



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 – 19th December 2018

The Parent Forum Trustees and Sue would like to wish you all
A very Merry Christmas and a Happy New Year

LEWISHAM PARENT AND CARER'S FORUM Hosting



MENTAL HEALTH AND YOUNG PEOPLE

Thursday 10th January 2018
5.30pm to 6.30pm

Leemore Centre
(Front entrance, ground floor, adult suite
Bonfield Road, Lewisham SE13 5EU

THE FIVE WAYS TO WELLBEING

For young people ideally over the age of 14 years.
Parents to bring their young person for up to an hour – Coffee/Tea room available to parents
whilst session takes place
Break out area available for young people

- What is Mental Health
- The five ways to wellbeing (how we can look after our mental health)
- Pledges of how the young people will look after their mental health

The session will look at mental health and wellbeing. Talking about physical and mental health – what that means – to know how we are feeling – how to look after ourselves.

We have a limit of 12 places so please do book.

Please phone Sue Stocks on – 07534568020 or email info@lewishamparentcarer.org.uk if you would like to come along.

LEWISHAM PARENT AND CARER'S UPDATE
SAVE THE DATES

EARLY YEARS EVENT
HATCHAM CHILDREN'S CENTRE
Tuesday 5th February 2019
Time and Agenda to be advised

For children under 5 years who require additional support and those with disabilities – no diagnosis needed to attend

RAISING AWARENESS DISABILITY DAY
BETTER TOGETHER FOR BETTER FUTURES

March 2019

Further information to be advised

Information, Advice and Support for all parents and carers of children with additional needs, learning difficulties and disabilities

EDUCATIONAL HEALTH AND CARE PLANS (EHCP)

Lewisham Local Authority would like to hear your experiences on the EHCP processes.

The new SEND Multi Agency Service Manager, Clare Gurbutt, would like to work together with parents/carers to improve outcomes for your children and young people.

Clare is looking for 6 parents/carers that have been through, or are currently going through, the process of obtaining an EHCP. Would you volunteer a little of your time to work together by sharing your experiences with her, and support her in making sure that the system works for you and other families in Lewisham.

This will be a closed group and all information will be treated in confidence.

The first meeting will be on Wednesday 30th January at 10.30 to 12.30 in Kaleidoscope, Rushey Green. The PPO and a Parent Forum Trustee will be in attendance.

Further meetings can be arranged to suit parents, either for during the day or the evening.

Please phone Sue Stocks on – 07534568020 or email info@lewishamparentcarer.org.uk

MAGPIE DANCE

Tuesday Magpie Juniors

Time: 5.00pm-6.00pm

Location: St Andrew's Church of England Church Hall, Sandhurst Road, Catford, SE6 1XD

Suitable for: Ages 8-15 (for more information please contact us)

For any general enquiries please contact Laura-Ann Whitlock, Operations Coordinator, on 020 8290 6633 admin@magpiedance.org.uk or use the form on the right.

Office Address:

Magpie Dance
The Churchill Theatre
High Street
Bromley
BR1 1HA
T:020 8290 6633

Sessions are facilitated by Katharine Le Roux and assisted by Erica Moshman.

All Magpie Dance classes are accompanied by a professional musician in the form of drums or keyboards.

Magpie Dance's Juniors (MJ) aims to enable young people aged 8-15 with learning disabilities, to explore creative movement and related arts in a supportive, safe and stimulating atmosphere.

The cost is £5 per session, with a 10% discount if paying for a full term in advance (10 sessions). For new participants, sessions are half price for the first term only. Please note booking is essential as classes are often full and spaces will be allocated on a first-come, first-served basis every term. If a session is full, we are happy to keep your name on our waiting list and will be in touch as soon a place becomes available. For further information please complete an enquiry form or contact the Magpie Dance office on 020 8290 6633.

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Registered Charity No: 1062185
Registered in England & Wales No. 3292609
Patrons: Richard Wilson OBE and Kellie Shirley

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



Lewisham Children and Family Centres

www.lewishamcfc.org.uk

WELLBEING *for you & your child*

Come along to our event on
Wednesday 23rd January
10.00am -3.00pm

Sign up on the day
to our **FREE**
mini workshops

- Benefits of Baby Massage
- Being a Parent
- Baby Brain Development
- Healthy Snacks
- Weaning Top Tips
- Language Support
- Oral Health

Full programme available early January

Educational Psychologist & Speech and Language appointments available on the day



Bellingham Children and Family Centre

109 Randelsdown Road
SE6 4HB

020 8695 6236



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>EHCP Masterclass for Parents and Carers: Friday 25th January 2019, 9.45am to 3.15pm, Gray's Inn WC1R 5LN</p> <p>Run by IPSEA (Independent Parental Special Education Advice), this training day offers expert advice on all aspects of EHCPs, from understanding what a Plan is, through to Annual Review. Includes a Q&A session. Cost: £65</p> <p>www.ipsea.org.uk/Event/london-ehcp-masterclass-for-parents-and-carers-25012019</p>	<p>Free downloadable book from Network Rail on train safety, with Thomas the Tank Engine:</p> <p>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</p> <p>Candida Burrows Manager, SIGNAL Family Support 07946 632477</p> <p>www.signalfamilysupport.org <i>Mutual support for families in Lewisham with children on the Autism Spectrum</i></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