



Lewisham Parent and Carer's Forum—Leemore Central Community Hub
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Registered Charity no. 1159533 in England

NEWS BULLETIN

12th November 2020

Dear Parents and Carers

We will be back to our online newsletter in December. There are a large selection of online activities happening during this time, so hopefully you will find these useful.

PARENT FORUM EVENTS

NEW SERVICE FINANCIAL SUPPORT AND BENEFITS ADVICE Saturday Surgery 12pm to 3pm

LPCF are offering a Saturday telephone service for parents and carers with financial support and benefits advice. These can include:

Universal Credits	Carer's Allowance	Appeals
Mandatory Reconsideration	Financial assessment	Benefits check
Grant applications		
Personal Independent Payments (PIP)		
Disability Living Allowance		
Helping with debts such as Council Tax and Credit Cards.		

Advice will be given over the phone but should you require more help Christine will be able to do this in more detail with you.

Please call Christine Hill on 07951 574495 or email at
christine@lewishamparentcarer.org.uk

LPCF Let's Talk

We are offering our parents and carers the opportunity to be able to talk to someone about their concerns with their child or young person. One of our Trustees Dulcie King and Sue Stocks our Parent Participation Officer will be available for an informal chat. Please see their profile and details on how to contact them [HERE](#).



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FREE WELLBEING SESSIONS for parents/carers and families

We are now able to offer our wellbeing sessions for FREE. Please do join us next week and book through Eventbrite below:

Yoga for Parents & Carers - by Sheila Wisdom

Sheila is delivering these sessions via video. You can download this and keep on your device to watch any time you wish. Sheila is running 6 sessions and they will be available on our website. Please follow the link [HERE](#)

Meditation for Parents & Carers - The 'CHANGE' Programme

by Karen Small

Weekly from **5th November 2020 to 10th December 2020 1pm - 2.30pm**

Book via Eventbrite at <https://www.eventbrite.co.uk/e/123302817045>

LEWISHAM PARENT AND CARER'S MEETING – ZOOM

25th November 2020 – 12pm to 1.30pm

Please join on Zoom Meeting

<https://zoom.us/j/95127388662?pwd=SGlsTHpjN2x0dVFoY0s4Z29HQ2dHdz09>

Meeting ID: 951 2738 8662

Passcode: 260855

We are starting up our parent forum meetings again and we have **Healthwatch** coming to talk to you about how you can feedback on health services, and also we have Simon Goldsmith of **Lewisham Speaking Up** to talk about how important it is for your young person to have an annual health check.

HEALTHWATCH - Sophie Kirby

Healthwatch Lewisham is the independent champion for people who use health and social care services. We exist to ensure that people are at the heart of care. We listen to what people like about services, and what could be improved, and we share their views with those with the power to make change happen.

LPCF – THE BUTTERFLY PROJECT

FINANCIAL AND BENEFITS ADVICE for young people

Christine Hill our valued support worker will talk to you about the financial advice support she can give to your young person, together with advice about Personal Independent Payments (PIP)



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Lewisham Parent and Carer's Forum

The Butterfly Project - Transition to adulthood from ages 16 to 25 years.

We are here to support young people who may have additional needs or a disability of any kind, to help you find out what you want to achieve as you move into adulthood.

We can help with:

- Help with your CV, application forms and interview skills
- Help to find online courses and classes
- Finding a college course
- Applying for an apprenticeship
- Looking for work (**please note that work opportunities will be limited at this time**)
- Making friends
- Finding somewhere to live
- Help with benefits or finances
- Or may be something else

We have two part time specialist workers to support young people.

Our aim is to help young people to become as independent as possible and we ask parents/carers to consider this when supporting their young person's involvement.

Eligibility Criteria:

- 16-25 years
- Limited access to opportunities
- Can fill out their own application form (with support is acceptable)

FINANCIAL SUPPORT & BENEFITS ADVICE

You or your young person may not be receiving the benefits that you are entitled to. Please do contact us directly for support with finances:

Universal Credits	Carer's Allowance	Appeals
Mandatory Reconsideration	Financial assessment	Benefits check

If your young person is approaching 16 and you need to apply for Personal Independent Payments (PIP) our support worker can help you.

NOTE: Due to the current Covid 19 situation, we can continue as planned and young people/parents can be seen via Skype, Zoom, Whatsapp or Facetime.

PLEASE CONTACT US FOR AN APPLICATION FORM

Lewisham Parent and Carer's Forum—email

info@lewishamparentcarer.org.uk – Please call on 07534568020 if you have any questions.



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Mousetrap Mentoring Programme

We've launched a brand-new Mentoring Programme designed to help underrepresented young people gain the insight, skills and experience they need to start their career as a freelance Arts Practitioner. This is an exciting opportunity to learn from an expert Creative Practitioner with years of experience, who will help Mentees to build their confidence, resilience and skills.

This 6 month programme, running from January - June 2021, will include:

- 5 one-to-one meetings with one of our expert Creative Associates (your Mentor)
- Chance to shadow your Mentor at (at least) 2 workshops
- A paid fixed-term placement as a Workshop Assistant on a Mousetrap Theatre Project during the 2021 Summer term
- Advice and networking opportunities

Please go their website for further information

<https://www.mousetrap.org.uk/jobsandopportunities>

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Free Tai Chi Workshop

The London Autism Group Charity are very happy to announce a free Zoom-based charity workshop. It will be a relaxing introduction to Tai Chi facilitated by Nick Fawcitt.

For those of you who don't know, Tai Chi is actually a form of Chinese martial arts that is practiced for its defence training. It also has many health and meditation benefits.

Nicky would like for other autistic people (and all others in the autism community) to benefit from Tai Chi in the same way he has over the years, particularly in terms of mental health and wellbeing.

The workshop shall take place on Friday 13th November at 5pm - 6pm. It will be very inclusive and Nicky will adapt to your particular circumstances. There will also be a giveaway prize for one lucky person who participates.

Registering is very easy, please follow the link below and just simply fill in your name and email address and click 'Register'.

<https://zoom.us/meeting/register/tJwodOyupzouH9UfhQELeSdkEQ6l2SsiBjIj>

Or you can simply email **londonautismgroupcharity@gmail.com**

This is a very useful informative website - **<https://www.londonautismgroupcharity.org/>**



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Save the Date: 30 November – 4 December, 1st ever virtual national Parent Carer Forums' conference – **ALL PARENTS AND CARERS WELCOME**

Join us for an exciting programme of events based on the priorities of parent carer forums. We will cover a wide range of interesting and informative subjects ranging from speeches from Ministers, updates from NHS leaders and a chance to put questions to a member of SAGE. We have a packed week of webinars, workshops, keynote speakers and Q&A sessions which will run throughout the whole week.

So far confirmed speakers and sessions include:

1. Parliamentary Under Secretary of State for Children and Families, Vicky Ford MP
2. Minister of State at the Department for Work and Pensions, Justin Tomlinson MP
3. NHS Long Term Plan, Covid-19 briefing and Q&A with Russell Viner, President of the Royal College of Paediatricians and member of Children's SAGE
4. Learning Disability and/or Autism with Ray James (Head of LDA at NHS England) and Sue North (Head of Children's LDA programme)
5. An update from Ofsted and CQC on the latest findings from local area visits
6. Diversity and unconscious bias
7. Transition
8. Co-production with children and young people
9. Removing barriers to co-production
10. Resilience during Covid-19

We also plan to offer sessions on EHCPs and SEND Law, and Co-production with health. We'll share the full calendar of what's on offer along with booking information soon - so look out for further information.

GROWING HOPE

Please follow the link for further information and referral form.

Free Occupational Therapy sessions up to 18yrs

<https://growinghope.org.uk/make-a-referral/>

"School Transport in SEND - Your Legal Rights - WEBINAR" on Eventbrite!

Date: Thu, Nov 19 – 8pm

<https://www.eventbrite.co.uk/e/school-transport-in-send-your-legal-rights-webinar-tickets-127469210841?aff=eand>

Cost is £29.70 for parents

Delivered by Sunshine Support

SEND SUPPORT IN SCHOOLS - Lewisham SENDIASS website – <https://www.kids.org.uk/sen-support-in-schools>

Lewisham Special Educational Needs and Disabilities Information Advice and Support Service (or **SENDIASS**) is a free, confidential, and impartial service for parents and carers, children, and young people (up to 25 years). We also provide this independent advice directly to young people aged 16 up to 25 years with SEND.

Our experienced team of local advisors offers impartial, confidential advice and support on all matters relating to SEND.



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Could a deaf young person you know create the next ITV Signed Story?

We love to celebrate the talents of deaf children and young people. That's why we've created *The Big Story Challenge*, a brand new story-writing and illustrating competition for deaf children and young people aged 8-18.

Young people can submit a 500-600 word written or signed short story, with pictures, about any subject they choose. The winner in each age group will have their work transformed into a signed story on the [ITV Signed Stories website](#). Winners will also receive book tokens for their school.

Please share with this opportunity with any eligible young people that you know. The deadline for entries is **Monday 14 December 2020**.

FOR MORE INFORMATION CLICK [HERE](#)

We have also created a [free story writing guide](#) - this has been designed with parents in mind, but the activities and creative prompts could be used by anyone.

If you have any questions, just email youthdevelopment@ndcs.org.uk

Amy - and the Youth Development Team

Need to talk?

0808 800 8880

Mon-Fri 9am-5pm

Helpline@ndcs.org.uk

Sibs update November 2020

We know that many siblings continue to face significant challenges during the coronavirus outbreak. We are here for you and your families. Remember you are not alone. Keep in touch with us in your favourite way

[Twitter](#), [Facebook](#), [Instagram](#), [LinkedIn](#) and through this mailing.

Please follow the link to their website for further information.

[SIBS click here](#)



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HEALTHWATCH

To ensure that we continue to hear the voices of Lewisham residents, we invite you to leave feedback about recent experiences you've had with health and social care services. This can be hospitals, GP services, dentists, pharmacies, opticians, community health and social care services. You can leave feedback by visiting our Patient Experience Survey via the following link <https://www.surveymonkey.co.uk/r/8B8Z3MZ>

If you would rather speak to a member of staff directly, please contact the HWL Patient Experience Officer, Sophie, on sophie@healthwatchlewisham.co.uk or 020 3886 0196.

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If you need something for yourself there is

FREE ONLINE TRAINING - [Link Here](#)

Lots of Level 2 Distance Learning Courses provided by Somerset College

Please read terms and conditions carefully – if you do not complete the course they can ask for administration costs, which are not cheap.

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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.



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