

Disabled Children's Information Service

Winter 2013
Issue 26

A free termly newsletter
for families of
disabled children
or those with
additional needs

Health,
safety and
behaviour

Page 6–7

- Experience the B-friending project

Page 11

- Meet two social workers from the child psychology team at St Luke's CDC

Page 15

- Read about a Bradford Forest School supporting adventurous play

Free termly newsletter sent to your door!



News & Events

The latest from education, Council services, health and voluntary organisations

Useful Resources

Details of support groups, activities and consultations

Your Ideas & Stories

Inspiring stories from disabled children and young people, parents and carers

Guides & Features

On everything from benefits and childcare to sports and activities

Complete and return this membership form or complete the online membership form at www.bradford.gov.uk/dcis

Membership Form

Parent / Carer

Title:

First Name:

Family Name:

Address:

Relationship:

Signed:

Child / Young Person

First Name:

Family Name:

Address:

(If different)

Date of Birth:

Male: ☐ Female: ☐

General description of disability

Physical impairment <input type="checkbox"/>	Communication disability (incl Autism) <input type="checkbox"/>	Chronic illness <input type="checkbox"/>
Visual impairment <input type="checkbox"/>	Development/learning disabilities <input type="checkbox"/>	Life limiting illness <input type="checkbox"/>
Hearing impairment <input type="checkbox"/>	Emotional/behavioural disabilities <input type="checkbox"/>	Mental health <input type="checkbox"/>

Your Information Needs:

I would like the DCIS newsletter to cover:

An article on A guide to An interview with

I have a story or some information to share with other parents in this newsletter.

Continue on an additional sheet if necessary

Do you have a question that you would like us to try to answer in this newsletter?

How would you like it delivered? Post ☐ Email

Normal or large print? Normal print ☐ Large print ☐

Tear off this page and send to:

Freepost: Freepost RTCT-XCAB-AUGJ
Data Collection Officer, Strategic Support
Future House, Bolling Road, Bradford, BD4 7EB



Contents ...

Membership Form	2	A parent's letter.....	12
Welcome	3	Resources	13
News	4	Learning to swim	14
Disability roadshows.....	5	Adventurous play	15
B-friending project	6-7	Road safety	16
Safe swallowing.....	8	Wellbeing.....	17
Getting a good night's sleep	9	SEND review update	18-19
Healthy minds group.....	10	Bradford Toy Library	20
Child Development Centre	11		

Welcome to the DCIS Winter 2013 issue

Hello and welcome to this winter edition of the DCIS newsletter. The people who work on this newsletter including parents, carers and staff working with families across the district feel that health, safety and behaviour is an important topic for us to cover.

During our most recent editorial meeting, where we meet to plan out each edition, parents expressed their own experiences of dealing with behavioural issues, and health and safety concerns they come across daily. We have shared as much information with you as we can, based on parents' own experiences and ideas about the articles which will be most helpful.

When we start researching for each topic, it is always wonderful to hear about all the successful work going on within the district to support families. On page 16, you can read about a unique road safety initiative at Chellow Heights Special School in Bradford, to teach children about the importance of road safety.

Read about the work a young people's group called the 'Healthy Minds Group' on page 10. The group works to support children and young people by giving them information about where to go for support if they have any worries, or need to talk to someone.

You can also read the feedback from the consultation held with parents, carers, young people and professionals in Bradford ahead of the Children and Families Bill. The Bill, which is currently going through Government, will see changes to service for families with a child with additional needs. You can read more about this on pages 18 and 19.

We hope you enjoy reading this edition.

**The DCIS
Editorial Team**

Call out for dads!

Are you a dad who is a parent or carer of a child with additional needs? The DCIS is looking to feature dads in a future edition. If you are a dad who would like help to develop ideas for articles call **01274 433861**.

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 433861

Contact us...

Write to:

Disabled Children's Information Service,
Room 420, City Hall, Centenary Square, Bradford, BD1 1HY

Telephone: 01274 433861

Email: xxxx@xxxxxxxxx.xxx.xx

Website: www.bradford.gov.uk/dcis

Note: Every effort is made to ensure that the information in this newsletter is correct. City of Bradford Metropolitan District Council can accept no liability for errors or omissions. Views and opinions expressed are not necessarily those of City of Bradford Metropolitan District Council.

Personal Independence Payment

Personal Independence Payments (PIP) have now replaced Disability Living Allowance (DLA) for people who are aged 16 to 64.

The changes to DLA will not affect children who are aged under 16, who currently claim DLA.

From October adults over 16 whose existing award is coming to an end, or who report a change of circumstances or volunteer to claim PIP have started to be reassessed under the PIP system. Initially this will only apply in certain postcode areas and Bradford is not planned to be included in this until 2015.

DLA claimants who turned 16 on or after 7 October 2013 will also be re-assessed under PIP.

PIP is being introduced over a number of years, so if you currently get DLA you may not be affected until October 2015. This is when all adults claiming DLA are expected to be re-assessed for PIP. If you receive a letter inviting you to claim PIP, or if your needs change, seek further advice.

Visit www.gov.uk/pip or phone **0845 850 3322** (you will be asked for your name, address and National Insurance Number).

For further help and advice call the Contact a Family Helpline 0808 808 3555.



New Transition pages

There are new pages about Transition available on the Bradford Families Information Service website.

The information has been created with parents and carers. The pages include details about what should be happening for a young person at each stage of transition, along with useful questions and answers.

The new pages can be found here www.bradford.gov.uk/fis and under the 'disability & additional needs' button.

Please let us know if you have any feedback or comments about the new pages, email xxxx@xxxxxxxx.xxx.uk

The Parents' Forum for Bradford and Airedale (PFBA)



Julie Bruce (parent and PFBA committee member)

The Parents' Forum has been busy over the last couple of months. We held our AGM on 11 September at Carlisle Business Centre, it was well attended by parents, carers and professionals. Mark Anslow, service manager for children with complex needs, and Bill Turner, strategic manager for SEN, gave us feedback following the review of services for children and young people with special educational needs or disabilities.

I have been involved, along with Richard and Sam from the forum, in working with the Special Educational Needs and Disabilities review group. This is to make sure parents' views and feedback are central to the recommendations and changes in Bradford ahead of the Children and Families Act. We have also attended national and regional events about the proposed changes under the Children and Families Act, to ensure Bradford parents have a voice during the changes to services.

The PFBA is focusing on expanding its role and support, but this requires funding so we are now bidding for money to help us over the next few years. We are also a part of other community bids, especially relating to Manningham Health Partnership to support families where we have least membership. We are pleased to let you know the PFBA is now a member of the Healthwatch Board, nominated by the Carers Partnership.

We will be sending out a news bulletin every month to parents who are members of the forum (from Jan 2014) with regular updates on events, activities and useful information. If you are not a member and would like to join visit www.pfba.org.uk and contact the forum for a membership form.

DON'T MISS

On 17 March 2014 the forum is hosting a behaviour conference for parents and carers, including speakers and workshops.

Parents' Forum for Bradford and Airedale
Web: www.pfba.org.uk Tel: 07506 789051

Working together . . .

Parent roadshows are a success



Parents enjoying a chat and some cake decorating at Phoenix Special School roadshow

Bradford Council and Barnardo's have been running a series of roadshows for parents and carers who have a disabled child in the district.

Parents who have a child with a disability have been trained to be volunteers for the shows, and to give advice and information to other parents.

This includes information about local services including Bradford Families Information Service, Short Breaks, the Parents' Forum for Bradford and Airedale, grants and local support groups.

The next roadshow will take place on 5 February 2014 at Wedgewood House Children's Residential Home, Holmewood.

Meet two Barnardo's parent volunteers

Jennifer Chikoko

Hello, my name is Jennifer and I have a son who has autism and learning disabilities. I heard that Barnardo's were looking for parents to be volunteers to help to share information, and chat about experiences or problems.

As a parent myself, I wasn't aware of any support until my son was 14 years old. I think if I had heard about the groups and support out there earlier, it would have helped me a lot. This has made me passionate to help others and share my knowledge.

When my son was younger I found it very difficult, as I didn't have anyone to talk to about his disabilities. Now, in my volunteering role, I speak to parents and carers going through issues as I did, and it helps to share our struggles with each other. Being a parent volunteer has really helped me to get my confidence back.

Rehana Kousar

Hi, I am a parent of two children who are partially sighted, my daughter is 20 years old, and my son is 16 years old. I also have a younger daughter who is four years old.

I first became a parent volunteer when I went along to a training course at Barnardo's. I realised I had free time when my daughter started school, and wanted to help others in the same situation as myself. When I

heard Barnardo's were looking for volunteers, I asked about helping.

I have always been really shy and would never have thought to go along to an information day as a parent, let alone be a parent volunteer! But since talking to other parents, and sharing information, I have gained the confidence to speak to other parents and share my personal experiences.

Come along to the next roadshow on 5 February 2014, have a chat with Rehana, Jennifer and some of the other parent volunteers.

To book a place or find out more please ring Sarah at Barnardo's on 01274 481183.



Rehana (left) and Jennifer (right)

Welcome to the B-friending project



The DCIS spoke to Calais Lawrence, youth worker who runs the B-friending project.

What is your job role?

I am a youth worker for Bradford Council's Youth Service. One of my main roles is to plan, develop and deliver the B-friending project.

What is the B-friending project?

A project involving young volunteers who take part in activities with young people who may have low self esteem and confidence, a disability, or limited opportunities to socialise with others.

How does the B-friending project work?

The project is designed around the needs of the young people, and because of this young people plan the activities they would like to do. We always look for opportunities for the volunteers to develop 1-1 supporting friendships with young people on the scheme, to help to develop their confidence and independence.

How do you evaluate the success of the project?

Youth workers and young people continuously work together to evaluate and reflect on the B-friending project. We ask for feedback from young people, volunteers, staff, and parents and carers, to ensure the project supports the development needs of everyone on the scheme. All young people can also work towards accredited awards.

Who can join the scheme?

Anyone aged 13 to 19 years of age, and up to 25 years of age if a young person has a disability.

When does the project run?

Young people and volunteers meet every Thursday evening to plan activities, and the scheme runs throughout all school holidays.

What do you enjoy most about your job?

Watching young people grow, develop and achieve. I love that sense of pride when I have had the opportunity to be involved in a young person's journey.

What about transport?

We try to plan as many local trips as we can, and where there are opportunities we use public transport, as part of the development of young people's confidence and independence skills. If we are going further away we do provide transport, however we usually ask for a small contribution towards travel costs.

How do you make sure the needs of disabled young people are met?

We meet with parents, carers and young people to discuss their support needs as soon as we are in contact. We work closely with families to ensure all young people are able to fully enjoy and participate in activities. We do this by maintaining ongoing feedback and contact with young people and their parents or carers.

Comments by young volunteers from the project:

"This summer has been a wonderful experience. Being part of the B-friending project really has made it my best summer yet!" – **Afifah Hussain**

"I have learnt so much, and thanks to all the young people for all the fun we have shared" – **Nisa Shees**

"This experience has been such good fun, and I have loved getting to know all the young people better. I have been volunteering for three years now and the young people are always amazing!" – **Umair Aurangzeb**

"Thanks to all the young people on the scheme, because being part of the B-friending project has been fantastic" – **Sabeen Majid**

Julie's experience

Julie Wallwork is a parent from Bradford. She has a son called Kristian who is 18 years old and has ADHD. Julie spoke to the DCIS about how the project has helped to develop her son's confidence.

Kristian enjoying being pulled on a sledge at Bradford Ice Rink

Finding it difficult to try something new

We found out about the B-friending project through Kristian's school, Bradford Academy. The school suggested it would be a good scheme for Kristian to get involved with. At first, however, he was very resistant to getting involved. Kristian finds it really difficult to make friends, and is nervous about taking part in anything new.

Giving it a go

After some gentle persuasion from me, Kristian said he would give it a try. I am pleased to say he has thoroughly enjoyed everything! The activities Kristian has taken part in include ice-skating, ten-pin bowling, rock climbing and a trip to Blackpool.

Not looking back

Since Kristian got involved in the project, we haven't looked back. It just took him some time to combat his fear of trying something new. It has been a fantastic summer, because I have seen Kristian grow in confidence. It's also so much better for him taking part in activities with other young people his own age, without his mum! I have peace of mind, because I know he is in safe hands with the staff and volunteers.

Time out for me

As well as being good for Kristian, I feel the B-friending project has been really important for me as a parent too. It has given me some much needed respite time. I really can't praise the B-friending project enough. All the volunteers have been brilliant.

Kristian said:

"The activities were fun and interesting. My favourite activity was being pulled along on a sledge on the ice at Bradford Ice Rink.

I would say to other young people; give it a go, because if you don't try it you will never know how much you could enjoy it."

Come along and join in with fun activities with the B-friending project

For young people age 13 to 25 years of age with a disability.
Activities run all year round.
Meet friends, choose where to go, and more importantly have lots of fun!

To join the project or find out more call Calais Lawrence (youth worker) on 01274 435598.
Mobile: 07582 101067

B-friending

Recipe book to help safe swallowing

Adults with a learning disability and/or dysphagia can have difficulty eating, drinking or swallowing, which can make mealtimes difficult.

A group of staff from Bradford District Care Trust, (pictured right) work in assessing, identifying and reducing risks to people with swallowing difficulties. They have launched a new recipe book called 'Safe Swallowing Recipes'.

Please note: These recipes are suitable only for adults who require a modified diet.

The DCIS spoke to the group to find out more.

How did the book come about?

After speaking to carers who prepare and modify food on a daily basis, the same problems kept arising. They weren't sure what consistency food should be, and what foods can be mashed or blended safely.

How did you research the book?

We had a look at what was available already and although we found recipes for large numbers of people in hospitals, we couldn't find any everyday meals for use by families.

How did you go about gathering recipes?

We spoke to chefs and carers working in group homes to find out what they felt modified well. We held some cooking sessions ourselves, and



Grainne Boyle and Rebecca Martin, dietitians, and Rebecca Leighton, speech and language therapist, with the recipe book

short-listed a number of nutritious recipes we were confident could be safely modified and tasted good.

Where did you practise the meals?

Leeds Metropolitan University dietetics department allowed us to use their professional kitchens, and with the support of student volunteers we created the final recipes: breakfasts, main meals, side dishes, light meals, snacks and puddings.

We measured out all our portion sizes, and recorded the method and ingredients we used in each meal.

How do you ensure the recipes are healthy and balanced?

In the Safe Swallowing recipe book, we explain the food needed and portion sizes recommended for a balanced diet. The meals are balanced and nutritious, however they are high in calories because they are designed for adults at risk of poor nutrition or low body weight. Therefore, they are not recommended for general use.

Could you give us examples of the meals from the book?

There are lots of tasty options for people to choose from including salmon fish cakes with parsley sauce, mango smoothie, sweet potato and coconut soup, and fruit with custard. We would love people to tell us what they think of the recipes, how easy they were to follow and how tasty they are.

For further advice from a dietitian or speech and language therapist call 01274 497121.

To order a copy of the book call 01274 223900. The recipe book costs £5 to buy.



Lamb and couscous (one of the meals from the Safe Swallowing recipe book)

Getting a good night's sleep



Sleep problems can be caused by noise, pain, discomfort, being too hot, cold, hungry or thirsty. Statistics suggest that sleep problems can be more common in disabled children.

Neurological conditions, such as cerebral palsy, can cause sleep problems if the brain's normal sleep-wake cycle is disturbed. Children with learning disabilities who have difficulty communicating may not understand why and when they need sleep. Children with autism can be affected with a disturbed sleep pattern, and children with a physical disability might find it difficult to get comfortable at night.

Some parents keep a sleep diary as a way to monitor any changes in a child's sleep behaviour. You may want to share this diary with someone else such as a local support group or a professional who can help you to make some changes.

Here are some resources and further support information you might find helpful.

Cerebra sleep service

Help and advice for families of children with brain related neurological conditions. The team can help with overcoming sleep problems such as anxiety at night, not being able to get to sleep, bedwetting, nightmares and repetitive movement disorders. Sleep advice is given by phone, email, at a sleep clinic, or if possible a home visit.

Contact Dianne Senior on **01274 594277 / 07891 553050**, email **xxxxxxx@xxxxxxx.xxx.xx** or visit **www.cerebra.org.uk**

The National Autistic Society

Provides information, advice and support for people affected by Autistic Spectrum Disorders (ASD). Information on their website includes settling and waking problems, relaxation techniques, establishing a routine, common problems and strategies.

Visit **www.autism.org.uk** or call **0808 800 4104** (Monday to Friday).

Contact a Family's free information booklet 'Helping your child sleep'

'Helping your child sleep - Information for parents of disabled children' is available in hard copy or online.

Full of information such as ways to help sleep, breaking bad habits, and rewarding good behaviour.

For a copy freephone **0808 808 3555**, visit **www.cafamily.org.uk** or email **helpline@cafamily.org.uk**

Children's Community Support Team (CCST)

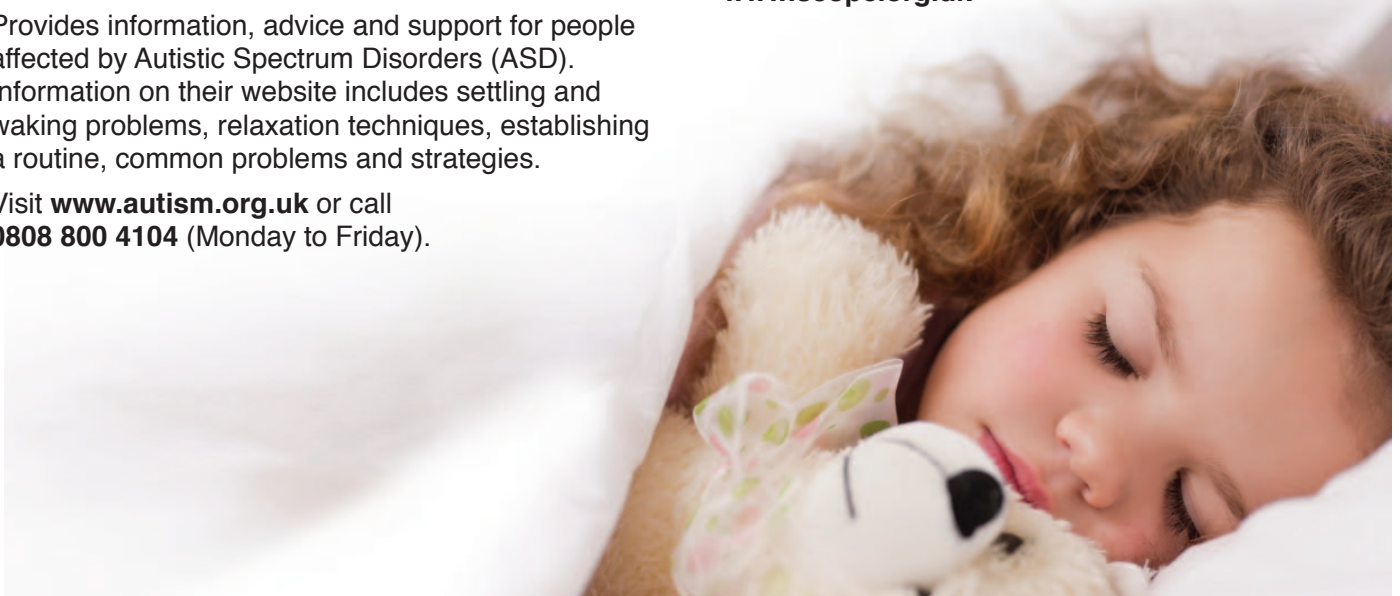
Bradford Council's Children's Services has sleep therapists who can support children with additional and complex needs with severe sleep disturbances.

The team consists of qualified sleep counsellors who use a number of techniques including the use of sleep diaries and sleep assessments.

Referral to this service is through a social worker.

Scope

The charity has information on its website about possible causes of sleep problems, tips for helping children to sleep, keeping a sleep diary, bedroom environment, diet and medication. Read their webpage on 'sleep difficulties in children' by visiting **www.scope.org.uk**



Young people share tips on feeling down



The Barnardo's Healthy Mind Participation Service is a group of young people who meet to discuss issues important to them. The group work closely with Specialist and Comprehensive CAMHS (Child and Adolescent Mental Health Services) and professionals across the Bradford and Airedale district.

The group has made a guide called 'find the support you need' aimed at helping other young people in the district who might be worried, or need to talk to someone about how they are feeling.

Left: These are designs created by members of the healthy minds group to represent themselves

The healthy minds group say:

"If you're feeling down and don't know what to do, here are some ideas that we use, that may help you too."

- talk to someone you trust
- go for a walk
- let it all out – if you want to cry you should. Crying is good for you!
- keep a scrapbook/ diary/journal of how you are feeling
- take up a hobby to take your mind off things, like photography
- do art, poetry, music and capture how you feel creatively
- spend time with your friends and family
- call a friend on the phone
- become a volunteer and help others
- join a young person's group and make new friends
- go in a quiet room and listen to some music to help make you relax
- play your guitar or piano
- tell a trusted adult how you are feeling, through a letter, if you can't say it face to face
- read a book
- sing a song
- go for a run
- go to the gym
- shout into a pillow
- have a hot bath
- look at websites that can help
- focus on something that makes you feel good
- try to keep smiling.

Resources

Child and Adolescent Mental Health Service (CAMHS)

Support for children and young people who have emotional, behavioural or mental health problems.

Where is it? Based at Hillbrook in Keighley or Fieldhead in Bradford.

How do I access it? Through referral from a school nurse or other health professional.

Mind in Bradford

Open access drop-in service to support anyone who needs support with their mental wellbeing.

Where is it? Trade Force Building, Cornwall Place, Bradford BD8 7JT

How do I access it? You can drop in to one of their open sessions, call **01274 730815** or visit www.mindinbradford.org.uk

PRISM Youth Project

What is it? Breathing spaces is for 14 to 24 year olds who have a disability or mental health need. The project helps build confidence, gain skills with experience of working on a farm and growing vegetables.

Where is it? Walker Drive, Gillington, Bradford BD8 9ES

How do I access it? Call Leanne Wright on **01274 360548** or visit www.prismyouthproject.org

If you would like a copy of the full guide, or are interested in joining the Young People's Healthy Minds group, call the healthy minds participation worker on 01274 481183



Stephen Giles (left) and Mo Hussain (right) at Bradford Child Development Centre

Meet two specialist social workers

The DCIS spoke to Stephen Giles and Mo Hussain, from the child psychology team at Bradford Child Development Centre.

What is your job role?

We are specialist social workers within the child psychology team in Bradford.

When would a family be referred to your team?

Referral to the service is usually through a paediatrician, or other healthcare professional such as a speech and language therapist or dietitian within the Child Development Centre.

What age of children do you work with?

We work with children from birth up to 12 years of age.

Where do you hold your appointments?

We always hold the first appointment with a child's parents at the Child Development Centre. This is so a parent or carer is able to talk freely about their child, and talk through any issues or problems they are facing.

What would happen after the initial appointment?

Following the initial meeting we will usually observe a child's behaviour in school, nursery or at home, depending on the child and their needs. Every child is different and we will review a child's behaviour in their usual surroundings, working alongside parents.

What does your daily work focus on?

There are a number of main areas our work involves:

Behaviour – The majority of our work is around behaviour. This can include for example, working with children with temper tantrums, challenging behaviour or communication problems.

Treatment – Some of the children we work with may find it difficult to access healthcare for a number of

reasons. This could be for example, due to previous experiences, or difficulties in understanding the need for the treatment. We work to help overcome these barriers.

Adaptation to illness – This may involve working with families who have children with complex health needs, who may need help to adapt their lifestyles, or who need further support to deal with the impact of a diagnosis or disability on their family.

Other concerns – This may involve sleep, eating, feeding or toileting.

Autism – We are involved in the autism diagnostic process and provide training on autism for parents and carers.

What examples of support would you give to families?

The work we undertake to support a family might include introducing routines, exploring forms of communication, offering parents advice and programmes of support for behaviour management as well as autism. Every situation and child is different, and so the support we give is very unique to a family's situation and needs.

What other organisations do you come into contact with?

We work with a variety of people across the district to give support to families, and this is key to supporting a family successfully. We might work with teachers, social care teams, Parent Partnership Service, Barnardo's, Child and Adult Mental Health Service and the Children's Community Support Team. This network of support allows us to give a holistic approach to dealing with any issues a family might be facing.

Find out more about Bradford's Child Development Centre at www.bradfordhospitals.nhs.uk. You can also read about Airedale's Child Development Centre at www.airedale-trust.nhs.uk

Dear DCIS, can you help?

My name is Sheena and I have a son called Dan who is nine years old, and has Down Syndrome. Two years ago Dan began running away from school, home, and when we were out shopping giving me no prior warning if something was wrong.

The worry for me is that Dan won't tell his name to anyone he comes into contact with, even though we have taught him his name, my name and his address.

This most recent time Dan ran away, was when we were food shopping in Asda in Shipley. This is a usual routine for us, he helps me to write the shopping list and to collect the food in the shop. This is something we enjoy doing together, but on this occasion, out of the blue he suddenly ran away from the supermarket up to the library.

While I was able to find him there, the librarian told me he would not disclose his name or any other information. This is a worry for me, as I don't know how to ensure if it was to happen again that he is safe and would be able to tell someone who he is.

Dan is getting to an age where he wants the independence to do things on his own, but how can I give him the independence I know he wants while still ensuring he is safe?

Parent's letter

The DCIS asked Wendy Uttley from the Down Syndrome Training and Support Service for advice

Hi Sheena, thanks for your letter. I suggest you try a strategy to change Dan's unwanted behaviour of running away. The other suggestion is to make sure Dan has information on him, should he find himself in an unfamiliar place.

In your letter you mention your concerns about Dan not giving his name or address to people once he finds he is lost or in an unfamiliar place. I am not surprised by this, because responding verbally to a stranger who is only using spoken words, is something that is extremely difficult for many people with Down syndrome.

As adults we all carry ID around with us. Our driving licence has our photo, name and address. I would suggest writing his name and address and, using a photo, laminate it to make a small card that can be kept in his pocket when out shopping. It could even be placed in a small wallet for him just like his parents. Then he can be taught that he can use this if he is lost.

To change Dan's behaviour and to help him develop the skills which will lead to more independence, it is important to provide opportunities for Dan to learn how to behave when, for example, you are shopping together.

A strategy for teaching this is to prepare him for a shopping trip by using a visually positive story. For example, you could show him a photo of him doing the wanted behaviour with an "I can do good shopping" sentence written underneath. If you do not have a picture you could just cut a photo of a person from a magazine or newspaper. Then before you go shopping use this picture and sentence to talk (and sign) about the shops and how you need to do good walking and good listening to be able to do good shopping.

If you would like to read Wendy's full reply to Sheena contact the Down Syndrome Support Service on 01274 561308.

Do you have a letter you would like us to answer for you?

**Send your letters to
xxxx@xxxxxxxxx.xxx.uk**

Resources

Contact a Family

Have produced a booklet called 'understanding your child's behaviour' with tips for managing challenging behaviour, information about daily routines, communication, self-harming, sexual behaviour and more. For a copy of the booklet visit www.cafamily.org.uk or call **0808 808 3555**.

National Autistic Society

Have strategies to try to help with activities such as visiting the hairdresser, dentist, shopping trips, holidays and days out. Visit www.autism.org.uk

Down Syndrome Training and Support Service

Provide support and run a range of training courses. Topics covered include Sexual Relationships Education (SRE) and 'The inclusion of children with Down syndrome – expectations of behaviour'. To find out more visit www.downsupportbradford.btck.co.uk or call **01274 561308**.

Airedale and Wharfedale Autism Resource (AWARE)

A local support group, with activities, newsletter and resources to support parents with children and young people on the autistic spectrum. Call Jo Galasso on **01943 466543**, visit www.awareuk.org or email xx.xxxxxxx@xxxxx.xxx

Bradford Autism Support

A support group which helps families with a child on the autistic spectrum. Can provide support and strategies for managing behaviour, and emotional support for parents going through diagnosis. Call **01274 721932**, visit www.autismbradford.org.uk or email xxxxxxxx@xxxxxxxxxxxxxxxx.xxx.xx

Children's Community Support Team (CCST)

Provide support around managing difficult behaviour, giving useful techniques, and strategies for coping. Referral is through a social worker. If you don't have a social worker you can make a direct referral to find out if you need group or individual support. Call **01274 436684**.

Early Bird Programmes (Autism)

Training programmes specifically for parents with a child on the autistic spectrum. Training is undertaken alongside a professional working with your child. To find out more call Jacqueline Ballard on **01274 385833**.

Bradford Training Travel Unit

Training for young people over 14 with a disability about travelling safely. The scheme helps to develop young people's independence skills. To find out more call **01274 436199**.

Help I'm lost card

This is a free card for young disabled people that can help anyone who has communication problems or a disability. If a person carrying the card become lost or scared, they can go for help anywhere displaying the 'Help I'm lost' poster in their window. For a free card call SNOOP on **01274 621066**.

Family Outreach Team (new team)

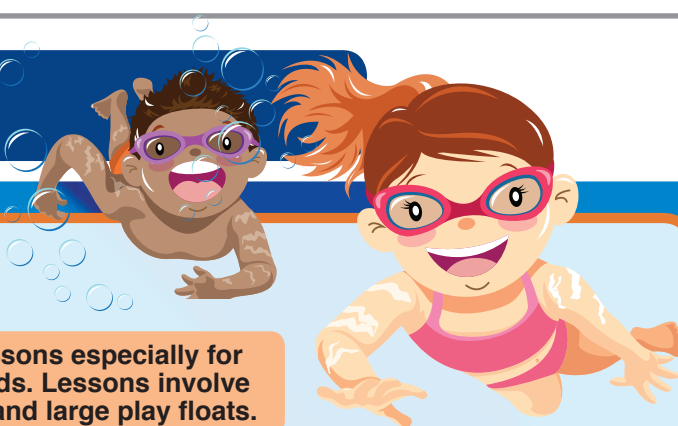
Work with any parents who have children aged five to 11 years of age by offering basic one-to-one support to families at home. The team use a range of parenting programmes to offer support, including Family Links Nurturing Programme, Triple P, Time out for Teens, and Time out for Dads. For information call **01274 435588**.

The Parenting Team (new team)

Work with any parents who have children aged five to 16 years of age by offering basic one-to-one support to families at home. Support, depending on the needs of the family, may include building positive relationships, boundaries and routines, behaviour and discipline. For information call **01274 435588**.



LEARNING to SWIM



Have fun and learn

Council run leisure centres offer swimming lessons especially for children and young people with additional needs. Lessons involve the use of floats, woggles, floating toys, balls and large play floats.

Bowling Pool

Swimming lessons run every Monday, 6.30pm to 7pm. Children must be accompanied in the water by an adult. **Call 01274 727577.**

Facilities:

- Ramp access into pool.
- Water is heated to 32.5°C to provide extra comfort and warmth.
- Changing Places facilities with a locker system.
- Four beds with hoisting facilities, transfer beds and chairs into pool.
- Family and baby changing cubicle.
- All access is on one level so accessible for wheelchairs.
- Free on-site parking plus disabled parking spaces.
- Left and right hand shower room and toilets.

For more detailed information about the facilities at leisure centres in the Bradford district visit www.disabledgo.com.

To find out more about what's on at your local leisure centre visit www.bradford.gov.uk/swimming

The Leisure Centre, Keighley

Swimming lessons run every Monday at 7pm to 7.30pm. Children must be accompanied in the water by an adult. **Call 01535 681763.**

Facilities:

- Although there is not a ramped entrance into the water there is a wet side chair and a hoist for wheelchair users to access the water.
- Changing Places facilities with locker system.
- Two height-adjustable beds.
- Free on-site parking plus disabled parking spaces.
- Level access into the building.
- Left and right hand shower room and toilets.



CHANGING PLACES

Changing Places are areas with specialist facilities which differ from standard accessible toilets, because they have a range of additional features.



Changing Places facilities at Bowling Pool

This includes space in the changing area for a disabled person and up to two carers, specialist equipment including a height-adjustable changing bench and hoist, and screens or curtains in the cubicle.

The following swimming facilities in Bradford have Changing Places:

The Leisure Centre, Keighley
Thornton Recreation Centre
Ilkley Pool and Lido
Eccleshill Leisure Centre
Bowling Pool

To read more about Changing Places across Bradford and the UK visit www.changing-places.org

adventurous PLAY



The DCIS spoke to Jenny Barbour, Forest School practitioner and lead on the management of behaviour for Phoenix Special School.

Where did the idea for the Forest School come from?

When the Phoenix School was being designed, it was always planned that the site would have a large area of land attached so that could be developed as a Forest School.

When did the Forest School open?

We have been running Forest School lessons as part of the school curriculum, both on the school site and at St Ives in Bingley since 2011. Lessons also include children from Merlin Top Academy, which is co-located with The Phoenix School.

What activities does a Forest School lesson involve?

An example is where we teach around a story which is written to support emotional literacy. The story idea encourages children to develop their imagination, and relate to characters within the outdoor environment. Children have developed their own ideas for characters for example, laying traps, and making towers to spy on a 'Red Dragon', and building homes and food stores amongst the woods for a 'Little Elf' and his friends.

What facilities does the outdoor site have?

The area consists of the forest area and a large pond.

As we develop the Forest School site, children will be able to take part in pond dipping to explore the plants, animals and insects within and around the pond. We are currently developing a fire pit, and children will be supported and educated to keep safe around fires.

How do you ensure children with various needs can benefit from the Forest School?

We run some Forest School sessions especially for children with emotional and behavioural difficulties, autism and moderate learning difficulties. All children can take part in the Forest School sessions with additional support. For some children with complex medical needs and physical difficulties being outside for a two-hour lesson can be too long. To support these children an adult will bring a child down to drop in on sessions and return to school when appropriate. We have also recently laid a limestone path to help children in wheelchairs reach the Forest School site.

What are the benefits of learning outside the classroom?

We have seen the behaviour of children improve, children get so much out of being outside and learning in a fun environment. We find the large amount of space outside has a positive effect on them managing their own behaviour and independence. Where children may struggle in the classroom having to sit and listen, outside the world is opened up to them. We have seen developments in children's speech through imaginative activities, for example some children have been seen to lead others when building dens by giving clear instructions, which shows they are leading the learning themselves.

How does the Forest School help children to learn about safe play and boundaries?

Children are encouraged to assess the risks around them in their surroundings as part of learning. Recently children built a tree house, and were asked how to make it safe. One child began collecting large sticks to place under the wooden pallet to secure it in place. Learning outdoors gives children the opportunity to think independently, explore and grow their confidence and self esteem within a safe environment.



To read more about Phoenix Special School Forest School visit www.phoenixschool.org.uk

Learning about ROAD SAFETY – – –



A pupil using the interactive road

Chellow Heights Special School which caters for children aged two to 11 with complex needs, has had a 'mock street scene' created within its playground.

The DCIS spoke to Vikki Street, Charities and Fundraising Co-ordinator for Chellow Heights Special School to find out more.

What are the features of the interactive road?

The mock street scene is a scaled down version of a road system, which includes working traffic lights, zebra and pelican crossings, road sign, shops and built-in speakers which make realistic traffic and rail noises.

Where did the idea for the road system come from?

We ran a survey and consulted with parents and carers, and the teaching of road safety came out as a high priority, especially for wheelchair-bound pupils to practise moving around, and crossing roads in a realistic yet secure environment. Research suggests that people with learning difficulties or disabilities are more at risk on roads (Brake UK) so the practical training we can now give on the road is invaluable to pupils.

When do pupils use the road system?

Road safety is taught using the road system as part of lessons, and as the road system is set up in the playground, pupils can use the road system at lunchtimes and as part of the Chellow Heights Summer Holiday Play Scheme.

Who can use the interactive road?

Because it is the only one of its kind in the North, and the first portable version in the UK, the interactive road is valuable to many young people in the district. As well as pupils at Chellow Heights, and our co-located school Heaton, the road can be used by other special schools in the district. Children with additional needs in mainstream settings and other groups wishing to learn road skills or cycling proficiency within a safe environment are also able to make use of the facility. Anyone interested should contact the school for further information.

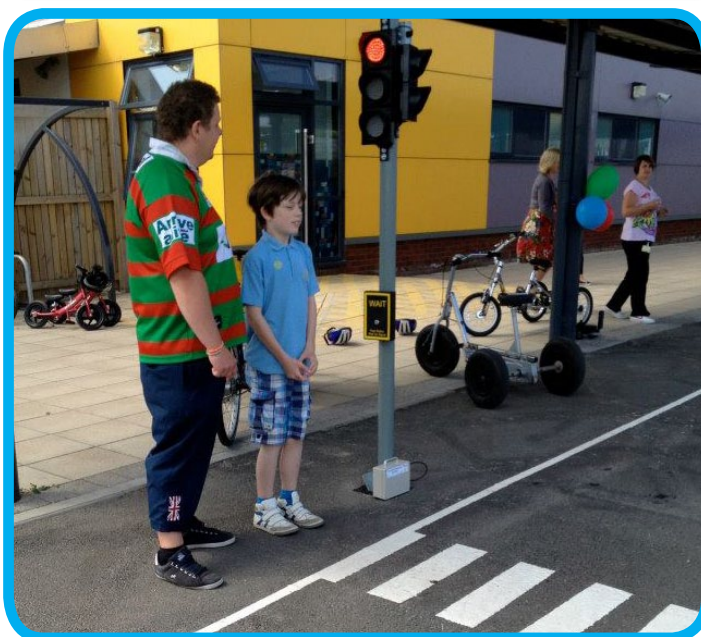
What benefits have you seen from children using the road system?

One of the main benefits is the opportunity for children with disabilities to learn road safety awareness, which teaches children to be independent and to take responsibility for their own safety. We teach young people to have an awareness of risk and danger. The teaching prepares children for adulthood, and develops young people's self esteem and confidence.

Where did you get the funding from to create the road system?

We applied to the Wooden Spoon children's charity and put forward a case and a plan for creating the road system. The school was successful in its bid, and was awarded £35,000 from the charity. The road was then commissioned to very specific requirements by a leading sensory equipment specialist, to make sure the roads was realistic and met the road safety training needs of the pupils at the school.

Wooden Spoon is the charity of British and Irish Rugby supporting mentally and physically disadvantaged children. Read more at www.woodenspoon.com



A pupil practises road safety awareness skills at Chellow Heights interactive road



Parent and carers WELLBEING

As a parent or carer of a child with additional needs, it is important to look after your health and wellbeing. Here are some ideas for activities and groups you can get involved in throughout the district.

**Come along to Barnardo's
Parent Roadshow on
5 February 2014**



Come and meet other parents, have a chat and a cuppa, decorate a cupcake, and pick up helpful leaflets. 5 February at Wedgewood House Children's Residential Home, 61, Lanscove Avenue, Holmewood BD4 0NQ. Call Sarah or Reena at Barnardo's on **01274 481183**.

Book Club for carers

Meet new people and share your interest in books in a relaxed and friendly environment.

If you would like to come along to one of the book clubs please contact Stella on **01274 449660** or visit www.carersresource.org

Did you know? Carers resource also offers one-to-one support, activities, advice, guidance and information on learning, training and work opportunities. To find out more contact Stella on **01274 449660**.

Do you want to feel healthy, happier, confident, fitter and have more energy?

Mind in Bradford runs free courses for anyone wanting to be more healthy. Here are some of their regular activities.

T'ai Chi

Mondays 11.30am until 12.30pm. The Cellar Project, Farfield Road, Shipley BD18 4QP

Singing for pleasure

No previous singing experience needed!
Tuesdays 2pm until 4pm. Mind in Bradford, Tradeforce Building, Cornwall Place, Manningham, BD8 7JT

Walking group

Walking is a great way to keep fit, relax and meet other people. Contact Diane to find out times and meeting places on 07827 848575

Moving Forward

A friendly support group especially for men. Increase confidence, manage anxiety, improve communication and share experiences.

Thursdays 1pm-3pm. Keighley Healthy Living, 13 Scott Street, Keighley BD21 2JH

For more information about activities at Mind in Bradford contact Janette or Dianne on 07827 848576



Free activities for parents and carers from

Disability Advice Bradford

Book Club

Share the joys of reading every third Thursday of the month 1pm-3pm at Disability Advice Bradford, Shipley.

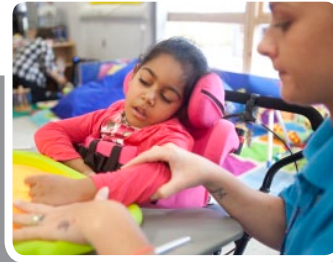
Pool Club

Play pool with other carers every third Tuesday of the month at Cue Gardens, near Odsal Stadium.

Games Club

Play dominoes, cards and bingo every fourth Thursday of the month at Disability Advice Bradford, Shipley.

For further information contact Ruth Gray on 01274 594173 or email xxxxx@xxxxxxxxxxxxxxxxxxx.xxx.xx



UPDATE on children and young people with Special Educational Needs and/or disabilities

The Government is planning to change services for children and young people with Special Educational Needs (SEN) and disabilities.

These changes form part of the Children and Families Bill. The proposed changes include changes in the law, how children's needs are assessed and how information and support is given in local areas.

So, what's happened in Bradford so far?

November 2012:

A group of people including children's services, health, education, the voluntary sector, adult and community services, and the Parents' Forum for Bradford and Airedale, have been preparing for the changes locally in Bradford.

March and April 2013:

We gave parents, carers, young people and professionals in Bradford the opportunity to come along to events where we asked for feedback on information, assessments, care and support plans, personal budgets and transition.

We wanted to get everyone's views on what problems they have come across in these areas, what they might like to see done differently, and how we can improve things ahead of any changes.

Ideas put forward

Parents and carers

- Get to know our children to find out what they need.
- We want workers to talk to each other more and cut out repeated assessments.
- We would like more early support, particularly around our child's behaviour and transport.
- We would like more choices, but we are worried about how we will know whether a service is good quality.
- Planning for young people leaving school needs to start earlier and include a young person more.
- Young people without a learning disability or diagnosis need more support.
- Use lots of different ways to give us information about services.
- Be clearer about why some families get some services and others don't.
- Reduce waiting time and lists for important services, for example, time taken to assess if a child has autism.

Ideas put forward

Staff working with families

- Training with people from other agencies is valuable.
- The support charities and the voluntary sector give is important.
- Give more support as early as possible, including support for early assessments and services, to stop problems getting worse.
- There are too many panels, waiting lists and repeated assessments.

Ideas put forward

Children and young people

- Include us in the same things all young people do.
- Sometimes transport stops us getting to activities.
- Stop asking us to stay in at breaks and lunchtime and help us to deal with bullies. (Having safe spaces and someone to talk to at school would be helpful).
- Don't label us as 'bad' or 'mad'.
- Some of us will need one-to-one support to get involved and make friends.
- Help our parents to have a break.
- Our parents could sometimes 'let go more' so we can get involved in more things.
- Avoid appointments affecting our attendance at school (sometimes we keep missing the same classes and get behind).
- Don't narrow our choices when we leave school.
- We want support groups but we also want more ordinary and regular leisure activities.



June and July 2013

We looked at all the responses and suggestions put forward from the questionnaires, and used this information to plan ways we could improve things for families in the district. We then made recommendations to a group called the Strategic Partnership for Children with SEN and Disabilities, on the changes that need to happen.

July 2013

The Strategic Partnership agreed the following changes we need to make in Bradford.

- To put in place a clear and written plan about what schools, the local authority and NHS need to provide.
- Join up the lists of parents who receive information and newsletters.
- Produce a draft Local Offer by the end of 2014 (including information about behavioural support)
- An officer within Bradford Families Information Service to take a lead on Special Educational Needs and disabilities.
- To create a group of workers who will support families whose children are aged between 0 to 13 who don't have a Single Plan and/or a social worker.
- The Early Intervention Team to work more closely with the Bradford and Airedale Child Development Centre teams.
- Youth workers and Connexion personal advisors to work closely together.
- Therapists in the Council and the NHS to work closely together through the Bradford and Airedale Child Development Centre teams.
- A group will be set up to look at the issues of transport to and from short break and leisure activities.
- To bring together the Children with Complex Health or Disabilities Team (CCHDT) SEN and Learning Disability Assessment Teams together under one manager.
- Adult Services to create one Transitions Team and base transition workers together with CCHDT SEN, Learning Disability Assessment Teams and Children's Continuing Care Nurses.
- The NHS to consider the need for extra services to help young people move from children's health services to adult health services.
- The Children's Autism Strategy group to agree clear actions which will reduce the waiting time for autism assessments.



What happens now?

The group of people overseeing the changes locally will begin to take forward these recommendations. We will keep you updated as work progresses.

If you have any questions about the changes happening locally in Bradford, email xxxx@xxxxxxxxx.xxx.uk

To find out more about the Children and Families Bill visit the Department for Education website www.gov.uk/pip

Free books, toys and activities at **BRADFORD TOY LIBRARY**

The Bradford Toy Library (based at the Child Development Centre at St Luke's Hospital in Bradford) is a local registered charity offering a free loan service of specialist toys and play equipment to children with additional needs.

The Toy Library was set up nearly 40 years ago and has two co-ordinators working at the library who have more than 20 years' first-hand experience working with children with additional needs.

There is a range of toys which are lent out in themed boxes or bags. Also available to hire are bubble tubes, fibre optic tails, black-out dens, UV products and lots more.

Alongside the Bradford Toy Library there is also The Laura Jackson Library, which offers books for parents and carers on subjects such as autism, cerebral palsy, spina bifida, Down syndrome, epilepsy, Aspergers syndrome and other additional needs.



Did you **KNOW?**

The Toy Library runs free activities as well as summer activity days in the holidays.

Teenzone

An after-school club every Monday for young people with additional needs age 11+.

Friday friends

Support group for parents, carers and children every Friday 10am until 12 noon (term time only).

Pop in and play

Support group to meet other parents and get new ideas for play. Every Thursday 10am until 12 noon (term time only).

To contact the Toy Library call 01274 365463 or email toy.xxxxxxx@xxxxx.xxx.xx



New City Library **NOW OPEN**

The new City Library, in City Park, holds books, DVDs, computers, a range of newspapers and journals as well as study space and free Wi-Fi.

Park and Read, the children's library, has also moved into City Library. Park and Read runs story times, rhyme times, and other events and activities for children, teens and families. Next time you're in City Park, why not pop by and have a look?

Free books for all under fives

You can receive free books to read with your child from a national scheme called Bookstart.

Bookstart has been developed so that children can enjoy sharing the love of stories, songs and rhymes at home. There are two Bookstart packs designed specifically for use with children with disabilities.

Booktouch is a pack for blind and partially sighted children and contains, amongst other resources, 'touch and feel' books.

Bookshine is a pack for deaf children and contains a book which uses British Sign Language and a 'touch and feel' book.

To order your free books contact the Bookstart co-ordinator on 01274 433684, ask your health visitor or contact your local library.