



A comprehensive website of information and services specifically targeted at Bristol's parents and carers and their disabled children and young people.

Welcome to the Spring edition

As well as important information about the work going on around Short Breaks, and information about services, there is feedback from the recent Bristol Parent Carer Annual Parent Participation event. This event, and all the participation Bristol Parent Carers reported back on really is shaping the future, and helping the services understand how best to deliver what's really needed. There are also other opportunities to voice your opinions, including a Health watch event also included. I realise how busy you all are, especially over the school holidays, but hope you find some time to enjoy spring.

Carol Watson

Service Manager

0- 25 Integrated Service for Disabled Children and Young Adults
People Directorate
Bristol City Council



New short break services from 1 July 2015

We have been looking at all the short break services that we provide to disabled children and their families in Bristol. This is to make sure we provide a good range of services to suit children and families, not to reduce the amount we spend in total. After looking at the needs of children currently and coming through, and talking to parents, we proposed a plan for a new set of community based short break services, which was agreed by the Mayor in October 2014.

The plan explains that we will continue to offer residential and school-based holiday activities as well as a range of other play and leisure activities that will take place after-school, at weekends and during the school holidays.

We will continue to provide a befriending service as well as some specialist activity sessions for children and young people with autism. We will also provide a new BME service. The new short break services are due to start from 1st July 2015 and are expected to be configured differently to those currently in place.

We have published a tender opportunity that invites local providers to submit bids that propose how they would provide short break services in line with the plans. In the coming weeks we will be looking at the different providers' bids to decide which proposes the best services for disabled children and young people and their families. The panel looking at all the bids includes representation from Bristol Parent Carers.

In April we will award contracts to the providers who propose the best services.

At this point the new providers will begin arranging for the new services to start running from 1st July 2015. The new services will be advertised through a number of channels, including through Findability. The current providers will also support children and young people to move to the new services.

The current community based short breaks services will continue to operate as they are through Easter and Whitsun school holidays until the end of June 2015. These include short breaks currently offered by WECIL, Khaas, Playbus, National Autistic Society, Time 2 Share, Action for Children, Bristol Autism Project and the Special Schools consortia (Briarwood, Kingsweston, New Fosseway and Claremont). Access to these services is by direct application to the provider or with support from Bridging Workers and the schools.

You can find out more information about short breaks for disabled children and the work we have been doing at the following link:

[www.findabilitybristol.org.uk/
pages/care-city-wide-offer/short-
breaks](http://www.findabilitybristol.org.uk/pages/care-city-wide-offer/short-breaks)



Participation Forum

Working in partnership with BCC and NHS Bristol to design better services for our children

Run by parent carer volunteers, for parent carers

Website: www.bristolparentcarers.org.uk

Email: info@bristolparentcarers.org.uk

Tel: **0845 642 0124** (Local Rate)



Bristol Parent Carers



@BRSParentCarers

Participation in Action through 2015

Bristol Parent Carers (BPC) has had a busy start to the year with the ongoing delivery of changes from the SEND legislation and active participation in improving services for children, young people and their families. Here is a round-up of our latest work, news and events.

A successful Annual Participation Day

Our “Shape the Future” participation event took place in February, where over 170 parent carers and professionals came together to listen and discuss many hot topics. With presentations and workshops on a variety of issues, it was a great opportunity for parent carers to hear about changes, input their views, and speak directly to Service Managers & Commissioners from Bristol City Council and NHS Bristol.

Most importantly, we captured the key issues currently facing parent carers and this will be used to inform the work of our parent carer reps, in ongoing service improvements.

“Don’t worry if you didn’t attend, **visit our website** to see informative videos from the day, as follows:

1) A Conversation about

Personal Budgets with Lucas James, Bristol Parent Carer rep and Carol Watson, Bristol City Council Service Manager for the Integrated Birth to 25 service.

Carol gives an overview of where things are with Personal Budgets at present.

Lucas discusses why she wanted to be involved in the Personal Budgets working group, and why she feels it matters that the parent carer's voice is included.

To find out more about Personal Budgets visit

www.findabilitybristol.org.uk/pages/care-city-wide-offer/personal-budgets

Do you have any innovative ideas for how you would use a personal budget to improve the outcomes for your child? If so, email your ideas to

Barry.Scrase@bristol.gov.uk

2) Q & A session on Independence and the Mental Capacity Act (MCA) with

Sally Hare, Parent carer rep & Gary Cunningham, Learning & Development Officer, Bristol City Council.

Gary explains the essential parts of this law, and Sally questions him about the important things that parent carers need to know. The Mencap MCA Resource Pack is useful and can be downloaded here

www.mencap.org.uk/sites/default/files/documents/mental%20capacity%20act%20resource%20pack.pdf

3) Disability Sport in Bristol

Children, young people, parents and staff that have used the Access to Sport range of activities discuss the benefits to all involved.

Full details of the activities on offer are available from their [website](#) .

4) Local Offer Live! Session

Parent carers asked professionals questions about services and together they searched the Local Offer to find answers, and discover if information was missing.

To help the Local Offer be as useful as possible, we need you to use it to search for information, services, and events, then feedback if you could not find what you needed, where you thought it would be. Go to www.findabilitybristol.org.uk/, search for what you want, and use the “Want to leave feedback?” box available on each page.

Other Work

Thank you to the parent carers who are regularly attending meetings on: SEN provision planning, short breaks commissioning, services at the Children’s Hospital, updating the carers’ strategy, etc.

If you are not already a member, join our database and keep informed! If you have time to spare, why not become more actively involved?

Meeting Parent Carers

Bristol Parent Carers is always looking for opportunities to meet more parents and carers, different communities, and a variety of groups. If you would like us to come and meet your group to explain what we do, simply contact us.

BPC’s Support Group

Why not come along to meet other parent carers, have a therapy, and get advice and support? Our next dates are **15th April, 13th May, 10th June, 8th July, 9th Sept, 7th Oct, 4th Nov, 2nd Dec.**

We meet from 10:30 – 12:30 at Phoenix Social Enterprise, 5 Russell Town Avenue, Redfield, Bristol BS5 9LT.

Travel and childcare costs are reimbursed.

Don’t forget, if you haven’t already, sign up to our database to keep up-to-date on the latest information, and ways to have your say.

Best wishes

Caroline Temple-Bird
Chair – Steering Group

New Feedback Website launched by Healthwatch Bristol

Healthwatch Bristol, the organisation which represents the views of children young people and adults in health and social care across Bristol, has launched a new website -

www.healthwatchbristol.co.uk

The new site has a built in feedback centre where people can leave reviews for local health and social care services such as their local GP surgery, care home or hospital. People can now give star ratings for services and leave comments anonymously if they wish.

Your active participation and contribution will be essential. This is so together we can make sure our local offer provides families with an easy way to get information about the support that's available for them.

Pat Foster is the Manager of Healthwatch Bristol. She said

“ Our new interactive site will enable us to hear from people about their experiences of health and social care services across Bristol and show where services are doing well and which services could improve. ”

Healthwatch Bristol invites you to join us at our Open Event to discuss:

- your experiences of children and young people's services
- how children and young people's services can meet the needs of young people

Healthwatch Bristol Open Advisory Group: Children and Young People's Health and Wellbeing.

Date: Tuesday 31st March
Time: 5.30 - 8pm (sandwiches will be provided at 5.30pm and discussions will begin at 6pm)
Venue: The Station, Silver Street, Bristol BS1 2AG

Children and Young People told Healthwatch:

“ We need more mental health and wellbeing support ”

Healthwatch Bristol is making sure that message is heard across Bristol and the UK and we want everyone to get involved in shaping the future of health and social care services for children and young people. If you are a young person, parent, carer, someone working with children and young people, commissioner or just interested in health and wellbeing, then we need your input.

Join us on 31 March 5.30-8pm at The Station to have your say and learn what Healthwatch has been doing.

Booking is essential and can be completed on The Care Forum website. Please click on the following link to book your place:

<http://tinyurl.com/k3wobq2>

We hope to see you there.

Best wishes,
Healthwatch Bristol

The SHIPS Project Conference

Making things better after Acquired Brain Injury



- On:** 2 July 2015
At: The Vassall Centre, Gill Ave, Bristol, BS16 2QQ
Time: 9am to 3pm
For: Professionals, Parents and Carers

The SHIPS Project (Supporting Head Injured Pupils in Schools) offers a very special event for those working with children and adolescents who have an acquired brain injury (ABI). All schools will, at times, be involved in teaching children who have sustained a brain injury. They will therefore benefit from encouraging members of staff, including SENDCO's, teachers, teaching assistants, headteachers and governors, to access this conference on meeting the needs of these pupils. The conference is also aimed at families and carers in their roles. Topics for presentations will cover the challenges which occur with ABI and how to meet them at home and school. The day will provide a unique opportunity to increase understanding and develop practice skills. The presenters will include:

- **Dr Helen Miller** Research Neuropsychologist
- **Helen Cullimore** Specialist Speech & Language Therapist
- **Sarah Chatterton** Independent Speech & Language Therapist
- **Stuart Brazington** Brain Injury Solicitor
- **Dr Siân Rees** Specialist Teacher
- **Penny Weekes** Specialist Occupational Therapist

The conference will start at 9am and end at 3pm. Refreshments and lunch are included in the fee. For further details please see www.shipsproject.org.uk or contact the Conference Organisers at The SHIPS Project, email info@shipsproject.org.uk

BATH SWIM THERAPY

www.bathswimtherapy.org.uk

Looking for swimming lessons for your disabled or special needs child?

Bath Swim Therapy runs sessions during term time in the hydrotherapy pool, at **Three Ways School, Bath BA2 5RF** on Wednesdays from **4 - 6pm**

These sessions are held in a small warm water pool with water at 33°C which has fully accessible facilities and are suitable for children and young people from 5 up to about 18 yrs of age with any disability or special need, not only children with physical disabilities who benefit from the warm water, but also those with learning difficulties and on the autistic spectrum as this is a smaller quieter environment for them to learn and they have the benefit of specialized teaching. Sessions are led by an experienced physiotherapist with additional training in teaching disabled children to swim.

We also run sessions during the school holidays in the same pool on other days and at other times. These will be on **10 April** during the Easter Holidays and then from **July 20 – Aug 6** during the summer.

For more information visit our website at - **www.bathswimtherapy.org.uk** or contact the physiotherapist, **Pamela Galloway** on **0122 533 7555 / 0798 912 2389** or email **contact@bathswimtherapy.org.uk**

Bringing disabled and non-disabled children together in Bristol



Disabled and non-disabled children and young people living in Bristol now have a common space for activities, meet and better understand each other since January 2015.

The West of England Centre for Inclusive Living (WECIL), a disabled people's user-led organisation in Bristol, was awarded over £80,000 by Children in Need to deliver inclusive sessions for disabled and non-disabled children and young people over the next three years.

WECIL is running weekly sessions at Hartcliffe Club for Young People on Tuesdays between 7pm and 9.30pm. Open to all children and young people aged 10 to 18,

sessions promote fun and development in an inclusive and cohesive way.

Cheri Wilkins, WECIL chief executive says:

“We are delighted to have successfully secured funds from Children in Need for this important project. Inclusivity is key to the promotion and advancement of disabled people's rights.”

“We believe that if children and young people, both disabled and non-disabled, understand each others’ needs and personalities from an early stage, this could contribute towards reducing the discrimination experienced by many disabled people in the course of their life.”

WECIL has been working with disabled children and young people living in Bristol for over 10 years and heads a city-wide consortium which includes KHAAS, PlayBus and the National Autistic Society.

Cheri Wilkins, says:

“From our experience of working with disabled children and young people, we know that they can lack the confidence to attend open access sessions and we hope that our project will help them build their confidence up to attend activities as any other child or young person would. We truly want this project to break down attitudinal barriers which exist between disabled and non-disabled children and young people.”

To find out more about all of our youth services including our Saturday sessions, please visit our website:

www.wecil.co.uk/pages/our-services/services-for-young-people

What is Conductive Education?

By: Natalie Ibarguen Sanchez, CE Bristol

Conductive Education Bristol provide specialist Conductive Education services for Children and teenager with motor disorders and their families. At present we run sessions form Freeways, Abbots Leigh and in High Littleton. The majority of our families come from within North Somerset, Bristol and Somerset though some come from further afield as well. We offer our sessions free of charge to families relying on grants, fundraising and private donations to provide services.

Conductive Education is an educational framework that develops the motor, cognitive and social skills of individuals with motor disorders. Using a unique set of teaching tools based on philosophical values, Conductive Education strives to motivate and enable individuals to learn how to overcome obstacles, whilst simultaneously working to achieve ever evolving future goals. Through purposeful tasks accompanied by rhythmic counting/chanting/singing (dependent on age), groups

of individuals learn how to identify, intend and execute movement. Depending on the child or adults muscle tone (spastic, low tone or changeable) a specific rhythm is set to ensure they are able to use their full range of movement while developing a fluid, controlled movement.

During sessions Conductive Education Practitioners (conductors) work on developing a range of functional movements such as sitting, rolling, crawling, standing and walking, eating and drinking, writing, dressing and undressing. These skills are developed by breaking down functional movements into small individual movements or 'tasks' and practicing and developing them in a range of positions; lying, sitting and standing.

For full details please see our website or get in touch –

tel: **0786 417 6228**

email: **info@cebristol.com**

www.cebristol.com

HorseWorld's Discovery Courses



Aimed at vulnerable young people and those with special educational needs.

Come to our **Open Day on Saturday 28 March, 10am till 2pm** and see for yourself!

Using horses as a unique tool to provide a programme of multi-sensory teaching. Discovery promotes emotional growth, improving employability skills, self-esteem, communication skills and confidence

Since its formation in 1952, the HorseWorld charity has been dedicated to saving the lives of abandoned, neglected and mistreated horses, ponies and donkeys.

HorseWorld is now responsible for over 140 horses, ponies and donkeys at our Bristol site and over 300 who have been re-homed throughout the South-West.

The charity also runs the ground-breaking **Discovery educational programme**.

HorseWorld's vital 365-days-a-year animal welfare work is funded by voluntary donations.



Meet the horses

Watch demonstrations

See our inside and outside classrooms



For more information, please visit

www.horseworld.org.uk/discovery

and www.horseworld.org.uk/events

email; sharon.howell@horseworld.org.uk

or call **0127 589 3023**

Paediatric Car Seat Clinics

The Occupational Therapy team at **WE Care and Repair** is running Paediatric Car Seat clinics for disabled children at their Bristol Home Independence Centre.



WE Care & Repair, 5 Hide Market, Waterloo Road, Bristol BS2 0PL

Starting on **Monday 13th April 2015 from 12-4pm**

Future dates:

Monday 8th June 2015 from 12-4pm

Monday 10th August 2015 from 12-4pm

Monday Sept 28th 2015 from 12-4pm

(Please Note: Clinics will be dependent on demand and if necessary may be grouped together to ensure efficient use of resources. In the event of a cancellation we will advise you immediately)

To book your place contact **Fran Digby:**
Tel: **0117 954 3897** or email **fran.digby@wecr.org.uk**

B&NES | Bristol | South Gloucestershire: 5 Hide Market, Waterloo Road, St Philips, Bristol BS2 0PL
North Somerset: Motex Centre, Winterstoke Road, Weston-super-Mare BS23 3YW



WE Care & Repair Ltd is a registered society (No. 254790) under the Co-operative and Community Benefit Societies Act 2014 with charitable status, VRT Reg. no. 125 4790 12