



Welcome to the Sutton Parents Forum Summer Newsletter 2018!



Contents

Welcome to the fifth Sutton Parents Forum Newsletter!

We have included lots of interesting articles for you to read which we hope you will find informative. You will see a variety of events and activities, including specialist trampolining and swimming sessions which we hope you will be able to enjoy with your families.

We are arranging specialist cricket sessions for August and 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 as soon as we can.

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.

From September 2018, due to changes in personal circumstances, we will usually be available from 10am until 2.30pm Monday to Thursday but will always try to arrange to attend meetings with parents outside of these hours, if possible.

We 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 parents and/or 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 and Transition Partnership Board, CAMHS Partnership Board and key workstreams set up after the OFSTED CQC Inspection this January.

Sutton Parent Carer Forum is a member of the National Network of Parent Carer Forums (NNPCF) and we also regularly meet up with neighbourly Forums, including Croydon, Wandsworth and Bromley to share experiences.

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 Sutton Mencap, 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, Freedom Passes, applications for financial support to charities, 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. We currently have a 100% success rate with DLA and PIP, some which have previously been applied for unsuccessfully by other groups. This work is funded by 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. We will be completing IPSEA legal training in September 2018.

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



What have we been up to this year?



We have had a very busy year arranging events and attending meetings, including the workstreams set up after the Local Area Inspection around quality of EHCPlans and advice, and also the recommissioning of short breaks and support services. Below are some of the activities arranged this year:

Parent/Carer Participation and Consultation Events

Cognus (Education Services)

We ran 2 meetings in the Autumn term with Cognus, the Company commissioned by Sutton to provide education services including therapies, Information and Advice, the SEN team and the ASD Service. Adrian Williams, Interim Head of Education, attended these with the Managing Director of Cognus to explain the 'spin out' to parent/carers, update them on services currently provided and get your feedback of what is meeting.



Neuro developmental pathway

We ran the second meeting in October which was attended by parent/carers and practitioners; we discussed what a good pathway should look like working from the feedback from Meeting 1.

There is now a multi agency Steering Group working on this and a pilot was rolled out in April 2018.

Meeting 3 was held this June to enable practitioners to explain to parent/carers the work that has happened so far and there will be a further meeting in October to review both the pilot and the revised pathway.

Please see pages 20 — 21 for a full report and our website www.suttonparentsforum.org.uk/consultations-2017/ for all the notes from the meetings.

Focus Groups

We have run Focus Groups on the draft SEND Strategy, the SEN Transport Consultation and the Sutton Carers Strategy to inform the Local Authority of parent/carer views on those proposals.

January OFSTED CQC Local Area Inspection

We hosted the Webinar at our office for parents and carers who weren't confident taking part on their own, we contacted local support groups, including Focus Surrey, NASSutton, HELPP, Get on Downs and Downs Syndrome OK to attend the parent support meeting with Inspectors and also publicised and attended the parent carer open session with Inspectors. The Steering Group attended all the meetings during the week to be sure that your feedback and views was included.





Health café

See Me, Hear Me, Support Me! was our participation event this May and was presented on behalf of the NHS Transforming Care Plan. The presenters commented that, "We really enjoyed meeting those present. We were inspired by the determination and passion of the parents and yet again saddened by the experiences families face when seeking the right support for their child."

The Transforming Care Programme should include Parent Carer Forums and we will prioritise this from September.

Participation Survey 2018

We also compiled a Participation survey asking for your views on EHCPs, short breaks, ASD/ADHD Services and Health. We have had 166 responses which have all been input and will compile a report on the results for publication in September which will also be presented to the Disability and Transitions Board to ensure Councillors and Officers are clear on your views.



Information Events

Renaissance Legal

In October, Philip Warford, Managing Director of Renaissance Legal, ran a second session for us this time focussing on Power of Attorney, the Mental Capacity Act and Court of Protection. More than 40 parent/carers attended and we were joined by the Children with Disabilities Team and Social Care Transition Workers which made for a very enjoyable and informative morning.



Welfare Benefits Workshop

In November, we arranged another Welfare Benefits workshop, this time focussing on families with younger children with additional needs and/or disabilities. Thank you to Julian Clift, Welfare Benefits Manager for Sutton, and Steve Triner, CEO of Sutton CAB, who again provided an interesting but easy to understand session taking parents through the help available and how to apply.

Learning Disability Health Conference

This was a joint event, chaired by Mavis Peart and organised by Sutton Mencap and other stakeholders. Representatives from Social Services, Health and other providers discussed with parent/carers and other attendees the different services available, including Annual Health Checks from 14 years old for young people with Learning Disabilities.

Information Day

We ran our second Information Day this March at Strawberry Lodge, which was again an extremely popular event with 100+ parent/carers attending. Thank you to all the providers who had stalls and gave presentations, we are applying for a grant to run this again next March.

Autism Awareness Event

Also in March, we helped arrange an Autism Awareness Event with Sutton Mencap and NASSutton which took the form of a drop in for parents, carers



and practitioners. The most popular stall was Orchard Hill College's Digital School who brought their Virtual Reality equipment for attendees to have a go at.

Transfer to High School

In May, we arranged the Transfer to High School sessions for families with children with SEND in Year 5. These were presented by the Cognus team and attended by the Sutton Special School Heads in order to ensure parents understand the process.

Training Courses



We were really pleased to be able to facilitate a course on Understanding Behaviours with the lovely Melanie and Tracy from Adapt to Learn. This was a 2 part course with 36 parents and carers as well as Sunny and Nana from the SEN Team and the Childrens Practitioners from the Children with Disabilities Team. It is always great to have practitioners and parents at sessions together and everyone learnt a lot from the course which was made completely accessible by Tracy and Melanie's unique delivery — a mix of fun and learning!

Our July training course, run by Rosemary Brennan, Independent SED Consultant, included requesting an Education, Health and Care Plan and understanding the process and local guidelines.

Christmas Lunch

We joined the Sutton Mencap team on 7th December to provide Christmas lunch to give parent/carers an opportunity for a chat with others in similar situations and some downtime from shopping! We cooked roast dinner with all the Christmas trimmings and parents were joined by our Steering Group, Sutton Mencap staff and their Day Service for a really enjoyable and festive lunch.

We also joined up with the Sutton Mencap's Community Link project to offer a sports session for young people with Learning Disabilities. This included a specialist tennis session with staff from Sutton Tennis Academy and Cage Cricket. All the young people had a great time and we would like to thank Katie Nixon at Sutton Tennis Academy for their hospitality.

Summer BBQ

In June, we were really lucky to have beautiful weather again for our second Summer BBQ with Sutton Mencap; thank you to Robbie and the Day Service for a lovely lunch giving parents the chance to relax and chat for the afternoon; much appreciated by all and great to see some new faces!



Some more photos from the year...



Social care and their role in giving advice for an Education, Health and Social Care Assessments

Since before the time of EHC Plans Social care have been asked to offer their advice in relation to their special educational needs and their disabilities, sometimes family's are not aware that this is a part of the EHC assessment, so it can come as a surprise that Social Care are notified when an assessment has been agreed. Not all children and young people who are assessed for an EHC Plan will have disabilities, they may have learning difficulties which would mean they have not had any contact with social care in the past and nor do they need to if they are able to have their social needs met within the universal provision that is readily available to young people such as playschemes, dancing, swimming or gymnastic classes, youth organisations such as scouting and guiding or socialising with the friends they have made at school.

Often we are asked to comment when we do not know the person concerned, so we have devised a brief questionnaire which is readily available on our website for parents to download and complete in readiness for the meetings they will have with the SEN team and school or to send to social care. This then gives us an insight into the young person's interests and activities. The form can be found on the disabled children's website at the bottom of the page in the downloads section: www.sutton.gov.uk/disabledchildren The form is called Social Needs Questions for EHC Plans July 2016.

If you are going through the process of requesting an EHC Assessment you will find more information in the Special Educational Needs Code of Practice: 0-25 years, this is readily available online and may help you understand more fully the guidance that supports the Children and Families Act 2014.

www.gov.uk/government/publications/send-code-of-practice-0-to-25

When a child or young person is already known and open to social care there is likely to be either a Child in Need plan, a Child Protection Plan or a Looked After Child Plan, so social care will already have some information that is readily available to share with the SEN team that can be included in the EHC plan. Where possible the worker may attend the meetings.

If a child or young person has a disability they may be eligible to be registered with ICount, and receive Short Breaks if they are registerable, more information about this is available from the website.

In this regard the SENCO at school will be able to help by completing an Early Help Assessment Tool (EHAT) which can be sent by email to Accesspoint if you decide to apply for a Short Break after registering with Icount.

The ICount register can be contacted through their email address icountregisters@sutton.gov.uk The ICount officer is very part time, and only in the office for a limited number of hours each week, we have recently appointed someone to this role and hope that a better service will be offered over the coming months as I know there have been some frustrations about the length of time it has taken for registration and reissuing of the ICount card.

If you are applying for an ICount card I would urge you to complete fully the section on the impact on daily living. Sutton Parents Forum are able to help you with this if you are unsure about the information that is required, but completing this fully will help us understand your child's needs, and remove the need to contact you for more information which is often the reason for delay.

Other enquiries about Disabled Children's service, Short breaks and the social work service can be made by email: Accesspoint@sutton.gov.uk, or phone: 020 8770 4690, this is the duty line, and is often busy with social work queries, so please be patient if the line is busy at times, we do want to resolve your enquiries, and work with you to get the best outcomes for your young people.

Lastly I would like to remind you about The Family Fund. www.familyfund.org.uk This is a national grant making organisations which can help some families with grants for a wide variety of things and is worth looking at. Not all families will be eligible, but it may be worth taking a look and applying if you think you meet the criteria or know someone who does.

I hope that you all have an enjoyable summer.

Cheryl Petty

Head of Children with Disabilities.



Local Area Review of Sutton by Ofsted and CQC

As parents and carers will probably know, Sutton's SEND (Special Education Needs and Disabilities) services were inspected by Ofsted (who focus on education) and the Care Quality Commission (CQC, who focus on health) at the end of January 2018. The inspection was to see how well the local area identifies children and young people with SEND, how well it meets needs and how it improves outcomes for those children and young people. These inspections are of the whole local area, so the inspectors worked with everyone involved in SEND. This included the Sutton Parent / Carers' Forum, parents, young people, Cognus (our local education services), Health services, social care services, Early Years settings, schools, Further Education providers and other key partners. The inspection lasted a week.

Following the inspection, Ofsted/CQC found a number of strengths in the Local Area. These included

- Good identification of SEND needs in early years,
- Children and young people say they feel safe
- Most children with SEND attend schools that are judged good or better by Ofsted

The proportion of Education, Health and Care (EHC) Needs Assessments completed within 20 weeks is above the national average.

However, there were also areas that Ofsted/CQC have asked the local area to address. These were:

1. A lack of coherence and joint working between local area leaders, agencies and schools, which is resulting in poor communication, inconsistent opportunities for social inclusion and a high number of exclusions, especially at primary school level
2. Poor oversight of quality and impact of EHC plans in meeting the needs of children and young people
3. Inequality of opportunity for families, which has arisen from a serious decline in the availability of an effective independent advice service in Sutton.

The full report was published at the end of March - for any parents, carers or young people who have not seen the report, it is available on www.suttonparentsforum.org.uk

As a result, the London Borough of Sutton (LBS) and the Sutton Clinical Commissioning Group (CCG) are developing a 'Written Statement of Action' (WSOA). This is an action plan that sets out how we all, working together in partnership, will improve in these three areas. The Sutton Parent / Carers' Forum is a key partner in writing this plan. The WSOA will be sent to Ofsted on 3 July and will be published on the Council website when finalised. LBS and Sutton CCG are the lead organisations for ensuring the plan is carried out; they will have to report regularly to the Department for Education (DfE) and the Department of Health (DoH) to prove that the plan is happening.

As a result, some of the areas the Local Area is working on are:

- Putting in place a stronger vision for SEND in the Borough
- Investing more time in communications across agencies as well as communication with parents, carers and young people who are involved in the SEND assessment process
- Developing stronger 'Quality Assurance and Performance Management' measures to ensure the local area sets, and meets, high standards - particularly the quality of Education, Health and Care Plans. This will include training for staff, better opportunities for parents/carers and young people to co-produce and feedback on services and better input from professionals
- Reviewing of the Designated Medical Officer role to improve the quality of health advice and the involvement of health services in decision making for pupils with SEND in the Borough
- The introduction of an integrated identification and early support service for pupils with speech and communication difficulties linked with ADHD and Autism - this is about improving access to support for those children and young people who may not need an EHC Plan and those who are undergoing assessment
- Investment into a community paediatric service to help make sure there is the right involvement of Health professionals in the EHC Needs



Assessment.

Investment into the Information and Advice service and the Local Offer

If the Written Statement of Action that LBS and Sutton CCG submit in July (which will include the above actions) is accepted by the Department for Education, LBS and Sutton CCG will have 12 months to make the plan happen. There will be a review at the end of this time with the DfE and CQC. The Sutton Parent / Carers' Forum will be involved throughout this time. If you have any questions about the above or want to find out more please contact Jane Knowles (suttonparentsforum@outlook.co.uk)

Fiona Phelps

Director of Education



QUESTION TIME:

OFSTED CQC LOCAL AREA INSPECTION — FEEDBACK AND QUESTION TIME



An interactive session where the professionals will explain how they will be addressing the areas of concern raised by the OFSTED CQC Inspectors and will answer parent/carers questions.

The Inspection letter can be downloaded at

www.suttonparentsforum.org.uk/cqc-ofsted-local-area-review/

Date: Friday 21st September 2018

Time: 10am — 2pm

Venue: To be confirmed (check our website for updates!)

A free lunch will be provided!

We will be joined by the key professionals who are leading on the improvements planned for Sutton following the Inspection including:

Fiona Phelps (Assistant Director of Education)

George Platts (Head of Mental Health, Transitions, Community and Clinical Health)

Cheryl Petty (Head of Children with Disabilities Team)

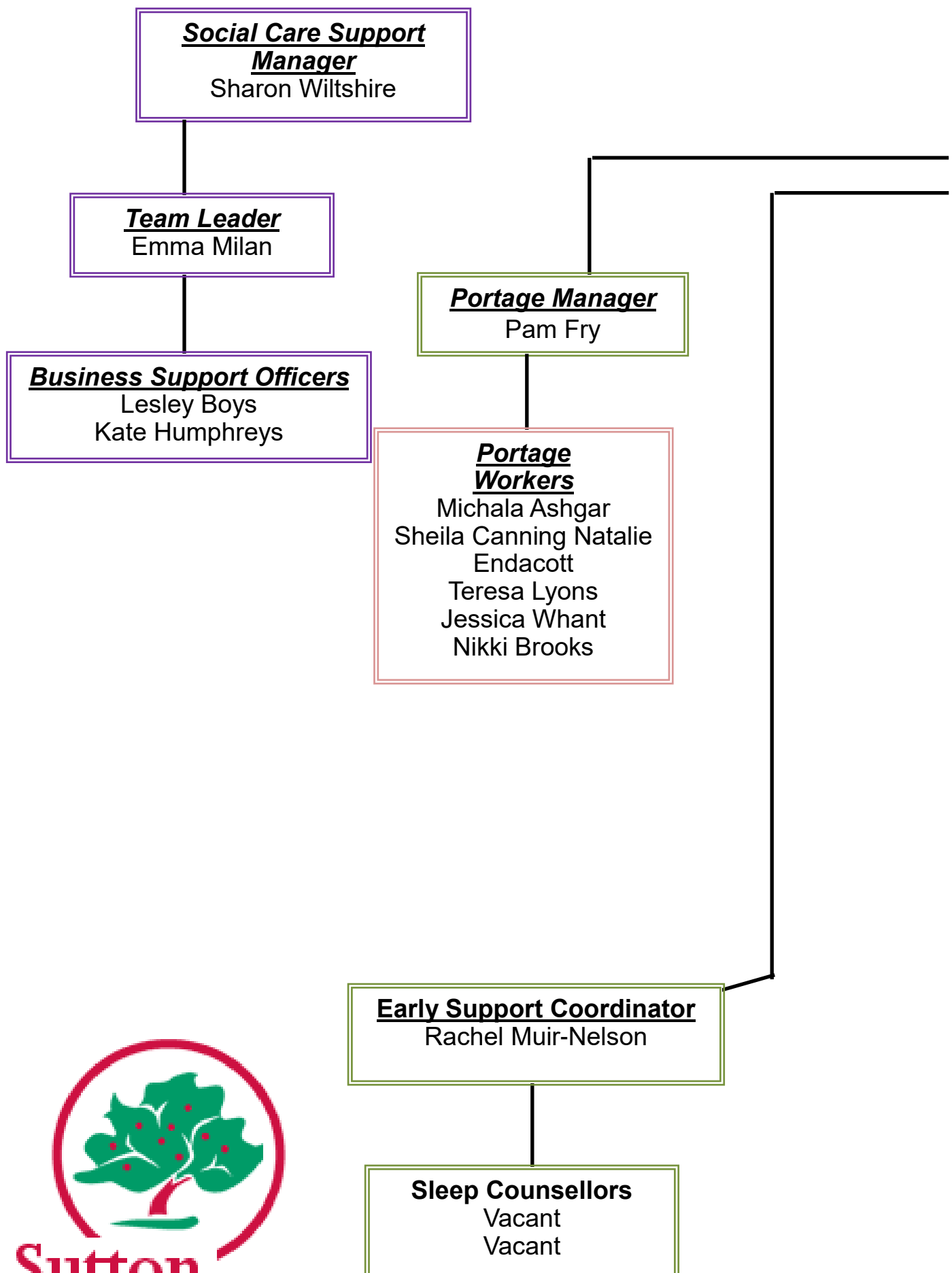
Karen Shaw (Head of Information and Advice — Cognus)

James Holden (Sutton Clinical Commissioning for Children Manager)

Please email suttonparentsforum@outlook.com to book a place and to raise any questions in advance of the session.



DISABLED CHILDREN'S SERVICE STRUCTURE JUNE 2018



DISABLED CHILDREN'S SERVICE STRUCTURE JUNE 2018

Head of Service: Mental Health, Transitions, Community & Clinical Health

George Platts (Managed by Sandra Roche).

Head of Children with Disabilities

Cheryl Petty

Children with Disabilities

Claire D'Cruze
Assistant Team Manager
AccessPoint Lead

Children with Disabilities

Social Workers
Gemma Bumstead
Melissa Wright
Vacant
Vacant

Children's Practitioners

May Baron
(P/T, M/T/W am)
Bart Crowley
Stephanie Hole

Children with Disabilities

Elizabeth Namiro
Assistant Team Manager
Transition Lead

Children with Disabilities

Social Workers
Catherine Mead
Jessy Hawkins
Susana Silva

Children with Disabilities

Social Workers
Catherine Mead
Jessy Hawkins
Susana Silva

Transition Unit

Locum Social Workers
Catherine Buckley
Vacant

I Count Register of CWD

Kate Humphreys

Finance

Jon Walker
(Finance officer)

Occupational Therapy

Senior OT's
Margery Murray
Lisa Dunlop



Sutton



Focus Surrey Saturday club for children with autism is broadening its reach by opening up more talks for parents and carers of children with autism. The talks, which are held in Cheam on Saturday mornings, are gaining in popularity as more families are learning about the new local charity.

Focus Surrey has been operating in Cheam for the past two years. The club, which trains volunteer tutors on the principles of Applied Behaviour Analysis (ABA), provides 1 to 1 support for children with autism. The benefit of the club 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. At the same time the parents, who stay onsite at the club, receive peer support, networking opportunities and information via a series of guest speakers. This past term, the club achieved charity status with the Charity Commission and has opened even more of its talks to the general public.

Between March and May Focus Surrey hosted 6 speaker events open to the general public including: a talk on Impending Puberty for Girls and Boys on the Spectrum; ABA and Self-Help Skills; Video modelling; SEN advocacy; Acceptance and Commitment Therapy and Sensory Processing Disorder. The speaker events also provided an opportunity for parents to attend talks outside of office hours.



The Speaker Series for the next term commencing in September are being finalised now. To find out about next term's speakers, please follow Focus Surrey on Facebook where the talks will be promoted or email focussurrey@hotmail.com and request to be updated through our email distribution list.

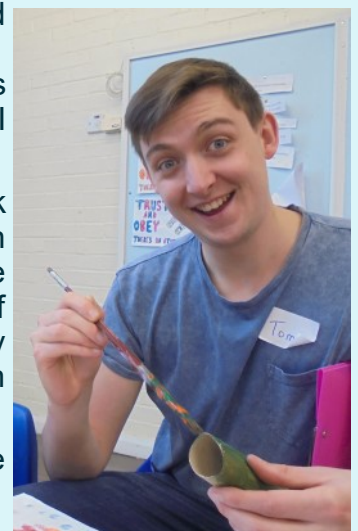
Providing organised talks on ABA and other interventions, developments and related topics in regard to ASD is one of Focus Surrey's main charitable objectives in order to advance the education of the public in ASD and other communication difficulties.

The charity's other main objective is to relieve the needs of children with ASD and other communication difficulties and their families in particular but not exclusively by providing a structured Saturday club within a safe, nurturing, fun and child-centred environment.

Parents have remarked about the "high calibre" of the speakers and the opportunity to "get new ideas through the talks while knowing [my child] is having a good time playing and learning/improving social skills". "It's nice to bring her somewhere to socialise with other children. She's playing but learning at the same time. It's something for her where I can bring her and she really enjoys it," said another parent.

One essential way of supporting children who attend the 10-week club, which runs twice a year in term time, is by providing them with one on one tutoring. Focus Surrey Chair Sue Archdall says "we wouldn't be able to do this without the support of a large group of volunteers who are trained in ABA to work on individual social, play and communication targets. The targets are set for each child in consultation with their parents."

The club is subsidized for parents by fundraising and couldn't operate without the support of its many volunteers.





On Saturday June 2nd club charity organisers recognised the contribution of two of its longstanding volunteers Tom Rasey and Jacinta Lukunka by presenting them both with an award. Jacinta, who lives in Surbiton, has volunteered for 4 terms since the club was founded in September 2016. "I wanted to learn more about autistic children and how to support them as I work in a school with autistic children."

Jacinta said she volunteered from Term 1 to 4 (September 2016 to June 2018) because: "I loved the children and all the all tutors were amazing. It was an amazing atmosphere."

"I received great support in learning about ABA, and great support from friendships at the club. There is a great community spirit."

Tom, who lives in Sutton, is a trainee accountant and has volunteered at Focus Surrey for 3 terms. Tom has a brother with autism who had struggled finding social activities to help him transition from college to work. Tom says: "I thought it would be good to offer my own time to help those with autism." And when asked Why he kept volunteering term after term? Tom said: "It's great fun, it's very rewarding to build a connection with the kids."

So far Focus Surrey's consultants have trained more than 100 volunteers over the four terms. They receive 2 days of intense training and volunteers then receive ongoing supervision by ABA professionals each Saturday they volunteer. Each term 100% of volunteers surveyed have said they would recommend the volunteering experience.

Many of the volunteers have been university students studying psychology or education, some who volunteer as part of their casework and some who volunteer to get a better understanding of autism and ABA. However, there are also parents, community-minded individuals, carers, teaching assistants and health professionals who have volunteered. While experience working with children and an interest in developing your understanding of children with disabilities is beneficial, it is not a prerequisite - most important is the ability to have fun, to be energetic, reliable and committed.



Volunteers are active and, on their feet, regularly with their allocated child. Volunteers spend their days helping children to paint, get messy and/or wet, role play, turn take, exercise, enjoy books, games and/or chilling out in the sensory room.

If this sounds appealing to you, Focus Surrey is now recruiting for its 5th term.



Volunteering Opportunity at our Saturday club working with children with autism



Tutor positions available in Cheam from September 2018

Calling all people with an interest in 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 year's skills, in line with the principles of Applied Behaviour Analysis (ABA). The club is led by two Board Certified Behaviour Analysts (BCBAs). The initial training comprises 2 full days, then a further day of training on one of the Saturdays the children do not attend, 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 2 to 12 years.

Focus Surrey is a part of a wider group—Focus Autism UK—which has clubs across the country including Liverpool and West London. 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 **15th and 16th September**. The club will run each Saturday from 9am to 3pm over a 11-week period from **22nd September to 15th December** (excluding 3rd and 17th 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.

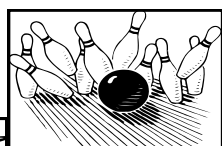
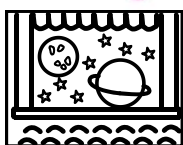
This is the ideal opportunity to help start your chosen career or give your career a boost by learning new practical skills and behaviour-based strategies which you can use with any child.

To apply, please fill in the online application at: <https://www.surverymonkey.co.uk/r/653GDYF>

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



Community day service is expanding!



Sutton Mencap offers a **'Community Support Service'**

an exciting
project for adults with learning disabilities.
You can book to attend 1-3 days per week.

Monday-Friday 9.30-3.30

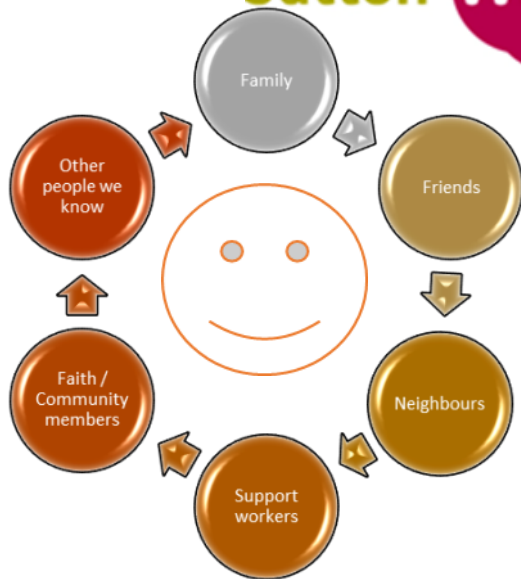
Spaces are limited

Daily charge: £60-£108 depending on support needs.

Can be funded by direct payments.

Contact **Tammy** on **020 8647 8600**

to find out how you can access this fun and exciting service.



Are you coming up to or already 18+?

Is now the right time to think about your own Circle of Support?

Developing a Circle can help you to:

- Make plans and take action
- Consider possibilities and overcome obstacles
- Address concerns about the future
- Make time and space for dreams and aspirations

If you are thinking about what comes next, how you could make a lasting plan for the future or just achieve that dream, then forming a Circle of Support could be the answer.

It can take a lot of work to get a Circle going, it's a challenge sometimes with our busy lives but believe me it is worth it.

Sue*

If you would like to know more please call me, Jude on 020 8647 8600

Or drop me an email
Jude@Suttonmencap.org.uk



Update from Get on Down's!

We have had busy year at Get On Down's and a very successful Down's Syndrome Awareness Week where our members wore mismatched socks to illustrate that it is OK to be different, it was a great talking point!!



Also many of our members have been heavily involved in developing the new national initiative Positive About Down's Syndrome (PADS). Sarah Costerton and I have been working very closely with the founder of this brilliant idea and Get On Down's members, Beth, Lily, Chiara and Billy are also featured in the website. We are encouraging hospitals, GP surgeries, Health Visitors and Children's centres to display PADS literature to assist and support anyone who has received a diagnosis of Down's syndrome. This is a nationwide service and we are VERY proud to be part of it, it is already well received by midwives and

health professionals throughout the UK. Please contact getondowns@btinternet.com if you or you know someone who would like to display these posters and leaflets, we will supply them **FREE!** Please take a look at www.positiveaboutdownsyndrome.co.uk

The Get On Down's summer picnic will take place on **Wednesday 15th August** from 11am at Cheam Park, Tudor Close, Cheam, SM3 8AN. Bring a picnic and I will supply the cake, fingers crossed for sunshine, More dates for your diary: the last meeting before the summer holidays is Wednesday 18th July and we return on Wednesday 12th September, usual place of Cedar Lodge 9.30-11am, email getondowns@btinternet.com for more details!



Big thanks to everyone who makes Get On Down's brilliant!!

Lucienne





Adapt to Learn

small change, big difference

Co-founders of Adapt to Learn, Melanie and Tracy have over 30 years experience working for Local Authorities in the field of Special Educational Needs. They provide a range of practical and relevant training opportunities to help increase understanding of children with social communication, autism and behaviour needs. They also offer individual assessments, effective strategies and bespoke interventions. Tracey and Melanie are also licensed to facilitate a range of nationally recognised parent programmes.



Sutton Parents Forum recently asked Tracy and Melanie to run two workshops for parents on Understanding Behaviour. After the training a parent said, "Tailoring advice to individual scenarios was really useful", "Fantastic speakers, I'd love to attend more of these sessions."

5 top tips to help manage behaviour

Tip 1. Look beyond the behaviour

What are the children trying to communicate? What is behind the behaviour? Are they trying to escape a situation, to get something tangible, to gain attention or is it sensory?

Tip 2. Ask less questions

The school day can sometimes be overwhelming for children with additional needs. Ask less probing questions when they finish school. Try to arrange a time later in the day to chat about their day. Keep it positive!

Tip 3. Offer choices

Offer choices rather than give demands, this will help children feel they have more control of the situation. "Would you like this pen or this pen?" as opposed to "Come and do your writing."

Tip 4. Get Active!

Try to engage the child in a physical outlet. They need to let off steam! Teach them positive ways to do this, i.e. bike rides, trampolining and swimming.

Tip 5. Stay positive

When you or your child are having a bad day. Try to think of one or two positives during the day, no matter how small they are! Keep an achievement diary.



The Relaxation Room

07981 161773

Moira Lincoln BSc Dip ITEC
Complimentary Therapists Assoc.

<https://relaxationroomcheam.co.uk>
<https://www.facebook.com/relaxationroomcheam>

The Relaxation Room

After a hectic day at work take time out to unwind with a soothing treatment. Massage is for everyone, a gentle therapy that can relieve stress and tension in the body, helping to relax and rejuvenate, eliminating toxins and creating a general feeling of well being.

Appointments available till late
Please book in advance to avoid disappointment.

1 hr 30 mins	Hot stone Massage	£60.00
1 hour	Reflexology	£45.00
1 hour	Full body massage	£40.00
45 mins	Hot Stone Back Massage	£35.00
40 mins	Indian Head Massage	£30.00
40 mins	Back head and neck Massage	£30.00
Mini Treatments		
30 Mins	Reflexology	£20.00
30 Mins	Back, Hand & Foot Massage	£20.00
30 Mins	Chair Massage	£20.00

16a Ewell Road
Cheam, Surrey, SM3 8BU

relaxationroomcheam@yahoo.co.uk 07981 161773

The Relaxation Room

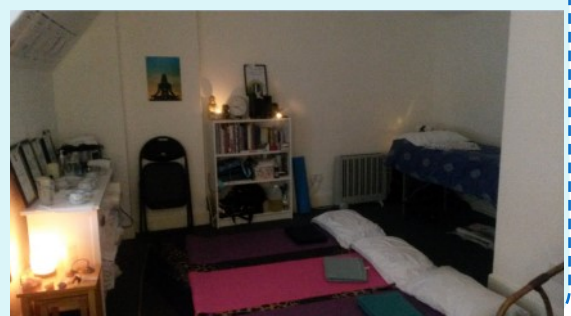
Existing meditation classes are as follows:

Wednesday 7.30 pm;

Saturday @ 9.30 am;

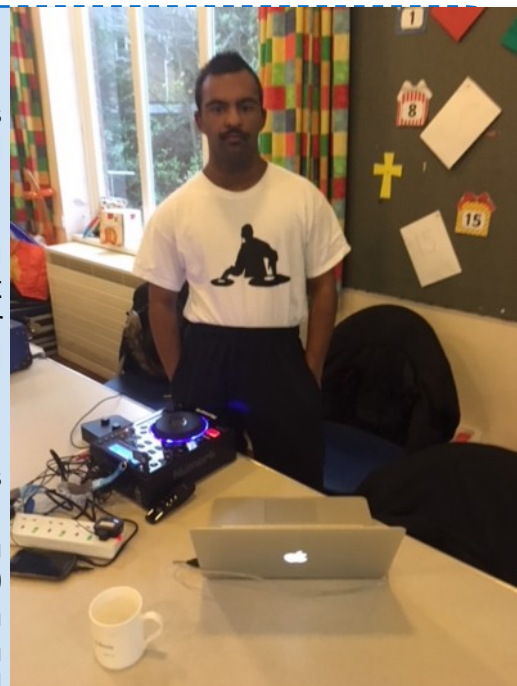
Monday @ 11.30 am

Small groups of 6/8 to learn relaxation & meditation techniques which aids stress relief, quiets the mind bringing a sense of calm and well being, physically it slows the heart rate lowers blood pressure and helps with sleep.



DownsyndromeOK Summer Activities

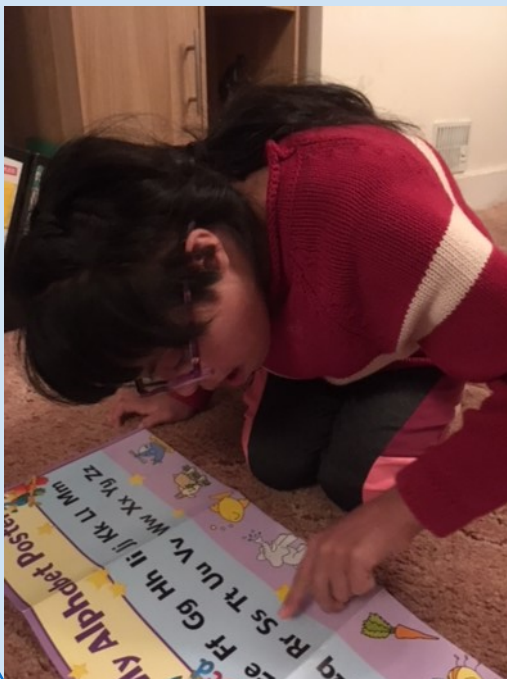
We are a support group for families, people with Down's syndrome and professionals in south London, Surrey and parts of Sussex. We offer telephone and email support, information, networking opportunities, social events and developmental intervention groups. We also offer training for education professionals and parents and we support the National Down's syndrome Association's training for midwives to ensure no new parents get that unexpected news in an unhelpful way.



There are three discos per year held in Nork, Banstead. They are on a Saturday night 7:30 — 10.00 and are open to young people with Down's syndrome aged 16+ and in their 20s and 30s and their friends with learning disabilities. Parents decide whether their young people over 18 need a supporter on the night. The cost is **£10** which includes soft drinks and crisps.



Spangles is a drama song and dance group for children with Down's syndrome aged 5 — 15 years old. The children do drama games, mime, imaginary interpretations, acting out simple scenarios, simple dance sequences to pop music and simple songs. They show parents what they have been learning at the end of each term. Robby Rooney is the drama teacher and very popular with the



children supported by trustee Kathy. There is a parents' room where parents can wait with a cuppa and have a chat.

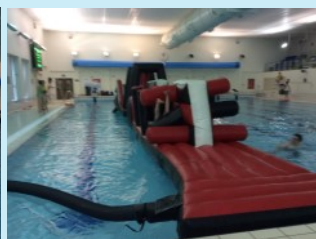
Spangles is held on a **Wednesday** between **4.45 — 5.45 pm** in West Street, Carshalton. The cost (payable from direct parents, if desired) is **£7 per week** payable half termly.



The exclusive swimming session will run every Tuesday during the summer holidays starting July 24th from **12.30pm until 1.30pm** at **Westcroft Leisure Centre**. This year the session will **ALTERNATE** between sessions with the big inflatable and family swim with all the regular inflatables. Please check our Facebook page for updates.



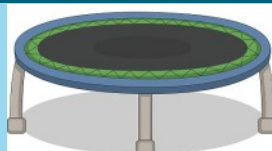
Inflatable Session	Family Swim
Tuesday 24th July	Tuesday 31st July
Tuesday 7th August	Tuesday 14th August
Tuesday 21st August	Tuesday 28th August



Additional Exclusive Activities from Everyone Active

This summer, Everyone Active will also be offering the following exclusive sessions for Children and Young People with Disabilities:

Waves Disability Swimming Sessions	Westcroft Leisure Centre	Every Wednesday	16.30pm—20.00pm
Exclusive Trampolining Session for Children and Young People with SEND	Phoenix Leisure Centre	9th August	1—2 pm
		23rd August	1—2 pm



An Update from Rosemary Brennan (Independent SEND Consultant)

Many of you will already know me having worked together in the Sutton Parent Partnership Service and SIASS supporting parents of children and young people with special educational needs (SEND). Following my redundancy, I have decided to set up as an Independent SEND Consultant offering information, advice and support in special education needs. I have over ten years experience working with parents, carers and young people in the London Borough of Sutton and want to continue supporting families and help children to achieve their full potential in the education setting. I have received independent legal training and this training is accredited by the Bar Association.

I have extensive experience in liaising with schools, the local authority and working with the SEN team and support services in Sutton. I understand the processes involved and can help you navigate the way through local policy and statutory legislation to ensure that your child or young person has the support they are entitled to. This may include applying for statutory assessment, how to appeal against a decision and completing application forms to go to tribunal.

If you would like to discuss an issue to see if I can support you, please email me on rosemary.brennan03@gmail.com

Rosemary Brennan



Recommend a friend and, when they join our free membership, you will each receive 2 free places for PETER PAN IN A PICKLE and/or the FAMILIARISATION SESSION (offer applies on a first come-first served basis)

Peter Pan in a Pickle

Story based on J.M. Barrie's 'Peter and Wendy'

FUN FOR CHILDREN WITH SEND & THEIR FAMILIES
(£5 per person)

Half-day session to include interactive, multi-sensory walkabout performance and lunchtime activities (12.45 – 1.45pm) with games, craft activities & sensory tent.



REDHILL (Surrey) Redhill Baptist Church
Thursday 2 August at 2pm

Friday 3 August at 11.15am or 2pm

HINDHEAD (Surrey) Stepping Stones Special School
Wednesday 8 August at 2pm

Thursday 9 August at 11.15am or 2pm

Suitable for PMLD, ASD, ADHD, VI, HI, Complex Health Needs, GDD, LD, SLCN, SPD, Down's Syndrome, Life Threatening/Limiting Condition

[Please check our website for summer touring dates]

Familiarisation session

FOR CHILDREN WITH ASD & THEIR FAMILIES

£8 (family group of up to 4 persons) (12noon – 1.45pm)

Quiet session with a small group exploring our sensory tent, craft & game activities. Please bring along a picnic. [Please note there is no performance but you will get to explore the sensory props & meet some of the characters in the story]



REDHILL (Surrey) Redhill Baptist Church (Thu. 2 August)
HINDHEAD (Surrey) Stepping Stones School (Wed. 8 August)

To book a place or request an email flyer, please contact Anni at Head2Head Theatre:

Tel/Fax: 01372 278021 Mobile: 07519 747 290

Email: office@head2headtheatre.co.uk

Over the summer we will be visiting:

Wantage (Oxford) 26/27 July

Lewes (East Sussex) 30-31 July & 1 August

Redhill (Surrey) 2-3 August

Hindhead (Surrey) 8-9 August

Broadstairs (Kent) 10-11 August

Horsham (West Sussex) 13-14 August

Aylesbury (Bucks) 15-16 August

Chatham (Kent) 20-21 August

Chichester (West Sussex) 28-29 August

Tunbridge Wells (Kent) 30-31 August

Full details on our website:

<http://www.head2headtheatre.co.uk/family-holiday-activities/summer-2018>

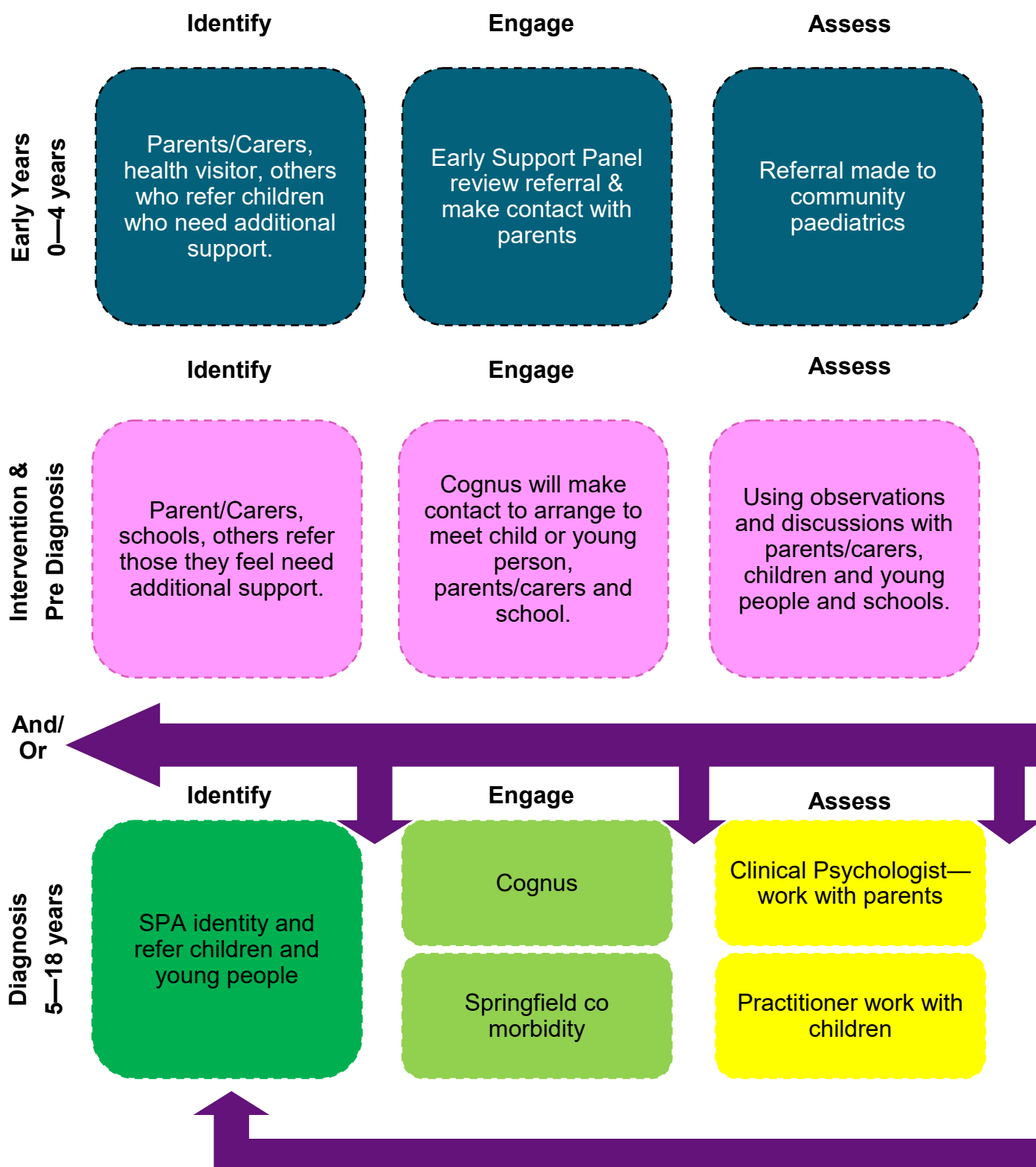


Neurodevelopmental pathways and early intervention project

From the 1st April a multi-disciplinary Early Intervention, Outreach and Identification Service was operational at Cognus. Staff within the team include, Behaviour for Learning Specialists, Mental Health Nurse and Mental Health Assistant, Principal Educational Psychologist, Clinical Psychologist, with additional resources added as required from the Autism team, Speech and Language Therapists and Occupational Therapists. This has been jointly commissioned by Sutton Clinical Commissioning Group and London Borough of Sutton.

Referrals are coming from schools and various community settings (GPs, Single Point of Access at Sutton CAMHS) and the service was co-designed with consultation ongoing with all stakeholders including Sutton Parents/Carer Forum.

Data is currently showing that an assessment appointment is taking place within one week of a



referral being received by Cognus from SPA. The outcome report from this assessment is sent to parents/carers within two weeks. The total response time from referral to Cognus and outcome report being sent is currently three weeks. The identification meetings have all taken place at The Grove which is centrally located in Carshalton.

The pilot pathway through the service for those referrals is shown **below**. For further information please contact Helen Gasparelli via helen.gasparelli@cognus.org.uk.

Bob Harrison

Services Director to Cognus



Pathways can be moved between as required, these are not linear

Report

Review findings and produce report

Outcomes

Diagnosis

No Diagnosis

Next Steps

Potential EHCP

Additional Support Contract

Signpost to alternative support

Plan

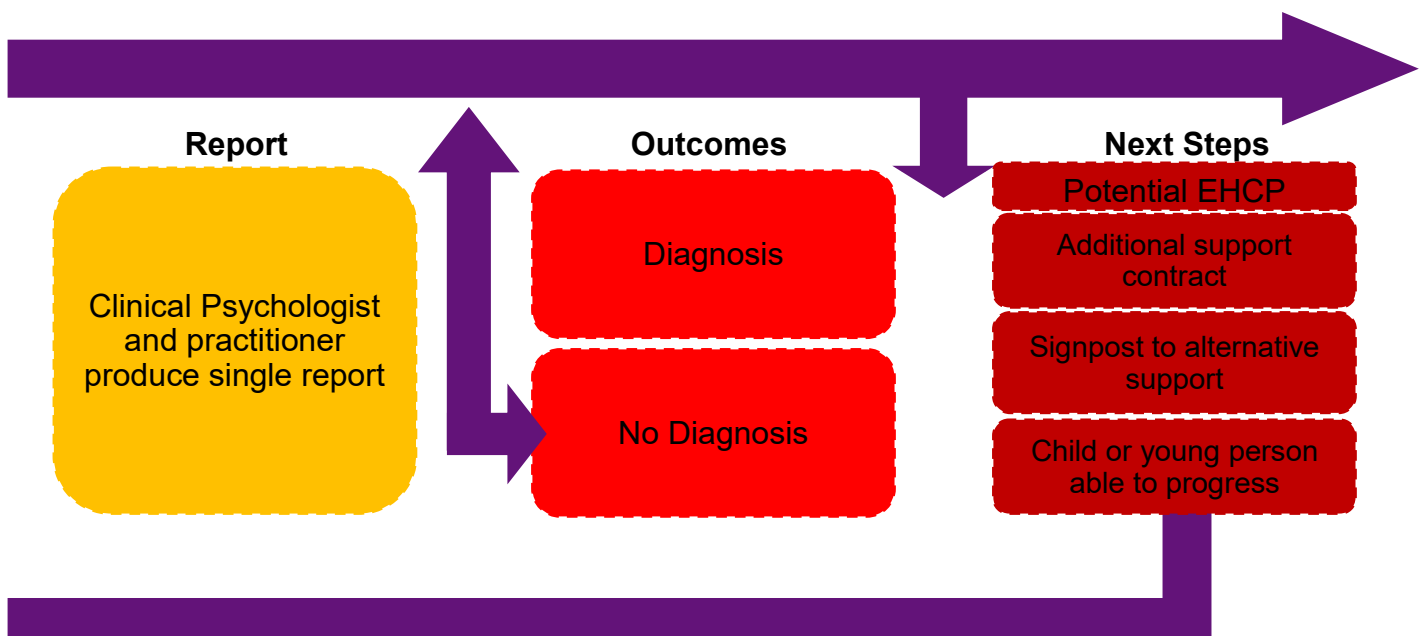
Co-produce a tailored behaviour support and/or social communications support package.

Implement

Deliver package with agreed timeframes & identified outcomes.

Review

Review monthly and at end of package.



Lego Club Launch

The Sutton branch of The National Autistic Society launched a Lego Club for local autistic children and their siblings last September. Fundraising Officer and volunteer of the branch, Isabel Stirrat, came up with the idea, as parents were having difficulties finding an activity that suited their children. The club runs every month on a Sunday at the United Reformed Church in Wallington, Surrey, and we have recently launched a similar club for teenagers.



Isabel Stirrat said, "Lego is perfect because it is structured, systematic and always predictable. Children were having a fantastic time, building together, chatting away and comparing models in the gallery. Parents got a chance to relax too by having a cup of tea and talking in a relaxed environment. This might not sound like a big deal but for parents of autistic children it's not something which happens often and having the support of people who have had similar experiences can make a real difference."

Rachael Phillips, Co-chair of the Sutton branch added: "Having an autistic child can be a very isolating thing. In a time when parents of autistic children are facing more and more cuts in their support, we are really pleased with the success of our monthly Lego Club. This is a safe space for like-minded kids and their families to come together, do something that they love and build new friendships."

One of the autistic children said: "I love Lego Club because I like to meet new people and I like to see that I'm not the only one with autism. I really like Lego because it can get your mind running and your imagination flowing."

Launch of Support Group for Adults with Autism and Asperger's

Following on from a course run by the Sutton ASD Assessment Team in 2017, a group of autistic adults identified that there was a need for local support beyond the diagnostic service that was provided. The Sutton branch of The National Autistic Society aided in getting this started, and the first public meeting took place in September 2017.

The support group aims to offer a safe space for sharing experiences of living with autism, promote peer connection and learning and enlist staff from local organisations to present information on relevant topics. The group is led by volunteer facilitator. After introductions there is usually a talk or presentation followed by a refreshment break, questions or discussion and a conclusion. Some meetings are run as a workshop. Some topics that have been covered are communication skills, benefits, diagnosis, social services and support networks.

As of July 2018, the group meets at Carshalton Beeches Baptist Church, Banstead Road, SM5 3NL on the last Tuesday of the month from 6.30 – 8:00 pm. The group is open to anyone 18+ who has been diagnosed or thinks that they may be on the autistic spectrum. A supporter is permitted to attend along with a member.

World Autism Awareness Week

Together with Sutton Mencap, Sutton Parents Forum, Orchard Hill College Academy Trust and other partners, the Sutton branch of The National Autistic Society marked World Autism Awareness Week 2018 (26 March - 2 April), to improve public understanding of autism.

Anyone with an interest in autism was invited to drop into the Sutton Salvation Army Church on Tuesday 27th March 2018 between 10.30am and 12.30pm for a chat over a cup of tea or coffee. There was art on display from autistic artist Louis Morel as well as short videos from our 'Too Much Information' campaign.

"This free event was aimed at individuals with autism, parents, carers, family members and professional staff, as well as adults who have never received a diagnosis but who suspect they may be on the autistic spectrum," explained Lee Hanken, who runs the branch's support group for adults.

Roberta Heys, co-chair of the Sutton branch said, "We want to thank everyone for their tremendous efforts. We are very proud of Lee for helping to arrange this event and for collaborating with other local organisations to increase understanding of autism."

Save the Date for our Family Summer Picnic



Join our family summer picnic on Sunday 15th of July 2018 at Beddington Park where you can meet other autism families in the London Borough of Sutton. Bring a shared picnic, some lawn games, chairs and blankets and pray for good weather! We will be at the grassy area near the Pavillion Cafe, so we can be near toilet facilities and also away from the usually crowded barbecue area.

For more information about the Lego club or the support group for adults, please email sutton@nas.org.uk

Update on Sutton Information, Advice and Support Services (formerly Parent Partnership)

As you are aware, Cognus have undertaken a focused recruitment drive in order to fill vacancies for frontline caseworkers within the Sutton Independent Advice & Support Service.

The staffing capacity within SIASS has already been increased from 0.9 to 1.4 and we are delighted to announce the appointment of Katy King to a 0.6 post. Katy has extensive experience within the SEN and voluntary sector.

Cognus are continuing to recruit to the vacant post(s) and will update SPF as soon as an appointment is confirmed.

The recruitment process forms part of an exciting remodelling of the service in line with the Cognus Business Plan and response to the Ofsted/CQC Area Inspection.

Cognus would like to thank Jane Knowles and SPF for its support with interim arrangements to respond to parental/carers enquiries during this period of staffing transition.

Karen Shaw

An Introduction to Dominika Michalk

Name: **Dominika Michalk**

Joined Cognus: **May 2018**

Dominika has most recently worked at Special Needs and Disabilities Key Working Service supporting families and practitioners and we are delighted she has joined Cognus. Her experience will help us improve the experiences of all those needing support in Sutton.

Dominika says: "As the Special Educational Needs and Disabilities (SEND) Team Manager at Cognus I am very enthusiastic about positive changes within the service which aim to improve the Educational Health Care Plan (EHCP) process in Sutton. As soon as possible and practical we will be working with all stakeholders to simplify the request for a Statutory Assessment, improve the quality of the EHCPs as well as work directly with parents and young people ensuring their voice is being heard. We have already commenced closer collaboration with SPCF to co-produce evaluation questionnaires and amend Section A of the paperwork in order to achieve the best possible outcomes for children and young people. I am thoroughly looking forward to taking the team and the service forward and to working much closer with children, their parents and carers in the future." Welcome Dominika.



A farewell to Colin Pates

Wishing Colin Pates a fond farewell. Colin has worked extremely hard over the years managing budgets, expectations with enthusiasm and trying to ensure all young people in Sutton with SEND have received the most appropriate and best support possible. Working tirelessly with schools, CCG, Social Care and other partners for several years, Colin had a very tough time and came back to work just over a year ago having ensured cancer knew who was boss. Showing great dignity and courage Colin has continued to work through no little pain, ongoing treatment and focusing on our most needy children/young people throughout his time in the area. Balancing budgets, expectations and advocating for putting resources where they are most needed has been a tough assignment. Colin leaves Cognus and the area with our best wishes for a relaxed and well-earned retirement. Good luck Colin with the next chapter and see you around Selhurst Park one of these days.





Carshalton Environmental Fair 27th August

The Environmental Fair returns to Carshalton Park, Ruskin Road, Carshalton on Bank Holiday Monday 27th 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 Women's Institute. Don't miss 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 over 100 volunteers, but we always need more! 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 ASAP.

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**)



Rain or Shine—FREE Food Growing Drop-in Sessions

We offer free, drop-in sessions twice a week at the Carshalton Community Allotment. All ages and levels of experience are welcome. Enjoy the outdoors, meet other people, learn new skills, get a bit of exercise and take free fresh veg home. We are also creating wildfire friendly features on the allotment this spring.

We are open:

Mondays 1.00pm—3.00pm

Fridays 10.30am—12.30pm

Just bring wellies or other shoes you don't mind getting muddy and warm clothes if it's cold! We also have a hut, toilet, benches and tea making facilities.

Please note:

Sessions do **not** offer specific children's activities—but parents with children to join our usual sessions over the Summer Holidays



Summer Family Cycling

**Wednesdays 12-1pm in School Holidays
25th July + 1st, 8th, 15th, 22nd and 29th 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





DSActive provides
sporting opportunities
for people with
Down's syndrome

DSActive Multi-Skills Athletics Camp

SUMMER 2018

DAYS: Wednesdays & Thursdays **TIME:** 10AM-3PM

WHEN: July: 25th & 26th,

August: 1st, 2nd, 8th, 9th, 15th, 16th,
22nd, 23rd, 29th & 30th.

WHERE: Tooting & Mitcham Utd FC, Imperial Fields,
Bishopsford Rd, Morden SM4 6BF

COST: £15 per person per day.

For more information and to book your place please
contact Emma O'Connor from DSActive team on

emma.oconnor@downs-syndrome.org.uk



**Down's Syndrome
Association**

A Registered Charity No. 1061474

DSActive
Activities for people
with Down's syndrome

SUTTON EAGLES SPECIAL NEEDS FOOTBALL TRAINING

PULSE HEALTH & FITNESS

**Nightingale Rd
CARSHALTON
SM5 2EJ**



**A CHANCE TO MAKE FRIENDS
LEARN FOOTBALL AND
CO-ORDINATION SKILLS
IMPROVE TEAM SKILLS
GAIN CONFIDENCE
TAKE PART IN
FOOTBALL TOURNAMENTS**



Every Saturday (term time only)

Boys & Girls

12:30-1:30pm 12-16 Year Olds

1:30-2:30pm 5-11 Year Olds

No need to book in advance just come along and have fun when you can.

For more details contact suttoneaglesfc@gmail.com

Speak to Sue 07951 075760 or Jane 07904 027997

Or go to: www.suttoneaglesfc.co.uk



Sutton Carers Centre

If you look after someone, you need to look after yourself too! Sutton Carers Centre offers professional, specialist information and advice, including benefit checks, to unpaid Carers, and this of course includes you as a Parent Carer!

We also offer a wide range of support, including ASD/ADHD and Learning Disabilities Support Groups for parents. There's always lots going on at the Centre, so please see a taster of our weekly activities and services below. Please get in touch on the office number **020 8296 5611** and ask to speak to **Gary, Corinne or Nick**. We'd love to hear from you.

Weekly Activities and Services

Activity	Day and Time	Venue	Information
Meditation and Relaxation	Every Monday 10:30am — 12:30pm	Sutton Carers Centre	This session uses guided CDs interspersed with informal chat and refreshments to help you relax. Just drop-in. Suggested donation of 50p to pay for CDs and refreshments.
Coffee Morning	Every Wednesday 10:00am — 12noon	Sutton Carers Centre	This is an opportunity to meet and chat with other Carers. Suggested donation of 50p to pay for refreshments.
Reflexology	Every other Friday	Sutton Carers Centre	Please call to go on the waiting list. Suggested donation of £10.
Counselling	Various	Sutton Carers Centre	Please contact us by phone so that we can add you to the waiting list.
Sutton Uplift— inc. CBT/ Psychological Therapies	Various	Sutton Carers Centre	Please contact us by phone so that we can discuss appointments with you.
Citizens Advice Sutton — Benefit Checks	Every Wednesday & Thursday	Sutton Carers Centre	Please contact us by phone to book an appointment.
Yoga for Carers	Every other Friday 3:00pm — 4:00pm	Sutton Carers Centre	Come along and experience the benefits of Hatha Yoga, which aims to improve your wellbeing and reduce stress.

Support Groups — for future support group dates, please get in touch.

Some of our support groups	Event Information
ASD/ADHD Carers Support Group	Friendly, supportive group run at Sutton Carers Centre for anyone caring for a child or young person with autism and/or ADHD.
Learning Disabilities Carers Support	For Parent/Carers of adults with learning disabilities. Meets every two months at the Civic Centre. New members are always welcome.
Lone Carers Support Group	This group is for Carers who are the sole Carer for the person they care for. Runs once a month at Sutton Carers Centre.
Male Carers Support Group	Held on the second Tuesday of the month in The Grapes Pub (next to the Carers Centre).
Saturday Information Session	Find out more about the support available at Sutton Carers Centre. Runs once a month at Sutton Carers Centre.
Sutton Carers Forum	The Forum offers collective strength for Carers to get their views noticed and heard. Regular speakers are invited to speak on topics that affect Carers.

Parent Carer Wellbeing Workshop in Primary Schools, working in partnership with Sutton Uplift



Maintaining your Wellbeing as a Parent Carer is a two-part workshop that Caroline Hardwicke (SCC and Sutton Uplift Wellbeing Navigator) and Matthew Taylor ("Off the Record" Wellbeing Navigator) have been delivering in Primary Schools across the Borough. The workshop focuses on increasing your understanding of support services for young people and caring for yourself and your own wellbeing.

Caroline says: "We have had the pleasure of meeting with several Headteachers, Assistant Headteachers and Family Support Workers. It has been great to see the enthusiasm from them and their focus on Mental Health and Wellbeing. Matthew and I are working on a 2nd and 3rd 'module' and would love to be able to invest time in creating some sort of 'Parent/Carer Workshop Series' for schools".

If you feel your child's primary school could benefit from the *Maintaining your Wellbeing as Parent Carer* workshops, please do get in touch with **Caroline Hardwicke** via email on caroline@suttoncarerscentre.org.

Sutton Young Carers Service

Sutton Young Carers Service supports young people with caring responsibilities and their families in the London Borough of Sutton. A Young Carer (YC) is a child, teenager or young adult who helps look after a member of their family, who may have a physical disability,



long-term or short-term illness, a mental health condition or a substance misuse issue. The YC team offers an opportunity to meet other YCs who have similar life experiences, an activities programme focusing on YC's health and wellbeing including Peer Support Groups and specialist support with education including after-school and homework support.

For more information, please get in touch via email on youngcarerenquiries@suttoncarerscentre.org or via telephone on **020 8296 5611** or **07985 574912** and ask to speak to **Shukri** or **Valerie**.



"If I don't keep an eye on my brother, he runs off and gets lost"

"My sister has Autism and doesn't understand what danger is"

Benhill House, 1st Floor,
12 - 14 Benhill Avenue,
Sutton, Surrey,
SM1 4DA

Fax: 020 8296 5616

Web: www.suttoncarerscentre.org
www.carers.org/sutton

Email: enquiries@suttoncarerscentre.org



Sutton Carers Centre is a company Limited by Guarantee with Charitable Status. Registered Company Number 3353573, Registered Charity Number 1062302

SEN TEAM 0 - 13 Years – CASEWORK ALLOCATION

Nana Kofi-Okyere 020 8770 5898 07534528452	Clare Edwards 020 8770 6557 075345955 25 Hours Mon, Wed, Thurs, Fri 9.30 — 14.00 Tues 9.30 — 16.30	Alex Davies 020 8770 6074 07534537762
NURSERY / PRE SCHOOL PROVISION		
	Sutton Opportunity	Spencer Children's Centre & Nursery School
PRIMARY SCHOOLS		
Amy Johnson Primary Cheam Fields Primary Manor Park Primary St Cecilia's RC Primary St Mary's Infants St Mary's Junior	Bandon Hill Primary (Wood Field) Bandon Hill Primary (Meadow Field) Cheam Common Infants Cheam Park Farm Infants Cheam Park Farm Junior	All Saints Benhilton CofE All Saints CofE (Carshalton) Culvers House Primary High View Primary St Elphege's Infants St Elphege's Junior Beddington Infants Holy Trinity CE Junior Rushy Meadow Primary
SECONDARY SCHOOLS Up to Year 8		
Carshalton Boys Sports College Carshalton High School for Girls	Cheam High School The John Fisher School Nonsuch High School (Girls)	Greenshaw High School Overton Grange High School
SPECIALIST BASES ATTACHED TO MAINSTREAM SCHOOLS Up to Year 8 for Secondary		
Amy Johnson Primary OB (MLD)	Oak Field Base (ASD)	Rushy Meadow Primary (HIU) Overton Grange (HIU) Greenshaw High School (Lang)
SPECIAL SCHOOLS Up to Year 8		
Cressey College (SEBD) The Limes College (AP) Wandle Valley School	Carew Academy (Main) Carew Academy (ASD) Link Secondary School SEBD	The Link Primary School
OUT OF BOROUGH SCHOOLS / INDEPENDENT DAY SCHOOLS (By pupil surname) Up to year 8		
A — E	F — H	I — M

Lisa Hamnett * 020 8770 6317 07534539107 28 Hours	Chantell Adams 020 8770 5613 07534528258	Michelle Black 020 8770 6654 07534525409
NURSERY / PRE SCHOOL PROVISION		
Thomas Wall Nursery School & Dragonflies		Tweeddale Children's Centre
PRIMARY SCHOOLS		
Green Wrythe Primary Westbourne Primary	Abbey Primary Avenue Primary Barrow Hedges Primary Brookfield Primary Dorchester Primary Foresters Primary Harris Academy Stanley Park Infants Stanley Park Junior Victor Seymour Infants	Beddington Park Primary Devonshire Primary Hackbridge Primary Muschamp Primary School Nonsuch Primary Robin Hood Infants Robin Hood Junior St Dunstan's CE Primary Tweeddale Primary
SECONDARY SCHOOLS Up To Year 8		
Wallington High School for Girls Wilson's School	Stanley Park High School	Glenthorne High School St Philomena's RC School (Girls) Sutton Grammar School (Boys) Wallington Grammar (Boys)
SPECIALIST BASES ATTACHED TO MAINSTREAM SCHOOLS Up to Year 8 for Secondary		
'Dragonflies' (ASD/complex comm.) 'Rainbow Unit' (ASD)	Avenue Primary OB (ASD) Foresters Primary OB (ASD) Stanley Park High School Ignis (ASD) Stanley Park High School Aqua (ASD)	Muschamp Primary OB (Language) Glenthorne Base (ASD)
SPECIAL SCHOOLS Up to Year 8		
	Eagle House Primary ASD Eagle House Sutton (Bridge and Steps) ASD	Sherwood Park School SLD/PMLD Sherwood Hill ASD & SLD
OUT OF BOROUGH SCHOOLS / INDEPENDENT DAY SCHOOLS (By pupil surname) Up to year 8		
N — P	Q — S	T — Z

***Coordinator for ASD Opportunity Base Admissions Lead Officer Steering
Groups: Dragonflies & Oak Field.**

(Tues, Wed, Fri, Thurs pm)

SEN TEAM – CASEWORK ALLOCATION — Year 9, Key Stage 4 & Post 16

April West (Nee Gibson) april.west@cognus.org.uk Acting Team leader 0208 770 6975 07534 541778	Catherine Atkinson catherine.atkinson@cognus.org.uk 0208 770 4534 0753 4 538518	Sunny White sunny.white@cognus.org.uk 0208 770 4543 07534 529587	Alice Bennett Alice.bennett@cognus.org.uk 0207 770 6601 07534 525 577
MAINSTREAM SCHOOLS – Year 9 Onwards			
The John Fisher School Wallington Girls School Wilson's Boys School Nonsuch High School (Girls)	Overton Grange Greenshaw High School St Philomena's Catholic High School for Girls	Carshalton Girls Carshalton Boys Glenthorne High School	Stanley Park High School Cheam High School
SPECIAL SCHOOLS - Year 9 Onwards			
Kisimul School St Piers School	Carew Academy LVS Hassocks Sherwood Park School Sherwood Hill School	Wandle Valley School The Limes	Cheam PEP Eagle House School Link Secondary School Cressey College Philpots Manor School St Piers
SPECIALIST ATTACHED TO MAINSTREAM - Year 9 Onwards			
	Overton Grange (HIU) Greenshaw High School Language Base	Glenthorne ASD Base	Stanley Park High School AQUA Stanley Park High School IGNIS
COLLEGES			
Orchard Hill & Kingston	Carshalton College	Nescot	South Thames College
A — D & U, V, Z	E — H & W	I — N & X	O — T & Y

Sutton Grammar, Wallington Grammar & Blossom House are split by surname.

Disabled Children Services



SUMMER PLAY & STAY 2018

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 in a safe and non-judgemental environment

Meet other parents & carers

Experience a wide range of sensory play, physical activities, music,

Art & Craft activities, free play activities and fun outdoor activities

Summer Holiday Play & Stay Sessions 2018:

Week 1 – Tuesday 31st July & Thursday 2nd August

Week 2 - Tuesday 7th August & Thursday 9th August

Week 3 – Tuesday 14th August & Thursday 16th August

Week 4 - Tuesday 21st August & Thursday 23rd 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 £1.50 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

Sutton Autism Spectrum Disorder (ASD) Post-Diagnosis Parenting Course Child and Adolescent Mental Health Services (CAMHS)

The Post Diagnostic Support Group is for parents and carers, offering advice and guidance on strategies and approaches for dealing with young autistic children. The course works on helping families understand autism, building confidence to encourage interaction and communication and analysing and managing behaviour. The group is a four-session parent and carer support programme to help promote good mental health in autistic children.

The aim is to support parents in the period post diagnosis. The group is designed to empower and help families facilitate their child's social communication and appropriate behaviour in their natural environment. It also helps parents to establish good practice in handling their child's complex behaviour. It also aims to build self-esteem, increase confidence, reduce anxiety, and develop resilience.

**Groups meet every
Wednesday 12.30pm**

Group Dates

4 July 2018

11 July 2018

18 July 2018

25 July 2018

1 August 2018

8 August 2018

15 August 2018

22 August 2018

29 August 2018

5 September 2018

12 September 2018

10 October 2018

17 October 2018

24 October 2018

31 October 2018

The group will help you understand your child's autism, get yourself into your child's world, make contact, and find ways to develop interactions and communication. You will also learn how to analyse and understand your child's behaviours and how to use structure, so that you can pre-empt and cope with problem behaviours.

Approaches used include:

- ◇ National Autistic Society SPELL approach
- ◇ Techniques from the TEACCH approach
- ◇ Picture Exchange Communication System (PECS)

The group uses an established framework of teaching about autism before considering how to develop communication or manage behaviour.

Course Outline

The group consists of four sessions:

- ⇒ Session 1: ASD and diagnosis
- ⇒ Session 2: Communication
- ⇒ Session 3: Sensory difficulties
- ⇒ Session 4: ASD and challenging behaviour

On attending the session, please report to reception and inform them you are here to attend the ASD Parent Course. This service is available to all families facing a new diagnosis and we hope to see you there.

Dr Mark Chapman

Sutton CAMHS Post Diagnostic Group

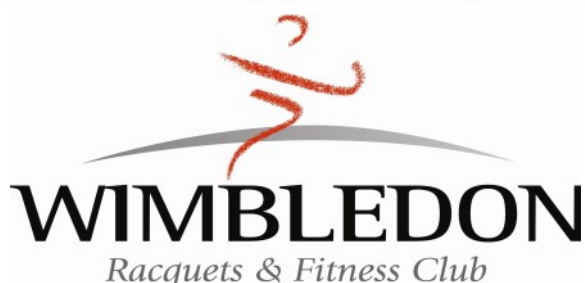
Cognus Therapies: Speech and Language and Occupational Therapy update

In November 2017, Cognus Therapies took over the responsibility for delivering all Sutton pupils with the therapy support agreed in their Education, Health and Care Plans. It has taken several months to ensure that all 750 pupils with therapy in their plans have had access to a therapist, with some receiving an intensive package in the last few weeks of term to address the short fall. We are in a strong position looking ahead to September with over 40 therapists working for us. We work in all of the borough's mainstream primary schools, 80% of the mainstream secondary schools, many of the special educational needs bases and local colleges including NESOT and Carshalton College. We also work with mainstream schools to support pupils without EHCPs where there is a recognised need, supporting over a thousand pupils in total.

Patsy Winkley

**Team Manager Cognus Therapies: Speech Language and
Communications Needs Service (SLCNS)**





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!



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



SAVE THE DATE!

Sutton Parent Carer Forum September Café

**Redevelopment of short breaks and support
services including the Local Offer and ICount**

Date: Friday 14th September 2018

Time: Refreshments from 9.45am for a 10am start

**Venue: Church of the Good Shepherd,
Queen Mary's Avenue,
Carshalton, SM5 4NP**

**Please join us to help redesign these services for our
children and young people with additional needs and
disabilities to ensure our families are properly supported.**

Programme for the day:

**Update on recommissioning of short breaks and support services
by Liam Roberts (Category Manager) and Cheryl Petty (Head of
Children with Disabilities Team)**

**Feedback from Sutton Parents Forum Survey by SPF Steering
Group**

**Break for Buffet lunch at midday
Local Offer**

**The redesign of the Local Offer website is a key priority
for Sutton in responding to the Local Area Inspection. The
priority is to ensure equality of access for families. This
work and feedback is led by Karen Shaw, Head of
Information and Advice for Cognus, who will be joining us
to listen to your views to ensure
these are used to help with the
redesign of the website.**

