



Welcome to the



Sutton Parents Forum

Summer Newsletter 2017!

This is our fourth Summer Parent/Carer Forum Newsletter and we have included lots of articles for you to read which we hope you will find interesting.

There is also information about a variety of events and activities, including specialist pottery, swimming and cricket sessions which you might like to enjoy with your families.

We will continue to update our Facebook Page and website so do keep in touch and share any news and activities that other parent/carers will find helpful.

Although the Steering Group are all parent/carers, we will do our best to continue to offer support over the summer break so do email or leave a message and we will get back to you.

If you would like a coffee and chat, need some advice or support or would like to borrow some resources including books, you are very welcome to pop in to our office at Sutton Mencap.

Current Steering Group members are: Jane Knowles (Chair), Laura Nicot (Treasurer), Rosemary Stuart, Sam Hart, Jacque Carey, Carole Cook, Jane Green (Secretary) and Deborah Fernandes.

We all wish you a peaceful and sunny summer!

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Who are we?

For those of you who don't know who the Sutton Parents Forum are, we want you to get to know us! If you are the parent of a child with an additional need and/or disability and live in Sutton, you are automatically a member and welcome at all events.

We aim to represent the views of parent/carers of children and young people with additional needs and/or disabilities in Sutton.

We do this by organising consultation events, coffee mornings and Focus Groups which are promoted locally, posted on our website and Facebook page and mailed to families on the ICount register.

The Steering Group members attend decision making boards, including the Disability Partnership Board, the Transition Board and the CAMHS Partnership Board.

We work with local services to provide exclusive disability sessions and facilitate a Holiday Club for disabled young people, in response to feedback from parent/carers.

The active Parent Forum members, including the Steering Group, are always happy to provide support to other parent/carers.

We work actively with other stakeholders, including Advocacy for all, to ensure families of disabled children and young people's views are heard in Sutton.

We support families, children and young people to identify positive outcomes through person centred planning.

We provide help, support, information and advice including completing CAF/EHAT forms, ICount registration, DLA and PIP. We can support you at meetings including Annual Reviews and school visits. We act as a named contact working with different services to help you navigate the system.

This work is funded by Comic Relief and Trust for London.

Our Parental Supporters have passed the Council for Disabled Children's legal training qualifications and attend regular training courses including welfare benefits entitlements with the CAB and effective completion of forms with the Local Authority.

Our Parental Supporters complete annual safe-guarding training and have enhanced DBS checks.



BREAKING NEWS
On 6th July 2017, the Sutton Parents Forum won £590 from Sutton SOUP in order to fund the Holiday Club for another summer!

What have we been up to this year?



Parent/Carer Participation and Consultation Events

Local Area Review

We ran 4 meetings during the 2016 Autumn term, including an evening session, focussing on the specific themes which are the key areas that will be used for the CQC OFSTED inspections. More than 50 parents attended the different sessions to contribute their views on services in Sutton; all the notes are on our website

<http://www.suttonparentsforum.org.uk/cqc-ofsted-local-area-review/>

We then produced a report highlighting the key themes identified which we presented to the Disability Partnership Board and asked the members to commit to working with us to address these.

We will be arranging a further meeting this Autumn, which we hope you will attend, so that we can gather your views on the current services for our families.

Learning Disability Strategy

We facilitated a Focus Group in April with Shona Harris and George Platts from the Local Authority to gather parent/carers views on the main proposed areas of the Learning Disability Strategy. The discussion started with transition and included housing, employment and being part of the community. The draft Delivery Plan will be available for discussion in the Autumn and we will arrange another Focus group.

Leisure Focus Group

After meeting with Andrew Clark, Everyone Active and Councillor James, we arranged a Focus Group in May for parent/carers to discuss the issues they face trying to access disability swimming sessions and the changes to the current swim test system.

This was a highly contentious meeting and parent/carers left feeling very upset. We met with the LA and Councillor James to feedback and move the situation forwards and there is a report on page 12.

Local Offer Focus Group

We arranged a meeting with Rosemary Brennan, Local Offer Project Manager, to get your views on the Local Offer website so that the design can be updated to make it easier to use.

Information Events

In January we arranged a Welfare Benefits Workshop at Holy Trinity in Wallington; this session was specifically tailored to families with young people transitioning to adulthood to explain how they can claim welfare benefits and how to navigate the Universal Credit system. This was led by Steve Triner (Citizens Advice Sutton, CEO) and Julian Clift (Welfare Reform Outreach Officer – LBS) and was very helpful.

We are arranging a further session in November focussing on benefits for younger children.

We ran our first Information Day this March at Strawberry Lodge which included Sherwood Park School's Future Fair for post 19. It was a long day as we were open from 9am until 6pm but it was an extremely popular event with 100+ parent/carers attending. Thank you to all the providers who had stalls and we have provisionally booked the 21st March, 2018 to run this again.

Our Café for April was interactive and run by Orchard Hill IT Department; this focussed on Apps and software specific to disability and furthering independence. We used iPads to try out different software including Pictello, by Therapy Box which can be used with pictures, symbols, voice recordings and texts on a digital picture to tell stories which can then be uploaded onto iBooks. This can be used to record routine things done daily by individual children and young people so that it can be used as a visual timetable to help with social stories. Also, we used Grid Player which can be used for children and young people who are non-verbal.

The May Café was an introduction to Signalong and was presented by Bev McCue and

supported by Sutton Portage Service. This was a fun session and was aimed at parent/carers of younger children; we all learnt how to sign our names and ask for a cup of tea! If you are interested in attending a course, please let us know and we will arrange this.

This week we were fortunate to host Philip Walford, Managing Director of Renaissance Legal, who delivered an excellent seminar on Wills and Trusts for families with disabled children. It was extremely hot in the hall, but the session was so informative and helpful that nearly 60 parents battled the heat to listen and then to talk to Philip and his team afterwards. A big thank you to Nicola for organising a fabulous lunch!



CAFES

Christmas Coffee morning

We joined the Sutton Mencap team on 14th December to provide an informal event with coffee and plenty of cakes to give parent/carers an opportunity for a chat with others in similar situations and some downtime from shopping!



Summer BBQ

We joined up with Sutton Mencap to provide a summer lunch for parent/carers – the weather was beautiful so we were able to sit in the garden and enjoy a BBQ which was

provided by Robbie and the Day Service. We hope to do more of these in the future as it was a very enjoyable couple of hours.





Help, advice, information and support

We are now supporting many families through the funding from Trust for London and Comic Relief and are pleased to have a 100% success rate with DLA and PIP, some of which have previously been applied for unsuccessfully by other groups. We have helped with many issues involving housing applications, Freedom Passes, ICount applications and have all attended EHAT training delivered by the Children with Disabilities team and a refresher course on befriending/peer mentoring delivered by Sutton Mencap.

DATES FOR YOUR DIARY

Friday 15th September, 2017 from 10.15 a.m. at the Church of the Good Shepherd
Adrian Williams, Interim Head of Education, will be explaining the 'spin out' of services to the Sutton Education Services company and how this will affect provision and cost of services in 2017/18. This includes Educational Psychology, SIAS (formerly Parent Partnership), the Sensory Impairment Service and the ASD Service.

Tuesday 26th September, 2017 Local Area Review Update

Come along and give your views on current services including health and short breaks, discuss whether previous issues have been addressed and we will feed back to the Disability Partnership Board. CQC OFSTED will be inspecting the local area and want to know parents views. (Time and venue to be confirmed)

Wednesday 18th October, 2017 from 10.15 a.m.

Philip Warford, Managing Director of Renaissance Legal, is returning to do a follow up seminar on Appointeeship, Court of Protection etc.

We are happy to arrange a repeat session on Wills and Trusts on the evening; please contact us if you would find that helpful

Tuesday 7th November, 2017

Welfare Benefits Workshop focussing on families with younger children with disabilities and additional needs

Thursday 7th December, 2017 from 12 – 2 p.m. at Sutton Mencap

Christmas lunch – join us and the Sutton Mencap team for a festive lunch with other parents

We are thrilled to introduce to you our newest recruit to the Steering Group...

My name is **Deborah**, I live with my husband and two children aged five and six. My six-year-old, who has Global Development Delay and significant speech and language delay, goes to a Speech and Language base.

I am currently a Peer Mentor for Parent Forum, previously an Independent Support Worker. The roles give me huge job satisfaction and I get to meet amazing parents; as well as get to share my experiences of my child's journey through their diagnosis and EHCP process. The client group I have mainly worked with are pre-school and primary school children parents.

In my spare time I enjoy Zumba, spending time with my family and I am an advocate for healthy living and eating.

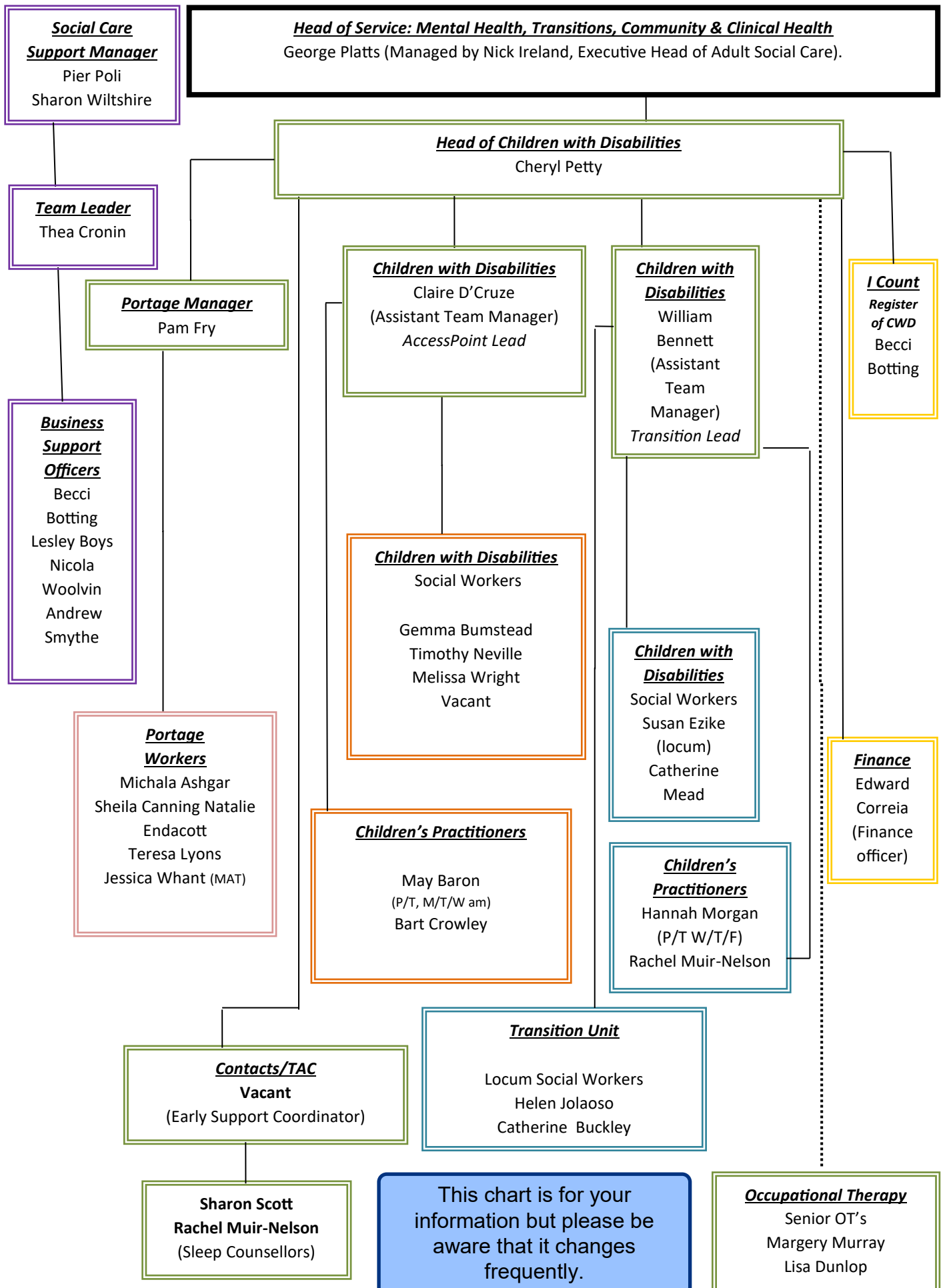


Holiday Events

Over the past year we have arranged lots of exclusive events over the last year during the holidays including drama, cricket, pottery, multisports, cookery and our Holiday Club and have several activities planned for the summer. See page 24.



DISABLED CHILDREN'S SERVICE STRUCTURE 03/2017



Community Link

Community Link supports adults with mild learning disabilities and or high functioning autism/Asperger's who can get out and about independently or with a bit of support from their friends, to access community activities.

We had a great Easter film event in the holidays which was well attended. We will be running this event again in the Summer and Christmas holidays.



"I get out more,
I've got more friends .
It is fun"

Regular and new sessions in the community



Saturday Girls' Night Out The walking group go to Crystal Palace Park



Football at Westcroft Leisure centre

Young Men's meal out

We are now working with Cheam PEP, Orchard Hill College, and Carshalton College, to support transitioning learners to attend Community Link activities in the school/college holidays. This will help them have friendship groups in place after they have left the structured world of school/college.



CHEAM
HIGH SCHOOL



We are working with Community Golf and other organisations to provide taster activities for these learners, new and existing Community Link members.

Contact Caroline Nickerson on 020 8647 8600 or 07591 578211 or email her at Caroline@suttonmencap.org.uk if you would like to make a referral.

The Community Link service is funded by City Bridge Trust, the City of London Corporation's Charity. Sutton Mencap Charity Company. Company Limited by Guarantee 03915936, registered in England and Wales. Registered Charity 1080514. Registered Office 8 Stanley Park Road, Wallington SM6 0EU.



Focusing on the positive and the possible

A circle of support involves a group of people, usually ones who know the person well, coming together to help formulate, promote and support the goals of a person with disability.

The circle acts as a community of friendship and support around the person at the centre.

It is a means of providing practical advice, solving problems and generating creative ideas to contribute positively to the person's life.

How can they be useful you may ask? Well, they:-

- ⇒ involve others in the thinking and planning for the present and future
- ⇒ engage people in imagining better for someone's life
- ⇒ multiply ideas, resources and networks
- ⇒ encourage opportunities for people to contribute
- ⇒ have a group of people to look out for a person's best interests

Bringing people together enables the sharing of ideas and builds relationships, it can connect people and community, help plan for the future and achieve dreams.

"It is not important how many people are involved in a circle meeting. You can have an effective meeting with 3 people or with 10 people. People talk, issues arise – lots of things can be solved"
Debbie

If you think you know a person who would benefit from having a **Circle of Support**, would like to be a volunteer member of one or just want to know more, I can be reached on 020 8647 8600 or by email - jude@suttonmenacap.org.uk

Circles of Support is funded by the James Trust



Sutton Mencap Charity Company. Company Limited by Guarantee 03915936, registered in England and Wales. Registered Charity 1080514. Registered Office 8 Stanley Park Road, Wallington SM6 0EU.

*Rachel &
her Circle*



*Deans'
Circle of Support*



Get On Down's, your local Down's Syndrome support group is now in its fourth successful year and we have



been busy. Over the last 6 months we have had visits from SIASS (Sutton Information, Advice and Support Service) as well as the Head of Children's Services, a Consultant Midwife, Teachers of the Deaf not to mention representatives from the marvelous Sutton Parent's Forum! We had a very successful charity breakfast bonanza during Down's Syndrome Awareness Week where we all wore odd socks and raised money for PSDS (Providing Support for Families with Down's Syndrome www.psds.info).

We also have been very busy developing our 'Pregnancy Pack' and our 'Congratulations Pack' and distributing them to Epsom and St Helier Hospitals maternity and neonatal departments.

These packs make sure that when Down's syndrome is detected, parents are given

appropriate directional support, either before or after their child is born. We as a group have found that details of local support groups, information about Down's syndrome, Portage and other essential advice can be slow in coming and we want new and prospective parents to be supported as soon as Down's is detected or suspected. The aim is to make having a child with Down's syndrome not scary and bewildering but more positive and nurturing!

We are also working on a project which is titled 'Not What I Was Expecting'. Together with a consultant midwife from Epsom and St Helier we will soon be displaying a poster in the antenatal waiting rooms. The post includes case studies of 4 local children showing them in incubators or in the neonatal departments and then as they are now. The idea is to prepare parents that their pregnancy and birth might not be the perfect pain free, water birth followed by easy breast feeding as might be the impression given on the display boards at the moment! Many thanks to the parents of Beth, Ronnie and George for sharing their inspiring stories. I'm sure these projects will make a difference and we are very proud of them!



We still meet every Wednesday in term time at Cedar Lodge in Carshalton 9.30-11am, homemade cake, coffee and chat, what's not to like?! Thanks to everyone who has supported us over the last 4 years and for making Get On Down's brilliant!



ALSO...

Just to let you know that Get On Down's your local friendly Down Syndrome support group are having their annual summer picnic on **Thursday 24th August** from **11am** in the walled gardens at **Nonsuch Park in Cheam**.

Bring a picnic, drinks, out door games and bubbles, I will supply the cake. We won't be far from the cafe to grab an ice cream if it is hot.

Email getondowns@btinternet.com for more details.

Letter from Andrew Clark

Thank you to everyone that attended the Sutton Parents Forum on 9th May 2017 to discuss the swimming inflatable session at Westcroft Leisure Centre. I realise the meeting was tense at times and I have spoken with the Sutton Parents Forum representatives, Jane and Laura, and Everyone Active about how we can improve the dialog between parties to consider what reasonable adjustments are needed so that we can make the best use of the leisure facilities for people with disabilities.

The feedback received from those present that attend the meeting the 9th was very helpful and Everyone Active and I fed this directly into how the inflatable session was run on the 30th May 2017 and will be run in the future. These included the discussions regarding the swimmer having to demonstrate a recognised swimming stroke during the swim test. The protocol provided to lifeguards has been updated as follows:

The lifeguard's outcome during a swim test is to ensure the customer can get themselves out of difficulty when out of their depth and to the side of the pool in a controlled manor, rather than focusing on the technical aspect of the stroke being used.

This is a test over 25 meters without stopping or holding onto the side of the pool or starting in the deep end swim in a square starting by swimming 4 meters along the side of the pool as if the customer cannot swim they are close to poolside where the lifeguard is.

I attended the session on the 30th May, observing from the gallery, and whilst there were areas that need improving I did feel the session went well. I have also received comments from parents who agreed. One particular area of improvement that I have discussed with Everyone Active is how we can reduce the waiting time for the swim test. We will be discussing this further with the Sutton Parents Forum representatives in the coming weeks.

On-going communication between all parties will help improve your experience of the provision going forward and I look forward to meeting with you again soon to discuss this.

Summer Family Cycling

**Wednesdays 12-1pm in School Holidays
26th July + 2nd, 9th, 16th, 23rd and 30th August
at the David Weir Leisure Centre**

Cycle Sessions for families with all abilities

- ✓ We provide bikes and cycle helmets
- ✓ Lots of fun
- ✓ Disability access cycles
- ✓ Develop cycling skills
- ✓ Safe off-road environment

No booking needed.

£4 per session per person.

Suitable for age 7+ accompanied by adult.



www.ecolocalcycling.org.uk 020 8404 1522 cycling@ecolocal.org.uk

Healthy Sutton Outdoors



Inclusive Family Cycling sessions running at the David Weir Leisure Centre every Wednesday 12-1pm during the school holidays. See dates on this link.

<http://www.ecolocalcycling.org.uk/index.php/familycyclingsessions/>

We provide fun and accessible cycles and the sessions are led by cycle instructors. Either just have fun or learn to ride a bike or gain cycling skills. Suitable for 7+ year olds accompanied by an adult. No booking required. £4 per person per session.



Carshalton Environmental Fair 28th August

The Environmental Fair returns to Carshalton Park, Ruskin Road, Carshalton on Bank Holiday Monday 28th August from 10.30am to 8.00pm.



This fabulous family day out offers something for everybody.

Children's activities include: a cycle obstacle course; face painting; circus skills; crafts and other games. We present a range of local artistic talent including; the Main Stage showcasing local rock, pop and young bands; the Music Café with acoustic folk, blues, country and more; and the Performing Arts Marquee which entertains with an eclectic selection of dance, music and entertainment.



You can browse among over 150 stalls selling artisan local crafts, with interactive demonstrations, environmental information and promotion of local groups/sustainability initiatives. The fair includes a Farmers' Market offering tasty local produce. Try some yoga, or relax with a massage in the healing area.

The fair boasts a great range of delicious catering. From Thai noodles to French crepes, jacket potatoes, Caribbean food, Indian Street food and more. Savour quality beer at our bar by The Craft Beer Man. Or relax at the Music Café with a cup of tea and slice of home made cake baked



by the Womens' Institute. You must try too their special cream teas.

Children under 12 get FREE entrance, 12-16 year olds and concessions are £3, adults are £5. Family deal ticket of £15 for families with two adults and up to three teenagers under 17.

A special FREE bus service will bring you to the fair from all parts of the borough, so you can stay all day and take the bus home. Bus maps and timetables will be available before the event at local libraries and www.envfair.org.uk There are parking restrictions in the surrounding roads and we only have very limited parking onsite for those with disabilities who have blue badges. Or come by bike and bring a lock for the cycle parking area where Dr Bike will check your bike over – for free!

The event is organised by EcoLocal, a Carshalton based charity, which runs the fair with the help of many volunteers. If you would like to help as a volunteer steward at the fair we will give you free fair entry and refreshments as well as a great day out. If you would like to help before the event too, email or phone us.



For further information visit
www.envfair.org.uk **facebook/**
envfair

twitter@envfair

Enquiries

email: fair@ecolocal.org.uk or telephone 020 8404 1522 (ask for Tansy Honey)



very limited parking onsite for those with disabilities who have blue badges. Or come by bike and bring a lock for the cycle parking area where Dr Bike will check your bike over – for free!





SPORTS INCLUSION DAY

27 JULY 2017
11AM - 2PM

AGE 12-25

SPORTS ATTIRE
REQUIRED



MONKS HILL SPORT CENTRE
FARNBOROUGH AVENUE
CROYDON, CR2 8HD

For more information please
michaelharrington@palaceforlife.org
or call 020 8768 6047

FOOTBALL, BASKETBALL, TENNIS, HOCKEY, TABLE TENNIS AND GOLF

UNDER 16'S OR THOSE WHO REQUIRE 1:1 SUPPORT
MUST BE ACCOMPANIED BY A PARENT OR CARER

CROYDON | Delivering
for Croydon
www.croydon.gov.uk



DOWNLOAD THE APP TO REPORT ALL INCIDENCES OF DISCRIMINATION



MONKS HILL SPORT CENTRE
FARNBOROUGH AVENUE
CROYDON, CR2 8HD

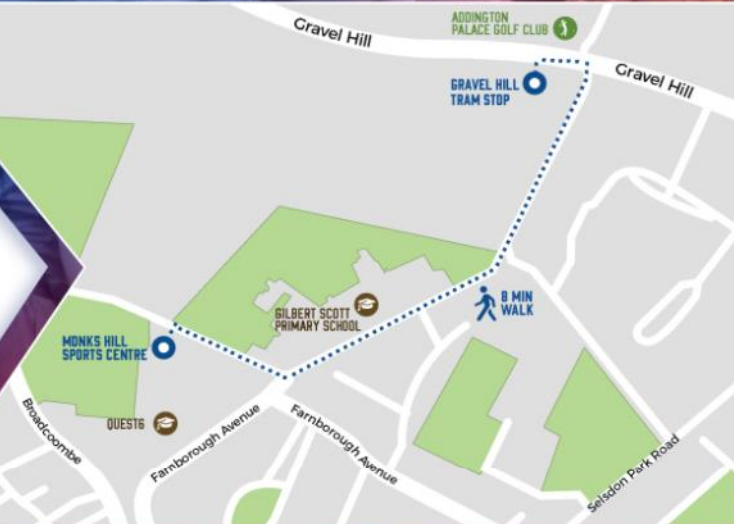
DIRECTIONS: (approximately 8 min walk from Gravel Hill tram stop)

Gravel Hill tram stop; follow Conker Alley to the end
you will see the Sport Centre located on the right hand
side, just past Gilbert Scott Primary School.

Bus routes 130, 359 & 466 also go to the
Sports Centre

FREE PARKING ON SITE

For more information please
michaelharrington@cpfcfoundation.org
or call 020 8768 6047



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for Croydon
www.croydon.gov.uk



DOWNLOAD THE APP TO REPORT ALL INCIDENCES OF DISCRIMINATION

Please note that this event is **JUST** for people aged 12-25 and not adults of all ages.

This **FREE** event will have a wonderful range of sports on offer.

To book places, please contact **Michael Harrington**, the Disability Officer at Crystal Palace Football Club's 'Palace For Life' Foundation on michaelharrington@palaceforlife.org or call 020 8768 6047



FREE 30 Hours Childcare

You may be able to get up to 30 hours a week of free early education and childcare, over at least 38 weeks of the year, for your 3 or 4 year old.

Eligibility criteria:
Working families may be eligible if they are earning the equivalent of 16 hours per week at minimum wage and not earning more than £100,000.
For the full eligibility criteria and any exceptions please visit www.sutton.gov.uk/freechildcare

Where can I access my 30 hours?
You can access the 30 hours at a childminder, day nursery, pre-school or nursery class/school, although not all providers will be able to offer the full 30 hours. You can take up your free entitlement in more than one setting.
Please speak to your local childcare provider to find out what their offer is or contact the Sutton Family Information Service on 020 8770 6000 for more information.

How to apply:
Parents can check their eligibility through the governments Childcare Choices website www.childcarechoices.gov.uk as well as accessing details of existing government childcare offers such as the 2 year old funding, universal 15 hours for 3 and 4 year olds and the new tax free childcare scheme.

www.sutton.gov.uk/freechildcare
020 8770 6000

Childcare Choices

Sutton

30 Hours Free Childcare

From September 2017, working parents may be able to get up to 30 hours a week of free early education and childcare for their 3 or 4 year old.

All 3 or 4 year olds are currently entitled to the universal offer of up to 15 hours a week free childcare. If parents are eligible for the extended entitlement, their children can receive up to an additional 15 hours a week (30 hours).

The new entitlement is intended to support working parents with the cost of childcare and enable them, where they wish, to return to work or work additional hours.

Who is eligible?

The additional 15 hours will be available to families where both parents are working (or the sole parent is working in a lone parent family), and each parent earns, on average, a weekly minimum equivalent to 16 hours at national minimum wage or national living wage and less than £100,000 per year.

How do I apply?

Parents can now check their eligibility online by creating an online childcare service account provided by HMRC and can be accessed via www.childcarechoices.gov.uk

Eligible parents will receive an 11 digit code which is then taken to their preferred childcare provider. The childcare provider will validate the eligibility code and discuss with the parent their free entitlement offer.

Where can I access my 30 hours?

The 30 hours free childcare can be used at registered childminders, day nurseries, pre-schools and nursery class/school. Some providers may not be able to offer the full 30 hours however, the entitlement can be accessed in more than one setting.

Please speak to your local childcare provider to find out what their free entitlement offer is.

Where can I find more information?

For more information on the eligibility criteria and any exceptions, how to apply and the current list of Sutton providers offering the free entitlement funding please visit www.sutton.gov.uk/freechildcare or contact the Sutton Family Information Service on 020 8770 6000.

Parents with a childcare services account can also apply for tax free childcare, more details on tax free childcare and all free childcare entitlements can be found at www.childcarechoice.gov.uk

Disabled Children Services

In Partnership with Tweeddale

SUMMER PLAY & STAY 2017

Welcome to Play & Stay

The Summer Holiday 'Play & Stay' session for children with additional needs/ disability aged 0 – 10 years and their parents/ carers and siblings.

COME TO PLAY & STAY

To have fun and play

Meet other parents & carers

Experience a wide range of sensory play, physical activities, music, Art & Craft activities, free play activities and fun outdoor activities

Enjoy a snack (children only)

Find out about information on play, leisure, and out-of-school activities for children with disabilities and the range of support available for your family

Summer Holiday Play & Stay Sessions 2017:

Week 1 – Tuesday 1st August & Thursday 3rd August

Week 2 - Tuesday 8th August & Thursday 10th August

Week 3 – Tuesday 15th August & Thursday 17th August

Week 4 – Tuesday 22nd August & Thursday 24th August

Morning session: 10—12 am

Afternoon session: 1.30—3.30pm

Parents & Carers are responsible for supervising their children, and MUST remain with them at ALL times.

Each session cost £1 per child per session

(including a snack)

Please remember to bring a change of clothes, waterproofs/ warm clothing sun cream and hats for your child as well as any snacks as per dietary requirements

Tweeddale Children Centre,

Tweeddale Road, Carshalton, Surrey, SM5 1SW

Parking available in David Weir Leisure Centre carpark opposite or on the street

For Further information on **PLAY & STAY** - Call Pam Fry on 077 3633 8707



AUTUMN FAIR

Sunday, 24th September 2017

11.00 am to 4.00 pm

Incorporating

Novelty Dog Show, Dog Scurry and Fun Agility



THE DIAMOND CENTRE FOR DISABLED RIDERS

Woodmansterne Road, Carshalton, SM5 4DT

Admission: Adults £4, Children £1

To be officially opened by the Mayor of Sutton

**Barbecue
Pimm's Bar
Refreshments
Steam Train Rides
Fire Engine
Tombola**

**DONKEY RIDES & PETTING FARM
MEDIEVAL REENACTMENT DISPLAY
THE GARY MASON CHARITY DRUMMERS
DIAMOND HORSES RIDING DISPLAY
FIRESTONE ROCK BAND
MINI OWNERS CLUB**

**Farrier Display
Punch & Judy
Coconut Shy
Bric-A-Brac
Craft Stalls
Face Painting**

TABLE TOP SALES

To book a table - 020 8643 7764

TEL: 020 8643 7764

www.diamondcentre.org.uk

CHARITY REG. NO. 1045970

Focus Surrey Saturday Club for children with ASD

Focus Surrey is a parent-led Saturday club for children with Autism Spectrum Disorder (ASD) and their families. It aims to assist children with ASD to improve their communication, social and play skills within a nurturing, fun and child-centred environment.

The benefit of the club, which is based in Cheam, is threefold – not only are children with Autism receiving 1:1 support; the tutors who are all volunteers are gaining training and experience working with children with ASD and the parents are receiving peer support, networking opportunities and information via a series of guest speakers.

Volunteer tutors receive training from Autism professionals on working with children with ASD which follows the principles of Applied Behaviour Analysis (ABA), an evidence-based approach. The children are initially assessed and targets are set in agreement with parents for the children and tutors to work towards, while playing and having fun in a natural learning environment.

Feedback from parents is very positive - with parents identifying how the club provides their child with new play opportunities, teaches them to sign and helps develop social skills. For other children it has improved their eye contact, ability to join in a game or request items.

For some families, the club is the only affordable ASD provision in the area, where they can also receive ABA and 1:1 support. Focus Surrey enables parents to build friendships, expand social networks as well as helping at least 6 siblings of children (who attend the club with their parents) to develop friendships and a peer group with other siblings.

“Before, I didn’t have anyone to share something with. When I come here it’s your own little gang, just to share ideas and struggles. If we hadn’t got a space on this club I don’t know where we would be. It’s a bit scary, we have learned so much, about ABA and we know it’s working. It gives you a lot of hope.” (Emma, parent of 6 year old, Sutton).



“The club gives us a structure to the day and it gives us somewhere we can take him, where we know he’s going to get something out of it... taking him to normal places we get a lot of problem behaviour” (Mike, parent of 6 year old, New Malden).

“Speaking to other parents, their experiences, their parenting ideas, regarding diet and behaviour management is invaluable. My daughter is the happiest ever at the club because its

all about her and it’s where she comes for herself. It’s where she has her time and that is the motivation she seems to need.”

The parents stay on site for the duration of the club where Focus Surrey runs a guest speaker series where professionals have given parents an introduction to ABA, advice on EHCPs and occupational therapy strategies as well as talks from parents whose children have been taught using ABA.

Where possible this speaker series is open to the public. Parents were overwhelmingly positive about the “high calibre” of the guest speaker series.

Focus Surrey has provided training for tutors and young volunteers who are interested in special needs education to enhance their skills development and career prospects and generate further opportunities for local employment. They are trained in Autism, Applied Behaviour Analysis and how to prompt communication and play skills from children with ASD.

Tutor feedback from the first term and second term indicated that 100% would recommend the volunteering experience. In Term 2, 99% of respondents agreed: “This opportunity has been beneficial to my career”.

Not all of Focus Surrey’s volunteers are looking for a career in special education.

We have had volunteers who are parents or siblings of children with Autism. The club is building a community who are committed to helping children with ASD.

Tom, 25, a trainee accountant from Sutton, volunteered with the club each Saturday in Term 2, working and playing with a 9 year old from Sutton. Tom chose to volunteer because his brother has Autism and his family had found it difficult to find a social club for his brother where he could socialise and make friends. “It would have been nice if he had had something similar... I thought if it was possible to make something like that happen then I should.”

Focus Surrey is on the hunt for new tutors for its 3rd term starting in September 2017. If you know of anyone – carers, family members of people with ASD, university or college students or anyone interested in working with children with ASD – then please ask them to email focussurrey@hotmail.com.

“My experience here has been incredible – I could not have imagined it to go any better! It was a perfect balance between challenging and fun. Staff were amazing and always there when needed and volunteers were all lovely. Very well-run centre. Everyone should volunteer” (Natalie Corsini, volunteer).

For all queries please email focussurrey@hotmail.com and see Focus Surrey on Facebook and at www.focussurrey.co.uk.





Volunteer opportunity at our ABA Saturday club working with children with autism

Tutor positions available in Cheam from September 2017

Calling all people with an interest with working with children with autism, including those in the teaching and care professions, plus students in psychology and therapy fields, this is a career-enhancing opportunity for you.

We are looking for volunteers to help support children with autism in a fun, friendly and child-centred environment. You need to be energetic, reliable and committed, as you will be active and on your feet regularly with your allocated child. Ideally you will have some experience of working with children and be interested in developing your understanding of children with disabilities.

You will receive training to help children practise social and early years skills, in line with the principles of Applied Behaviour Analysis (ABA). The club is led by a Board Certified Behaviour Analyst (BCBA). The initial training comprises three full days in order for you to develop your understanding of autism, ABA and the skills required for the position.

As a tutor you will work 1:1 with your allocated child on specific targets and create learning opportunities through play and fun in a natural environment setting. Each tutor will be paired with a specific child based on experience and qualifications. The age range is two to 12 years.

Focus Surrey is part of a wider group Focus Autism UK, which has clubs across the country including Liverpool, London and Yorkshire. All volunteers go through a reference check and an Enhanced DBS check. Should you complete the term without absence, you will receive a certificate of participation and attendance.

Initial training will be on **9th, 16th and 23rd September**. The club will run each **Saturday from 9am to 3pm** over a 10-week period from **30th September to 9th December (excluding 18th November)**. Children will attend the club from 10am to 2pm. Outside of this time on each Saturday, you'll receive training and advice and help to prepare and tidy away materials. We can provide volunteer placements for those requiring experience for your studies - please ask for details.

This is the ideal opportunity to help start your chosen career or give your career a boost by learning new practical skills and behaviour-based strategies which you can use with any child.

To apply, please fill in the online application at:

<https://www.surveymonkey.co.uk/r/2CTKBY3>

For further information, please see the Focus Surrey Facebook page
or visit **Focussurrey.co.uk**

This year marks the **25th anniversary** since Sutton Carers Centre were formed (leading to the Centre officially opening in 1994) and the Trustees are busy putting together various events to celebrate and continue raising awareness of Carers. We hope you will help us celebrate and even become a Friend of Sutton Carers Centre. For more information on becoming a Friend of SCC, please contact Office Manager Jessica Appleby on 020 8296 5611.

Sutton Carers Centre has been selected as one of London Borough of Sutton Mayor's



charities this year alongside Sutton Women's Centre! The new Mayor is Cllr. Jean Crossby, who many of you will know from her work in the St Helier area over the years - and her Deputy is Cllr Marlene Heron who even more of you will know as Sutton's Adult Carers Champion for several years. SCC are thrilled to have been selected, not only to increase our funds to continue supporting Carers, but also to raise awareness about Adult and Young Carers' issues in Sutton.

Weekly Activities	Day and Time	Venue	Extra Information
Meditation and Relaxation	Every Monday 10.30am — 12.30pm	Sutton Carers Centre	This session is run by a volunteer who is a Carer herself. The session uses guided CDs interspersed with informal chat and refreshments. Just drop-in (no need to book). Suggested donation of 50p to pay for CDs and refreshments.
Coffee Morning	Every Wednesday 10.00am — 12noon	Sutton Carers Centre	An opportunity to meet and chat to other Carers. Suggested donation of 50p to pay for refreshments.
Reflexology	Every other Tuesday	Sutton Carers Centre	Please contact Nadia to go on the waiting list. Suggested donation of £10.
Counselling	Various	Sutton Carers Centre	Contact us by phone so that we can add you to the waiting list.
Sutton Uplift - including CBT/psychological therapies	Various	Sutton Carers Centre	Contact us by phone so that we can refer you.
Benefit Checks with the Citizens Advice Service	Every Wednesday & Thursday	Sutton Carers Centre	Contact us by phone to book an appointment.

For support group dates, contact SCC directly.

Monthly Support Groups	Extra Information
ASD/ Asperger's Carers Support Group	This group meets once a month. For more information, contact Karen at SCC.
Learning Difficulties Carers Support Group	This group is for Carers who care for someone with learning disabilities.
Lone Carers Support Group	This group is for Carers who are the sole Carer for the person they care for.
Male Carers Group	Held on the second Tuesday of the month. Jamaal Hattan, volunteer facilitator for the group will be waiting from 6.30 - 6.40pm outside the entrance of the pub. Please see Jamaal's photo below so that it is easier to spot him!
Mental Health Carers Support Group	This group meets on the third Thursday of the month. There are no speakers at this session and it will be dedicated to peer support.
Moving On Group (for Former Carers)	This group is for former Carers who are no longer in a caring role.
Saturday Information Session For All Carers	Held on the second Saturday of the month, this session is for all Carers who have registered in the last year, to find out more about the support we offer and to meet other new Carers.

Young Carers News

We have some brand new activities happening over the next few months and some old favourites for you to sign up to too. **If you would like to attend anything listed below, please contact the YC Team** by either phoning the office number 020 8296 5611, texting 07985 574 912 or email us at youngcarersenquiries@suttoncarerscentre.org

Healthy Eating & Cooking Workshops

We have teamed up with ASDA Sutton to offer a number of Healthy Eating and Cooking Workshops for Young Carers. The first two sessions you will be creating Fruity Yogurt Pots at the end of July and Bread in a Bag making beginning of August here at the centre. Then at the beginning of September we will be making Pizzas with Young Carers at the Wandle Valley Community Centre. If you want to learn more about healthy eating or just fancy eating some tasty creations you made yourself then get in touch and express to us your interest.

Create Arts Workshops

Create Arts are providing two fantastic workshops over the next few months, giving Young Carers space to develop their creativity and self-confidence. A three day Film Making course for 14+ will be happening first, followed by a two day visual arts workshop for 8–13 year-olds. All tools and equipment will be provided and sessions will be taught by professional artists and film makers from Create Arts. As always you do not need any previous experience as the artist or film maker will take you through each step.

Kidstime Multi-Family Group

Runs once a month from Sutton Carers Centre, families from both Sutton and Merton Young Carers Services come together and explore different themes relevant to mental health whilst eating pizza! The sessions are open to all families where at least one parent has a mental health condition. The sessions encourage good family communication around the impact of mental ill health and aim to improve family relationships. Come and meet others who understand the challenges of living with parental mental illness in a supportive and fun environment.

Runs on Wednesday once a month from 6.00pm - 8.00pm. More information can be found here: <http://kidstimefoundation.org/young-people-families/teenage/kidstime-workshops-2/>

YC Chill N Learn - Drop In at SCC

'YC Chill n Learn' is a space where Young Carers can receive support with homework and any worries about school every Monday from 4.15pm - 5.45pm. We have two computer stations available for you with internet access. Sessions are open to all ages, provide an opportunity for Young Carers to have some time away from caring and space to chillax. Staff will also be available to support with homework. Most importantly: Double-chocolate chip cookies available!

Don't Tone Alone

In partnership with Don't Tone Alone, we are offering our Carers the opportunity to access 5 free personal training sessions from a fully qualified personal trainer. These bespoke sessions will be delivered with your individual needs in mind and at a venue of your choice including your own home. For more information, please contact **Celia** via e-mail: celia@suttoncarerscentre.org



Volunteering Opportunities

We are looking to recruit new volunteers at the centre. Volunteering can be a rewarding way of meeting other people, getting a break from your caring responsibilities and acquiring skills which might be valuable in the world of paid work.

Do you want to use your knowledge and managerial skills to help govern an expanding local charity and in doing so help others? If so—you could become a **trustee!**

Are you friendly, enthusiastic and a good listener? You could become an **Information & Advice Volunteer!**

Please see our current volunteering opportunities listed below:

- ⇒ Form-filling Volunteers
- ⇒ Information and Advice Volunteers
- ⇒ Trustees
- ⇒ Volunteer Complementary Therapists (massage)
- ⇒ Volunteer Young Carers Admin Support Workers
- ⇒ Volunteer Young Carers Family Group Worker (specialism in Drama)

Whether you want experience, to keep busy between jobs or in your retirement, or simply to give something back, there is a role for everyone at SCC! If you wish to put yourself forward for any of these roles, please contact our **Information and Communications Officer, Nadia Dhunna on 020 8296 5611** or alternatively via e-mail on nadia@suttoncarerscentre.org for more information. Please note that all volunteer applicants will be required to undergo the generic recruitment procedure.

Take action - Show your support for carers of disabled children

Did you know 69% of families with disabled children receive no support in caring for their child? And that 97% of parents with disabled children say that people do not understand the challenges they face every day?

That's why we at Carers Trust are a part of the Disabled Children's Partnership, a growing coalition of more than 35 organisations that have joined forces to fight for better health and social care for disabled children, young people and their families in England.

On 28 June, the DCP will be launching a campaign and we want you to be part of it.

Follow this link:

<http://e-activist.com/ea-action/action?ea.client.id=78&ea.campaign.id=71897>

And if you'd like to be more involved in the campaign – please email our campaigns team.

Thanks to Carers Trust's supporters who took action during the General Election campaign, 411 candidates pledged to support carers if they were elected. Carers Trust's CEO also wrote to all candidates asking them to take the pledge to Think Carer 2017.

It's great that so many candidates took the pledge. This year more candidates pledged to Think Carer than signed a similar pledge in 2015 – showing that more and more politicians are recognising the need to support unpaid carers. This shows what we can do when we work together. The candidates who became MPs will know how important support for carers is to people living in their constituency.

Since the election, Carers Trust have written to all MPs emphasising the need to support unpaid carers of all ages in this next Parliament. We know there is still a long way to go and will continue to campaign together to make sure MPs and the government know what they can do to make sure carers get the support they need at the time they need it.

If you would like to meet your MP to talk about the issues carers face and would like help from Carers Trust to set that up, please get in touch.

Thanks for being involved,

Ramzi and the Carers Trust team



OCTOBER HALF-TERM 2017: ALICE'S TEA PARTY

**Pre-booking essential
£5 PER PERSON**

Where?

Sherwood Park School, Wallington

When?

Wednesday 25th October

12:45—3:15 (performance at 2pm)

Thursday 26th October

11:15—1:45 & 12:24—3:15 (performance at 11:15am or 2pm)



FAMILIARISATION SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH ASD

£8 per family of 4

Quiet sessions with small groups exploring our sensory tent, craft and game activities.

Please bring along a picnic.

[Please note there is no performance]



Where?

Sherwood Park School, Wallington

When?

Wednesday 25th October

12:00—1:45



Sutton Parents Forum Summer Holiday Sessions



Family Pottery at Sutton College

In partnership with Sutton College we are running Family Pottery Sessions on Friday 27th July, please see flyer on next page.

Holiday Club age 14+

This will run from 1.30 until 6.30pm on Fridays 4th, 11th and 18th August at a cost of £15 per attendee. Thank you to Sutton SOUP for supporting this.

Swimming

The exclusive swimming session, with the inflatable, will run every Tuesday during the summer holidays starting July 25th from 12.30pm until 1.30 pm at Westcroft Leisure Centre. Please check our Facebook page for updates

More dates and activities to follow please check Facebook and our website for updates

www.suttonparentsforum.org.uk





Sutton Parents Forum and Sutton College are pleased to offer two Family Pottery workshops exclusively for families with children and young people with disabilities / additional needs.

The class will take place in the Sutton College Pottery Studio.

Date: Thursday 27th July 2017

Venue: Sutton College, St Nicholas Way, Sutton, SM1 1EA

Family Pottery (ages 7+)

10:30 to 12:30
Cost £5 per child
(max 2 children per adult)

Family Pottery (ages 10+)

13:30 to 15:30
Cost £5 per child up to 16 years old
Cost £10 per young person over 16 years old
(max 2 children per adult)

To find out more or to book your places, please contact the Sutton Parent's Forum:
suttonparentsforum@outlook.com

or telephone 07557760328 / 07468692410 **by 20/07/17**

For further information on Sutton College family learning courses, please email
familylearning@suttoncollege.ac.uk or visit
www.suttoncollege.ac.uk/category/family-learning/

Saraswati Yoga Studio

122 Robin Hood Lane Sutton 020 8641 1792
www.thevogastudio.org.uk



6 week yoga course for children with SEN

Fun, energising and relaxing 6 week yoga course
for children with SEN & their parent/carer during
the

Summer Holidays!!!

Yoga is good for general health, strength, balance,
concentration and mood.

It can help ease asthma, allergies, hyperactivity and anger and
improve sensory processing and spatial awareness.

45 minute classes will be held each Thursday at 10am throughout
the 6 week summer holiday from 27th July up to and including 31st
August 2017

This 6 week course costs £42 and, as numbers are limited, must be
pre-booked and paid in advance.

To book a place or for further details please contact Laura at
Lhopson2@virginmedia.com or on 07905504818



Downsyndrome OK

Helping people with Down's Syndrome fulfil their potential in South London, Surrey and West Sussex.

We offer help and support, information, social development and networking opportunities.

Spangles is our drama group for children with Down's syndrome aged 5-15 at Evangelical Church, West Street, on Wednesdays from 4.15-5.15pm. £7 per session payable half-termly. There is a parent's lounge where parents and siblings can wait with a cuppa. Contact Kathy on 020 8669 8942

Sparkes is a reading and writing group for children with Down's syndrome aged 4-11. Have fun while learning words, letters and books at Woodmansterne Village Hall, Carshalton Road, Woodmansterne. £3 per session payable half-termly. Ring Kathy 020 8669 8942



Downsyndrome OK
Next disco for young people
With learning difficulties
Aged 16-29

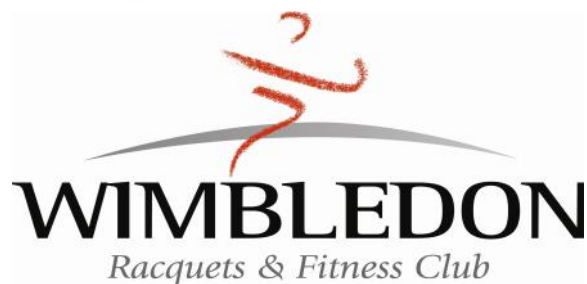
Date: 11th November 2017

Location: St Paul's Church Hall, Nork, Banstead

Price: £10 entrance to include refreshments

Phone: Kathy 07906 291268

E-mail: kathyM23@talktalk.net



Disability Badminton Session On Saturdays from 5 - 6.30pm

All abilities – beginners welcome

Sports wheelchairs available

**Donated by Anders Foundation
Charitable Trust**

First three sessions free*

Bring a Buddy

Lead by a Level Two Coach

Come Along And Try It Out!

**We will break up on the 15 July
and then resume again on
9 September 2017.**

For further details either contact the Club
Or email Lorraine Brydie on lorrainebrydie@hotmail.co.uk
Wimbledon Racquets & Fitness Club
Cranbrook Road, Wimbledon, London SW19 4HD
Website: www.wimbledonclub.co.uk Tel: 020 8947 5806

*Thereafter session fees will apply





Get dancing with SLiDE!

3 day Summer PROJECT

VENUE: CYTO, Oakley Road, South Norwood, SE25 4XG

DATES: Wednesday 26th/ Thursday 27th/ Friday 28th July 10.30-4pm

Dance styles covered Street dance, Contemporary and Creative dance.

COST: £45 per person for the three days

Ages 16 upwards, suitable for people with learning and/or physical disabilities/difficulties

Please note: this is suitable for people with an interest in dance and who need minimal support to participate in group activities. If you need to discuss specific access needs please contact SLiDE.

SLiDE at Sutton College: Starts 19th September 2017....

Tuesdays:



9.30-11am: Dance class for those with little dance experience who would like to try the SLiDE approach to Street and Contemporary dance.

11.30-1pm: SLiDE Company. A performance company for participants who have dance experience and who would like to perform. The group will use contemporary and creative dance and focus on choreography for indoor and outdoor performances. Previous dance experience essential.

VENUE: Sutton College, Woodcote Road, Wallington SM6 0NB

COST: £70 per term (10-11 weeks each term), participants are expected to sign up for the full academic year 2017-18/three terms.

Suitable for people with learning and/or physical disabilities/difficulties. Please note: this is suitable for people with an interest in dance and who need minimal support to participate in group activities. If you need to discuss specific access needs please contact SLiDE.

Please contact Gemma on 07887 781361 or gemma@slidedance.org



Sutton Eagles Special Needs Football Club has been established for thirteen years and provides football training opportunities for boys and girls with special needs aged 5-16 years. The club is affiliated to the Surrey FA and is run by parents. Training sessions are led by qualified FA coaches, with structures designed to increase physical performance and confidence in the players, with the emphasis on working together and having fun. Our players have a wide range of disabilities such as Autistic Spectrum Disorder (including Asperger's Syndrome), learning, physical and sensory impairments (including language and hearing impairments and cerebral palsy), ADHD and various medical conditions. Our aim is to ensure that children who are unable to access mainstream football due to their specific needs have the opportunity to play and be part of a team in a specialised and supportive environment.

If you have a young person who enjoys football or just wants to have fun whilst doing some physical activity then bring them along to our weekly football training sessions which take place on Saturdays during term time. There is no need to book and we operate a pay and play membership. Cost is £4/ session with first session free. We also take part in monthly Football for All disability tournaments arranged by Surrey FA.

We will restart our weekly sessions after the summer break on 9th Sept 2017 at:

Pulse Health & Fitness, Carshalton College, SM5 2EJ

11- 16yrs - 12.30-1.30pm

5-11yrs - 1.20-2.30pm

You can find out more about us by visiting our website:

www.suttoneaglesfc.co.uk

or contact Louise on 020 8669 6797 or louiseb@lineone.net

