call 020 8695 6236 for more information.</p>	<p>Sensory Processing Difficulties workshop by Whole Child Therapy: Friday 16th November, 9.30am to 4pm, The Clarendon Hotel, Blackheath SE3 0RW. Details and booking: www.eventbrite.co.uk/e/sensory-processing-difficulties-workshop-2-sensory-strategies-tickets-47208850944</p>
<p>Sensory Processing Difficulties workshop by Whole Child Therapy: Friday 16th November, 9.30am to 4pm, The Clarendon Hotel, Blackheath SE3 0RW. Details and booking: www.eventbrite.co.uk/e/sensory-processing-difficulties-workshop-2-sensory-strategies-tickets-47208850944</p>	<p>Free downloadable book from Network Rail on train safety, with Thomas the Tank Engine: https://cdn.networkrail.co.uk/wp-content/uploads/2018/10/Stay Safe with Thomas ebook.pdf</p>
<p>Picturehouse autism-friendly screenings: 3rd Sunday of every month. More details here: http://pheducation.wixsite.com/pheducation/autism-friendly</p>	<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>London Transport Museum ‘Explorer’ sessions for families with children with additional needs. 8.30am to 10am on Saturday 15th December <i>Under 18s and carers go free</i>, other adults pay standard entry. More details here (about halfway down the page): https://www.ltmuseum.co.uk/learnin-g/family-learning</p>	<p>Science Museum SEN Early Birds and Night Owls</p> <p>Early Bird Saturday mornings from 8.30am to 11.15am, exclusively for families with SEN children aged up to 15. Next date 10th November</p> <p>Although places are FREE, booking is ESSENTIAL. Booking for each session opens at 10am, a month beforehand. To book, call 020 7942 4777.</p> <p>To go on the mailing list for reminders, email familyprogrammes@sciencemuseum.ac.uk For full details of the Science Museum Early Bird programme, go to: www.sciencemuseum.org.uk/see-and-do/early-birds</p> <p>Night Owls is an equivalent event for young people on the autism spectrum aged 16 to 25. These sessions run from 6.45pm to 10.30pm. The next is on Saturday 8th December. They are also free but require booking: www.sciencemuseum.org.uk/see-and-do/night-owls</p>

WHERE TO FIND US



Based in the same building as CAB
Main Hall, Leemore Centre, Bonfield Road, Lewisham, London SE13 5EU – through green gates at side of building in Bonfield Road – LPCF - 07534 568020