

NYPACT news

The collective voice for parents and carers in North Yorkshire



Welcome to NYPACT News, your newsletter from North Yorkshire Parent Carer Forum. NYPACT is a non-profit making organisation run by parents for parents.

NYPACT membership survey

To obtain feedback from our members and to support our ongoing planning for the future direction of NYPACT, we ran a survey in November. The survey included questions about what parents and carers liked about NYPACT and also whether there was anything that NYPACT could do that it wasn't already doing to support them and their families.

There was a very good response rate with 183 members completing the survey. Since the survey closed, we have been collating and analysing the comments. We are also in the process of getting in touch with those who left questions or comments.

The feedback fell into seven broad categories:

- Parents who were identifying gaps in provision for certain age groups/gender/additional needs
- More feedback/updates requested about the committee work and the national picture
- Those who stated that they did not know enough about NYPACT in terms of aims, structure and how they could get involved
- Respondents who would like NYPACT to hold meetings in different parts of the county so they could attend (this included family events and outings)
- Positive comments in terms of the events we do organise, updates we provide via

newsletter/email/Facebook and signposting parents to relevant information and services

- Parents reported the difficulty in accessing information they needed when they needed it e.g. about EHCP's, mediation, tribunals etc. and wondered if NYPACT could support improvements on this
- The perceived relationship between NYPACT and the local authority

This feedback is welcomed and will help inform our plans for the future.

To help you keep up to date with what NYPACT is doing, we are organising events across the county allowing more parents to attend. The first two are in Craven and Scarborough districts in March with more to follow in 2019.

In addition, our monthly committee meetings are on the move, with recent meetings taking place in Thirsk, Northallerton, Riccall and York.

NYPACT members can attend the open part of the committee meetings from 12.30pm-2pm by emailing: NYPACT@communityfirstyorkshire.org.uk

What do you like about NYPACT?

Newsletter – NYPACT News	46%
Max card	88%
Email updates about consultations and local/national services	52%
Facebook group	39%
Events/Activities	37%
Opportunity to meet other parent carers	24%
Being part of an organisation specifically for parent carers	43%
Other	15%

NYPACT spring information events

Following the success of our free event in December in Harrogate, NYPACT is organising two more for parents and carers in Craven and Scarborough and Ryedale.

Craven

Date: Tuesday 19 March 2019

Venue: The Avalon Centre, Broughton Hall, Broughton, Skipton, BD23 3AE

Timings: Registration at 9.30am, event starts at 10am and close by 2pm.

Scarborough & Ryedale

Date: Thursday 28 March 2019

Venue: King Jewel Suite, the Downe Arms, Main Road, Wykeham, Scarborough, YO13 9QB

Timings: Registration at 9.30am, event starts at 10am and closes by 2pm.

At both events parents and carers will have the opportunity to hear from Helen Seth, NYPACT Chair about the work of the organisation and how to get involved. Andrea Hobbs, a consultant who has been working with NYPACT to explore opportunities for 2019 and beyond will present our plans for the future. In addition, some of the local parent support groups and organisations will be on hand in the marketplace to showcase their services and answer any questions you may have.

Workshops:

'Parenting in a Digital World'

with Sarah Lynch from Go-Wise Online

Sarah, an ex-police officer and a mum to three boys, will demonstrate that you do not have to be technical with media and computers to support your children online. Topics include: parental controls, social media security controls, cyber bullying and child friendly search engines.

A parent's feedback from our December event in Harrogate: 'The online safety workshop was excellent! I learned so much about my own online safety, not just that of my child'.

'Sensory Processing'

with Dawn Dunn from Tree Tops

Dawn is an occupational therapist who has trained in sensory integration and who has over 30 years' experience working with children. She set up Tree Tops in 2001, an independent occupational therapy service, specialising in sensory processing difficulties (SPD).

A parent's feedback from Dawn's workshop last December: 'The SPD talk was incredibly relevant and helpful. Dawn was incredibly helpful and knowledgeable and has given me some fantastic tactics to try'.

To book online:

Skipton: <https://bit.ly/2EjEJLS>

Scarborough: <https://bit.ly/2TnK1j8>

The event is free with a buffet lunch included. Reasonable travel expenses can be reimbursed and any extra childcare costs can be paid if accompanied by receipts.

Get help with your energy bills

Are you concerned about your energy bills or in fuel debt? Warm & Well in North Yorkshire can help with these issues and much, much more.

Funded by British Gas Energy Trust and delivered by organisations across North Yorkshire, Warm & Well in North Yorkshire offers a range of practical and financial support to residents in North Yorkshire. This includes advice on how to save money on energy costs, switching suppliers, grants, home visits and help with minor repairs.

The project aims to support people on low incomes or in receipt of benefits, as well as families with young children and anyone with physical or mental health issues.

If you think you could benefit from support from the Warm & Well in North Yorkshire team, just give the helpline a call on 01609 767 555 or email: wmw@northyorkslca.org.uk



**Warm
& Well**
in North Yorkshire

What's it like being a NYPACT trustee?

Would you like to become more involved with NYPACT? Have you ever thought about joining our committee? Kat Farrell, a trustee for two years, talks about her experience of being a NYPACT trustee.

A chat with Kat

I became a trustee at NYPACT because I was interested in helping other families going through the same additional needs issues. I also wanted to be more involved in ensuring there was parent voice heard within Local Authority policy making, systems and strategy for SEND.

I would say to someone who is interested in becoming more involved in NYPACT to just go for it. We are a really friendly group of people who have a great sense of humour and we like cake and chips at our meetings. It's really nice to have a group of people who share the same issues that you can moan to as well.

I am married to a long suffering husband who is amazing, and we have two children of Primary School age. We have a son with Autism and Dyspraxia and a daughter with Autism who struggles with anxiety.

Through being a Trustee with NYPACT I have learnt so much

about other people's situations, their challenges and the knowledge they need to have in order to navigate the various systems to get their children and young people the support they need. I feel it's very important that NYPACT's input into strategy meetings with the Local Authority on issues of SEND have enabled the parent voice to be present, be heard, and to have an equal seat around the table. I really enjoy helping to run NYPACT events and conferences and getting to know lots of new parents and hear about their experiences and also the expertise they've invariably had to develop around their child's needs.

I have been surprised by the amount of chips we eat!

I don't have time for many hobbies as I also work part-time in a Special School but I do enjoy studying and am currently doing an Education Doctorate in Special Educational Needs (very slowly, part-time!). I am also a youth support volunteer for St John Ambulance, working within



the local St John Ambulance Badgers group with children and young people.

In an ideal world I'd like to see children educated according to their individual needs, in an appropriate environment and with an appropriate curriculum for them - whatever that may be. I often wonder how it is we're able to get through all the red tape and barriers to teach very young pre-school children outdoors all day with more and more fully outdoor Nursery provisions and yet we still believe that sticking 'all' children from the age of about 6 years behind a desk all day, using a one size fits all approach and a one curriculum fits all is somehow going to work! I think so long as we keep such pressure on schools to achieve results and link OFSTED judgements, teachers' performance related pay and management meetings to this, then mainstream inclusion cannot ever be achieved in reality.

Kat Farrell, NYPACT trustee

“We are a really friendly group of people who have a great sense of humour and we like cake and chips at our meetings. It's really nice to have a group of people who share the same issues that you can moan to as well.”

If you would like to join Kat and the team or would like to know about how you might be able to become more involved with NYPACT, please email NYPACT@communityfirstyorkshire.org.uk

GET ACTIVE THIS SPRING IN NORTH YORKSHIRE

Play the beautiful game in the Harrogate District.



ABILITY FOR ALL IN BOROUGHBIDGE

Boys and girls of any ability are welcome to come along and join in fortnightly football sessions on a Sunday morning at Boroughbridge Football Club.

Each 75 minute session is designed to help children enjoy and take part in a fun, friendly environment, with the aim of helping them develop their football and social skills. Friendly games are also organised against teams of similar ability in the area.

Currently children and young people aged from six to fifteen are regularly enjoying the training

sessions. Chris, one of the organisers says:

“We welcome children of any ability to our sessions, who want to take part in sport in a fun and friendly and non competitive environment. We encourage each child to take part to the best of their ability and deliver the sessions designed to suit their needs and we enjoy watching them progress and grow both as individuals and as a group.”

Anyone interested please contact Chris on 07764 775130

ADVERSITY UNITED

Adversity United is a Harrogate based football club for children aged 6-12 years with a special educational need or disability.

The team was set up by Cameron Osburn whose goal is to help children engage in sport and build confidence before they move up to secondary school. Cameron won the support of his school, Harrogate Grammar School, and explains ‘Living with Cerebral Palsy, I know having a disability doesn’t impact the passion you have for sport, you just need to find a way to play it.’

All abilities are welcome to join in the training sessions which take place at Harrogate Grammar School, Arthur’s Avenue, Harrogate, HG2 9DZ on Tuesday from 4.30pm-5.30pm. **For more information call 07468 855433 or email advrsityunited@gmail.com**



INCLUSIVE SPORTS IN HAMBLETON

There are a range of sports taking place in Northallerton

Activity: Northallerton Multi-Sports

Date: Every Tuesday

Venue: Northallerton Leisure Centre

Session time: 5:30pm-6:30pm

Cost: £3.00 per session.

Activity: Boccia sessions in Stokesley on Thursdays

Date: Every Thursday (excluding 28 March)

Venue: Methodist Church Hall, Stokesley

Session time: 5:30pm-6:30pm,

Cost: £3.00 per session

Activity: Northallerton Boccia Club

Date: Every Saturday (excluding 30 March, 20 and 27 April)

Venue: Northallerton Leisure Centre DL6 2UZ

Session time: 4:00pm - 5:00pm

Cost: £3.00 per session

For further information please contact Hambleton District Council's Inclusive Sports Officer, Joe Mckechnie by email to Joe.mckechnie@hambleton.gov.uk or call 01609 767261.

WETWHEELS YORKSHIRE – BUILDING DISABLED PEOPLE'S CONFIDENCE.

Wetwheels builds disabled people's confidence by providing the opportunity to access the sea in a fun, safe, stimulating and rewarding way using specially modified, fully accessible powerboats. Trips are staffed by specialists who ensure that each person can share experiences, challenge their self-perceptions, extend their horizons and discover new opportunities.

There are four core activities:

- **Sport** – offering the opportunity for everyone, regardless of ability, to come sea fishing
- **Education** – boating knowledge course
- **Marine and environment** – discover the wildlife and ecology of our maritime environment
- **Mentoring** – one-to-one opportunities for peer support

For further information email info@wetwheelsyorkshire.com or call 01947 466566.

SCARBOROUGH DISABLED SWIMMING GROUP

Scarborough Disabled Swimming Group offers fortnightly swim sessions for residents of Scarborough, Whitby, Filey and surrounding areas at Scarborough Sports Village.

The sessions run from 6:00pm until 7:30pm on the following Saturdays in 2019:

6 and 20 April

4 and 18 May

1, 15 and 29 June

13 and 27 July

10 and 24 August

7 and 21 September

5 and 19 October

2 and 16 November

It's free for children under five and £1 for those aged five-17 years rising to £2.50 per session for those aged 18 and over. There's also an annual membership of £8.00.

For further information contact: Wendy on 01723 363600 or email contactus@sdsg.org.uk

SCARBOCCIA

Scarboccia run a boccia session every Tuesday from 4 - 5.30pm at Scarborough Sports Village. Boccia is a form of indoor bowls using soft leather balls and is an inclusive sport for all abilities. Sessions costs £3 per person.

Sessions take place at the Scarborough Sports Village, 5 Ashburn Road, Valley Road, Scarborough YO11 2JW.

For further information call 01723 448815.

Contact – the charity for families with disabled children.

Who is the Contact helpline for?

The helpline is for parents and carers in any part of the UK with a disabled child aged from birth to 25. Your child can have any kind of disability or additional need, and they do not need to have a diagnosis.

How can the helpline help you?

Contact understands that life with a disabled child often brings unique challenges. The helpline advisers can help you feel more confident and informed about tackling them. The advisers give you advice, information and support about any concern or question you might have.

Getting a diagnosis and medical information

Contact advisers can talk through how to get a diagnosis for your child. They also have reliable and trusted information on hundreds of conditions, including rare conditions. If you'd like they will put you in touch with local and national condition support groups and introduce you to their online community, where you can chat with families across the UK affected by the same condition.

Services you might be entitled to

Contact will help you to understand how to ask the local authority for practical help and support for your family. This includes making requests for needs assessments and accessing short breaks.

Benefits and sources of financial help

Contact will help you find out what benefits you might be entitled to and identify other potential sources of financial help. Their parent advisers can provide initial advice on your benefit entitlement. They will assess your situation and may offer you a telephone call back appointment with their specialist welfare rights team.

A call back appointment might be offered for a benefits calculation, advice on challenging a decision, or dealing with a change in your family circumstances including:

- **Where your child is going into hospital for a long stay or residential accommodation.**
- **The effect on your entitlements after separation from a spouse or partner or them joining the household.**

- **Overpayments or underpayments of tax credits or benefit payments.**
- **Benefits checks, due to a change in circumstance of the family e.g. an increase or decrease in your working hours.**
- **Families with a child aged 16-19 who could claim benefits in their own right.**

Support in the early years

Contact has access to a range of resources that can help, including information on behaviour, sleep and toileting. They can also help you understand about your rights to free childcare and how to find childcare places in your area.

Special Educational needs

Contact advisers can explain how special needs (SEN) are identified and assessed in England and what to do if you're not happy about the support your child is getting.

Contact education advisers can help;

- **If your child is struggling at nursery, school or college and you are not sure how to get the help and support your child need.**
- **If you need help about transport to school or college.**
- **If your child has health needs that affect their education or attendance at school.**
- **If your child with SEND has other difficulties in education, including exclusion, bullying or discrimination.**
- **Put you in touch with local sources of help and support.**

How to get in touch with Contact

Telephone: 0808 808 3555 (free from UK landlines and mobile phones)

Helpline is open from 9.30am-5pm, Monday to Friday

Email: helpline@contact.org.uk
(response within 10 working days)

Facebook: [facebook.com/contactfamilies](https://www.facebook.com/contactfamilies)
(responses within two working days)

Twitter: [@contactfamilies](https://twitter.com/contactfamilies)
(response within two working days)





Launch of the Sensory Outreach Van across North Yorkshire

Springtime 2019 will see the launch of a new partnership project to deliver free comprehensive outreach support to adults living with a hearing or visual loss within North Yorkshire

The Wilberforce Trust has launched an outreach van to facilitate the delivery of a service focused upon sensory awareness to the communities of North Yorkshire and York.

The Yorsensory team are a team of professionals. They deliver sensory awareness within the Wilberforce Trust, will be working in partnership with North Yorkshire County Council's Sensory Team, the Stronger Communities Delivery Managers and representatives from sensory loss partner organisations who are working within North Yorkshire and York.

The Sensory Outreach Van will act as an awareness raising vehicle with its eye catching wrap-around artwork as it travels around local communities. It has been constructed with a miniature consultation room and equipment display area that provides the workers and the public with a travelling Hub focused upon hearing and visual loss.

The van will be visiting North Yorkshire and York during 2019 raising awareness, signposting to support services and offering the public the opportunity to meet with and self-refer for sensory assessments with the North Yorkshire County Council's Sensory Team. This is an innovative multi-agency partnership project which will aim to deliver a free comprehensive sensory loss service to people who may be isolated for a variety of reasons.

For more information email yorsensory.org.uk or call 01904 202292

A step towards independence

NYPACT has been working as one of the partners with Chrystal Staveley from the Special Educational Needs and Disabilities (SEND) Transport Team at North Yorkshire County Council on plans to increase the number of young people who can access Independent Travel Training.

This new service has four elements:

- **Parent Workshops** lasting two hours which provide advice for parents and information about travel training for children and young people as well as how parents can support their child. In addition there will be workshops for young people that will explain very simply what travel training is about (parents can also attend).
- **Parental guidance**, available as an information brochure for parents.
- **Train the Trainer**– secondary schools and colleges will be responsible for the training. All secondary schools/colleges in North Yorkshire have been asked to nominate two members of staff (either part of learning/pastoral support, ATA or HLTA status) to complete the one day travel trainer course so that they can deliver travel training in their school. Schools will be monitored on the quality of their training.
- **A film has been produced** that features local pupils and parents and their experience of travel training.

Information about Independent Travel Training courses will be added to the Local Offer and it is hoped that the first Train the Trainer courses and parent workshops will be organised before Easter.

WORLD AUTISM AWARENESS WEEK



Harrogate and District National Autistic Society invites YOU to their:

AUTISM WEEK REFRESHMENT DAY and CLINIC

The event includes:

- Tea and coffee
- Light lunches including soups, sandwiches and quiches
- Cake sale
- Book sale
- Help & support zone- come and chat with us
- Board games and toys will be available

**Saturday 30th March
10am-3pm**

Wesley Chapel,
Oxford Street
Harrogate
HG1 1PP

Free entry

All are welcome. We hope to see you there!

New times for SENDIASS North Yorkshire advice line

SENDIASS is a small, professionally qualified team providing free information, advice and support to parents, carers, children and young people in North Yorkshire. All the team are professionally qualified on issues relating to SEN and Disability with a significant level of SEND legal training.

The team can be contacted via the SENDIASS telephone advice line or by email. A Coordinator will then assess your needs before offering relevant SEND information, advice and support.

SENDIASS are changing the opening hours from 25 February 2019 as follows:

Tuesday and Thursday 9:30am - 1pm during school holidays

Monday- Friday 9:30am - 1pm during term time.

All referrals should continue to come through the advice line number (01609 536923) or the email info@sendiassnorthyorks.org.

Contact NYPACT...

North Yorkshire PACT
Unit A,, Tower House,
Askham Fields Lane
Askham Bryan
YORK
YO23 3FS

Telephone: 01904 704177

Website: communityfirstyorkshire.org.uk

Email: NYPACT@communityfirstyorkshire.org.uk

Facebook: www.facebook.com/NYPACT