



# Newsletter



Find out about our May events

See back page for details

Young Minds are leading the fight for a

## YOUNG MINDS

fighting for young people's mental health

future where all young minds are supported and empowered, whatever the challenges. They're there to make sure children and young people get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. But for those who take that brave step, help is much too hard to find.

The Young Minds website has lots of information for children and young people including where to go for urgent help, feelings and symptoms, conditions and looking after yourself. There is also a helpline for parents and carers.

Visit the website for more information:

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

## Meet Our Chair Tracey Green

Tracey has been the Chairperson for Derbyshire Parent Carer Voice since April 2017. Tracey has worked for over twenty years within the Health



and Social Care Sector, starting her career as a support worker. Tracey has worked with some very challenging young people and developed strategies of working that have been invaluable to this day. She has two children, one with Autism, ADHD, Sensory Integration Disorder and Anxiety. She is now the Director of Challenge Consultancy and is an Autistic Spectrum Condition (ASC) Education Consultant.

SEND LIFE HACK

**JAM Card** allows people with a learning difficulty, autism or communication barrier tell others they need 'Just A Minute' discreetly and easily. Some children/young people with a communication difficulty may be reluctant or unable to tell others about their condition. The JAM Card allows this to happen in a simple, effective non-verbal manner. The JAM Card can be used by anyone with a communication barrier, for example, those with learning disabilities, Asperger's or autism or who have a brain injury and people who otherwise feel self-conscious about their ability to effectively communicate when engaging with others. It is available as a plastic card or as an app for your phone - or both! For more information and to apply for a JAM Card please visit: [www.jamcard.org/jam-for-me](http://www.jamcard.org/jam-for-me)



The New and Improved Derbyshire Local Offer is going live on Friday 1st March 2019. Derbyshire's Local Offer includes leisure and activity providers, health and care services, education providers and support groups. The Local Offer simply aims to pull information about available services into

one place and make it clear and accessible for you and your family. If you haven't had a chance to have a look at it yet, visit [www.localoffer.derbyshire.gov.uk](http://www.localoffer.derbyshire.gov.uk)

Your feedback is still essential to help to improve and update the website.

Any feedback can be emailed to [local.offer@derbyshire.gov.uk](mailto:local.offer@derbyshire.gov.uk)



**SEND  
LIFE HACK**

The **Annual Health Check** scheme is for adults and young people over the age of 14 with learning disabilities who need more health support and who may otherwise have health conditions that go undetected. People aged 14 and over who have been assessed as having moderate, severe or profound learning disabilities, or people with a mild learning disability who have other complex health needs, are entitled to the annual health check. The health check can be a good way of getting used to visiting the GP, talking about any concerns and looking ahead to what might need to be put in place as the young person approaches adulthood. During the health check, the GP or practice nurse will:

- ◆ Do a physical check-up, including weight, heart rate, blood pressure, blood and urine
- ◆ Talk to you about staying well and if you need any help with this
- ◆ Ask about things that are more common if you have a learning disability, such as epilepsy, constipation or problems with swallowing
- ◆ Talk to you about your medicines
- ◆ Check how it's going with any health conditions
- ◆ Check to see if you have any other health appointments, such as physiotherapy.
- ◆ Ask if family and/or carers are getting the support they need
- ◆ Help make sure that things go well when children move to adult services at the age of 18

For more information visit [www.nhs.uk/conditions/learning-disabilities/annual-health-checks/](http://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/)

**Phone or visit your doctors surgery to make an appointment**

**Our wonderful trustees at Derbyshire Parent Carer Voice are looking for new parent/carers to join the team.**

We're looking for parent/carers with passion and enthusiasm to help drive the charity. The role includes:

- ◆ Attending a monthly committee meeting term time
- ◆ Willingness to learn new skills to support the voice of the parent/carers
- ◆ Challenging decisions and improving services using the voice of the county's SEND families.

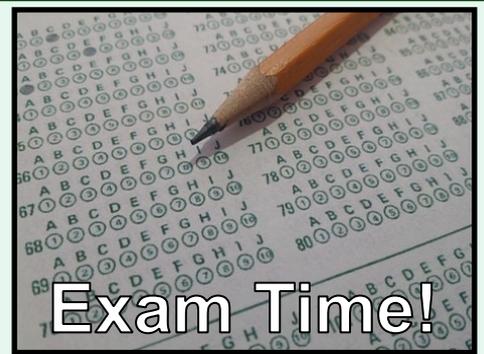
For more information please contact us via email or telephone.

✉ [info@derbyshireparentcarervoice.org](mailto:info@derbyshireparentcarervoice.org)

**01629 533666** 



With exam season looming, do you know what extra support your child or young person needs while taking exams such as SATS in Key Stage 2, GCSE's AS or A'levels? Some pupils with specific needs may need additional arrangements so they can take part in tests and examinations. Types of support they may need include:



- additional time to complete the tests
- early opening of test packs, to modify test papers
- compensatory marks for spelling
- the use of scribes, readers, word processors or other technical or electronic aids
- making transcripts
- written or oral translations & the use of accessibility objects in the mathematics test
- the use of prompts and rest breaks
- arrangements for pupils who are ill or are injured at the time of the tests
- administering the tests at an alternative location

Your child/young person does not need to have an EHCP to receive this support, but they will need to be assessed to see what would help them.

Speak to your child/young person's Special Educational Needs Co-Ordinator (SENCO) for more information or visit:

[www.gov.uk/government/publications/key-stage-2-tests-access-arrangements](http://www.gov.uk/government/publications/key-stage-2-tests-access-arrangements)



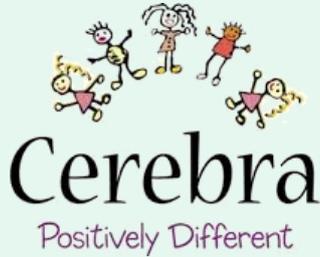
**IPSEA** (Independent Parental Special Education Advice) is a charity operating in England and offers free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). They also

provide training on the SEND legal framework to parents and carers, professionals and other organisations. Since IPSEA was formed in 1983, they have helped to improve educational support for thousands of children with all kinds of SEND. They do this by providing free and independent legally-based information, advice and casework support.

IPSEA has free downloadable legal guides and resources available to parents and carers. These guides are complemented by a free Advice Line which provides legally based information and next step advice on any educational issue that is a result of a child's SEND. IPSEA's Tribunal Helpline gives next step advice on appeals and disability discrimination claims to the SEND Tribunal and the Tribunal Support Service where a referral can be made for more extensive casework support from a volunteer, including representation at the hearing. The advice services are delivered by a national network of around 200 highly-trained volunteers, supervised and supported by IPSEA's Legal Team members.

IPSEA also work to challenge unlawful SEND policy and influence policy development at both a local and national level and has been instrumental in shaping law and policy in the field of special educational needs and disability. For more information visit:

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



## Accessing Public Services Workshops

2 Events in Derbyshire in  
May 2019

**Wed 8<sup>th</sup> May 2019**  
Oakland Village Hall  
Hall Farm Road  
Swadlincote  
Derbyshire  
DE11 8ND  
**10.00 – 14.00**

**Thurs 9<sup>th</sup> May 2019**  
Fairfield AEC Centre  
Victoria Park Road  
Buxton  
Derbyshire  
SK17 7PE  
**10.00 – 14.00**

**Cerebra** will be running two workshops in Derbyshire in May 2019 to help parent/carers identify common problems that prevent families accessing services and to find ways to solve these problems. A programme has been developed which includes an Accessing Public Services Toolkit.

By the end of the workshop parent/carers will be able to:

- Identify commonly occurring problems facing families accessing services and recognise different types of dispute
- Come up with problem solving approaches to these problems
- Use a number of template letters when corresponding with public bodies

If you are a parent/carer of a child or young person with Special Educational Needs and/or Disability and would like to attend this free event, please follow the Eventbrite link on our website. Alternatively you can telephone to register your attendance. Lunch and refreshments will be provided so please indicate any dietary requirements.

Places are limited so don't leave it too late to book your place!

[www.derbyshireparentcarerveice.org](http://www.derbyshireparentcarerveice.org)



Derbyshire parent  
carer voice



01629 533666

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