

NEWSLETTER



PARENTS SUPPORT GROUP
FOR CHILDREN WITH DISABILITIES
IN KENSINGTON AND CHELSEA

JULY – SEPTEMBER 2009

FULL of LIFE

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LEVEL PLAYING FIELD



As part of our second successful bid to the Together for Disabled Children Campaign Parent Participation

Grant, Full of Life have asked Luke Clements Professor of Law at Cardiff University and author of 'Community Care and the Law' to run six training sessions for parents. This training will ensure that parents know their rights when attending meetings and consultations with professionals and will help them shape, develop and monitor services which best meets the needs of their families.

Luke has already delivered one training session to parents, which was extremely popular so **please** contact the office on **0208 962 9994** to book your place immediately. For further information about Luke please see his website on www.lukeclements.com. Below are the first three sessions, please bring a pen and notebook with you to make notes. Information about the final three sessions will be in our next newsletter.

- **9th September 2009 10.30 -3pm**
Parents/Carers Rights and the rights of the person they care for in relation to the NHS
- **10th November 2009 10.30 -3pm** **Direct Payments, Personalisation and Individual Budgets in Social Care and NHS**

- **20th January 2010 10.30 -3pm** **Mental Capacity/Advocacy/Safeguarding/Substitute Decision Making Social Care and NHS for Adults**

KEY NUTRITION... TWO TRAINING SESSIONS TO KEEP YOU FIT AND WELL.



Key Nutrition is a nutritional consultancy, providing one to one consultations and educational services on nutrition and health. Their high standard of evidence-based, research-driven training gives the team a strong foundation to offer clients the highest level of service based on scientifically supported practice. Full of Life have booked two workshops for parents and carers which will help you and your family stay fit and well so please call the office **0208 962 9994** to book your place as soon as possible. Key Nutrition has already run one session for our staff and feedback from this has been great, in September they will also run workshops for young people who attend our Saturday Club.

Date: Wednesday 23rd September 2009
10am-12noon Topic: Essentials for Healthy Eating

This workshop gives an overview of what constitutes a healthy diet. Understanding the importance of proteins, carbohydrates, fats, 5 a day fibre and water as well as knowing what are nutrient dense foods and why they are

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important. The morning will also look at how certain foods affect our mood, concentration and look at balancing energy levels by eating a diet based on whole foods. It will also include a myth busting session about food facts and fiction.

Date: Wednesday 30th September 2009 10-am-12 noon Topic: Caring for You

With so much time and energy spent on taking care of our children we all too often forget about our own health needs. Yet our health and well being is absolutely crucial for us to be able to continue to care for our children as well as trying to get a life outside caring! This session will look at how we maintain our energy levels, support our immune system, manage stress, manage our weight and keep fit. The session will also offer practical tips and advice, and show how small changes really can make a big difference.

SUMMER HOLIDAY PROVISION



Please let Paula Ellery know if you have to cancel a play session during the summer holidays.

This will make sure that she can either offer the place out to other children or save some money to use later in the year. Paula's number is **0207 361 3918** email

paula.ellery@rbkc.gov.uk

'FRAMED' A FULL OF LIFE PHOTOGRAPHY EXHIBITION July 20-25th CHELSEA GALLERY, CHELSEA OLD TOWN HALL.

An exhibition of two years work by young people who attend our summer holiday provision will take place in Chelsea Gallery. The exhibition will also include some craft work created by young people who attend our half term and Saturday provision. The work is just wonderful, so please go along and let us know what you think in our feedback book.

BLUE BADGE DATABASE FOR LONDON



A blue badge database has been introduced across London following a successful pilot scheme which Kensington and Chelsea were part of. The scheme which operated in six London Boroughs between April 2008 and Jan 2009 involved pooling information about 12,000 blue badges which had been reported lost or stolen into one central database, 90 fraudulent badges were also seized during this period. Previously each local authority was responsible for its own data meaning that police and parking attendants had to check with each specific borough to determine whether a badge was being used fraudulently. The database will now be extended across the capital and will now be in a stronger place to tackle blue badge fraud and abuse.

CLARIFICATION ON THE HEALTH SERVICES SHORT BREAKS MONEY

The government has written to every Primary Care Trust in England setting out the funding position and specific actions required from PCT's to improve the lives of disabled children. The Care Quality Commission has also announced it will carry out a special review this year to examine the health and social care for families with disabled children and young people. The government has clarified that 1.23% of the £27,596 million additional resources the Department of health is making to PCTs from 2008 - 2011 is for disabled children's services and has set out priority areas that should benefit from this expenditure, including short breaks community equipment, wheelchairs and children's palliative care. **So watch this space for more investment into services for our families!**



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Tree House to launch new social networking site

Treehouse will soon launch a new online community, called talk about autism, for parents, carers and families of children with autism. The aim of the community is to provide a safe and informative place to discuss issues surrounding autism.

It's free and easy to join and will include discussion forums covering everything from education to statutory benefits, an 'ask a professional' feature and blogs written by people with first hand experiences of autism. They are looking for people to become founding members – which means you will be able to use the forum before it launches to the public. If you'd like more information on this, please send a message or email to Elena our community manager on Elena@talkaboutautism.org.uk or visit the Treehouse website on www.treehouse.org.uk

ONLINE ADVICE ABOUT EQUIPMENT FOR DISABLED CHILDREN

The Disabled Living Foundation has launched an advice and information website on equipment for children and young people with disabilities. The site '**Living Made Easy for Children**' has been created by their occupational therapists and aims to bring together information on every product for children and young people with disabilities into one place. The site includes a star rating system showing whether suppliers have provided prices for the product and whether they have signed up to the industry codes of conduct. Users can review products themselves, discuss products with other parents or ask for specific advice from occupational therapists. The website address is www.livingmadeeasy.org.uk/children

Westminster, Kensington & Chelsea and Hammersmith & Fulham Wheelchair Service User Forum

We know at Full of Life that the wheelchair service has been difficult to access, with delays in receiving wheelchairs and repairs. This is your opportunity to feed into a new forum specifically for wheelchair users, their carers and staff. The Wheelchair Service User Forum aims to create an environment where there is a forum for the exchange of ideas to improve the partnership of wheelchair users, carers and staff, ensuring the best quality service is provided efficiently and effectively. The forum will have representatives from each Borough and will have a work plan, with clear objectives which will be reviewed at the end of the year. This will form an annual report which will then be presented to the Primary Care Trusts. The forum also hopes to have a user focused monitoring of the service and the approved repairer and wheelchair service would attend the meeting to give feedback as and when required.



You should also receive a questionnaire from the wheelchair service in the next few weeks. Representatives from the wheelchair service will attend the September meeting to discuss this feedback, **so please fill it in!** If you would like any further information, please contact **Maryam Zonouzi on 0207 641 5722**. The following are the dates for the next two meetings.

14th September 2009 1pm -3pm London Lighthouse 111-117 Lancaster Road

18th January 2010 1pm -3pm London Lighthouse 111-117 Lancaster Road.

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BEING ASSERTIVE



Lucy Seifert is a leading trainer and life coach, as well as author of several books published by Gower Publishing. Her expertise includes assertiveness, anger and conflict

management, dealing with difficult people, listening and interpersonal skills, public speaking and presenting. The following article is based on a course Lucy delivered for Full of Life in March/April 2009 entitled "Making yourself heard at meetings". We thought it was so good that we felt that parents who could not attend should know about it. We have already seen some great changes due to this training, so please let us know if the following has helped you.

OH NO, NOT ANOTHER MEETING! Ten tips on personal effectiveness

www.lucyseifertcoaching-training.co.uk

Meetings can be daunting. Strange places and faces, jargon and judgments! Speaking with authority on behalf of yourself, your child or your organisation, when those present seem to hold all the power over your family's destiny. Here are ten tips to increase your personal effectiveness at meetings.

Before

"To fail to prepare is to prepare to fail".

1. Ensure you have all relevant papers. Read them a week in advance, so you can chase queries & make notes
2. Find out who will be there, their roles & responsibilities, what is expected of you and the objectives of the meeting

3. Make clear notes of your objectives, what you want to ask and what you want to say
4. The day before, put in your bag everything you will need eg meeting papers, contact details, venue address, phone number & map, mobile phone, notebook and pen

On the day

5. Arrive about 15 minutes early, to compose and introduce yourself. If you arrive late, you appear "unprofessional and may be treated as such; you could miss vital information and so put yourself at a disadvantage.
6. Take notes of all key points
7. Speak when you have something to say. If you're not given the opportunity, create an opportunity. Make it known you want to speak.
8. Be clear, concise and stick to the point. Keep your emotions under control; losing your cool will backfire on you & undermine your personal authority.

After

9. Read the minutes, checking them against your notes
10. Check the actions agreed at the meeting are carried out and, if they are not carried out by the agreed date, contact the relevant person immediately.

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