



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 – 28th February 2019

Dear Parents and Carers

This term's newsletter has an update of our work, activities, events and news articles.

We have also had to postpone two of our events, but hope to have these in the summer term.

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 do not necessarily recommend or endorse in particular any one person, product, service or event.

Parent Forum Update

- In January we held a short Mental Health and Wellbeing session with Healthwatch and young people.
- The new SEND Guidance document will be finalised within the next couple of months, and we will share this with you once it is completed.
- Parents and carers, including one Forum Trustee have started work with the Children with Complex Needs Team on feeding back experiences on the Education, Health and Care Plan (EHCP) process. ***This is now a closed group.***
- Kaleidoscope Drop In service rota has been updated to include Lewisham Autism Support and is attached.
- We are, once again, working on the Local Offer with the Local Authority and this will be returning to Lewisham's website. **We have a survey also attached for you to complete.** <https://www.surveymonkey.co.uk/r/X8CTZFM>.

RAISING AWARENESS DISABILITY DAY BETTER TOGETHER FOR BETTER FUTURES

POSTPONED UNTIL THE SUMMER TERM

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

Lewisham Parent and Carer's Forum Meeting

Wednesday 20th March - Main Hall, Leemore Centre
10.30am to 12.30pm - refreshments provided

Looking at supported employment and supported internship opportunities Young people staying safe in Lewisham

All parents and carers of children in secondary school and college — if your child is younger you are also welcome, as it is never too early to think of the future

Toucan Employment Three Cs Lewisham Nexus Service Speaking Up
For Jimmy – Safe Haven Family Information Service

PLEASE SEE FLYER FOR FURTHER INFORMATION

Date: Wednesday 20th March 2019

Time: 10.30pm to 12.30pm

Where: Leemore Centre, Bonfield Rd, Lewisham, London SE13 5EU

TO BOOK PLEASE CALL OR EMAIL

Sue Stocks

Tel: 07534 568020 - info@lewishamparentcarer.org.uk

www.lewishamparentcarer.org.uk

Cando2 Candoco Dance Company's youth dance group, in a weekly class for disabled and non-disabled dancers. The class is for 13-25 year olds and all abilities are welcome. Led by Candoco Artists, classes encourage individual creativity and provide an opportunity to work with other young dancers, learn contemporary technique and create high quality work.

MONDAYS | TRINITY LABAN

When: Monday 14 January - Monday 1 April (no session on Monday 18 February),
5.30pm - 7.30pm

Where: Trinity Laban, The Laban Building, Creekside, London SE8 3DZ

Taught by: Candoco Artists

Cost: £55 for the 11 week term

Contact details: If you are interested in becoming a member of Cando2 please contact Jessica Richards to book your taster session jessica@candoco.co.uk

PIP And ESA Workshop

contact For families
with disabled children



This free workshop is for parents/carers of young people aged 15 plus and adults with disabilities or additional needs claiming Personal Independent Payment (PIP) or who will be claiming PIP at 16. We will discuss:

- The process of claiming PIP and Employment Support Allowance (ESA) element of Universal Credit (UC).
 - Moving from Tax Credit & Child Tax Credit to ESA/UC
 - Rules and criteria relating to PIP and ESA
 - Other benefits associated with PIP and ESA.

This workshop will be led by the Department for Work and Pensions (DWP)

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

Date: Thursday 7th March 2019

Time: 09.45 - 12.00

**To book your place, please
call the office on 020 8297 8056 or
Email jennifer.cole@contact.org.uk**



contact For families
with disabled children



NEWS

Extra funding for SEND pupil welcome but parents councils and headteachers say it's nowhere near enough

For more information click [here](#) - Read the Letter from the Secretary of State to local authorities [here](#)

Petition - Increase funding for schools

Schools are having to make difficult choices on how to spend their limited funding as their income has not kept pace with the rise in costs since 2010. All schools are working very hard to “make ends meet” but this is becoming increasingly difficult and verging on almost impossible.

<https://petition.parliament.uk/petitions/232220> please copy and paste if you cannot follow link

Damien Hines Minister of State - Major Announcements Dec 2018 – an additional £350 million to support children with complex needs and disabilities

<https://www.gov.uk/government/news/new-funding-to-support-children-with-special-educational-needs>

Response from National Network of Parent Carer Forums (NNPCF)

<http://www.nnpcf.org.uk/secretary-of-state-for-education-announcements-nnpcf-response/>

Consultation on Ofsted Inspection Framework

<https://www.gov.uk/government/news/ofsted-launches-a-consultation-on-proposals-for-changes-to-the-education-inspection-framework>

<http://www.nnpcf.org.uk/ofsted-meet-parent-carers-of-children-with-send-in-mainstream-schools/>

NNPCF Talking Points on SEN support

<http://www.nnpcf.org.uk/wp-content/uploads/2017/12/Talking-points-SEN-Support-201807-Final-1.pdf>.

CEREBRA

freephone 0800 3281159

Families where a child has a brain condition face challenges every day. Just to learn, play, make friends, enjoy and experience the world can feel difficult, even impossible. But we don't believe there is any challenge that can't be over come.

Our **Vision** is that every family that includes a child with a brain condition will have the chance to discover a better life together.

Our **Mission** is to listen to families that include children with brain conditions. We use what they tell us to inspire the best research and innovation. Then we help them put the knowledge into practice so they can discover a better life together.

Our Core Services: Website - [Here](#)

LEWISHAM CHILDREN AND FAMILY CENTRES

UNDER 5s, some activities up to 11 years, and parent events

Lots of advice, information and support, please contact the centre directly for information on activities

Clyde Children and Family Centre – Alverton Street, Deptford SE8 5NH
0208692 3653 – www.lewishamcfc.org.uk

Beecroft Children and Family Centre – Beecroft Road, Brockley, SE4 2BS
0208694 4958 – www.lewishamcfc.org.uk

Ladywell Children and Family Centre – 30 Rushey Mead, Ladywell SE4 1JJ
0208690 6696 – www.lewisham.org.uk

Torridon Community Library/Sandhurst Schools/Goldsmith Community Centre

Call Bellingham for information 020 8695 6236

Downderry Children and Family Centre - Shroffold Road, BR1 5PD
0208695 5915 – ddcc209@downderry.lewisham.sch.uk
www.lewisham.org.uk

Marvels Lane Children and Family Centre – 65 Riddons Road, Grove Park, SE12
0208851 2129 – cc@marvelslane.lewisham.sch.uk

Kelvin Grove and Eliot Bank Children and Family Centre – Kirkdale SE6 6BB
0208613 0172 – npowell@kelvingrove.lewisham.sch.uk

Bellingham Children and Family Centre – 109 Randlesdown Road, SE6 3HB
0208695 6236 – www.lewishamcfc.org.uk

TIDEWAY SAILABILITY

A unique sailing club in central London where people with and without disability can all sail together as one community. Email info@tidewaysailability.org.uk Tel: 0207237 9001 - www.tidewaysailability.org.uk

Tideway are supported by volunteers. They work with schools and other voluntary organisations. Your young person can try something new, so take them along for a new experience.

NOTE: This is a real sailing experience. You can be out on the water in no time at all. Highly recommend.

Address: [Greenland Dock, Rope Street, London SE16 7SX](#)

Dyslexia Association of Bexley Bromley Greenwich & Lewisham

We have arranged another "**Dyslexia Fun Afternoon**" on Saturday 6th April between 2 and 4pm for dyslexic children in Years 3 to 11. This will be an opportunity to meet a range of dyslexic young people during an afternoon of creative activities, including Lego logic and theatre themes.

Details -

- Date and Time : Saturday 6th April , 2pm -4pm.
- Venue :St Joseph's Church Hall, Orchard Road, Bromley, BR1 2PR
- Age range : Suitable for children in Y3 -Y11
- Booking : via JotForm link below
- Cost : £5, payment via BACS, in advance of the event
- Additional information : Parents welcome to stay for the parent forum - offering advice and support

Please click on the JotForm link which will enable you to complete the application form; we will then send you an email confirming receipt and providing the bank details for the BACS payment.

<https://form.jotformeu.com/dabbglevents/dyslexia-afternoons>.

Limited places so book early!

Dyslexia Association of Bexley Bromley Greenwich & Lewisham

Community House, South Street, Bromley, Kent BR1 1RH

Admin:020 8315 2526 - Helpline :0300 999 1800 email: info@dyslexiawise.co.uk

A company limited by guarantee no. 5725573

FREE: British Dyslexia Association (BDA) Parent Pop-up Roadshow Event!

On: Saturday, 23 March 2019 from 13:00 to 16:00

At Bromley Central Library, High St, Bromley, BR1 1EX (The Large Hall)

To book, go to

<https://www.eventbrite.co.uk/e/free-bda-parent-pop-up-roadshow>

Event Details

This event is aimed at parents and carers of young people with dyslexia and those who have a general interest in finding out more about this learning difference.

The ticket will enable you to attend the half day workshop!

•What is dyslexia? Supporting your child's needs; BDA CEO, Helen Boden

•Empowering Potential; Microsoft: Arran Smith

•Navigating the SEN maze: entitlement, provision and appeals; SEN Legal: Hayley Mason

Join us for this special pop-up session, ask questions and meet other parents and find out more!

KOOTH Free, safe and anonymous online support for young people

XenZone is a provider of online mental health services for children, young people and adults. They provide an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop, and free at the point of use.

For more information about XenZone, please visit their website www.xenzone.com or email parents@xenzone.com

What is the Engine Shed?

The Engine Shed is a special interest group for autistic children and young people who love trains.

They can play, talk and enjoy their interest in a welcoming, safe and relaxing environment. It provides a safe and supportive environment for autistic children to enjoy their interest in trains, and to develop their skills in coordination, turn-taking and communication.

The Engine Shed puts the children in charge of their trains. They design, build, and run our Brio, Tomy and Hornby trains.

At our South London venue in Streatham, over 30 autistic children and young people attend and remain focused for a full 2-hour session, with minimal supervision. We also provide a 'Quiet Zone', where railway books, magazines and puzzles can help to reduce sensory overload and over-excitement.

We usually run open days on the 2nd Saturday of each month, but occasionally have to change this to fit around school holidays eg, Easter.

Future open days:

Saturday 9 March

Saturday 6 April

We will be open from 2-4pm for younger children, and 4-5pm for teenagers and adults.

The Streatham open days are at the SYCT Streatham Youth Club in Conyer's Road <https://goo.gl/maps/ZVYGmQCUzj52>

If anyone has any questions, please ring/text Richard on 07948 407343 or email engineshedlondon@gmail.com

www.engineshedlondon@gmail.com

<https://www.facebook.com/engineshedsouthlondon/>

MAGPIE DANCE CLASSES FOR ALL AGES

Empowering people with learning disabilities

Tuesday Magpie Minis Suitable for: Ages 4-7 (for more information please [contact us](#))

Time: 4.15pm-5pm

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

Magpie Dance's Minis (MM) is a fun dance session for children with learning disabilities aged 4-7 years who take part with a parent/carer.

The cost is £5 per session. 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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Tuesday Magpie Juniors - Suitable for: Ages 8-15 (for more information please [contact us](#))

Time: 5.15pm-6.15pm

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

Sessions are facilitated by Erica Moshman and assisted by Rachel Baggarley.

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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Wednesday Magpie Youth - Suitable for: Ages 16-25 (for more information please [contact us](#))

Time: 4.30pm-6.30pm

Location: The Whitfield Hall, Bromley United Reformed Church, 20 Widmore Road, BR1 1RY

Sessions are facilitated by Natasha Britton – Co Artistic Director -Youth, Education and Training, and assisted by Annie Waller.

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

Magpie Dance's Youth Classes aim to enable young people with learning disabilities to explore creative movement and related arts in a supportive, safe and stimulating atmosphere.

The cost is £10 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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PLEASE FOLLOW THE LINK TO MAGPIE'S WEBSITE TO SEE FURTHER CLASSES FOR SATURDAYS AND FOR THOSE OVER THE AGE OF 25 YEARS

<https://www.magpiedance.org.uk/participation/magpie-dance-classes/>

Lewisham Carers Centre

Waldram Place, Forest Hill London SE23 2LB - Tel: 020 8699 8686

Email: info@carerslewisham.org.uk

AROMATHERAPY – REFLEXOLOGY – INDIAN HEAD MASSAGE - ACCUPTURE

Laura is at Carers on Tuesdays from 3.30pm and Thursdays from 4pm.

She offers Aromatherapy, which is massage with essential oils tailored to suit each persons needs individually. Also, reflexology, which is a foot massage based on acupressure points corresponding to the whole body.

Laura 07973183711

Catherine is at Carers Lewisham on Tuesday evenings from 4pm.

She offers: Indian head massage, clothed massage focused on the head, neck and shoulders - Reflexology (see above) - Seated acupressure massage, clothed deeper massage using a special chair which you lean over providing full access to your back.

Catherine 07751 551203

We both charge a reduced price of £10 per half hour, £20 hour for Carers and over 55 year olds.

Please contact us directly on the numbers given to discuss your needs and make appointments.

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>Understanding ASD: free workshops for parents and carers. 10am to 12.30pm at Mary Sheridan Centre, 5 Dugard Place SE11 4TH (near Elephant & Castle) on the following dates: 3rd April: Sleep and ASD 2nd May: Transition to secondary school 28th June: Early communication skills 18th July: ASD and mental health Contact Evelina Children's Hospital for more information: https://www.evelinalondon.nhs.uk/contact-us/contact-us.aspx</p>	<p>Parent workshops at Contact, 9.30am to 12 noon on Thursday 7th March</p> <p>PIP and ESA (NB, this replaces the 1st Feb workshop) This workshop is supported by the Department for Work and Pensions (DWP). Venue: Leemore Centre, Bonfield Rd, Lewisham SE13 5EU.</p> <p>To Book: Lewisham.office@contact.org.uk or 020 8297 8056.</p>
<p>Drumbeat parent workshops, Tuesdays, 10am to 12pm: 2nd April – Developing Independence, Keeping Safe and Preparing for Transition Venue: Drumbeat Downham, Roundtable Rd, BR1 5LE. Workshops are free but booking is required: 020 7635 9022 or outreach.admin@drumbeat.lewisham.sch.uk</p>	<p>SEN Explorers sessions at the London Transport Museum: Mornings (8.30-10am) 13th April, 27th July, 26th Oct and 14th Dec. Evenings (6.15-7.45pm) 1st June and 24th Aug. Under 18s and carers go free, but need to book. https://www.ltmuseum.co.uk/learning/family-learning</p>
<p>MineVention for Minecraft lovers! At Dreamland in Margate, 9th & 10th March. Autism-friendly session, Sunday 10th March from 9am to 1pm. Full details here: https://www.dreamland.co.uk/events/listings/eventdetail/6118/9/minevention</p>	<p>World Autism Awareness Day – Family Fun Day, Saturday 6th April, 10am to 3pm at Deptford Market Yard, SE8 4BX. For more information: almaautism@hotmail.com</p>
<p>Autism Exchange work experience programme for young people on the autism spectrum aged 16 to 25. Run by Ambitious About Autism in partnership with the Civil Service. For more information: https://www.ambitiousaboutautism.org.uk/autism-exchange</p>	<p>Free downloadable guide: A Guide to Disability, Transition and Family Finance, updated 2019. https://www.workingfamilies.org.uk/publications/from-child-to-adult/</p>
<p>Picturehouse autism-friendly screenings: 3rd Sunday of every month. More details here: http://pheducation.wixsite.com/pheducation/autism-friendly</p>	<p>Sensory Storytelling, Wednesdays 5pm to 6pm, for children aged 5 to 11. Blackheath Conservatoire, 19-21 Lee High Rd, SE3 9RQ www.conservatoire.org.uk/courses/children-and-young-people/sen-courses</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>

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**