

Our Voice



Our Voice Newsletter

Issue 12
Spring 2012



Welcome

Welcome to the spring 2012 issue of the **Our Voice** newsletter, the parent-led organisation seeking to improve services for children with disabilities in Enfield.

We're delighted to announce that Our Voice has a new Chair: Kate Linke has lived in Enfield for many years and had substantial involvement in Our Voice. And Fazilla Amide, who is a parent trainer and runs workshops has also joined the management team. Find out more about them in this issue.

In this Olympic year for London we take a look at some of the sporting opportunities available for disabled young people in Enfield and hear from some about the sports they currently enjoy.

Champion Childminder Mandy Aherne was initially daunted by the prospect of looking after a young boy with cerebral palsy and visual impairment. She explains how much she benefited from the experience and would happily do it again.

We also include the usual news from the Joint Service for Disabled Children with information about possible new services and a consultation update.

Carol Mustafa

Our Voice Development Coordinator



What's new

Sport for all

2012 is a tremendously exciting year for sport in London. The Olympics kick off with the opening ceremony on 27 July and run until 12 August. Then the Paralympics takes over opening on 29 August and running until 9 September. As London gears up we thought we'd take a look at some of the sporting opportunities on offer for disabled young people in Enfield.

The Enfield Sports Development Team

Enfield Sports Development Team runs a number of inclusive sport activities throughout term time and holiday periods. All Special Schools within the Borough are invited to attend the swimming

academy that takes place on a Tuesday evening at Arnos pool and the athletics academy that takes place on a Thursday evening at Lee Valley Athletics Centre. These clubs were designed to provide a pathway into the London Youth Games disability teams and will also give participants the chance to be identified as talent for certain sports. The clubs run throughout the year during term time and are always well-attended and enjoyed by all.

During holiday periods we provide a range of activities such as swimming, athletics, football, multisports, trampolining and horse riding. These are for all ages and abilities with qualified coaches who ensure the sessions are fun and friendly. The Sports Development Team aim to make all activities either free or at the lowest cost possible and the activities are always enjoyable and delivered in a safe environment.

Carol Mustafa ■ Telephone: 07503 161248 ■ Email carol@ourvoiceenfield.org.uk

Please pass this newsletter on to others - parents and service providers - who might find it useful. You can contact us for additional copies by email or phone.

Last year the Sports Development Team celebrated the year countdown to the Paralympic games with a Paralympic-themed festival - a two week programme of activities ranging from Zumba to horse riding and ending with a trip to the Lee Valley White Water Centre and riding the rapids. This year we hope to run an even bigger festival and get more young people involved.

All information is made available on the team's website at www.enfield.gov.uk/sport or you can ring **020 8379 3762** and speak to the Sports Bookings Team. If you have any suggestions or ideas for activities you'd like to see please email sport@enfield.gov.uk

Special Olympics

Peter Palmer runs the Special Olympics Athletic Club for young people who have learning difficulties aged between 8 and 25 .They train on Sunday mornings.

He says: "Sport has a great value to many people whether it's watching or taking part. It can bring joy, a feeling of achievement, the buzz of competition and the chemical rush coming from exertion. It brings people together and takes people to places they may not otherwise go, either physically or emotionally. For people with a disability all those things are present in sport but additionally for some it may be their only route to experiencing those things. We can't dismiss the inclusion factor, the doing what anyone can do to some extent. Having a disability is not the same as being incapable but for some that is how they are seen...but there are opportunities for people with disabilities to change that perception and take part in a range of sports."

"Sports people whether disabled or otherwise will compete generally against people of a similar

standard to themselves and some, like those from the pub football team, will never make it onto Match of the Day but they will still love what they do. Disability sport may have more obvious categories for competition but some participants will be good enough to compete against those without a recognised disability. For those who stay within the disability sports world there is competition, the chance to have those feelings coming from taking part, chances for travel, socialisation, less exclusion and confidence building especially if your team wins or you come away with a medal."

Peter is not disabled himself and has been actively involved all his life in sport. Now that he coaches disabled athletes, he says, "There are very few disabled people who cannot find a sport that they can take part in. I have accepted that some of them are better than I ever was at certain events. I don't make a habit of telling them that but what I do say is 'do your best and taste the rewards'."

Contact: Peter Palmer on 0208 364 6612 or email: peter.palmer9@btinternet.com

Meetings: Sundays 10am-11.30am

Capag

Capag is a provider of holiday playschemes and out of school activities commissioned by the Joint Service for Disabled Children. The Joint Service is delighted to be working with Capag which has an excellent record of consulting with young people and parents and ensuring they are all supported to contribute and participate in improving and developing local services.

Capag ran a holiday scheme during February half term and spoke to some young disabled people there about the different sports they enjoy:



Nicky is 9 and enjoys playing rugby in his leisure time. He belongs to Enfield team the Saracens and told us "I play every Sunday, at the training ground. I have made quite a few new friends there." He has enjoyed playing rugby for around two years and says "I like it when we play matches and score." He feels it has helped him to get fit and if anyone is thinking about he says, "I would advise it very much!"



nicky

Simon is 17 and plays hockey for Oaktree lunchtime club. He started playing last year and now plays five days a week (every day at school). He's fitter now and says "Come along and play because we have fun."



simon



atlanta

Atlanta is 15 and plays football for the Saturday Football Club (funded by the Joint Service). She says "I play every Saturday, I have made friends there." She's been playing for two years and it has helped her get fit. She says "I love it!"



shannon

Shannon is also 15 and loves swimming. She trains with London Youth Games once a week on a Tuesday, with friends from her school. She's been going for two years and enjoys the fun sessions most of all. To anyone thinking about swimming she says "I would definitely give it a go!"

New faces at Our Voice

Kate Linke is the new Chair of Our Voice. We asked her about her family and ambitions for Our Voice.



Tell us a bit about yourself and your family.

I've lived in Enfield for 18 years now. I have three children. My 11-year-old son Noah has autism. He's non-verbal and needs lots of support and help with life skills. He's now at a residential school where he is very happy and progressing well. I got involved with the Parent 2 Parent group and subsequently Our Voice some years ago because of Noah.

Why did you decide to become Co-Chair of Our Voice?

I believe that there is a need for parents of children with disabilities to have a platform. Trying to access facilities for our disabled children can be confusing, disjointed and very scary. I strongly believe that our children need to be regarded holistically. I hope that my own experiences of life with a disabled child will be valuable.

What do you hope to achieve?

I feel very strongly that families with disabled children need a voice, especially when English is not their first language. I would like them to be much more effectively represented. Given that we are such a diverse borough, it is quite shocking how difficult some things are to access and how little material there is in other languages.

I'm also keen to set up a Parent buddying network as I feel the support parents in similar circumstances can give each other is absolutely invaluable. It would be great to establish a network like this in Enfield. (Read more about this on page 10).

On a similar note I've recently discovered Twitter, which is a fantastic and quick way to get support from others who may already have gone through what you are experiencing with your disabled child, share the same frustrations and offer advice or a possible solution.

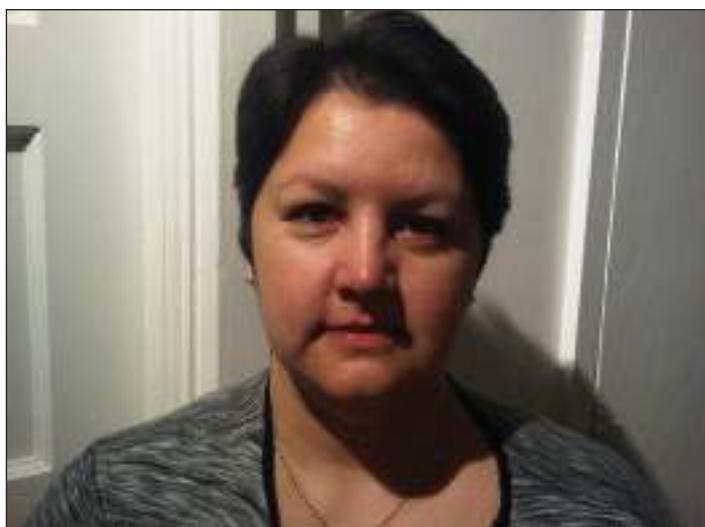
What's the best thing about living in Enfield?

I think it's got to be the great community feel. I really enjoy the diversity in the borough, and the fact that there are so many facilities residents can access.

What do you enjoy doing in your spare time?

Spare time is in short supply! I'm currently completing a degree in Criminology which takes up any time that I do have.

Fazilla Amide is a member of the management committee for Our Voice. She was born in Enfield and has an 8-year-old son, Kareem, who has complex additional needs.



Tell us a bit about yourself and your family.

My family are from Mauritius which is a lovely island in the Indian Ocean. Both my husband and I work and Kareem attends West Lea School. He loves going to school and is progressing well. He has a missing piece of chromosome which has resulted in a number of health issues as well as global developmental delay. He is also on the autistic spectrum. I am very busy as I am also a Parent Trainer for Enfield Joint Service and Our Voice, running self help/support workshops for parents of children with additional needs.

Why did you decide to join the Our Voice management committee?

I want to make a difference! Disability rights have been improving over the years and this has only been achieved through the hard work and campaigning of many parents, carers, families and adults with additional needs. Through the important work that Our Voice does, we can continue to campaign, lobby and influence to keep the focus on making things even better.

What do you hope to achieve?

To improve the lives of both the children with additional needs as well as their families. We need to work together with the professional services who support us, to influence them and provide important insights into our world, helping them really understand what it's like to be in our shoes, so they can better plan to meet our needs, particularly in this tough economic climate

What's the best thing about living in Enfield?

The people and the location! Enfield is so multi-

cultural, it's really exciting and varied. Also, it's not only ideal for getting into central London, but great to go out and get away from it all, whether it's going to the lovely parks or to Epping Forest.

What needs to improve?

The speed of responsiveness of the Service Providers in Enfield. I think they are all working in the right direction and want to improve things, but whether it's bureaucracy or traditional ways of working/thinking, things seem to move very slowly in some areas. I work for a commercial organisation which is constantly changing. This has its challenges too, but on the upside, it is always adapting and responding to our ever changing needs and I think the same should be happening with all the Services, not just in Enfield but all the London boroughs.

What do you enjoy doing in your spare time?

I have no spare time! Our Voice and supporting families in Enfield is my way of re-charging my batteries!

What's on at the Chickenshed Theatre?

We're lucky enough to have the Chickenshed Theatre in Enfield. Chickenshed is an inclusive theatre company that welcomes people of all abilities, values everyone as equals and makes genuinely inclusive shows. Every piece of theatre created at Chickenshed shouts out the same thing: anyone can thrive in an environment where everyone is welcome.

Here's a small selection of what's on:

Tales from the Shed

3 February 2012 - 24 March 2012
(and summer season from 4 May 2012 - 14 July 2012)
Tickets: £5.50

A popular interactive performance for children aged 0-7. Tales from the Shed is an introduction to a universe where children and performers go on a theatrical journey together, and along the way, meet characters such as Can-Can the beautiful bird and The Thing That Goes Blurgh! Each show is different, but all shows use the very best in Early Years education practice to creatively improve literacy, numeracy and communication skills.

Saturday Shed performance workshops

4 February 2012 - 24 March 2012

Tickets: £6 per workshop

Saturday Shed is for young people to develop their performance skills using Chickenshed's proven teaching methods. Led by highly experienced and energetic staff, participants explore a wide range of performance skills through themed sessions that involve movement, drama, singing and story making. Every workshop is different and designed so that a child of any ability can come to all sessions, or drop in to one session from time to time. Places are limited.

Easter Shed workshops and performance

2 April 2012 - 5 April 2012

Tickets: £100 for 4 all day workshops (10am-4pm)

Create a show in just 4 days! Be part of cast who, under the guidance of Chickenshed's highly experienced company members, will create and perform their own show. The cast will work together to develop an idea, write the story, rehearse the script, learn the songs and make up the dances – all in time for the premiere on Thursday afternoon! Everyone is welcome regardless of experience. Recommended for ages 6-12. Limited places so book early.

For bookings visit www.chickenshed.org.uk

Working with a child with additional needs

Champion Childminder **Mandy Aherne** explains how much she benefited from looking after a boy with additional needs.

When I advertised that I had a vacancy to fill, I had not considered taking on a child with additional needs. When I was contacted by a parent asking if I could look after her 7-month-old boy, it didn't dawn on me that this child would be any different from others I had looked after. Until the initial interview that is, when I asked if there was anything specific I needed to know about the child and was advised that he had cerebral palsy and was visually impaired but due to his age the extent of his problems was relatively unknown.



If I'm honest I admit to being quite daunted by the prospect of looking after this little boy and wondered if I would be able to look after him adequately. I began a lot of research into his condition to find out what problems we may have to face in the future. Surprisingly this reassured me that many of the challenges we were likely to face were no different from those other children may face but he would require more time and support at each stage.

I was lucky that at this time training was being put together through the DCATCH programme with regard to special needs and I was able to spend the first six months he was with me taking

advantage of the training to help me understand his condition and learn how best to support him. His mum is a primary school teacher and was aware of the services of Joseph Clarke School for visually impaired pupils and through my contact with Cheviots children centre together we were able to arrange for additional support to come into my setting. We benefited from a physiotherapist, occupational therapist, visual impairment teacher and pre-school support teacher regularly visiting to help support and offer advice.

Looking after a child with additional needs has helped me professionally. I have been able to demonstrate to Ofsted how I adapted my setting to accommodate children with different abilities and needs, how I have developed my observations to make them more relevant to the child, how I have undergone professional training and developed my setting by extending sensory play. I have also been able to demonstrate how I work with other professionals and most importantly the child's parents to ensure that he has the right kind of support and we are all supporting in the same way. Personally, I have grown in confidence and understanding and learnt that I have more patience than I credited myself with.

I have also learnt about cerebral palsy and visual impairment. My best teachers have been the child and his parents. The child has taught me everything I need to know about him as an individual. Looking after him and helping him develop has been more about creating a happy environment and focusing on his interests than his disability. An honest and an open relationship with his parents has meant that we have been able to support each other and offer advice on how to deal with issues such as supporting self-feeding which has been invaluable.

My time of looking after this little boy is now coming to an end but I would not hesitate to look after another child with additional needs. Looking after him has been one of the most fulfilling experiences I have had. It has been a privilege to have been part of his life and able to make a small contribution to help him be the happy, lively little boy he is today.

News from the Joint Service

Janet Leach, Head of the Joint Service for Disabled Children in Enfield gives an update on service developments.



As we approach spring and settle into another year I'm pleased to say that we have been busier than ever talking to parents, children and young people. We have discussed services, new ideas, how we make sure we spend your money wisely and what we should prioritise. Read on to find out more.

Consultation update

To ensure we are spending your money wisely, we asked Parent2Parent (P2P) – our Parent Consultation Group – to consult with you about how we provide transport for short breaks

We wanted to consider eligibility for transport and possible new transport solutions. Currently about £110,560 per year is spent on transporting children to and from playschemes and other short breaks.

For this money it is estimated that an additional 2,352 playscheme sessions or 5,528 after school club places or 261 overnight stays could be provided.

P2P consulted with parents who use different short breaks and with staff from Cheviots, CAPAG, Buckets and Spades and Raglan Inclusive playscheme. Parents and staff thought that having an 'access framework' for the allocation of transport was fair and reasonable but we must take into account the reality of family lives and consider their individual circumstances.

We have been considering this and looking at all the feedback from the consultation to help us draw up some draft eligibility criteria, which we hope to trial over a future holiday period.

We will send all families, who have transport for their short breaks, a copy of the criteria before the trial and we will ensure we listen to your feedback and make any reasonable and necessary changes.

New ideas

We also asked them to talk to you about some new ideas we had for short breaks and how we could improve our support to you during the holidays.

This included talking to you about special bikes, portable safespaces and a short break exchange system.

Special bikes are modified and adapted cycles. They can be trikes, side-by-side bikes, wheelchair bikes and tandems and offer a way for all the family to enjoy cycling together. The Joint Service would buy and maintain some of these adapted bikes and then families could hire them for use in a local park.



65% of you were interested in this idea. You liked the idea of having 'family time'. You thought that the rental should be no more than £5 per hour.

We are looking into how we could run this project in a local park and maintain the upkeep of the bikes. We will keep you informed of our progress.

A portable safe space is a safe sleeping area designed for children who may hurt themselves in or climb out of an ordinary bed. It can provide additional security and support when you are away from home. It is made with a lightweight aluminium frame and comes with an inflatable mattress. This enables it to be packed away quickly and easily. It packs into 2 carry bags and comes with easy to follow paper and DVD assembly instructions.

Portable Safespaces can be used to help children with challenging behaviour, children with autism, children who may be at risk from hard surfaces due to epilepsy or cerebral palsy. They can help calm children resulting in better sleep patterns, particularly when the child is away from home and in an unfamiliar environment, as they provide a calm space and peace of mind for parents and carers.

62% of you were interested in Portable Safespaces and could see the potential benefits. You thought that letting parents and children see and handle a Safespace first would reassure you about whether it would be helpful for your child and family. However, you had concerns about hygiene – we would need to ensure the equipment had been thoroughly cleaned after use. We are looking into how this could be achieved with a view to initially buying one Safespace. Again we will keep you informed of our progress.



Short Break Exchange is a way to swap some of your existing short breaks for an alternative. For example, in order to have some family support whilst you are away on holiday you could swap your allocated playschemes days to buy care, so your 12 hours (2 days of playscheme) could be swapped for 12 hours of a holiday care worker supporting you on your holiday.



The Joint Service would give you all the information you need about local agencies who would provide the holiday support or you could use

a direct payment and choose your own carer. Benefits would include having some break time - perhaps an evening out with your partner or some time to enjoy on your own whilst on holiday.

Or you may want to swop one of your allocated playscheme days for a direct payment. One day of playscheme is equivalent to 4 hours of a direct payment, so you may choose to have a day out with all the family and pay for a support worker to go with you.

We want families to be able to 'mix and match' their short breaks so they are more tailored to your individual needs.

48% of you were interested in this idea but felt that you needed more information. Please contact Cheviots and ask to speak to Sue Roberts if you would like to discuss this further.

The Green Paper 'Support and aspiration: a new approach to special educational needs and disability'

Earlier this year the government published its plans for special educational needs (SEN) in this Green Paper. A Green Paper is the way that the government outlines its plans before turning them into law. The proposals in the Green Paper would mean a lot of changes for children with special needs or a disability and their families. For example, the current system of Statements would be replaced with a single 'Education, Health and Care Plan'

In the last Our Voice we told you about the consultation event run by P2P on The Green Paper. 24 parents and 18 professionals attended. All the views were collated and sent to the Department for Education as part of Enfield's response to the Government's proposals. There are now a group of Local Authorities and Primary Care Trusts – Pathfinders – testing out some of the Government's new ideas.

We are determined to keep up with all the new ideas and plan to test some of our own, so that we can improve the way that disabled children and those with special educational needs access and receive the help they need. We are working with parents, through our parent forums, with children and young people, with colleagues in SEN, schools and voluntary sector services to think through how we can start to make improvements. We will of course ensure you are kept informed of our plans.

More news about short breaks and services

Information about short breaks and family support services is now available on the London Borough of Enfield website at:

www.enfield.gov.uk/info/200012/children_with_disabilities_and_special_educational_needs/1050/enfield_joint_service_for_disabled_children

We are working with our parents and young people to produce an 'easy read' version for parents and professionals as well as an accessible version for children and young people. We will let you know when this is available.

We are now using 41 different providers to deliver our range of inclusive and specialist short breaks. Here is just a selection: Baracudas, Capag, Crossroads, Dazu, SOCS, Edenvale, Noah's Arc, Grafton Pre-School, Facefront, London Care and Sticky Fingers.

In need of a good night's sleep?

You have told us that one of your biggest challenges is getting a good night's sleep. In response to this we have trained a number of staff to become sleep counsellors. These include a parent, staff from the Joint Service and a teacher from Waverley School. As part of the training a pilot scheme was undertaken with 8 families. In response to feedback and demand we will be running sleep workshops – so watch this space and we will keep you informed.



Equipment store

Julia Hopkins, Associate Director for Enfield Community Services and the Health Manager within our Joint Service has been listening to your views about the equipment store. Julia comments,

"In response to a number of queries from parents and carers we have been working on how to improve our services from the loan store at St Michael's. We have therefore arranged for the store to be open for equipment to be returned and collected as follows:

Mondays 10am - 12 noon

Wednesdays 12 noon - 2pm

Fridays 1pm-3pm

Our loan store manager is often off site and therefore not always available when parents and carers come to the store. We know this can be frustrating so by ensuring the store is open at set times, we hope this will mean that you do not have a wasted journey. The new arrangements will be in place week commencing 16 April 2012 and hopefully this will make it easier for you all."

Information about gastrostomy tubes

Julia also told us that, "Some children have been experiencing discomfort around their gastrostomy tube sites so we are currently trialling a different device with 5 children. The Mini button has been shown to reduce leakage around the site and due to its shape has been found to be more comfortable, particularly for those children and young people who like to lie on their stomach. Some of our children and young people are already using this device and we would like to hear about your experiences, so do please inform your dietician. We will be deciding later in the year whether to change all children and young people over to this device so we really do need your feedback to help us make the right decision."

News from Shaun Barratt, Inclusion Development Manager

Calling all wannabee Beavers and Scouts – we have a number of supported places in local community Beaver and Scout groups, so if you are interested in fun, adventure and making new friends then let us know.

It has come to our attention that some young people are not attending the after school club of their choice – possibly the after school club in their own school. If this is you and you would like some advice and support on how we can make this happen then let us know.

You may be interested to know that we already work with a number of private after school providers in schools and are keen to work with more.

Shaun would like to know if there are any activities in your local community that you would like your child to join, but feel that she/he may need some support. If so, please let us know because we are keen to work with new partners in the community.

Are there any budding 'Diversity' dancers out there? If so, we have now joined up with Bizzibops inclusive theatre group who are running supported integrated theatre workshops on Saturdays at Raglan School.

We are also supporting a fantastic new initiative with our colleagues in the Tottenham Hotspurs Foundation and Chickenshed theatre who are putting on a number of fabulous activities, bringing together sport and theatre. If you would like to be on the Foundation mailing list then let us know.

Finally, we are working with Enfield's Youth Support Service to promote easy ways for disabled young people to enjoy the full range of youth activities. We are carrying out a number of exciting projects in different youth venues in the borough. By Easter this year another 35 disabled children and young people will have successfully moved to mainstream holiday playschemes and youth activity groups – so thanks again everybody for working to make 'disabled children everybody's business'.

If you are interested in any of these initiatives please contact Shaun on shaun.barratt@enfield.gov.uk or phone him on 07534 987327.

And finally

Are we getting it right? Could we do better? Calling all young people – come and have your say and 'be in control' by joining our Young People's Consultation Group. Our current group of young people will be visiting the Houses of Parliament in March and in the autumn we will be staging a 'Young Disabled and In-Control' conference – we will let you know more once the young people have decided how they wish to run this event.

Once again I would like to express my thanks and appreciation to all of you who so readily give your time and share your knowledge and experience, working with us to help us make things better.

Did you know?

Buddying parent network

Our Voice Chair Kate Linke would like to explore a new buddying network for parents

We all know what comfort other parents can be who are on the same rollercoaster of caring for a disabled child. Life is a constant cycle of celebrating any achievement, and dealing with the challenges that our children face. As they grow, issues and problems are constantly changing. As parents, we are faced with new challenges.

In the 8 years since my son had his diagnosis, the contact I've had with other parents facing the same issues has been enormously helpful and comforting. Be it an opportunity to ask advice, or a comforting shoulder and reassurance that 'life will continue and you will come out the other side', these chats with other parents have kept me going through the really difficult periods.



So, Our Voice is considering expanding on this informal parenting support network, and would like to know whether you think that this is a good idea. Participation would mean being happy to give your email or mobile number to Our Voice with a view to parents being able to contact you for some informal buddying. Your details will of course be kept confidential. Parents seeking advice will email an authorised list keeper to be given details of somebody appropriate to contact. All that we would need from you is some basic information regarding the nature of your child's disability and their age.

Please let me know in the first instance whether you like the sound of a buddying network, and would be interested in participating. Email me at k.linke@sky.com

Benefits update

Benefits have been in the news a lot lately with the Welfare Reform Bill currently being debated at the highest levels of parliament. The picture may change but here's a summary of how things stand at present:



- The Welfare Reform Bill puts forward the biggest shake up in benefits since World War II. It proposes a cap of £26,000 from 2013 on the household benefits families can receive so that out-of-work families do not receive more than the average household weekly income.
- This is equivalent to average household income of £500 a week after tax and includes Jobseeker's Allowance, Income Support, Employment and Support Allowance, Housing Benefit, Child Benefit and Child Tax Credit.
- There will however, be exemptions for households in receipt of Working Tax Credit, Disability Living Allowance or Personal Independence Payment and Constant Attendance Allowance.

Disability Living Allowance or DLA was introduced 20 years ago to help disabled people with the extra costs faced in their daily lives. As part of the overhaul of DLA - soon to be renamed Personal Independence Payment (or PIP) - the government is introducing new face-to-face assessments for disabled people. Under the plans, all 3.2 million people who receive DLA at the moment will be reassessed. The aim is to save 20% and means many of those currently claiming may lose out.

Do you have a child who is blind or partially sighted?

Does your child struggle to read print because of their sight? If so, RNIB National Library Service can help with reading material. Their collection features a wide range of titles including those by Julia Donaldson, Michael Morpurgo, Roald Dahl and Jacqueline Wilson.

The Library offers:

- over 6,000 titles in audio, giant print (24 point bold type) and braille
- fiction and non-fiction books for blind and partially sighted children of all ages
- friendly support for parents and young readers from experienced children's librarians
- fun reading activities throughout the year.

RNIB National Library Service can help you give blind and partially sighted children a lifelong love of books and reading.

Tom, aged 9 says, "Giant print books are brilliant. Now I can read the same books as my friends."

The services are free of charge except the audio book service, Talking Books, which costs from £50 a year.



Contact:

RNIB National Library Service
Children's Librarians
Telephone 0161 355 2061
Email childrenslibrarian@rnib.org.uk
or visit rnib.org.uk/library for more information.



Events

Workshops: Getting the balance - how to stay sane

Following the success of our previous parent workshops, we are pleased to run a series of follow ups to the Early years parent workshops we held last year.

Do you often think "How can I fit this all in? How can I make more time for all my children? Things are getting on top of me?"

"Getting the balance: how to stay sane!" (and be there for ourselves and our families, as well as for our child/children with additional needs...) is our next set of four, 2.5-hour workshops, designed to help answer those very questions.

Having taken on board all of your comments and views through our consultations and meetings, we aim to help you:

- feel more in control
- get what you need
- stop feeling guilty all the time.

Fazilla Amide, HR and Training Consultant, is an Enfield parent of a child with additional needs. She has developed and will run this thought provoking, yet practical course designed to help you deal with all that life throws at you.

The workshops will be held on Fridays in May 2012:

4th May

11th May

18th May

25th May

from 12.15 to 2.45pm.

They are designed to build upon knowledge previously gained so you will need to commit to attending all four sessions, if at all possible.

They will be held at Arnos Grove Family Centre, 321A Bowes Road, London N11 1BA.

If you wish to book your place or have any queries, please telephone Megan Stevens on 0208 363 4047, email megan.stevens@enfield.gov.uk, or telephone Carol Mustafa on 07503 161248, email carol@ourvoiceenfield.org.uk.

This course could really help you deal with things differently. Spaces are limited and attendees will be booked on a first come, first served basis so don't delay!

Our Voice/Enfield Disability Network meetings

Providing an opportunity for parents to network with professionals

We are currently reviewing the format of our meetings to ensure that they best meet parent needs. Look out for more information to follow in our summer newsletter.



www.ourvoiceenfield.org.uk

Don't forget the Our Voice website has information about past and current events as well as links so you can download all previous Our Voice newsletters. We're also working on improvements to our website over the next few months to enable you to sign up to emails and other content. Watch this space! Visit www.ourvoiceenfield.org.uk