



The Information You Need The Voice You Deserve

Parent Voice News

Getting through the winter: following on from the severe weather warnings we have had just recently, Parent Voice has compiled a list of some useful links to help you through the winter season as follows:



Financial Help: Warm Home Discount Scheme - [click here](#).

Cold Weather Payment - [click here](#).

Fuel Bills - [click here](#).

Keeping Warm: How to keep children with Special Needs warm - [click here](#).

Keeping Warm - [click here](#).

What to do when your child refuses to put on winter clothes - [click here](#).

Other:

Winter Blues - Curing the winter blues - [click here](#).

Social Stories - Winter clothing - [click here](#) and It's a snowy day - [click here](#).

Action Plans: Action cards for cold weather - [click here](#).

Health: Do you have, or care for someone, with a learning disability? They, and you, are entitled to a **FREE flu vaccine**. Anyone can catch flu. Flu is caused by a bug called a virus. Flu can make you, your loved one or the person you care for feel ill. If someone is very ill with the flu they might even have to go to hospital. Having the flu jab can help stop you from catching the flu and passing it onto other people. The jab is free to people with a learning disability and their carer's. The flu jab is a quick and easy injection. After the jab you may feel a bit hot, have a sore arm and ache a bit, but you would feel a lot worse if you caught the flu. **Contact your doctor today to get the jab.**

Flu - Stay well this winter leaflet 1784 - [click here](#).

Nasal Flu Spray- Easy read leaflet - [click here](#).

BSL Flu Leaflet - [click here](#).

Hampshire Area News

Activities in your area: To view activities taking place in your local area, simply [click here](#) to view the Hampshire Gateway website. On the homepage you will see that you can search by regular clubs, holiday activities and activity providers either by date or postcode. These activities are updated weekly, so be sure to check back each week for anything new.



To find a support group in your local area [click here](#) and to search for training, parent meetings and consultations [click here](#).

To find us on Facebook [click here](#) and 'like' our page!



Kim's Coffee Morning: Do you have a family member with learning disabilities (LD)? Do you support people with LD in a paid or unpaid role? Are you interested in a career supporting people with LD? Why not go along to Unit 309, Solent Business Centre, 343 Millbrook Road West, Southampton, SO15 0HW on **Friday 27 January**, 10am-12pm, and join Kim for a cup of coffee and a cake! Jonathan Beebe will be giving an informal talk this month about what Positive Behaviour Support is and what it means for families. They hope you can join them!

The support group is run by a parent whose child has LD and it allows for anyone to go along and talk about LD and for parents and support workers to come together and network. They meet once a month at the address given above. For more information contact Rachel Brown, Rachel.brown@pbs4.org.uk or call 02380 987462. Visit their website [click here](#) and Facebook page [@pbsfour](#).



Do you have a family member with learning disabilities (LD)? Have your say! Many things are assumed about caregivers' perceptions and attitudes regarding caregiving for someone with LD. Now it's time to hear your perceptions of caregiving and other attitudes. If you care for such a family member, the research team at University College London (UCL) would like to hear from you. They are conducting an online survey and looking specifically for

family members who are 18 years and older. Your views will help greatly in understanding caregivers' experiences. Simply [click here](#). Call 07784 297380 or email Natasha.mitter.14@ucl.ac.uk for more information. The survey should only take 15-20 minutes to complete and there is chance to enter a prize draw upon completion of the survey. [#LDhaveyoursay](#).

Making key shifts to personal care – blog by Jo Hooper, Hampshire Operations Manager: Following the recent expansion to the Integrated Personal Commissioning programme, Jo Hooper talks about the progress made locally to ensure people are getting more choice and flexibility around the type of care they receive. To read Jo's blog, [click here](#).



Hampshire Parent Carer Network (HPCN) Get Togethers: HPCN Get Togethers provide an opportunity for parent carers of children & young people with additional needs to meet for coffee in a friendly, relaxed environment.

Meetings offer HPCN news, invite your views on different issues, focus on special topics and welcome guest speakers. Their meetings are held throughout Hampshire and are free to attend. To find your local group contact HPCN on 01962 859 849.

Please note the time for the meetings at The Swan Hotel, West Street, **Alresford**, SO24 9AD is now **10-11.30am on Thursdays 12 January, 16 February and 23 March**. Your HPCN regional representative is Sally, contact sallybarnett@hpcn.org.uk or call 07881 340139.

Please note the meeting at Applegarth Farm Shop, Headley Road, **Grayshott**, GU26 6JL on Wednesday 5 April has been changed to **Wednesday 29 March**, 9.30-11.30am. Contact Sally as above.

Upcoming course - Exploring Autism including Asperger Syndrome!: Saturday 4 March, 10am-4pm, at The Lounge, Park United Reformed Church, Palmer Park Avenue, Reading, RG6 1DN. Price £75 (**£60 Early bird if booked before 18 February**). For more information and to book, [click here](#). If the price is an obstacle to you, contact Caroline by emailing caroline@autismmatters.org.uk.



The Family Hope Center Live Q&A Webinar: The Family Hope Center is based in US but offers training in the UK. You may be interested in this free live **Q&A Webinar on Friday 27 January**, 7-9pm GMT. The webinar, entitled 'An Introduction to Your Child's Brain: A Neurological Approach to Helping Your Child with Special Needs' can be accessed from a home computer. For details, [click here](#).

Parents are asked to register for the live Webinar once they have watched a pre-recorded video presentation called "An Introduction to your Child's Brain". Parents will be able to submit questions directly to Matthew Newell before the live event and then get them answered during the event. **The questions must be submitted by Tuesday 24 January.** For further information please contact Melvyn Joyce, UK Family Support Coordinator on 07780 671236 or Melvyn.joyce@virgin.net.



Benefit Cuts: you may have heard the good news that 127 MPs in Parliament voted to delay the £30 a week cut to Employment and Support Allowance (ESA) and Universal Credit that was planned for April. Further, the Autumn Statement did not refer to this at all. Mencap is asking campaigners to tweet the Minister in charge, Minister for

Disabled People, Health and Work, Penny Mordaunt MP, to tell her to listen to this important decision.

If you would like to add your voice to the message you can use the draft tweet as follows: Great news that MPs have voted to pause #ESAcuts. @PennyMordauntMP, will the Government act on this strong message? Alternatively, email penny.mordaunt.mp@parliament.uk

Basingstoke & Deane Area News



Playdays Special Needs Sessions: a special needs session is being held on **Tuesday 7 February**, 4-6.30pm, at Playdays Indoor Play Centre, 2 Stewart Road, Kingsland Business Park, Basingstoke, RG24 8NF. This is exclusively for children aged 11 or under with special needs and their families. Siblings are welcome. The entry fee is £3.50 per child. The Meal Deal is £7 (entry & meal – last food orders at 5.15pm). To book, call 01256 346173 or [click here](#).

They welcome your feedback on these sessions so that they can ensure they are a success for everyone. Next date is: Tuesday 7 March.



Basingstoke Autism Support Hub (BASH!): has exclusive hire of JJ's, Unit B, Morse Road, Basingstoke, RG22 6NE for ALL Gateway Card holders from 7-9pm on the following dates: **Tuesdays 21 February**, 11 April, 30 May, 25 July, 29 August and 24 October and Wednesday 27 December. The cost per session is £3.50 which includes Laser Tag. Food

will be available to purchase until 8pm. No need to book, but it would be helpful if you could click 'going' on the event on their [Facebook page](#) if you do want to attend.

BASH Swimming Social Club also has an exclusive hire swim session (pool closed to the public) with inflatable obstacle course at Basingstoke Sports Centre, Festival Place, Basingstoke, RG21 7LE, on **Saturday 28 January**, 5-6pm, for all Gateway Card holders and their families. The cost is £2.75 per session. To book or for more information, email bookings@autismsupporthub.com. They will be going out for a meal at Pizza Hut from 6.30pm if you wish to join them. Other dates are Saturday 18 February and Saturday 25 March.

Basingstoke Disability Connections

Basingstoke Disability Connections: is a group set up for all people affected by disability - children, young people and older people. They hold informal get-togethers on the **first Tuesday every month**, 12.30-2.30pm at The Community Room, Basingstoke Discovery Centre (The Library), Festival Place.

This is a great opportunity to: Meet new people • Make friends and new contacts • Enjoy FREE tea, coffee and biscuits • Discuss issues with others • Hear from speakers on topics you tell them are important to YOU! They are holding their next meeting on **Tuesday 7 February** and a representative from Disabled Go will be there. For more information, contact Amanda Knowles on 01256 423869 or info@bddf.org.uk.

East Hants Area News



Little Squirrels

Little Squirrels SEN Stay and Play: Little Squirrels is holding a SEN Stay and Play session on **Saturday 21 January**, 9.30-11am, at Bushyleaze Children and Families Centre, Eastbrooke Road, Alton, GU34 2DR. This month is all about Winter with the focus being on Fine & Gross motor development. Alison Cairns, Occupational Therapist, will be on hand for tips and advice. Please ring 01420 87675 to let them know if you plan to go along or email a.murch@bushyleaze.hants.sch.uk or a.tibbits@bushyleaze.hants.sch.uk.

Eastleigh & Winchester Area News



Saintsability Inclusive Community Sessions: engaging activities for young people and adults with disabilities and/or additional needs – all ages and abilities welcome.

Open Access Sessions are held as follows and are FREE to attend unless otherwise stated:

Football:

Mondays, 10-11am, River Park Leisure Centre, Winchester, for all abilities aged 16+.

Mondays, 8-10pm, Oasis Academy, Lords Hill, for all abilities aged 16+.

Wednesdays, 10.30-11.30am, Chamberlayne Leisure Centre, basis skills aged 16+, cost £2.60.

Wednesdays, 11.30am-12.30pm, Chamberlayne Leisure Centre, football skills aged 16+, cost £2.60.

Thursdays, 1.30-2.30pm, Fleming Park, Eastleigh, all abilities aged 16+, cost £3.

Sunday mornings, Oasis Academy, Lords Hill, all abilities aged 5-15.

Sunday mornings, Oasis Academy, Lords Hill, all abilities aged 16+.

Boxing:

Wednesdays, 5.30-6.30pm, Ageas Bowl, Hedge End, all abilities and fitness levels aged 5+.

Disability Specific Sessions – community sessions for all abilities with specific impairments are held as follows and are FREE to attend:

Tuesdays, 7-8pm, **Down's Syndrome Football** ages 11-16, Great Oaks School, Southampton.

Saturdays, 10.30-11.30am, **Deaf/Hearing Impaired Football** ages 5-15, Fleming Park, Eastleigh.

Coming soon: Blind, Visually Impaired, Cerebral Palsy, Deaf, Hearing Impaired advanced coaching centres for 11-16 year olds.....to register an interest email mpink@saintsfc.co.uk or call 02380 711923. Saintsability do more than football, find out about their personal development programme into employment, contact Mike as above.

New Forest Area News

New Forest AS/HFA Parent Social Support Group: the next Parent Group meeting is scheduled for **Thursday 26 January**, 7-9pm, at Milford on Sea Library, Village Hall, Park Road, Milford on Sea, SO41 OQU. There is a large pay and display car park in the centre of the village, which is just around the corner from the Library. At this meeting they will be focusing on Anxiety and Sensory Integration. It is common for individuals with Aspergers/ High Functioning Autism to have challenges regulating the sensory system and anxiety. This session will be run by Ros Urwin, Occupational Therapist to help parents understand the link between the two and offer some practical strategies to help. Please email office.sjtealconsultancy@gmail.com if you would like to attend. Do share with others and spread the word.



Stable Family Home Trust

Touching Base Friendship Club: Cornerways, 1 School Lane, Ringwood, BH24 1LG. Held **fortnightly on a Thursday**, 7-9pm, and costs £3 (unless otherwise stated) which includes entry, first drink and biscuits. Carers go free. Extra drinks are 20p. The upcoming programme is: **26**

January – Film night with pizza - Sing a long and have a dance to Frozen and a slice of pizza or two; 9 February – Games Night (card & board & Makaton); Go along and join them for some fun. If you would like more information, please contact either Teresa Hunt or Julie Sykes on 01425 478043 or email reception@sfht.org.uk.



Valentine's Day Disco: The Stable Home Family Trust has organised a Valentine's Day Disco on **Tuesday 14 February**, 7.30-10.30pm, at The Russel Court Hotel, Bath Road, Bournemouth, BH1 2EP.

It will be £4 entry (carers free). Drinks can be purchased from the bar. If you would like more details, please contact

Julie by emailing juliesykes@sfht.org.uk or calling 01425 478043.

They look forward to seeing you there.

Test Valley Area News

Gymnastics Course: would your child like to learn gymnastics? The Romsey School, Greatbridge Road, Romsey, SO51 8ZB, is going to start an all ability gymnastics course aimed at boys and girls aged 5+ **starting on Thursday 26 January** for nine weeks (excluding 16 & 23 February). The cost for the course is £45. To book or for more information, call 01794 522106 or email admin@romsey.hants.sch.uk now!

Andover Rocks: is a music event for mental wellbeing and is being held at various venues in Andover on **Friday 31 March and Saturday 1 April**. Check out the Andover Rocks Facebook page for details of which venues and which bands are playing by [clicking here](#). Venues include The White Hart, The Rockhouse and The Wolverdene Club.



Parent Information Lunch: Friday 10 February, 11.30am-1.30pm, at The Longmeadow Centre, Cricketers Way, Andover, SP10 5DE. Go along and meet Adele Dodd of Parent Voice, Gillie Coppock of Support4SEND, Kath Calcraft of RCS and Zoe Colwell, Parent Support Adviser,

and have a free lunch as well! A selection of sandwiches, biscuits, cakes and hot and cold drinks will be on offer.

It is a great opportunity to find out what Parent Voice, Support4SEND, RCS and Zoe Colwell can offer. You can ask them questions about any issues you are facing with your SEN child such as behaviour, school, EHCP's, your rights and free courses you can attend and more. They all offer ongoing support as well, so if your issue cannot be solved on the day, don't worry, they can take your details and continue to provide support until it is solved.

To give them an idea of who will be attending for catering purposes, please email adeledodd@roseroad.org.uk or call 0740 411342.

All Other Area News

FREE Autism Training Session: Saints Disabled Supports Association has teamed up with Autism Hampshire and Southampton Football Club to hold a FREE Autism training session on **Thursday 2 February**, 2-4pm, at St. Mary's Stadium, Britannia Road, Southampton, SO14 5FP. The session will consist of beginners and intermediate training levels with a Q & A session to end. To attend or for more information, email Paul on secretary@saintsdsa.org.uk or call 02380 861101.



Active Nation Disability Open Evening: at Woodmill Outdoor Activity Centre, Woodmill Lane, Swaythling, Southampton, SO18 2JR on **Thursday 20 April**, 5-8pm. The Active-ability evening is a chance for all ages with special needs to go along to Woodmill and try Kayaking, Canoeing, Archery, Climbing and explore their beautiful 17 acres.

This is suitable for ages 5+ (parents are required to stay) and costs £5 per participant (support staff go free). The ticket entitles you to all of the activities that are being offered during the evening, you can spend as much or as little time as you like on each activity. Tickets will be limited so it will be enjoyable for those who don't like crowds but there will not be any set sessions, just turn up at any point throughout the evening. All specialist equipment provided and the activities are run by friendly and experienced instructors. Refreshments and free parking will be available. There is wheelchair access and an accessible toilet. To book or for more information, contact Claire Smith on 02380 915744 or email Claire.smith@activenation.org.uk.

Professionals News



SEND Professional Development Training: Treloar's, Powell Drive, Holybourne, Alton, GU34 4GL. These workshops provide many of the practical skills needed to support children and young people with physical and learning disabilities.

Wednesday 15 March, 10am-3.30pm, £40pp. Workshops: Learning Disabilities • Autism Awareness (Guest speaker from The National Autistic Society) • How to be a Good Communication Partner • Challenging Behaviour & Restraint Awareness. The day looks

at how to support children and young people with learning disabilities and/or Autism, how communication plays a huge part in support and how to support positive behaviour by knowing how to spot the triggers and patterns that may lead to challenging behaviour.

Monday 15 May, 10am-3.30pm, £40pp. Workshops: Sensory Processing, Arousal & Function • Positive Risk Taking • Emotional & Psychological Development • Mental Health Awareness. The day looks at how sensory processing, arousal and function supports development, how supporting positive risk taking supports resilience and self-confidence, how children develop emotionally and psychologically and an awareness of mental health problems in children and young people.

Thursday 15 June, 10am-3.30pm, £40pp. Workshops: E Safety • Wheelchair Safety • Cerebral Palsy (Guest speaker from Scope) • Epilepsy. The day will look at how to safeguard young people using the internet, the safety issues relating to wheelchairs and how to support young people with cerebral palsy and epilepsy.

For more information or to book, email trainingservices@treloar.org.uk or call Kaz on 01420 547400 ext. 6428.

DISCLAIMER: Parent Voice publishes this newsletter to allow information supplied from a range of organisations to be freely available. Please note that information included in this publication is supplied by the organisations themselves. Whilst Parent Voice uses reasonable effort to ensure accurate and up-to-date information is provided, information and organisers of local societies do change frequently. Therefore Parent Voice cannot guarantee the accuracy of the information provided nor does it assume any liability or give any warranty of any kind for the information contained or omitted from this publication. Parent Voice takes every reasonable step to ensure the validity of the publication but cannot guarantee the quality of services or activities offered. The inclusion of a provider does not imply a recommendation or endorsement by Parent Voice. Parents should make their own enquiries. We understand not all of our information will be relevant to you but do our best to include a wide range of information covering all disabilities, ages and areas.

Kind regards,
Parent Voice



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Parent Voice, Bradbury Centre, 300 Aldermoor Road, Southampton, SO16 5NA | 0300 303 8603

Working together for disabled children in Hampshire

