



NEWSLETTER

Coffee Morning

We are looking forward to welcoming you all to our next Coffee Morning on November 5th 2024—10—12pm. Joanne Morris will be with us—check out our poster below.

Everyone is welcome—so please come along, have a cuppa and meet people that just get it!

Dates for your diary:, 3rd December 2024.

Our Coffee Mornings will run @ Low Hill Strengthening Families Hub. Fourth Ave. WV10 9LZ



Coffee Morning Join Voice4parents at our



Coffee Morning

On Tuesday November 5th From 10am -12pm At

At
Low Hill Strengthening
Families Hub.
WV10 9LZ

We will be joined by Joanne Morris, the Strengthening Families delivery manager for SEND And

Emilia Johnson from the Family Help Team.

Follow us on Social Media

To become a member follow:

IASS will be available for anyone needing to speak confidentially with them for 1:1 support

To become a member follow this QR code

https://www.facebook.com

/Voice4P



Useful Information Document

Please check out or new and upgraded Useful Information Document on this link:

<u>Support In Our City | Voice4Parents</u> Wolves (voice4parents-wolves.co.uk)

If you have any suggestions to improve this or any feedback please feedback https://forms.office.com/r/bq86NFX8wq,



See FREE helpful resources at:

Sunshine Support

Can you help?

Help is needed to shape the new digital offer.....take a look

<u>Carers invited to help shape new digital offer (sharepoint.com)</u> / Facebook



NEWSLETTER

It's Panto Time

If you wish to book to join us for our panto on Sunsay December 1st 2024 please ensure you have a valid V4P membership number and follow the link below. The panto is strictly bookings only - there will be no entry for anyone without a ticket.

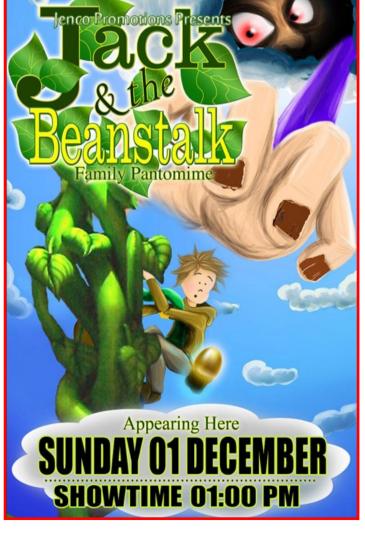
https://forms.office.com/r/2sC68fLyKa

The Panto will be held at:
Wednesfield Conservative Club,
98 Neachells Lane,
Wolverhampton
WV11 3PR

Please keep an eye on your e-mails and make sure you check your Junk Box Spaces will be given on a first come first served basis.

FOR THE MEMBERSHIP LINK, PLEASE E-MAIL emma@voice4parents.co.uk
THANK YOU







NEWSLETTER



Would you like join: Use this link:

An Introduction to ARFID (Avoidance Restrictive Food Intake Disorder) Tickets, Thu

14 Nov 2024 at 20:00 | Eventbrite

Wolverhampton are getting ready to launch the updated Local Offer Website

The Local Offer is a comprehensive guide by the Local Authority. It lists services that are available for children and young people in their area with special educational needs and disabilities (SEND).

We would like to share a link to the new site with Voice4Parents members for user testing, this will help Wolverhampton gain the opinions of parents, carers, children and young people.

If you are interested in user testing, then please can you fill out the form following the link below

https://www.wolverhampton.gov.uk/voice-4-parents-local-offer-testing-group

They are looking to user test with 50 Voice4Parent members to get a wider understanding of how user friendly the site is.

NEWSLETTER



November Wellbeing Session

Voice4parents bring you our Free Parent Carer



'giving a voice to parents & carers of children with additional needs'

Wellbeing sessions

Join us for

Our Christmas Decoration Workshop On November 18th

From 10am -12pm



Workshop Objectives

To develop creative skills through designing and making Christmas decorations. To understand how to develop and apply creative mediums such as paints, wood, clay, gems and bells.

To develop an understanding of how to establish mindfulness practice through creative art.

Meet likeminded Parent Carers to take the time to chat, catch up and soothe body, mind and soul whilst exploring new fun skills. Limited Places - allocated first come first serve

If allocated a place and don't attend then no further sessions will be

No cost - covered by V4P with take home handcrafted item at end of session

Light Refreshments will be provided

TO BOOK EMAIL: EVENTS@VOICE4PARENTS.CO.UK Include session want to book onto, name, and V4P MEMBERSHIP NUMBER All emails will be responded to

as soon as possible





Voice4parents bring you our Free **Parent Carer**



Weilbeing sessions Join us for

Our Christmas Gonk Workshop On November 18th

From 12.30pm - 2.30pm



At Brickkiln Community Centre Cherry Street. WV3 0QW

Workshop Objectives To develop creative skills through designing and making a Christmas gonk. To understand how to construct and make a Christmas gonk.

To develop an understanding of how to establish mindfulness practice through creative art.

Meet likeminded Parent Carers to take the time to chat, catch up and soothe body, mind and soul whilst exploring new fun skills. Limited Places - allocated first come first serve

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As soon as possible











Voice4parents bring you our Free **Parent Carer** Wellbeing sessions



Join us to create your own Mosaic Lamp* On November 29th from 10am - 1:30pm at Low Hill Family Hub WV10 9LZ







*Voice4parents will cover the cost of a basic mosaic candle. To upgrade to an LED candle holder you must bring £10 cash with you on the day

Meet likeminded Parent Carers to take the time to chat, catch up and soothe body, mind and soul whilst exploring new fun skills. Limited Places - allocated first come first serve

If allocated a place and don't attend then no further sessions will be given

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Light Refreshments will be provided

TO BOOK EMAIL: EVENTS@VOICE4PARENTS.CO.UK Include session want to book onto, name, and V4P MEMBERSHIP NUMBER All emails will be responded to

As soon as possible







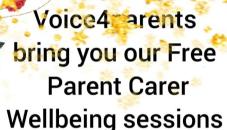
NEWSLETTER



Check out

December's Wellbeing Sessions

Keep an eye on social media and your inbox for further details



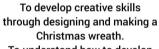


'giving a voice to parents & carer of children with additional needs

Join us to create your own Christmas Rag Wreath on 2nd December at Brickiln Community Centre, Cherry Street WV3 0QW from 10am -12pm







To understand how to develop and construct a fabric wreath. To develop an understanding of how to establish mindfulness practice through creative art.

Meet likeminded Parent Carers to take the time to chat, catch up and soothe body, mind and soul whilst exploring new fun skills.

Limited Places – allocated first come first serve

If allocated a place and don't attend then no further sessions will be given

No cost – covered by V4P with take home handcrafted item at end of session

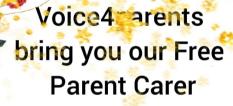
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'giving a voice to parents & carer of children with additional needs'

Wellbeing sessions

Join us to create your own Christmas Cards on 2nd December

at Brickiln Community Centre, Cherry Street WV3 0QW from 12.30pm - 2.30pm

To develop creative skills through designing and making handmade Christmas Cards..

To understand how to develop and create creative Christmas card design ideas by working with a range of different materials.

To develop an understanding of how to establish mindfulness practice through creative design work and making.







Meet likeminded Parent Carers to take the time to chat, catch up and soothe body, mind and soul whilst exploring new fun skills.

Limited Places – allocated first come first serve

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NEWSLETTER



'giving a voice to parents & carers

Voice4 arents bring you our Free Parent Carer



Wellbeing sessions

Join us to create your own Christmas Stocking on 16th December

at Brickiln Community Centre, Cherry Street WV3 0QW from 10am - 12pm



To develop creative skills through designing and making a Christmas stocking.

To understand how to develop and apply creative mediums such as a range of fabrics, fabric paint and fabric pens.

To develop an understanding of how to establish mindfulness practice through creative art.







Meet likeminded Parent Carers to take the time to chat, catch up and soothe body, mind and soul whilst exploring new fun skills.

Limited Places – allocated first come first serve

If allocated a place and don't attend then no further sessions will be given

No cost – covered by V4P with take home handcrafted item at end of session

Light Refreshments will be provided

TO BOOK EMAIL: EVENTS@VOICE4PARENTS.CO.UK Include session want to book onto, name, and V4P MEMBERSHIP NUMBER

All emails will be responded to



As soon as possible

Like Us On

Would you like to join us? Drop an e-mail with your membership number on to events@voice4parents. co.uk.

Voice4 arents bring you our Free Parent Carer



'giving a voice to parents & care

Wellbeing sessions

Join us to create your own Christmas Decorations on 16th December

at Brickiln Community Centre, Cherry Street WV3 0QW from 12.30pm - 2.30pm



To develop creative skills through designing and making Christmas decorations. To understand how to develop and apply creative mediums such as paints, wood, clay, gems and bells.

To develop an understanding of how to establish mindfulness practice through







Meet likeminded Parent Carers to take the time to chat, catch up and soothe body, mind and soul whilst exploring new fun skills.

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NEWSLETTER

October Wellbeing Sessions 2024

We had the best time at our October Wellbeing Session—take a look at our glorious creations.

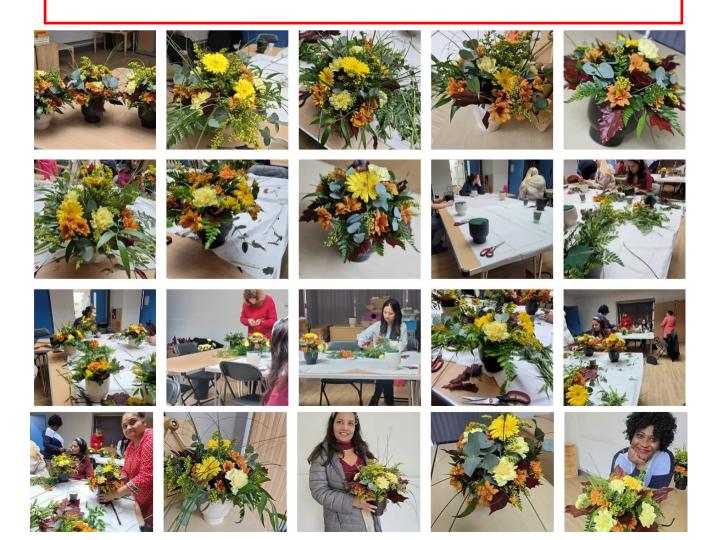
Thank you to everyone involved.

To see our gallery, please use this link:



Wellbeing Sessions 2024 (voice4parents-wolves.co.uk)

Autumn Flower Arrangement Workshop





NEWSLETTER

Autumn Floral Wreath Workshop







NEWSLETTER

'giving a voice to parents & carers of children with additional needs'



PARTICIPANTS NEEDED—message from Amy Howard

My name is Amy Howard and I am a Trainee Educational Psychologist on placement in Wolverhampton Educational Psychology Service alongside being a student at the University of Nottingham.

As part of my studies, I am conducting research into deaf young peoples' experiences and perceptions of social inclusion. I am looking to recruit 3-6 participants who identify as deaf and are currently attending a post-16 setting.

Please find attached a research poster for young people in your setting, which provides further information about the study including eligibility criteria, what participation may involve and how to participate.

This research project is part of my training and therefore is being conducted in my role as a university student. The decision to participate will have no impact upon current or future involvement with the Educational Psychology Service.

If any young people are interested in discussing the study further, please email me on amy.howard@nottingham.ac.uk



'giving a voice to parents & carers of children with additional needs'

NEWSLETTER

Wildside Activity Centre

Ho Ho Ho.....

Santa will be visiting Wildside in December, please see the attached flyer for dates and sessions. They will be running two Santa boat trips where he will be onboard, and there will also be a Christmas Craft afternoon which includes a visit to Santa in his workshop. All visits with Santa include a gift bag and refreshments for everyone.

The Christmas Craft session can be booked online through the website https:// www.wildsideac.co.uk for boat trip places, please phone the office to book Tel: 01902 754612.







Santa at Wildside

Sunday 8th December Saturday 14th December



Join us at Wildside this December for some festive 'jollyment'.

All sessions include a gift for every child and refreshments for all.

Santa Boat Trip

Sunday 8th December 10am - 11:30am OR

Saturday 14th December 10am - 11:30am

A shorter 11/2 hour narrowhoat trip suitable for all children with Santa himself and some festive refreshments onboard, includes a gift for each child. £22 for 1 adults and 1 chld. £8 for each additional place

Saturday 14th December 1pm - 3pm, Santa & Crafts

Join us at Wildside on the Saturday afternoon for some Christmas crafts in our classroom and a visit to Santa in his workshop. Includes refreshments and a gift for each child. Suitable for 4 years + £10 per child.

All children should be accompanied by a parent/carer.

Bookings for the 'Santa & Crafts' can be booked online. Boat trips need to be booked through the office, Tel: 01902 754612

Booking is essential. Please book 'Santa & Crafts' on the website. Boat trips to be booked by calling the office.





There are still some places available on their half term programme, there are still have places available on our Fire & Den Building, Milk Bottle Crafts (bookable

HOLIDAY PROGRAMMES..

October Half-Term Programme 2024

Monday 28th October

Recycled Fabric Crafts 10am - 12noon

Join us on a litter pick to learn more about recycling, we will then return to the centre to recycle some old clothes into new toys or a rag rug sample. Earn your Eco-Warrior certificate. This session is free due to funding from our Nature Ambassadors programme, booking essential (see website to book online). Suitable for ages 4 +.

Recycled Windchimes 1pm - 3pm

Join us to make windchimes from natural materials and unwanted household items, all equipment provided but feel free to bring items that you would like to incorporate into your windchime. Take windchime home to hang in your garden or home. This session is free due to funding from our Nature Ambassadors programme, booking essential (see website to book online). Suitable for

Tuesday 29th October

Narrowboat Trip. 10am - 2pm

A relaxed trip to Wightwick and back, with two locks en route. Our narrowboat, 'Trebalisa' is accessible for wheelchairs (please let us know at time of booking). Enjoy Autumn in the Smestow Valley from the canal.

Bring a packed lunch with you. Minimum age: 4 years and above. Boat Trip Costs: £9.00 per adult

and £7.00 per child. Please phone the office to book.

Thursday 31st October

Narrowboat Trip 10am – 11:30pm
A shorter trip suitable for younger children. We will decorate our narrowboat for Halloween, so feel fre to dress up in your best Halloween costume too. Suitable for all ages. £6.50 adults and £4.50 per child. Please phone the office to book.

Fire Lighting & Den Building 1pm – 3pm

Come and build your own shelter in the woods and learn to light a fire. At the end, we will make s'mores around the fire. Suitable for ages 4 and above. £5 per child. (Se around the fire. Suitable for ages 4 and above. £5 per child. (See website to book online)



Friday 1st November

Milk Bottle Craft Art 12:30pm - 2:30pm

Make a bird, an elephant or a plant pot from recycled milk bottles and decorate your creation. We will provide all equipment. This session is free due to funding from our Nature Ambassadors programme, booking essential (see website to book online). Suitable for ages 4 +.



NEWSLETTER



WOULD YOU LIKE TO LEARN MORE ABOUT AUTISM?

Are you a parent, carer or personal assistant of an autistic person in the Midlands?

We offer FREE 1:1 support, workshops and online events on topics about autism:

Understanding Autism | Meltdowns & Shutdowns Sensory Processing | Sleep, and more!

All our sessions are delivered by people with lived experience of autism

To book in a 121 call, event or workshop or to find out more visit autismcentral.org.uk/midlands or email autismhubmidlands⊙contact.org.uk









Email response service, for parent carers in the Midlands Reach out for support with: • Supporting an autistic child or adult • Understanding sensory needs • Supporting with sleep and toileting • Understanding meltdowns and shutdowns • Where to access support for university • And more.

AUTISM HUB MIDLANDS Understanding Autism:

Online workshops around varied topics including: understanding autism, sensory processing, toileting, sleeping, getting extra help at school, autism and mental wellbeing, transition to adulthood and more

Attachment – Autism Central Midlands new flyer 7 Oct 2024. Pdf or Autism Central Midlands flyer 7 Oct (for social media).jpg

Are you a parent, carer or family member of an autistic person? Are you looking to learn more about autism and how to support your child or young people navigate life, education or adulthood?

Autism Hub Midlands facilitate the Autism Central programme which is a coproduced and peer educator programme. Our Peer Educators have lived experience of autism. We have autistic people and parents, carers and siblings of autistic people facilitating the workshops and 121 support.

Our workshops are for parents, carers and family members living in the Midlands

Upcoming events

Check out our upcoming events covering a range of topics including: ARFID, transition to adulthood, sensory processing, getting extra help at school, supporting sleep, autism and mental wellbeing and more

Check out our collection of FREE online workshops:

https://www.eventbrite.co.uk/cc/autismhub-midlands-parents-and-carers-



NEWSLETTER

Summer 2024 Leisure Programme 2024

To see our amazing pictures from Summer 2024, please click here:

Remember to book as soon as possible for October Half Term for more of the same!

Thank You

It is so important that Funders understand how vital these sessions are for families and in order to continue to obtain funding please complete this feedback to let us know what went for you, what didn't and of course how these sessions have impacted your family. (Link to general feedback form on website).

https://forms.office.com/r/bq86NFX8wq

Autism Central: New Podcast and Webinar Series for Professionals, Parents, and Carers

Autism Central, funded by NHS England, is thrilled to announce the launch of two new educational series designed to support parents and carers of autistic adults, young people and children.

The <u>podcast series</u>, Sensory Processing Focus, will be hosted by Holly Sprake-Hill, a neurodivergent occupational therapist, and will bring together autistic people, parents, carers, and professionals to explore sensory processing. Key episodes will include:

Sensory Needs of Non-Speaking Children

Experiencing Sensory Differences as an Autistic Person

Sensory Processing as a Non-Speaking Autistic Person

There is also a new webinar series from Autism Central called <u>Finding the Balance</u>, which will include six insightful episodes.

For more information, visit Autism Central.

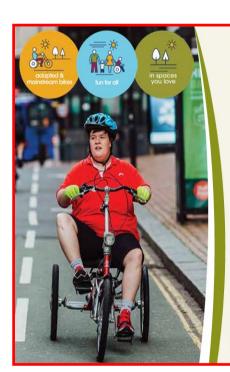


NEWSLETTER

Parkride—Accessible Cycling







Scan to **Discover** parkride





We provide safe & secure group sessions, 1-1 sessions, cycling with confidence courses, parkspin and try cycle events across the West Midlands. Enjoy sessions in your local parks, on various cycling routes, and we can even bring the bikes to you.

We have a wide range of adapted & mainstream cycles for both children and adults, there really is something for everyone!

We offer an initial taster session where trained parkride staff will assess the level of support that each person/family might need and matching you to the most suitable bike to suit your needs.

get in touch

- @ParkrideUK
- 0121 442 2944
- parkride@midlandmencap.org.uk
- @ParkrideMM
- @ParkrideUK

midlandmencap.org.uk/parkride/







CESSIBLE **CLING**





parkride have a wide range of adapted bikes for you to try; there's a bike for everyone!



What to expect:

- Led ride cycling sessions with trained parkride staff.
- · Access to specially designed bikes suitable for all abilities.



Who can ioin:

· Everybody is welcome!



Where are the sessions:

Sessions can be delivered at your venue or at a nearby park.



When are the sessions:

· Dates and times to suit your group.



What does it cost:

• Nothing! These sessions are free thanks to the West Midlands Cycle & Walk programme.



To book and for more information:

- Call: 0121 442 2944
- · Email: parkride@midlandmencap.org.uk





'giving a voice to parents & carers of children with additional needs'

WYSA





Is Wysa private?

Wysa is not a social media platform and ers cannot message each other. No one will see what you share with Wysa, and it's completely anonymous. No email or signup is required within the app.

Once you have downloaded the app, all you need to do is open it and enter a nickname to get started!

Who will have access to my conversations?

Your day to day conversations with Wysa are completely confidential and no one will have access to them

How long do I have access to Wysa for?

You will have access for 12 months from when you downoad it.

Is Wysa safe?

Wysa's words have been written under the guidance of a qualified therapist. Clinical validation, safety, and research are key to our approach.

If you need emergency help, hit the SOS button to find the right helplines at your fingertips, and do a grounding exercise to put yourself back in control.

How is my data used?

The Wysa team may occasionally use some messages, which are completely anonymous, to train Wysa's chatbot to help improve its ability to have helpful conversations. No one outside of Wysa will ever have access to chat messages. Wysa will use the anonymous data gathered, such as how many times each of the programmes within Wysa are used and how many times the SOS button is triggered, to produce a report to show how useful Wysa has been support Emotional Wellbeing. This will not include any information about who is using it.

What should I do if I am having a crisis?

If you are in need of urgent support. Wysa has an 'SOS' button at the top of the screen. This will give you a list of emergency numbers you can call or text. The support advice you get from the helplines is confidential and not shared with Wysa. Wysa cannot provide an emergency response or in any other way alert 999 to your needs.









Everybody moves—great resource.

Use the link to find out more:

https://everybodymoves.org.uk/





'giving a voice to parents & carers of children with additional needs'

19-24 College Open Day—Westminsteer Specialist College

Take a look:

We are excited to offer an exceptional educational journey tailored to meet the needs of young adults with Education, Health, and Care Plans (EHCPs), and we would love for you to be a part of it!

Our provision is not just for those on Foundation Learning courses—it's also ideal for students who may be on or have been on mainstream courses but are looking for more tailored support and guidance toward employment.

☐ Join Us for Our Open Day Event! ☐

When: Tuesday, 10th December | 5pm-6pm

Where: 43 Rowley Village, Rowley Regis, B65 9AS

The Westminster Specialist College provides a nurturing, supportive environment designed specifically for individuals aged 19-24 with an EHCP, helping them gain valuable #work experience, #supported internships, and #employment opportunities.

Who Is This For?

We offer specialist education for young adults aged 19-24 from the Black Country region (Sandwell, Dudley, Walsall, Wolverhampton, Birmingham and wider). Students must have an EHCP, with a primary diagnosis of Moderate Learning Difficulty (MLD), and be able to achieve Entry Level 3 by the end of their time with us. Our focus is on employability, and we work with students who have a realistic ambition to enter paid employment.

Why Attend?

Our Open Day is a fantastic opportunity for young adults and their families, as well as professionals, to discover how we can support learners in achieving their goals. We'll provide an overview of our personalised approach to education, employability pathways, and the range of support we offer.

Register now to secure your place: https://www.ticketsource.co.uk/the-westminster-



NEWSLETTER

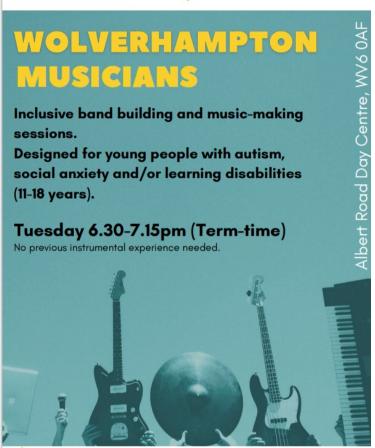


'giving a voice to parents & carers of children with additional needs'









Find out more www.bigtopmusic.co.uk/wolverhampton

Musician Opportunity

The sessions are free of charge, and more information can be found here:

www.bigtopmusic.co.uk/ wolverhampton

EHCP Meeting

The DfE is proposing a new national template for EHCP's that does not include short term steps. Therefore, the LA feel it would be counter productive to continue to include short term targets in all EHCP;s. As the plan is for the national template to be released with guidance in 2025, the LA feel it is appropriate to continue to roll out the new template EHCP, thus removing all short-term steps going forward on both new and amended EHCP's until the DfE national template is implemented. Voice 4 Parents have raised concerns about removing Short Term Targets based on families feedback.

Following on from this we are gathering feedback on how Annual Reviews are working for Families to help inform strategic work going forward to ensure the best outcomes for our Children & Young People. There has been changes to the process over the last 12 months and it's important we know how these changes have impacted your family. You only need to complete this survey if you child has an ECHP. Please follow link below

https://forms.office.com/r/7jQFD0e22b



NEWSLETTER

October Half Term Short Break Leisure Programme

Voice 4 Parents are delighted that Wolverhampton City Council have funded a October Half Term Short Break Leisure Programme. These activities are all SEND inclusive for children and young people with SEND (0 to 25) as well as their siblings and are available for families that live in Wolverhampton, We hope you enjoy the activities, please let us know if you are unable to attend by e-mailing events@voice4parents.co.uk

Please share photos and feedback with us on

https://forms.office.com/r/bg86NFX8wg

And by e-mailing emma@voice4parents.co.uk.

Thank You

Building a healthy future—School Nurses Bulletin

- For SEND parents https://www.royalwolverhampton.nhs.uk/repo/our-services/0-19-service/documents/Building a healthy future this autumn 2024 for SEND parents.pdf
- For primary parents https://www.royalwolverhampton.nhs.uk/repo/our-services/0-19-service/documents/Building-a-healthy-future-this-autumn-2024-for-Primary-parents.pdf
- For secondary students https://www.royalwolverhampton.nhs.uk/repo/our-services/0-19-service/documents/Building a healthy future this autumn 2024 for Secondary students.pdf

Feedback from our members

We are very keen to obtain any feedback from our members on anything you feel important. What is working well? What are you finding a struggle? What do you think of our website or about anything in our Newsletter. Compliments are also received with gratitude.

There are a number of ways to feed back to us; using the link below, on our website under the feedback tab or on our facebook pages,

FEEDBACK TO US: families can feedback to us on any of the areas mentioned in this Newsletter by using the following link:

https://forms.office.com/r/bq86NFX8wq