



# Norfolk Parent Partnership News



**NPPN**  
national parent  
partnership network

For parents and carers of a child with an Individual Education Plan **Spring 2011**

**Norfolk Parent Partnership**  
**Woodside Road, Norwich, NR7 9QL**  
**www.norfolkparentpartnership.org.uk**

**Tel: 01603 704070/Fax: 01603 704072**  
**Email: parent.partnership@norfolk.gov.uk**

## This is your newsletter

**We help families of children with special educational needs**

Let us know what you would like to see mentioned in the newsletter, or send us your comments on things you have found helpful or not. Write, email, phone or fax us.

Our volunteers are in great demand. If you feel you would like to help other parents, do look

at our next training course on the notice board page or ring us for a chat.

Also, if you know of any support groups that have been really helpful, tell us and we will pass the information on to other parents.

**We are here to help you.**

## Can we help you?

### Do you have concerns about your child's education?

We are here to support and advise you. Just give us a call or email us and we will be happy to see how we can help. We are a friendly team—Sarah and Janina, Partnership Officers, Jennie, Parent Adviser and Elizabeth, Admin. We are all here to answer any of your educational questions, and give you



Sarah Janina Jennie Elizabeth

advice and support.

There are booklets on our website which explain the Statutory Assessment process, how you can help your child at school, finding a school and lots more, including a jargon buster. Just log on and download the booklets that interest you, or ring us and we will send you a copy.

Also look at our website for more information about us and other useful contacts.

If you already know about us then pass our information onto a friend.

Norfolk Parent Partnership has the following organisa-

tions on their Steering Group



**Children's Services and Schools**

**Central Norfolk Primary Care Trust**



**Autism Anglia**



together improving services

## ACE, Advisory Centre for Education



ACE is a national charity set up in 1969 who support parents and carers of children aged 5 -16 in state funded education. They supply information, support and advice.

Ace have some very useful, detailed, leaflets and publications, some can be downloaded online at: [www.ace-ed.org.uk](http://www.ace-ed.org.uk)



These include the 'My Child in School' series:

- \* Applying for a School
- \* Appealing for a School
- \* Early Years Extra Help
- \* Getting Extra Help
- \* Asking for a Statutory Assessment
- \* Getting the Statement Right
- \* Understanding Annual Reviews
- \* Fixed Period Exclusion
- \* Permanent Exclusion
- \* School Transport
- \* Tackling Bullying
- \* Making a Complaint
- \* Disability Discrimination

**Norfolk Parent Partnership** also produce parent friendly booklets on some of the above subjects, which can be downloaded **FREE** from:

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



## Family Study of Autism at the Open University with the Autism Research Centre of Cambridge University

To take part in this research, we need you to be the biological parent of a child with a formal autism spectrum diagnosis. Your child must be between 6 and 18 years old and have at least one biological sibling, with or without an autism spectrum diagnosis.



**The Open University**

The purpose of this research is to examine to what extent children with autism resemble their parents on a series of tasks. This study may give us important insights about which characteristics are shared between parents and children and which features are not.

If you and your child are interested in participating, then please contact Edward Sucksmith directly on **01223 746030** or by email: [es504@medschl.cam.ac.uk](mailto:es504@medschl.cam.ac.uk)

## What is an IEP? (Individual Education Plan)

Children learn at different rates. If your child has been given different work to the other children and they are still not managing as well as they should, they could be given an IEP.

This may be for many reasons depending on your child's needs. It can be anything that effects their learning, including behaviour or communication difficulties.

If your child has an IEP and has extra or different help this is called **School Action**. The teacher will talk with you about what action is needed and will be working with the school SENCO (Special Educational Needs Co-ordinator).

Targets in the IEP should be **S M A R T**:

- ♦ **Specific**, say exactly what is expected
- ♦ **Measurable**, easy to see if it has been achieved
- ♦ **Achievable**, a small step that the child can manage
- ♦ **Relevant**, is it the right target for that child?
- ♦ **Time bound**, say when the IEP will be reviewed

The IEP will include information about:

- ♦ **3 to 5 short term targets**
- ♦ **How these will be taught**
- ♦ **Any additional support or equipment**

The IEP should be reviewed **at least twice a year** but ideally every term. Both you and your child should be involved in setting targets. Your child's views should always be considered.

If your child makes progress they may no longer need the extra support of an IEP. If they need more support than at **School Action** they can get extra help at **School Action Plus**. Advice is then asked from other professionals outside school. New targets will be written from this advice. Your child's progress will continue to be assessed.

If you have any questions about IEPs or your child's education call our helpline: **01603 704070**.



## Infant Scientists Wanted!



**Are you pregnant, or do you have a baby between the ages of 0 - 9 months who has an older brother or sister with autism?**

The British Autism Study of Infant Siblings (BASIS) is a UK wide network of researchers. Our aim is to learn more about the early development of baby brothers and sisters of children with autism. We hope our studies will in the long term help to improve early detection and diagnosis of children with autism. If you are pregnant, or have a baby

between the ages of 0 - 9 months who has a full sibling diagnosed with an autism spectrum disorder, please contact us for more details. Travel costs to central London (WC1) are reimbursed and special arrangements are made for families who live further away.

**BASIS, The Babylab,  
Centre for Brain and  
Cognitive Development.**

**Tel: 020 7079 0761**

**Email: [basis@bbk.ac.uk](mailto:basis@bbk.ac.uk) or visit:  
[www.cbcd.bbk.ac.uk/babylab/babysibs](http://www.cbcd.bbk.ac.uk/babylab/babysibs)  
and [www.basisnetwork.org](http://www.basisnetwork.org)**



## The Role of the School Nurse

Norfolk Community Health and Care   
NHS Trust

School Nurses support young people in high schools by arranging drop ins at the school. Young people can self-refer to these or attend by appointment on the request of either a parent or teacher.

**Support and advice is given on a range of issues:**

- ♦ sexual health
- ♦ emotional health
- ♦ wellbeing
- ♦ self harming
- ♦ mental health
- ♦ weight issues
- ♦ relationships etc.

School Nurses can refer to other professionals (e.g. mental health teams) as required. They are trained to provide young people with condoms

(within strict protocols) and can provide the Chlamydia testing kits.

Sessions are usually confidential but where necessary and with the consent of the young person, the School Nurse will work with parents, carers and other professionals to support the young person with their needs.

The nurses also have links with Children's Services teams and other professionals in cases where children are at risk of harm or are vulnerable and need support from other professionals.

If you would like to speak to the school nurse or make an appointment, contact your school to find out about the drop-in sessions or to make an appointment.

## Autism Support Group for parents of children with Autism and Aspergers

Children are welcome,  
as are adults with Autism

Tuesdays at 10am  
Wymondham Library  
Back Lane, Wymondham NR18 0QB.

For further details contact  
**Kathryn Ward** on 01953 600148 or  
**Mark Goldspink (Library Manager)** on  
01953 603319



Supporting young people with  
learning difficulties and/or  
disabilities, into employment.

Ring 01603 763 111 or email  
[mintenquiries@ocn.ac.uk](mailto:mintenquiries@ocn.ac.uk)  
for more information.

## Afasic UNLOCKING SPEECH AND LANGUAGE

Do you have a child of any age with  
speech or language problems?  
Would you like to meet other  
families in Norfolk who are in a  
similar situation?

Then come along to our new  
support group.

Ring Tracy on 07941 137380 or  
email: [tl@vistaland.freeserve.co.uk](mailto:tl@vistaland.freeserve.co.uk)

Or contact the Afasic helpline,  
who will put you in touch with our  
coordinator: 0845 355 55 77



## Free Volunteer Training Autumn 2011

At the  
**Professional Development Centre,  
Woodside Road, Norwich, NR7 9QL**

On Wednesdays,  
7th, 21st, and 28th September  
5th, 12th and 19th October  
A Post Course Meeting will be held at the  
Norfolk Parent Partnership office.

If you are interested in special  
educational needs and would like to  
support parents please ring Norfolk  
Parent Partnership for more information.

01603 704070  
[www.norfolkparentpartnership.org.uk](http://www.norfolkparentpartnership.org.uk)



## Obsessive Compulsive Disorder (OCD) Support Group

Meetings held at  
Piece of Mind Centre, Heacham  
every Wednesday evening  
6pm-8pm

please check the website for  
times and dates.

Available to anyone in the  
Norfolk area  
aged 16-infinity who suffer  
with this condition

Limited onsite parking  
Accessible by public  
and community transport  
Wheelchair access available

Mob: 07833380726  
email: [info@ocdnorfolk.co.uk](mailto:info@ocdnorfolk.co.uk)  
website: [www.ocdnorfolk.co.uk](http://www.ocdnorfolk.co.uk)

# Useful Contacts

**Down's Syndrome Norfolk**  
**The Down's Heart Group**  
**The Snappy Name Drama Group**

ring :

**General Enquiries on 0781 313 7923**  
**[dsninfo@downsyndrome-norfolk.org.uk](mailto:dsninfo@downsyndrome-norfolk.org.uk)**

For further information about the Young Down's Group ring: **Sophie 01508 492860**  
**or Paul 07540 453 530**

**[ydg@downsyndrome-norfolk.org.uk](mailto:ydg@downsyndrome-norfolk.org.uk)**  
**[www.downsyndrome-norfolk.org.uk](http://www.downsyndrome-norfolk.org.uk)**

**Norfolk & Norwich Families' House**

**- Family Support Service offers:**

- ◆ Volunteer 1-1 support
- ◆ Parent support groups for parents of children with behavioural difficulties
- ◆ Holiday activities and events for all the family.

**For more information ring 01603 621702**

**Hamlet Centre Trust**

We provide recreational, educational, social and vocational opportunities for all children with complex health needs and life threatening conditions at our own premises in Norwich.

**Ring 01603 616094 for more information**  
**[www.hamletcentre.org.uk](http://www.hamletcentre.org.uk)**

**BOOM - The Benjamin Foundation**

A new programme of positive activities covering the whole of Norfolk for young people aged between 5-19yrs who are at risk of social exclusion, truancy or have committed a crime.

**For further information ring:**

**Stewart Cott on 07774 338151 or email:**  
**[stewart.cott@benjaminfoundation.co.uk](mailto:stewart.cott@benjaminfoundation.co.uk)**

**The Matthew Project**

We offer help and support for young people under 18.

- ◆ Give information about drugs and alcohol
- ◆ Listen without judging you
- ◆ Only share information if you or someone else is at risk of harm
- ◆ Meet up with you in any safe place, anywhere in Norfolk, to talk about your worries.

**Under 18 Helpline: 0800 970 4866**

**Office: 01603 774360**

**Email: [under18@matthewproject.org](mailto:under18@matthewproject.org)**

**Text: 07797 800 966 (Mon-Fri 9am — 4.30pm)**

**Contact a Family**

For families of disabled children or those with additional needs. Ring for advice and information on benefits, grants, short breaks, support, etc: **0808 808 3555**

## Disclaimer



Norfolk Parent Partnership is not responsible for articles or events provided by third parties. Any views or opinions are those of the author and do not necessarily reflect those of Norfolk Parent Partnership.

**Please let us know if you would like large print copies or if translations would be useful.**

***Now available in Portuguese and Polish.***

Norfolk Parent Partnership is an 'arms length service' funded by Norfolk County Council, working with the voluntary sector and other professionals to support parents and carers of children with special educational needs.