



# Sutton Parents Forum Summer Newsletter 2016

Contents:	Pg.
What We've Done This Year	2-3
Parents Forum Holiday Activities	4
Welcome to the Sutton Parents Forum Library!	5
Openspace Jumpstart	6
Picturehouse Sutton's Local Offer	7
Disabled Children's Service	8-9
Disability Badminton Disability Swimming/Inflatables Sessions	10
Maintaining Your Wellbeing as a Parent/Carer	11
The Change Foundation NASSutton	12
Sutton Mencap Ecological Cycling Bees and Flowers	13
Get on Downs	14
Sutton Mencap Exciting New Project!	15
Young People Wanted for Sutton Council Video Sutton Carers Centre	14
Sutton College Family Learning	15
Update from Sutton Youth Parliament	16-17
Carshalton Environmental Fair	18

## Letter From the Chair

Welcome to the third Sutton Parents Forum Summer Newsletter! We hope you will find the articles useful and be able to enjoy some of the activities with your families; we will continue to update the Parents Forum Facebook page and website with more activities so do keep in touch and let us know if you have any suggestions that we could share with other parents/carers.

We wish you all a fabulous summer and hope to meet lots of you at some of our events.

We now have a little office at Sutton Mencap in Wallington. If you'd like to pop in for a chat and a coffee, need some advice or support or would like to borrow a book from our new disability specialist book collection, then do please contact us and we look forward to meeting you.

### Sutton Parents Forum Steering Group

Address: 8, Stanley Park Road, Wallington, SM6 0EU

Phone: 020 3701 2175  
07557 760328

Email: [suttonparentsforum@outlook.com](mailto:suttonparentsforum@outlook.com)

Facebook: <https://www.facebook.com/Sutton-Parents-Forum/>

Website: [www.suttonparentsforum.org.uk](http://www.suttonparentsforum.org.uk)

## Dates For Your Diary

### 20th September 2016 - EHCSupport Group

We want to get your views on how Education, Health and Care Support and Services are being provided in Sutton for children and young people without a Statement of SEN or an Education, Health and Care Plan.

CQCOfsted will be visiting Sutton to inspect the provision of support to families with children and young people with additional needs.

We will be running this support group half-termly to make sure that we use this opportunity to directly feed parent/carers' opinions into the review process.

Please come along to Carshalton College from 10.30am—12.30pm.

Address: Nightingale Road, Carshalton, SM5 2EJ

If you are unable to attend the meeting but would like to contribute, then do please call or email.

## What We've Done this Year

The Parents Forum is currently managed by a Steering Group of 7 who organise the events, training, newsletters, website, notes, funding bids and grant monitoring. We have a 'support team' of parents who don't want to commit to joining the Steering Group but are happy to help out and 'stuff' envelopes for mailshots, make coffee at events and always give their feedback. Volunteer hours total a minimum of 75 per month! If you are able to help or would like to be more involved we would love to hear from you.

Cafes/Consultation Sessions, Focus Groups and Events are organised by the Steering Group in response to parental feedback and changes to service or provision both locally and nationally. Over the last year, these have included:

Service managers from Tier 2 services, including CAMHS, Sutton Alliance and a Clinical Psychologist from Springfield Hospital, came to give information about the new services, leading a Q&A session and then staying on during lunch to provide parents with a 'surgery' so that they could get 1:1 advice. The services that Sutton Alliance provide are detailed on Sutton's Local Offer.

The Children with Disabilities Team, led by Cheryl Petty, came to explain the services that they provide including short breaks, portage, sleep counselling, Access Point, paediatric Occupational Therapy, ICount and transition.

We held a SEN Day at Strawberry Lodge for both families and professionals to attend. The morning session was delivered by Robyn Steward who has written several books about growing up on the Autistic Spectrum and how autism affects girls. If you'd like to read one of her books, we have copies in our book collection.

The afternoon session was delivered by Colin Pates and he provided an update on how the SEN Reforms including EHCPs are being delivered in Sutton.

The CAB's advice supervisor came to join us and provided updates on DLA, Universal Credit and Personal Independence Payments as well as tips on filling in forms, an explanation of appeal procedures, what to expect at a medical hearing and a 1:1 surgery.

We also have held a drop in coffee morning with Sutton Mencap.

Maxwell Gillott kindly provided a barrister who specialises in the areas of Deprivation of Liberty, Court of Protection and the Mental Capacity Act to deliver a presentation specifically tailored to disability.

The last session of the year was used to gather views on how well parent/carers are supported. We discussed:

- ⇒ Do you feel parent/carers are recognised as carers?
- ⇒ Is there a good early intervention approach to support carers?
- ⇒ What are your views about Carers allowance?
- ⇒ Are parent/carers valued and involved in planning services for their children and young people or alongside other family members or friends they care for?
- ⇒ Are parent/carers able to look after their own health?
- ⇒ Are parent/carers able to continue working?

We are collating the responses from this meeting to influence the new national Carers Strategy which will set out how more can be done to support us.

Rachael MacLeod, Director of Sutton Carers Centre, joined us to share her expertise on the Care Act including Carers Assessments.

There is still time for you to ensure your views are included. The link is on our Parents Forum Facebook page: [www.gov.uk/government/consultations/carers-strategy-call-for-evidence](http://www.gov.uk/government/consultations/carers-strategy-call-for-evidence). The consultation closes on the 31st July 2016 at 11.45pm so please go and fill out the survey ASAP so you don't miss out!



Thank you to the 160+ families who kindly took the time to complete our Parent Participation Survey. All of the responses have now been input to SurveyMonkey and we will be using this to ensure that the events planned for next year are planned around you, using your responses. We will also use this information to provide a report to the Sutton Disability Partnership Board meeting in September 2016, chaired by Councillor Arthur Hookway. This will ensure that senior officers from the Local Authority and Health are kept up to date with parent/carers' feedback to influence planning of services for our families.

We were pleased that we were successful in bidding for enough funding to provide training events during the last year.

We ran two training sessions focusing on developing SMART outcomes for children and young people and writing effective EHCPlans.

Laura organised a First Aid Course which was delivered by the British Red Cross to parent/carers. The day was enormous amounts of fun for the parent/carers who took part and all attendees received a certificate qualifying them in basic First Aid.

Parent/carers have asked for training to help them manage children and young people with extremely challenging behaviour. However, in order to book a qualified Team Teach instructor to deliver this tailored approach it is essential that you have a locally based, Team Teach trained coordinator to attend the course and be available afterwards to provide the appropriate support to those who attended the course.

We are grateful to Fran Boto at Sutton Mencap for solving this problem! Thank you to Sutton Mencap and Carew Manor Academy, both of whom allowed Asma Jacob time off work to attend the courses and provide this support, at no cost to the Parents Forum. We were therefore able to commission a 2 day course for carers of over 11s and a further 2 day course for those with children under 11. Feedback was excellent and hopefully the techniques learnt will enable families to manage difficult situations more confidently.

This was the feedback from a parent/carer who attended the course:

For anyone who doesn't know much about what Team Teach is or does, I have just completed the course. Team Teach is a holistic approach involving management of the environment, guidance, behavioural support and if necessary 'positive handling'.

My son is 16, autistic and very strong and at times presents with challenging behaviour, throwing things, hitting, kicking etc. I thought I knew my son inside out and although I know him very well, being able to understand what makes a young person with autism 'tick' can be hard to understand. This course taught me more about how my child thinks and why he behaves as he does. They show you excellent 'de-escalation' techniques to help prevent them reaching crisis point, how to guide them away from a situation that may cause behaviour to occur and how your child perceives how the parent behaves in response to their behaviour. They also teach you the levels of how a child reaches crisis point and how they feel when they come out of it.

They also teach you many techniques and how to hold your child safely if they reach crisis point.

Before I attended this course, I thought it was just to help children who have severe meltdowns, to cope with their behaviour and 'restrain' them if necessary. It isn't, it is so much more than this.

It is a fantastic course which is delivered by a Team Teach Lecturer with 30 years experience of working with young people with autism and also a local Team Teach co-ordinator that you can go to if you need ongoing support.

Sutton Parents Forum Steering Group

## Parents Forum Holiday Activities

There are still limited spaces available for the following activities:

**THESE ARE NOT TURN UP SESSIONS. PLACES MUST BE BOOKED BY 1st AUGUST AND APPLICATION FORMS COMPLETED AND RETURNED TO US PRIOR TO ATTENDANCE. THIS WILL ENSURE THAT STAFF UNDERSTAND EACH CHILD/YOUNG PERSON'S INDIVIDUAL NEEDS.**

### **Holiday Club age 14+**

The Holiday Club will be running every Friday over the summer holidays, from 1.30 – 6.30 pm as usual. This will include a 2 hour session of football at Goals for those young people who wish to participate. We will send photos of the staff working each session, once places are booked.

### **Cookery age 14+**

Carshalton College have kindly agreed to let us use the kitchen in their Supported Learning Unit; Donny will be leading 3 sessions from 1.30 – 4.30 pm. The young people will be able to cook a main meal and bring this home. We have 10 spaces for each session, but these are filling up quickly. We have visited the college to take photos to give to the young people who book on this course and also will provide photos of support staff.

### **Drama age 12+**

Jigsaw4U have kindly agreed to run a drama session from 1.30 – 4.30 pm on Wednesday 31st August. There are 5 spaces remaining and the session will be run by drama therapist Rachael Butler and supported by Michelle Mullarkey and team.

### **Multisports age 6+**

Join us for an afternoon of multisports including trampolining, table tennis, badminton, football, cricket, basketball and other fun activities! This is a fully supported session so there is no need for parents/carers to stay. Please note that the session for younger children finishes earlier.

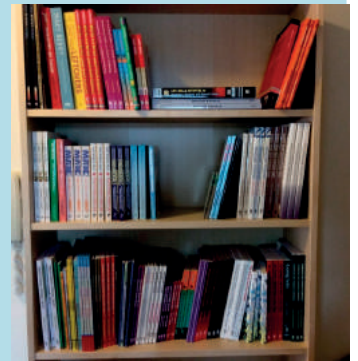
Session	Date	Address	Time
Holiday Club	29 <sup>th</sup> July		1.30 – 6.30 pm
	5 <sup>th</sup> August		
	12 <sup>th</sup> August		
	19 <sup>th</sup> August		
	26 <sup>th</sup> August		
	2 <sup>nd</sup> September		
Cookery	3 <sup>rd</sup> August	Carshalton	1.30 – 4.30 pm
	10 <sup>th</sup> August		
	17 <sup>th</sup> August		
Drama	31 <sup>st</sup> August	Mitcham	1.30 – 4.30 pm
Multisports	28th July		10 YEARS AND UNDER: 1—3.30pm
	4th August		11 YEARS AND OVER: 1—4.30pm
	11th August		
	16th August		
	25th August		

## Welcome to the Sutton Parents Forum Library!

We received £2000 from the Department for Education to purchase books, on all areas of disability, to start a library of specialist books for Sutton families. Thank you to Sean, one of the Sutton Mencap Dads, who kindly put together the Swedish bookcase and attached it safely to the wall!

The titles that we currently have available to borrow are:

- ⇒ *Understanding Cerebral Palsy* by Marion Stanton
- ⇒ *Can I Tell You About Down Syndrome?* by Elizabeth Elliott
- ⇒ *Don't Call Me Special* by Pat Thomas illustrated by Lesley Harker
- ⇒ *The Lost Puppy* by Kate Gaynor illustrated by Donal Mangan
- ⇒ *It's Okay to Be Different* by Todd Parr
- ⇒ *Hair in Funny Places* by Babette Cole
- ⇒ *How Are You Feeling Today?* by Molly Potter illustrated by Sarah Jennings
- ⇒ *Starving the Anger Gremlin* by Kate Collins-Donnelly
- ⇒ *Starving the Anger Gremlin for Children Aged 5-9* by Kate Collins-Donnelly
- ⇒ *Why do I have to?* by Laurie Leventhal-Belfer illustrated by Luisa Montaini-Klov Dahl
- ⇒ *Can I tell you about ADHD?* by Susan Yarney illustrated by Chris Martin
- ⇒ *Views for our Shoes: Growing up with a Brother or Sister with Special Needs* edited by Donald Meyer
- ⇒ *What Does Dead Mean?* by Caroline Jay and Jenni Thomas OBE
- ⇒ *My Autism Book: A Child's Guide to their Autism Spectrum Diagnosis* by Gloria Dura-Vila and Tamar Levi
- ⇒ *All Dogs have ADHD* by Kathy Hoopmann
- ⇒ *What's Happening to ELLIE? A Book About Puberty for Girls and Young Women with Autism* by Kate E. Reynolds
- ⇒ *What's Happening to TOM? A Book About Puberty for Boys and Young Men with Autism* by Kate E. Reynolds
- ⇒ *Can I Tell You About Cerebral Palsy?* by Marion Stanton
- ⇒ *Freaks, Geeks and Aspergers Syndrome* by Luke Jackson
- ⇒ *Aspergirls* by Rudy Simone
- ⇒ *The Independent Woman's Handbook* by Robyn Steward
- ⇒ *The Sibling Survival Guide* edited by Don Meyer and Emily Holl
- ⇒ *The Reason I Jump* by Naoki Higashida
- ⇒ *Disabled Children: A Legal Handbook* by Steve Broach, Luke Clemence and Janet Read
- ⇒ *The Asperkids Secret Book of Social Rules* by Jennifer Cook O'Toole
- ⇒ *Going Solo While Raising Children with Disabilities* by Laura E. Marshak PhD
- ⇒ *Starving the Anxiety Gremlin* by Kate Collins-Donnelly
- ⇒ *Calm Kids* by Lorraine E. Murray
- ⇒ *Let Me Play* by Dorothy M. Jeffery, Roy McConkey and Simon Hewson
- ⇒ *Let Me Count* by Dorothy M. Jeffery
- ⇒ *What the \*\*\*\* is Normal?* by Francesca Martinez
- ⇒ *Emotional First-Aid* by Guy Winch PhD
- ⇒ *Fundamentals: A Guide for Parents, Teachers and Carers on Self-Esteem* by Natasha Devon and Lynn Crilly
- ⇒ *Thinking in Pictures* by Temple Grandin
- ⇒ *The Special Parents Handbook* by Yvonne Newbold
- ⇒ *Supporting Children With Learning Difficulties* by Christine Turner
- ⇒ *Enchanted Meditations for Kids* by Christiane Kerr
- ⇒ *The Life of Me* by Hank Zipzer
- ⇒ *Downs Syndrome: The Essential Guide* by Antonia Chitty and Victoria Dawson
- ⇒ *Managing Meltdowns* by Deborah Lipsky and Will Richards
- ⇒ *Why Can't My Child Behave?* by Dr Amber Elliot
- ⇒ *Sensory Stories* by Joanna Grace
- ⇒ *Banish Your Self-Esteem Thief* by Kate Collins-Donnelly
- ⇒ *Yoga for the Special Child* by Sonia Sumar
- ⇒ AND MANY MORE!!



The library is continually growing and if there are any titles that we've missed that you would like us to get hold of, let us know! If you'd like to borrow a book, please get in contact!

# OPEN SPACE

New Drop In service for young people aged 14+ in Sutton  
Every Tuesday, 3.30 - 6.00 pm

Open Space Drop-In service offers you somewhere safe to talk to someone about anything that is concerning you. There will always be a trained adult available who can listen. There is a programme of services available every week including sexual health and contraception services, health advice, School Pastors, young carers support, careers and apprenticeship advice and regular workshops.

You're welcome to just show up with no appointment necessary.  
If you're feeling nervous, why not come along with a friend?



#OpenSpaceSutton

Esteem Sutton is a collaboration of local charities working together to support young people in Sutton.



## Where to find Open Space

SCILL (Sutton Centre for Independent Living and Learning)  
3 Robin Hood Lane,  
Sutton SM1 2SW

## Facilities

- Private space to talk
- Access to young people's health services
- Access to computers
- Free tea and coffee

Riverside Centre,  
113 Culvers Ave,  
Carshalton, SM5 2FJ

info@jumpstartsutton.org  
www.jumpstartsutton.org

020 8669 2524



## Other Off the Record services for Young People in Sutton

JUMP START - Free, confidential counselling for young people aged 14-25.

www.jumpstartsutton.org 020 8669 2524

SKYLINE ONLINE SUPPORT for young people aged 14-25:

SKYCASTS - Free and informal online workshops, designed to provide practical help and information about key issues you might be struggling with in your life.

SKYLINE - Free online counselling, giving you one-to-one support to help you through tough times. (starting June 2016)

www.skylinesupport.org



**Jump Start** (part of Off The Record, Croydon) provides free, confidential one-to-one counselling support to young people aged 11-25 in Sutton. Our aim is to assist in alleviating distress, promote emotional and mental well-being, and provide support in helping young people to better manage the difficulties in their lives.

Since April 2015 we have also worked in partnership to provide Sutton's Tier 2 Child and Adolescent Mental Health Services, for young people up to the age of 18. The partnership, called 'Sutton Alliance' is formed of South West London and St George's Mental Health Trust, Off the Record (Jump Start), and Jigsaw4U. All referrals to Sutton Alliance and Jump Start now go via the Single Point of Access, based within Sutton CAMHS. However, young people aged 14-25 are able to self-refer directly to Jump Start.

We offer support to parents/carers of young people who are struggling with self-harm. As well as offering a supportive space for parents/carers, the main aims are to: understand what self-harm is; explore the reasons why people self-harm; discuss some common myths and misconceptions about self-harm; and look at coping strategies and ways to support. Parents/carers are able to self-refer.

Jump Start co-ordinates Open Space, a drop-in service for young people aged 14-25 in Sutton, which opened in May 2016. Based at SCILL, every Tuesday, 3.30pm-6pm. It offers young people somewhere safe to talk to someone about anything that is concerning them. There is also a programme of services every week including sexual health and contraception services, health advice, School Pastors, young carers support, careers and apprenticeship advice and regular workshops.

All our services are free and details of how to access support are available on our website – www.jumpstartsutton.org. Alternatively, please feel free to call us on 020 8669 2524 or email us at info@jumpstartsutton.org.

Young people aged 14-25 in Sutton are also able to access Off The Record's online services: SkyLine offers online one-to-one counselling SkyCasts are informal online workshops designed to provide practical help and information about key issues young people might be struggling with.

## Picturehouse Screenings at The Ritzy, Clapham and East Dulwich

### Kids' Club—Every Saturday

- Fun activities and a film
- Adults are only admitted if accompanying a child
- Tickets are £1.50 for all

East Dulwich - 10.30am (activities from 10am)

The Ritzy - 10.30am (followed by activities)

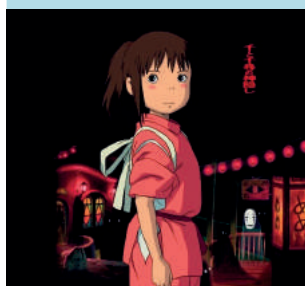
Clapham - 11.45am (activities from 11.15am)

2 July - Howl's Moving Castle\* (U)

9 July - Ponyo\* (U)

16 July - Arrietty\* (U)

23 July - London International



Animation Festival (PG)

30 July - The Princess

Bride (PG)

\*English dubbed version

### Toddler Time

- Especially designed to introduce preschool children to the big screen
- All screenings are approximately 30 mins long
- Tickets are £3 for children, free for accompanying adults

Mon and Tue, 11am - East Dulwich

Tue and Thu, 11am - The Ritzy

Tue and Sat, 11am - Clapham

w/c 27 June - Timmy Time:

Timmy's Seaside Rescue and Other Adventures

w/c 4 July - Hopster Showtime Seaside Adventures

w/c 11 July - Bing

w/c 18 July - Hey Duggee

w/c 25 July - Rastamouse Ice Cold Criminals

### Autism Friendly

- Film screening especially for:
  - ⇒ People on the autism spectrum
  - ⇒ People with other learning difficulties
  - ⇒ People with complex needs, as well as their families, friends and carers
- Low lights are left on in the auditorium
- Volume is reduced
- It is fine for customers to move around, make noise or take a break during the film

The Princess Bride (PG)

24 July – Clapham, Ritzy

31 July - East Dulwich

## Sutton's Local Offer

### Information for Special Education Needs and Disabilities (SEND)



As I am sure you are aware, following the implementation of the Children and Families Act 2014, it is now a statutory requirement for each local authority to produce a Local Offer.

The Local Offer is a “one stop shop” of services and support that is available to children and young people from the age of 0 to 25 years with special educational needs or a disability and their parents and carers.

There is information on Universal services, which can be accessed by any child, with or without a disability; targeted services, which are provided specifically to support children and young people with disabilities and their families and specialist services which provide support at the highest level of need.

The Local Offer is a living document that is constantly reviewed and updated. Your feedback is important and there is a feedback facility.

We are all very pleased with the feedback so far and we would like to receive yours too!

Please have a look at: <http://localoffer.sutton.gov.uk>

If you would like any further information, have any suggestions to make or if you know of a service that you think should be on the Local Offer, please email [localoffer@sutton.gov.uk](mailto:localoffer@sutton.gov.uk)

I look forward to hearing from you.

**Rosemary Brennan**

Local Offer Project Officer

## Disabled Children's Service

The Disabled Children's Service (DCS) comprises of a number of smaller units managed by a Service Manager and two Assistant Team Managers.

Early Support manages the following for 170 families:

**Contacts.** These are professionals meeting to look at the needs of children at an early stage and determines any early referrals that need to be made that will support families at the time of diagnosis or shortly after.

**Team around the Child (TAC)** meetings which are held with families and professionals and look at the development of a child and determine any further support or help that can be offered to a family from the range of professionals that know the child.

**Portage.** This is an education service designed to help the development of a child with disabilities from 0 – 3 years of age.

**Sleep Counselling.** We currently have three people who work on a part time basis. They have been trained by Sleep Scotland and can help children and their families gain a more restful nights sleep.

The service also has two Occupational Therapists that can advise about aids and adaptations in the home, and a Complex Health Needs Nurse who works closely with the Children's Practitioners and social workers and assesses the health needs of children with complex health to determine if a package of health care support can be offered.

The Four Children's Practitioner's manage the short breaks packages that are offered by DCS. Short breaks are accessed by 357 families at the moment. This involves receiving CAF's (Common Assessment Framework) forms and Requests for Services, ensuring that they have the right information in them and that they get to the DCS decision making panel which meets fortnightly. They also have to review all of the support packages to be sure that the outcomes are being met. They also work with the small number of families that have overnight short breaks and support the work of the social workers in the team.

The Children with Disabilities Social Workers work with families where there are safeguarding and complex concerns where a child may have needs that are not met by their family or where the child's needs are very complex.

Social workers will undertake family assessments which will mean several visits to the family home, seeing the parents and the children separately. There are a wide number of topics that they have to comment on including the child's developmental needs, parenting capacity, and Family and environmental factors (Framework for Assessment). They then have to analyse the information that they have collected and make recommendations about how the family can be helped to make adjustments and about any support that they need so that things can get better for both them and their child. The social worker can call TAC or Child in Need (CIN) meetings and work with the family where improvements to family life are needed and so that the children are able to remain at home safely either without further support or with any support that may be required as an outcome of the assessment and CIN Plan. If this does not improve life for a child or young person other actions may need to be taken. Social workers will always try and get the best outcomes for the child and will work with the family. We aim to work in an open and transparent way so that everyone is clear about the expectations and goals that the social worker and family wish to achieve.

**Transition.** This part of the team looks at the needs of the young person as they reach 18 and whether they will have need for support in adulthood. The workers undertake assessments and



will either signpost toward services that the person can access themselves or will proceed to consider further support that will help the young person achieve the aims that they have for themselves. At 18 young person is considered in their own right unless they do not have adequate capacity to decide certain things for themselves, this would be subject to a Mental Capacity Assessment.



Children with Disabilities and Transition are working with 93 families at this point in time.

The DCS is supported by the commissioning framework which is working towards improvement in these five areas:

- ⇒ Challenging Behaviour
- ⇒ Complex Needs
- ⇒ Social Integration
- ⇒ Independence
- ⇒ Family Resilience.

All of this work is supported and expected by legislation such as the Children Act 1980, Children and Families Act 2014 and the Care Act 2014

The Team also have a Carers assessment that a family can complete, however a Family assessment does take the needs of other family members into account and can also be considered as a Carers Assessment.

Icount is the Children's Register of Disability as required by the Children Act 1980, details of how to register can be found at [www.i-count.org](http://www.i-count.org) . Children who are successfully registered will receive a special card which offers discounts at certain leisure centres. The criteria for registration is on the Sutton website.

AccessPoint: There are generally two workers available on a daily basis to offer advice on the phone or via email. The details are below.

All of this information and more can be found on the website – [www.Sutton.gov.uk/disabledchildren](http://www.Sutton.gov.uk/disabledchildren)

For details of local services you can find the Local Offer button on that webpage or go to <http://localoffer.sutton.gov.uk> .

If you would like to contact DCS directly you can either:

Email [AccessPoint@sutton.gov.uk](mailto:AccessPoint@sutton.gov.uk) or

Telephone 020 8770 4690

This is really only a snapshot of the disabled Children's service and I would be happy to expand further or answer any questions in a future edition on the Sutton Parents Forum Newsletter.

There was also an opportunity to attend a Parent's consultation day on the 5th July which was held at the Secombe Centre from 9.30 am to 1.30 pm. Please email [AccessPoint@sutton.gov.uk](mailto:AccessPoint@sutton.gov.uk) if you would like to come. We will be looking at the commissioned services and how this meets the requirements of the children and young people with disabilities in Sutton. In future, this event will be run termly.

**Cheryl Petty**

## Disability Badminton Session On Saturdays from 5 - 6.30pm

All disabilities – 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

lorrainebrydie@hotmail.co.uk

Wimbledon Racquets & Fitness Club,  
Cranbrook Road, Wimbledon, London  
SW19 4HD

Website: [www.wimbledonclub.co.uk](http://www.wimbledonclub.co.uk)

Tel: 020 8947 5806

\*Thereafter session fees will apply



## Disability Swimming/ Inflatables Sessions

Every Tuesday

Westcroft Leisure Centre

Time: 12.30—1.30pm

No booking required



Tuesday 26th July  
Tuesday 2nd August  
Tuesday 9th August  
Tuesday 16th August  
Tuesday 23rd August  
Tuesday 30th August














Please see  
[www.everyonactive.com](http://www.everyonactive.com) for  
swim rules

Everyone Active have decided to hold an **emergency evacuation practice** before the first inflatable session of the summer so that everyone who attends the session will know what to do in case of an emergency and it is strongly encouraged that you attend.

Date: Tuesday 26th July

Time: 12.00pm—12.30pm

We have had this social story made to show the emergency procedure. You can also download this from our website.

1	If the Life-guard blows a whistle 3 times	  + x 3
2	You will hear a loud alarm	  +
3	Listen to the Lifeguards	  +
4	Stop swimming	  +
5	Get out of the pool	 out of pool
6	Stay with your parents or carers	  +



## **Maintaining Your Wellbeing as a Parent/Carer**

A free 2-Part workshop for parents/carers of young people aged 6-25 who are accessing or may access mental health services

Date: July 21st and 28th

Time: 2pm-4pm

Location: St. Patricks Church

47 Park Hill Road, Wallington, SM6 0RU

A free 2-Part workshop for parents/carers of young people aged 8-25 who are accessing or may access mental health services

Date: September 1st and 8th

Time: 12pm - 2pm

Location: The Riverside Community Centre,

113 Culvers Avenue, SM5 2FJ



### **The Wellbeing Service**

**Promoting Positive Health and Wellbeing In Sutton**

**0800 032 1411**

\*To access these workshops you must be aged 18 or over and be a resident of the London borough of Sutton or registered with a GP in Sutton .

A Partnership Between:

South West London and St George's   
Mental Health NHS Trust



## WHO WE ARE

The Change Foundation engages with marginalised and at-risk young people, facing some of the world's toughest challenges through the power of sport and dance.

We empower them, educate them, train them and then provide them with opportunities to lead their own programmes, develop their own ideas and find new pathways to employment.

**THE  
CHANGE  
FOUNDATION**

The Change Foundation has a passionate and dedicated team who work to make a real and lasting difference in young people's lives.

### **Our Mission**

To change the lives of young people through sport and dance

### **Our Vision**

To inspire generations of young people to be better prepared to lead fulfilling lives.

### **Our Values**

Innovative. Inclusive. Inspirational. Fast. Fun. Flexible.

### **HOW TO FIND US**

The Cricket Centre  
Plough Lane  
Wallington  
Nr. Croydon  
SM6 8JQ



## **NATIONAL AUTISTIC SOCIETY SUTTON BRANCH**

We are a branch of the National Autistic Society run by volunteers. NAS branches in England provide a local hub where parents, carers and people with autism can get help, access services, support each other and meet other people and families in similar situations.

NAS Sutton does this through:

- Keeping you up to date with local activities and support
- Finding out information that you need and signposting you to local professionals and organisations
- Holding workshops and information sessions to help families develop skills and understanding of ASD issues
- Helping families link up with others who are in a similar situation to them by arranging events and activities.

**Membership of your local NAS branch is FREE!**

**To become a member register through our website**

**[www.nasbranch.org.uk/sutton](http://www.nasbranch.org.uk/sutton)**

**Or Find us on Facebook: The National Autistic Society – Sutton Branch**

Accept difference. Not indifference.  
Your autism charity

## Sutton Mencap

Sutton Mencap Children's and Youth Service have lots of exciting activities planned for the summer holidays.



We have two trips planned for the Thames Valley Adventure Playground and one for another adventure park. We will hopefully take advantage of the fact that Head to Head are putting on a production at local Sherwood Park School and will also arrange some in-house drama, music and storytelling. We also hope to run a sibling/family day over the summer but more details to follow.

Staff will use a couple of days and twilight sessions in the holidays to improve skills in communication, Team Teach and sensory story telling.

Children's and Youth groups were busy during Learning Disability Week showing our local community just what they could achieve and these will be displayed in local venues so do look out for them. The seaside and nature theme give a sense of looking forward to some long sunny days ahead – hopefully!

Fran Boto Children's and Youth Services Manager.



## Ecological Cycling

We have cycling sessions for families with children of all abilities in the Summer Holidays, **12pm–1pm** on the following dates:

27th July

3rd August

10th August

17th August

24th August

**Where?** The David Weir Leisure Centre.

Lots of fun, fun and disabled access bikes. Develop cycling skills in a safe off-road environment. We provide bikes and cycle helmets.

**No booking needed.**

£4 per session per person. Suitable for age 7 years+ (must be accompanied by an adult)

## Holiday Activity

### Bees and flowers !



**Thursday 28th July**  
10.30am - 12 noon

Find out about the secret life of bees and why flowers are so important on your allotment. See the world through the eyes of a bee and play the bees and flowers game, then try your hand at sowing, planting out and harvesting.

**Price: £4 per child**

Held at Carshalton  
Community Allotment,  
Westmead Allotment Site  
SM5 2PW

**BOOKING ESSENTIAL**  
phone  
**020 8404 1522**  
[beanstalk@ecological.org.uk](mailto:beanstalk@ecological.org.uk)

For families with children aged 4+. Children must be accompanied by a responsible adult. Places are limited so we can only accept people who have booked in advance. If you have booked, and then can't come, please let us know so we can offer your place to somebody else.



the **Beanstalk Project**



@ecological



@ecologicalfood

[www.localfoodnetwork.org.uk](http://www.localfoodnetwork.org.uk)





# GET ON DOWNS

Down's syndrome support group (with cake!)

A weekly (term time only) support group for families with children with Down's syndrome or with a prenatal diagnosis living in the Borough of Sutton and surrounding areas.

Sensory room, garden and counsellor.

Come and along and feel the power of chat, coffee and cake!

50p per family



Wednesdays 9.30am to 11am

Cedar Lodge, 3 Metcalfe Avenue, Carshalton, SM5 4AW  
For more information contact [getondowns@btinternet.com](mailto:getondowns@btinternet.com)

## Aims of the group

To assist and support families coming to terms with the news their baby has Down's syndrome.

To provide families with a network of support by introducing them to others in a similar situation.

We can arrange a home visit for new mums as we fully understand how hard it can be in the first few months after having a baby with Down's syndrome.

Organise useful external speakers such as Portage, Speech and Language Therapists, Physiotherapists, and other Down's syndrome specialists. Not to mention pamper sessions with our visiting massage therapists, regular spa days and nights out.

## Directions

Metcalfe Avenue is a new road and can confuse Sat Navs! From Carshalton:

Follow Woodmansterne Road SM5 4LJ

Past Wellfield Gardens on left SM5 4EA

Follow signs for Queen Elizabeth Foundation

Mobility Centre (QEF).

Turn left on to Metcalfe Avenue. You will find Cedar Lodge towards the end of the road next to QEF.

If you go past the Golf Club and Diamond Riding Centre you have gone too far!



## My Story

Hi, My name is Lucienne (Lu) and I live in Carshalton with my partner Derek and our two sons Nathan aged 8 and Billy aged 6, Billy has Down's Syndrome and this is our story.

We found out Billy had Down Syndrome (DS) two weeks before he was born. I had had no experience with anyone with DS or anyone with a disability. I have to say I did think 'why me?', I didn't want a baby with an additional need. With one phone call our lives had completely changed, the sibling we had hoped would keep our son company after we had gone would now be a burden, my career gone, I wasn't strong enough to care for a child with a disability, I didn't know what to do.

I tried to find local support groups, I wanted to talk to a family who knew how we felt, I wanted a person to tell me what people with DS are like, I didn't want to read it in leaflets and books, I wanted to meet people, meet babies, I wanted to see that it was going to be OK, I needed a plan and someone to tell me what to do.

I was put in touch with a local mother who came to our house with her daughter with DS who was 4 years old. I can't explain the relief to see that fundamentally she was just like any other child.

Through Get On Down's I would like to help other families in the early days of their experience with Down's syndrome with the aim to hopefully make it less scary and bewildering. With the help of other parents - and cake - we would like to show that having a child with Down's syndrome isn't in fact the end of the world, but the beginning of a new fantastic adventure.

Billy amazes me everyday, he is an excellent brother and an asset to our family. Down's syndrome probably isn't what you would wish for your family but it WILL be ok, you will cope and someone will be there to hold your hand should you need it.



## Sutton Mencap Exciting New Project!

Hi I am Jude Okeke the manager for Circles of Support, a brand new project aimed at adults with a learning disability, their family, friends and carers.






Funded by the James Trust, the project will help people to build a support network, a Circle of Support, to help them accomplish their personal visions or goals.

Family, friends and paid workers can all be part of an individual's 'circle of support and it is hoped that this personal approach will result in the development of long-lasting friendships and on-going connections within the community.

We can help to facilitate a circle and can will offer training and ongoing support to individual circle facilitators.

I will be hosting a meeting on 12 September 2016 from 10am -12noon at Wallington United Reformed Church in Stanley Park Road to tell people more about the project and how it could work for them so please let me know if you can come.

In the meantime you contact me by email at [jude@suttonmencap.org.uk](mailto:jude@suttonmencap.org.uk) or by phone on 020 8647 8600.

	<p>A circle of support is a group of people that can help someone with a learning disability to make decisions about their life</p>
	<p>Our service can help people with a learning disability set up their own circle of support. Members could be family, friends or support workers</p>
	<p>Individual circles of support meet together on a regular basis to help you accomplish your personal goals</p>
	<p>Circles could help you with the big things in life, planning for the future as well as the more day to day things such as joining a new activity.</p>
 <p>Support</p>	<p>We will work with you to set up your Circle and support it until everyone is confident to continue meeting independently.</p>

## Young People Wanted for Sutton Council Video



Are these places good or bad?  
What could make them better?

We want you to be in our video to tell young people about these activities. We want to make them better for everyone!

If you want to be in our video, or you have a question:

Contact Michelle Mullarkey at Jigsaw4u  
michellemullarkey@jigsaw4u.org.uk

020 8687 1384 As a THANK YOU you will get a free session at your activity or a voucher

Are you a young person in Sutton?

Do you go to fun activities?

We want to speak to you!

**These are some of the activities you might go to:**

Sutton Mencap

Sutton Thames Crossroads

Blast Buddies

Enviva

Smile

Cedar Lodge

NAS

Allied Health Care

Core Assets

Phoenix Rangers

Sutton Stars

Play and Stay

Barnardo's

Playschemes

Kids



## **What does Sutton Carers Centre do?**

Sutton Carers Centre supports unpaid Carers who live or work in the London Borough of Sutton. We provide advice, information and emotional support, help with benefit forms/accessing funds, counselling, breaks e.g. complementary therapies, support groups, and much more.

If you are a Carer, we want you to enjoy wellbeing as well as gain satisfaction from your caring roles so we will support you with any potential challenges that you may face. We also work with other organisations to ensure that you are recognised, respected and that your views are taken in account when planning services.

## **New Volunteer Roles at SCC...can you help us find the right people?**

Sutton Carers Centre is looking to recruit **12 new Information and Advice** volunteers to help with reception, answering and directing telephone enquiries, and providing more peer information, advice and support. Full training will be given.

We are also looking for **4 form-filling volunteers** to help Carers and their families complete welfare benefit forms. Full training will be given and you will be supported throughout. The main forms we assist with are Disability Living Allowance, Attendance Allowance, Personal Independence Payment, Carers Allowance and a few others.

Volunteering can be a rewarding way of meeting other people, getting a break from caring responsibilities and acquiring skills which might be valuable in the world of paid work. Whether you want experience, to keep busy between jobs or between your parental/caring responsibilities, or simply to give something back, we always welcome volunteers at SCC - whether it's a few hours a week or month!

Are you interested in finding out more or do you know of anyone who may be interested? If you can help us build our volunteer teams and make our services even better, identifying and supporting even more Carers, please do let us know.

For further information, please contact **Nadia** via e-mail on [nadia@suttoncarerscentre.org](mailto:nadia@suttoncarerscentre.org). Please note that all volunteer applicants will be required to undergo our recruitment procedure including a full DBS check prior to volunteering. Also all travel expenses can be reimbursed.



## Sutton College Family Learning Courses this Autumn

Learn together! Workshops and courses for mums, dads, grandparents & their children. All materials provided.

### **Family English Language – Communication –**

**Support your child (ESOL adults only)**  
Wed 21st Sep • 09:30–11:30 • 5 sessions  
Sutton Children's Library  
Course code: L30000A14YG (FREE)

### **Family:**

#### **Beautiful Beads & Boxes** (ages 4+)

Sat 8th Oct • 10:00–12:00 • 2 sessions  
Sutton College  
Course code: F60002A09AG (£20)

#### **Festive Stories**

#### **Arts & Crafts for the Family** (ages 2+)

Mon 31st Oct • 12:00–13:00 • 6 sessions  
Westcroft Library  
Course code: F10000A09AG (FREE)

#### **Family Crafts & Games for Learning & Fun (ESOL)** (ages 2+)

Thu 3rd Nov • 13:00–14:00 • 4 sessions  
Sutton Children's Library  
Course code: F41001A09AG (FREE)

#### **'I Spy' Arts & Crafts – Family Fun at Honeywood** (ages 2+)

Fri 11th Nov • 13:30–14:30 • 4 sessions  
Honeywood Museum  
Course code: F51001A09AG (FREE)

## October Half Term at Sutton College Main Centre, St Nicholas Way, Sutton, SM1 1EA

### **African Djembe Drumming for the Family (ages 5+)**

Mon 24th Oct • 10:00–11:00  
Course code: F10052A09JG (£5)

### **'Out Of This World' Family Pottery & Fun Maths (ages 7+)**

Tue 25th Oct • 10:00–12:00  
Course code: F20051A09AG (£10)

### **Pumpkin Carving for the Family (ages 6+)**

Wed 26th Oct • 10:00–12:00  
Course code: F30001A09G (£10)

### **Family Halloween Fun: Devilish Drinks & Spooky Snacks (ages 6+)**

Thu 27th Oct • 10:30–12:00  
Course code: F40001A07FG (£10)



To book your place/s please download & fill in an enrolment form at [www.suttoncollege.ac.uk/family](http://www.suttoncollege.ac.uk/family) or enrol in person at our **Sutton or Wallington Centres**.

\*Course fees are for adults only – **children are free**. (Maximum 2 children per adult)  
Priority is given to adults who do not have a maths and/or English GCSE A-C grade.

## Update from the Sutton Youth Parliament

I was elected as Member of Youth Parliament for Sutton in January 2016. In this time, I have been able to take part in the amazing work Youth Parliament does on both a regional and national scale. Youth Parliament allows the voices of young people to be heard, not only in Sutton but also as young people in today's generation. Being a part of Sutton Youth Parliament has brought experiences such as organising the annual Youth Summit, which allowed the youth of Sutton to air their views in a democratic way, and talking to local MP's to help get the youth more involved in politics.

Later in the year we will be taking part in the annual Make Your Mark consultation, which will determine what the MYP's across the UK will debate on in the House of Commons in November of this year.

Make your Mark is the largest youth referendum, achieving nearly one million votes last year and successfully helping the UK Youth Parliament in recognising racial and religious discrimination as the number one concern for young people in the UK. The youth need a way to engage in politics and democracy, and the campaigns the UK Youth Parliament have are a perfect way of achieving this. In a day and age where the youth have no say in their own future, organisations like Youth Parliament are critical in ensuring the bridge between the youth and politics is strong. By electing Members of Youth Parliament and voting in youth referendums such as Make Your Mark, our generation are able to witness first hand the power we have.

As a Member of Youth Parliament I represent the views of the youth of Sutton. I represent the views of the youth of Sutton

because without a Youth Parliament, we wouldn't have a voice. We are the future of this country, and we are fighting for a voice. Youth Parliament gives us that voice.

Iman Samad MYP



Hi everyone! My name is Bethany and I am the Chair of Sutton Youth Parliament. Over the last year, the Youth Parliament have run a variety of incredible events for young people!

We kicked off the year with a visit from a French Youth Parliament and it was invaluable to learn about their community, the work they do and we have taken much inspiration from their ability to do so much with such limited funding.

At the end October 2015, we had a Black History Month Celebration for young people centred around the work of Maya Angelou. We had poetry

Hi my name's Harry and I'm the Deputy Youth MP for Sutton. Since being elected in January, my pledge for the year is to bring life skills into schools. We get taught algebra, the importance of rocks and the respiration of plants, but nothing truly useful that will help us in life. I recently did a survey, asking young people to vote for the skills they most want to see delivered. I got 50 responses from across the borough, with money management, self-defence and first aid coming out top in the survey. Using these results, I am now working towards getting these skill workshops delivered to at least 3 schools in October-November time. I hope that these workshops will help young people feel prepared for the future, and will help them with any situations they may face.

Harry Hamilton DMYO

readings, speeches and The Gary Mason Foundation kindly visited us, telling us Gary's inspirational story and we were all lucky enough to try our hands at hand drumming! This event was championed by our own Rahma Salia, who put immense amounts of work into organising this event.

At the end of November 2015, we had a Youth Celebration Event, where we championed the extra-curricular and lifetime achievements of unsung heroes in our borough. This was fantastic to be a part of and host! In the style of the Oscars, we had dance and musical performances, speeches, videos and a fantastic DJ! It truly was an unforgettable night!

As Iman mentioned, our last event of the year was the third annual Youth Summit, championed by Kirsty Unwin, with whom it was a pleasure to co-host the day. We ran 4 discussion-based workshops, 3 of which were decided by the young people who attended.

The topics were: LGBT+ issues, discrimination in all forms, mental health and youth crime. It was a truly inspiring day and so many different view points were included due to the variety of schools who attended: Wallington Girls, Sutton High, Carew Manor, Stanley Park and Limes College, to name but a few.

It has been a fantastic year and I look forward to even more successes for the group moving forward.

Bethany Knowles :)

Hello there Sutton Parents Forum readers, I'm Ethan, last year's elected Member of Youth Parliament, and I'd like to share a bit about my experience within the Sutton Youth Parliament.

I started off by applying and campaigning like mad to get myself known by young people in schools. I did this by being involved in many of the youth services which ran in the London Borough of Sutton. Through this I was able to publicise myself. I also did talks in school assemblies which boosted my self confidence. Ever since, my self esteem has been high.

While I was in the youth parliament I had pledges and goals to achieve. My three ambitions were: getting councillors to come into schools to hear the views of young people directly, and be on the frontline in hearing them out. I also wanted to make young people more aware of events going on in the area. Through this it would help them to find opportunities which could add to their life whether it is to improve a CV or even just for fun! Lastly, I wanted to improve the services for young people regarding mentoring and advocacy. Although this last goal wasn't reached, I campaigned and lobbied relentlessly for change.

Throughout the Youth Parliament experience I found it insightful and a great learning curve about politics and most importantly, standing up for people. I learnt how to work as a team with people, built up my public speaking and developed confidence. All this, along with having Aspergers Syndrome which many have thought would cause me anxiety, however, I found this very much a positive because it has helped me to absorb knowledge about certain topics, and to think things through and to see them to the end.

I hope I have enlightened you on how useful the Youth Parliament was to me, it was great fun and I'll never forget it. But there are always opportunities out there for people, and you must never let anything hinder you. Whether you are a young person or parent, always make the best of what's around you, for yourself, your friends and family.

Ethan Smith :)

Hello I am Daigan Reid, I'm 18 years old, I've been a Youth Parliament Member for over 4 years and I have just left Wilsons's School to find my place in the world.

In January 2015 I was elected as the Deputy Member of UK Youth Parliament for the borough of Sutton. During the course of the year I campaigned for more Bus Stop Countdowns near schools. Through a liaison with Boris Johnson I was informed of electronic countdowns that are able to work within schools on plasma screens installed free of charge. After various meetings with TFL (Transport for London) the infrastructure has now been set so that any school within Sutton may opt to adopt this software allowing students to see when their buses are due before leaving the confines of their respective schools.

I also led the national Make Your Mark Campaign in association with the British Youth Council and worked with multiple schools to allow the voices of Young people to be heard. I managed to get over 1300 votes from young people about the issues that concern them most within the UK and as a borough we consulted over 5000 young people on this matter. Although my term has ended and my goals achieved, we are still hoping that more schools will continue to sign up to the Bus Countdown service being offered by TFL.

Thanks for reading!

Former DMYP,

Daigan Reid

As we are all aware, the budget cuts over the last year have affected a variety of services for young people in the borough and Sutton Youth Parliament has been no exception. We have transferred over from the care of LBS to Volunteer Centre Sutton. **WE WOULD LIKE TO SAY A MASSIVE THANK YOU TO DAN, LEE AND JANIABA FOR THEIR TIME WITH US!!!** Whilst this is a difficult time of transition, we are determined that the service will continue and to do that we need more young people to get involved! So:

**Do you care about your community?**

**Do you want to be active in making a change?**

**Do you want the opportunity to grow as a leader and a team player and develop a variety of skills whilst making new friends from across the borough?**

**THEN WE WANT YOU!**

Please get in contact with us by emailing Marta Rocco on: [MartaRocco@vcsutton.org.uk](mailto:MartaRocco@vcsutton.org.uk)

**We can't wait to meet you!**

## Carshalton Environmental Fair 29th August

The Environmental Fair returns to Carshalton Park, Ruskin Road, Carshalton on Bank Holiday Monday 29<sup>th</sup> August from 10.30 am to 8.00pm.

Come to our great family day out! One of the biggest events in South London attracting around 10,000 people. The Environmental Fair offers something for everybody. The Children's Area is sponsored by Southern railway this year, and includes: a cycle power challenge, face painting, circus skills, a 'Love Food Hate Waste' quiz trail, scavenger hunt, crafts, Beanstalk Barney's Big Bug Bonanza!, coconut shy, 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 beautiful craft, with interactive craft demonstrations, environmental information and promotion of local groups/sustainability initiatives. The Fair themes this year is 'Love Food, Hate Waste' in partnership with Sutton Council's recycling campaign. 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, Pizza to Caribbean food, curry and more. The bar will be back with a range of real ales. Or relax at the Music Café with a cup of tea and slice of home made cake baked by the Womens' Institute. You must try too their special cream teas.

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

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

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



For further information visit [www.envfair.org.uk](http://www.envfair.org.uk) facebook/envfair twitter@envfair

Enquiries email: [fair@ecolocal.org.uk](mailto:fair@ecolocal.org.uk) or telephone 020 8404 1522



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