



Welcome to the SPCF Newsletter

MAY 2022

Our newsletters will contain details of events, information, surveys or anything else we think would be good to share with you all. This edition will look at:

- The Emergency General Meeting
- The Open Forum Event
- SENSory Processing Coffee Morning
- Feedback Methods
- Activities Unlimited
- SEND & AP Review Green Papers
- Beans – Woodbridge Drop In
- SENDIASS – Mental Capacity Coproduction
- Membership Agreement
- Annual Survey Feedback Update
- Participation Opportunities
- PACT – Parents and Carers Together Flyer

Emergency General Meeting

The Management Committee called an Emergency General Meeting on Friday 29th April 2022 at 10:00am. The reason being is to discuss one agenda item, the proposed change of the Forum's structure and governance.

Unfortunately, this meeting fell a few short of the required quorum to vote on the proposal. A reconvened meeting was then called for Thursday 12th May 2022 at 12:30pm. At this meeting we were about to get the total required members for the quorum to vote and the motion was passed to change SPCF's structure.

We will update further when we have more information as to when and how the official change will take place.

Open Forum Event

We held our Open Forum event on Friday 6th May 2022 from 10:00am to 12:00pm at The Mix Stowmarket. It was wonderful to have the opportunity to discuss any concerns or feedback with members and find out what else we can do as a forum to better represent your views and experiences. We were joined by representatives from: PACT, BEANS, Sendiass, the Vaccine Inequalities team, Suffolk County Council, CYP Engagement Hub, Healthwatch & Suffolk Carers Matter.

If you would like to see more about the event, please visit: <https://suffolkpcf.co.uk/2022/05/09/open-forum-event/>



SENsory Processing Virtual Coffee Morning

We have booked Lynda Niles for a Sensory Processing event as we received feedback from parent carers that support in this area would be greatly beneficial. If you would like to attend, please email: info@suffolkpcf.co.uk to secure your place.



We invite you to join us at our SENsory Processing Virtual Coffee Morning

on
Monday 6th June 2022 from 10:00am to 11:30am

Lynda Niles is an Independent Occupational Therapist providing interventions specifically for children with neurodevelopmental difficulties and specialising in Sensory Processing Difficulties.

This Zoom morning session will provide an opportunity to explore:

- What is Sensory Processing?
- Hints, tips and ideas for dealing with Sensory Processing Difficulties
- A key SP resource, piece of equipment or a sensory tool
- A book, website or other helpful resource
- Opportunity to ask questions of a Specialist Sensory Processing OT

This is a members only event, please email to book:
info@suffolkpcf.co.uk



Call us: 01473 760933

Find us: www.suffolkpcf.co.uk

Email us: info@suffolkpcf.co.uk

Tweet us: www.twitter.com/suffolkpcf

Like us: www.facebook.com/suffolkpcf





Feedback Methods

We want to ensure that providing feedback is as private as possible so we have devised a feedback section on our website which is always available to receive feedback. It can be found here: www.suffolkpcf.co.uk/feedback/
Members are also able to message the Facebook page: www.facebook.com/suffolkpcf or email: info@suffolkpcf.co.uk.

Please keep an eye out on our Social Media pages for any additional requests for Feedback.

Activities Unlimited

Welcome to our May Holiday Guide 2022!

Bringing you lots of exciting activities for disabled children and young people to take part in this holiday. To book any of these activities please make sure you have completed an enrolment (<https://www.access-unlimited.co.uk/enrolment>). If you know of a great resource that might benefit families, let us know! All suggestions welcome, just drop us a line at info@activities-unlimited.co.uk and, as ever, we love to see photos of what you get up to.

We wish you a happy half term. The Activities Unlimited Team
<https://www.access-unlimited.co.uk/assets/May-Half-Term-Guide-22.pdf>

More details about Activities Unlimited and what they offer can be found on their website:
www.access-unlimited.co.uk/activitiesunlimited/

SEND & AP Review Green Papers

On 29th March 2022, the government published a green paper on the future of the special educational needs and disabilities (SEND) and alternative provision (AP) system and is undertaking a public consultation on the green paper's proposals. There is now a 13-week consultation about the green paper, which closes on 1 July 2022. Parents and carers are being asked for their views. The Council for Disabled Children have produced a page with resources, information and how you can get involved: [SEND Green Paper](#)
The Department for Education have also released a video explaining the proposals set out in the SEND and alternative provision green paper: https://youtu.be/Ut_LI2sK1R4



Beans - Woodbridge Drop In

Woodbridge Drop In sessions!

Wellbeing Drop-In sessions for parents and carers of neurodivergent children and young people.

What is it?
A monthly group for parents and carers to ask questions, receive non judgemental support and guidance.

What is Neurodivergent?
Autism/ASD, ADHD, Tourette's, Tic Disorder, FASD, Dyspraxia/DCD & more.

When?
The 2nd Monday of every month
11am - 1pm.
(Starting 14th March).

Where?
The Pavilion Cafe,
Jetty Lane,
Woodbridge,
Suffolk IP12 4BA.

Starts 14th March!

For more information or questions contact



✉ beans@accessct.org

☎ 07553 894 199

🌐 www.accessct.org

access

Your Community Your Trust





SENDIASS - Coproducing information about Mental Capacity

Suffolk Parent Carer Forum shared feedback with Sendiass that parents and carers would like to have more information about mental capacity regarding decisions for young people with SEND.

Sendiass would like the training and information they put together to be coproduced with families, so that it matches what you want to find out and is in a form which is easiest for you to access. They are therefore offering three coproduction sessions (two online and one face-to-face). More information on Sendiass can be found at: www.suffolksendiass.co.uk

6th June 2022 10am – 11am

[Click here to register for the morning online session](#)

6th June 2022 6:30pm – 7:30pm

[Click here to register for the evening online session](#)

15th June 2022 1pm – 2:30pm

Red Gables, Stowmarket, IP14 1BE

[Click here to register for the face-to-face session](#)

Membership Agreement

We sent out an email to all members back in January and a reminder sent in March about the Membership Agreement that we had implemented. If you haven't seen it, it can be found here: www.suffolkpcf.co.uk/wp-content/uploads/2022/01/SPCF-Member-Agreement.pdf

The email was sent with an incorrect date so the deadline has been extended to 31st May 2022, apologies for any inconvenience caused.

Annual Survey Feedback Update

Following on from our Annual Survey back in February, we wanted to check in with parents to see if there had been any change in the feedback given, whether it be positive or negative. We are especially interested in hearing from parent carers with children in The Bridge, Castle East, Riverwalk and Warren School.

Please feedback using the usual channels.



DeafBlind UK – Survey

The charity has received funding to try to identify the problems which children with deafblind issues have accessing mainstream education either in a mainstream school, a specialist hub or a special school, depending on their disabilities.

Although small, we would like to find ways to ameliorate the difficulties faced by these children by raising awareness for all school staff of their complex issues, which are more than those faced by children who are deaf or by children who are blind. Likewise, we would like to ensure that all young people have a better understanding of this disability and can be empathetic towards others to create a more inclusive environment for everyone.

Parent Carer Survey

Healthwatch – Lets Talk

Since the pandemic changes to the way services operate has meant that people have needed to access them in different ways, but has it made it easier or more difficult for you, particularly as a carer?

During Carers Week 2022, Our Community Development team would like to invite you to join an informal chat session on Friday 10th June between 10am and 12pm about the health and social care services you use.

Join us at 10am if you're a carer for an adult. Join us at 11am if you're a carer for a young person. Whether you can drop in for ten minutes or stay for an hour, we'd love to hear your thoughts. By helping us understand your experiences, you will be aiding in the improvement of services and how they support everybody in the future.

If you have any questions about the session, or would like further information, please call 0800 44 88 234 to chat to a member of our team. To join us on the day, you can click on or copy the following URL:

<https://us06web.zoom.us/j/84642622164?pwd=bkJTazBYc2lNOHlaNOdvQlVrZko2UT09>

Family Hub Researchers

ECORYS are inviting families to become community researchers in their area. Community researchers will be trained to do their own 'action research' with other families in Suffolk, to help us understand their views and experiences. This will help to shape the future of the Family Hubs in Suffolk.

Find out more



PACT – Parents and Carers Together

We will close our newsletter with a flyer from PACT who we are very lucky to have as one of our Partner Organisations.

The flyer for PACT (Parents and Carers Together) is a vertical graphic with a white top section and a pinkish-red bottom section. At the top left is a logo consisting of a cluster of purple dots of varying sizes. To the right of the dots, the word 'pact' is written in a large, bold, purple, lowercase sans-serif font. Below 'pact', the words 'PARENTS AND CARERS TOGETHER' are written in a smaller, grey, uppercase sans-serif font. The main headline is in large, bold, black, uppercase letters: '"Supporting you, supporting your child"'. Below the headline, the text 'Suffolk Support for parents and carers of children and young people with mental health issues' is written in a smaller, black, uppercase sans-serif font. Below this, the website 'www.parentsandcarerstogether.uk' is written in a bold, yellow, lowercase sans-serif font. The helpline number 'Helpline number (07856) 038799' is written in a bold, white, uppercase sans-serif font, with '(not 24/7)' in a smaller, white, uppercase sans-serif font to its right. At the bottom, the text 'Support group for parents and carers of children and young people with mental health issues' is written in a smaller, black, uppercase sans-serif font. Below this, there are two social media icons: a blue Twitter bird icon followed by '@pactenquiries' and a blue Facebook 'f' icon followed by '/parentsandcarerstogether/'.