

Monday 30th September 2024



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

# VOICE 4 PARENTS

NEWSLETTER



## Time To Connect Autism Cafe

We are sad to tell you all that our funding has come to its natural end. We have loved meeting you all, getting to know families and hearing your stories.

We hope those of you who have joined us have enjoyed the experience and we wish each and every one of you all the very best.

Thank you for being part of the Time to Connect experience, we deeply appreciate all your participation. From the Time to Connect Team

<https://www.facebook.com/profile.php?id=100090628714110>




Sunshine Support

See **FREE** helpful resources at:

[Sunshine Support](#)

Can you help?

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

[Carers invited to help shape new digital offer \(sharepoint.com\) / Facebook](#)

**Coffee Morning**


We are looking forward to welcoming you all to our next Coffee Morning on October 8th 2024—10—12pm.

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


Dates for your diary: 8th October, 5th November and 3rd December 2024.

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

10—12PM.



Follow our QR code to our website or visit [www.voice4parents-wolves.co.uk](http://www.voice4parents-wolves.co.uk)




Voice4parents

## Coffee Morning

Join us for our coffee morning on October 8th from 10am - 12pm At Low Hill Strengthening Families Hub. WV10 9LZ


We are delighted to say we will be joined by Emma Heath, Wolverhamptons ADHD nurse And The Digital Carers Team Who would like to discuss with Parent Carers what support they feel would improve their daily experience and that of their families

<https://www.facebook.com/Voice4P>




Follow us on Social Media

To become a member follow this QR code



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



**Useful Information Document**

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

[Support In Our City | Voice4Parents Wolves \(voice4parents-wolves.co.uk\)](#)

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

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### Summer 2024 Leisure Programme 2024

A huge thanks to all Providers for a fantastic Summer 2024 Leisure Programme, especially Community Chefs, Hugglepets, Sassy Sensory, Wolf Yoga, Wednesfield Therapy Centre and Voice 4 Parents Volunteers as without their commitment the activities provided wouldn't have been possible.

Also a huge thank you to you all that took the time to share your photo's and feedback from the activities.

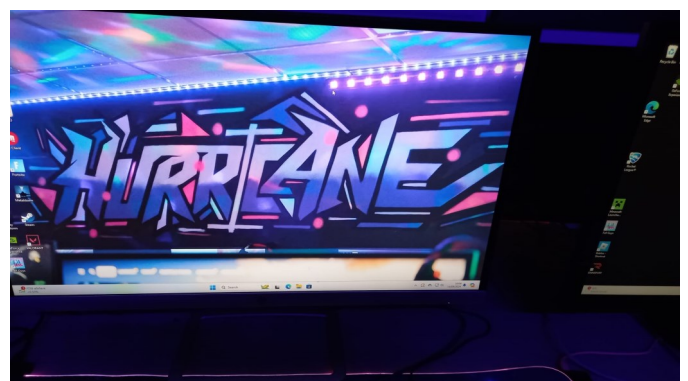
Please see a selection of photos from the events by clicking this link:  
[Summer 2024 Short Breaks Leisure Program | Voice4Parents Wolves \(voice4parents-wolves.co.uk\)](https://www.voice4parents-wolves.co.uk/summer-2024-short-breaks-leisure-program)

On the next page you will find details of our October half term 2024 Leisure Programme. Please provide your V4P membership when booking and any cancellations during, please email [events@voice4parents.co.uk](mailto:events@voice4parents.co.uk).

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



Thank You



## October Half Term Short Break Leisure Programme

Voice 4 Parents are delighted to announce 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, however a Voice4Parents membership is required to ensure the SEND criteria attached to the funding is met. Activities are all SEND friendly and because of this groups are being kept small, so places are limited.

All activities are free of charge, however if you do not attend the activities allocated and do not let us know any further activities will also be cancelled.

**We will not be able to process any application form without a membership number, if you cannot locate your membership number please email**

[emma@voice4parents.co.uk](mailto:emma@voice4parents.co.uk)

If you do not have a membership with Voice4 Parents please follow this link  
<https://forms.office.com/r/5EdURQ0qS5>

This is the link to the October Half Term Short Breaks Leisure Programme

[October Half Term 2024 SEND Short Breaks Programme.docx](#)

The link to the booking form is below

<https://forms.office.com/r/dyfyFRA9V9>

Please share photos and feedback with us on

<https://forms.office.com/r/bq86NFX8wg>

And by e-mailing [emma@voice4parents.co.uk](mailto:emma@voice4parents.co.uk).

**Thank You**

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Check these out.


## Positive Voices



### Positive Voices 2024

**Morning Session**

What is a good self advocate?



Developing training for us all to use when we are training self advocates to take part in the work we do. We want to co-produce and make it a national training standard for us all to use.

**Celebrating our work**



Let's share what we have been doing but it must be in the most creative way possible. Each group will have 10 minutes to share. There will be a prize for the most creative.

Remember the party is on the 2<sup>nd</sup> October 2024 from 6pm and the conference is on the 3<sup>rd</sup> October 10am-5pm.

**October 2**    **October 3**

Aston University Conference Centre.  
Aston Street.  
Birmingham  
B4 7ET

made with photosymbols

As some of you may know Dudley Voices hosted Positive Voices last year in Birmingham. 170 self-advocates from across the country came to Birmingham for the second national conference. Celebrating all things 'self-advocacy' and learning about projects we could all get involved with to make our voices stronger.

2024 brings another opportunity to do this all again! Self Advocacy groups from across the country will be coming to share what matters to them and to share their views with their peers.

The conference is free to attend our only ask is that self advocates receive the tickets first, and that if you are attending as a professional that you support a self-advocate or a person with a learning disability/autistic person to attend with you too.

There is a party the evening before too!!

Please go onto the link to see more details and to book your ticket.

[POSITIVE VOICES 2024 Tickets, Thu, Oct 3, 2024 at 10:00 AM | Eventbrite](#)

[POSITIVE VOICES PARTY Tickets, Wed, Oct 2, 2024 at 6:00 PM | Eventbrite](#)

## 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 [podcast series](#), *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 [Finding the Balance](#), which will include six insightful episodes.

For more information, visit [Autism Central](#).

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### PINS - Partnership for Inclusion of Neurodiversity in Schools Project

The purpose of the project is to improve the experience of mainstream school for children who may have an additional educational need. Several Schools in Wolverhampton have been identified to help trial this pilot project.

It works to the principle that meeting the needs of children with Special Educational Needs and Disability (SEND) in mainstream schools is the cornerstone to improving outcomes (across attainment, attendance and wellbeing), parental confidence and delivering the financially sustainable SEND system, as envisaged in the SEND and Alternative Provision (AP) Improvement Plan.

V4P have started to visit the schools taking part in PINS Project and have set the following dates for coffee mornings in the schools to come and talk with Parent Carers. If your Child is currently attending one of these schools, please come and join us on the following dates:

OCTOBER 2024—1st Oct—West Park Primary School, 2nd Oct—Holy Rosary Primary School, 9th Oct—Woden Primary School.

NOVEMBER 2024—11th Nov—Northwood Park, 12th Nov—Dovecotes Primary School, 13th Nov—Graisley Primary School, 19th Nov—St Michael's Catholic School, 26th Nov—Wes Park Primary School and 27th Nov—Holy Rosary Primary School.

NB: Holy Rosary Primary School times are 9- 10 am - All other schools are 10.30—11.30am.

If your Child attends any of these schools, please complete the Parent Carer Survey that details your experiences with in the school. <https://forms.office.com/r/vRwjKwEr1p>

The information from the survey will be used to understand the current strengths and potential areas of improvement in a school.

The survey is for all parents and carers of children attending schools participating in the project. If you have more than one child attend the school, then you may complete the survey for the number of children you have attending the school. All information provided will be stored, used and accessed confidentially in accordance with Data Protection legislation. The individual information provided will only be accessible to Wolverhampton's Parent Carer Forum ( Voice 4 Parents). Your individual survey response will NOT be shared. The only time information will be shared is if it raises a concern for someone's safety.

## V4P Wellbeing Sessions are back!

Keep an eye on your inbox and our socials for upcoming wellbeing sessions

All photos can be seen on our website:

[Wellbeing Sessions May / June 2024 | Voice4Parents Wolves \(voice4parents-wolves.co.uk\)](https://forms.office.com/r/bq86NFX8wq)

Thank you to everyone that has been too our well being sessions so far.

As always feedback is always welcome so please use the link provided:

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

# Upcoming October Sessions



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



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

Join us for  
Our Autumn Flower Arrangement  
Workshop  
On October 14th  
From 10am -12pm



At Brickkiln Community Centre  
Cherry Street. WV3 0QW

Floristry is a creative and therapeutic activity that promotes relaxation and mindfulness. Working with flowers and plants can reduce stress, enhance mood, and provide a sense of accomplishment.

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](mailto: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



*Bouquets and Ribbons*  
Flowers for all occasions



*Sheena Young* Qualified Florist



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**Voice4parents**  
bring you our **Free**  
**Parent Carer**  
**Wellbeing sessions**  
Join us for our  
**Autumn Floral Wreath**  
**Workshop**  
On **October 14th**  
From **12.30pm -2.30pm**  
At **Brickkiln Community Centre**  
**Cherry Street. WV3 0QW**



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**Facebook**



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### Parkride—Accessible Cycling

parkride is the region's leading inclusive and accessible cycling and spin service which offers fun and flexible cycling for all to enjoy, regardless of age, disability or cycling ability.

Our main aim is to encourage people to get active through cycling and achieve their personal aspirations.

peddle by supported by

### 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  
 @ParkrideMM    parkride@midlandmencap.org.uk  
 @ParkrideUK    midlandmencap.org.uk/parkride/

## ACCESSIBLE CYCLING

WOLVERHAMPTON

**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 join:**

- 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



# VOICE 4 PARENTS

## NEWSLETTER

### WYSA




**wysa** | Use Wysa. Feel Better. | **NHS** Black Country Healthcare and Wolverhampton Trust


### Emotional Wellbeing Support for Secondary School Pupils in: Wolverhampton

Wysa is an AI chatbot that has been commissioned by **Black Country NHS Foundation Trust** to give you a safe, non-judgmental space where you can talk about anything and everything that's bothering you. Let off steam and share your worries - Wysa is here to listen.


You'll get full access to all of Wysa's self-help tool packs, including 150+ exercises, with everything from mindfulness and meditation to therapy tools for anxiety and depression.



Private



Anonymous




Secure

*"I've been able to fix my sleep schedule for school and I've been feeling more organised for the most part...I've been able to de-stress better with a better daily routine."*

- Wysa user

**To download Wysa Premium**

Scan the QR code from your phone



Or use the link:  
<https://get.wysa.uk/chrisM41mlh>

If you are asked for a code, please enter:  
**#CW02023**

### 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.



Secure



Anonymous



Private

### Is Wysa private?

Wysa is not a social media platform and users cannot message each other. No one will see what you share with Wysa, and it's completely anonymous. No email or sign-up 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 download it.

**Everybody moves—great resource.**

Use the link to find out more:

<https://everybodymoves.org.uk/>

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Whether you are a young person, or the parent/guardian/carer of a young person, the **Wolverhampton 0-19 Service** are here to offer you advice, support and information to help you and your family be as healthy as possible.

We provide services including Health Visiting, School Nursing, and the Partnering Families Team (PFT).



## Building a healthy future this autumn



To download the latest 'Building a healthy future' School Nurse e-Bulletin



For SEND parents



For Primary parents



For Secondary students

- 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](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](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](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/bq86NFX8wg>