Save the Date 'Meet the SEND Heads Parents Conference' has now been rescheduled to **Thursday 22nd June**	P1
Have your Say – important questionnaire for parents of children and young people with an EHCP	P2
Half-term playschemes	P2
Enfield Advisory Service for Autism cuppa and chat for parents of Early years and primary-aged children	P2
Enfield Carers Centre events coming up: Benefits Advice session on PIP – 9th Feb Contingency planning for parents of adults (17+) with a learning disability Carers Wellbeing – diet and nutrition 9th Feb	P3
Preparing for Adulthood Support Planning session on 7th Feb	P4
Event on Care and Support planning process for adults with Learning Difficulties 6th Feb	P4
Inclusive Leisure activities • Relaxed performance of Frozen the Musical – Sun 5th Feb • Autism Friendly cinema – Sat 4th Feb • Trackplay sessions Thu 16th Feb	P5

Our Voice

What's New?

31st Jan 2023

Save the New Date: 'Meet the SEND Heads' 22nd Jun

Back in early December, we announced a date for our next 'Meet the SEND Heads' Parents' Conference. Unfortunately, our original date (2nd March) now clashes with a planned teachers' strike, so we have decided to reschedule, as we know there is a high probability that many of you will have children at home that day, and won't be able to make it.

The new date is Thursday 22nd June – please save this important date in your diaries!

The face-to-face event, at Green Towers Community Centre in Edmonton, will include:

- Q&A panel session with Heads of Departments responsible for SEND services
- A chance to book individual 1:1 sessions with professionals to discuss specific issues and concerns.
- We are also discussing options for tailored workshops on topics of interest

These events are always really popular and give parents and carers an exceptional opportunity to talk directly to the people who are responsible for providing the services that support our children and young people.

PICTURES FROM OUR PREVIOUS PARENTS CONFERENCES

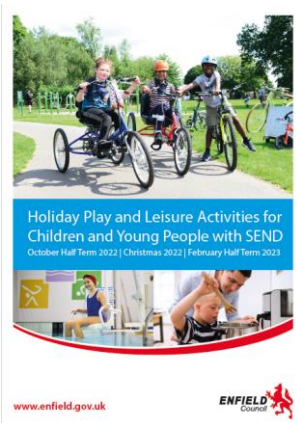
Have your say – important survey for parent/carers of children and young people with an EHCP

If your child/young person has an EHCP and lives/attends school in the London Borough of Enfield, Enfield Council is inviting you to complete their new Special Educational Needs and Disabilities (SEND) Parent/Carer Questionnaire. You should also have received an email about this from the Council.

The questionnaire can be found at https://online1.snapsurveys.com/8xvado. It should take about 10 – 15 minutes, and your responses will be completely confidential. Please complete and submit the questionnaire by 10:00 am on Friday 10 February.

This is an important questionnaire which was developed by the LA in response to some of the issues raised at our 'Meet the SEND Heads' Parents' Conference in March 22. The aim is to help the Local Authority to better understand your experiences as parent/carers around the areas of education, health, and social care; annual reviews; and accessing information, advice, and support, in order to help focus plans to improve local services and support. An overview of the results will be shared at the next Our Voice Meet the SEND Heads Conference.

If you have any queries about this questionnaire or need help with sharing your views, please email haveyoursay@enfield.gov.uk. There will be a separate questionnaire later in the year for parents of children and young people with additional needs who do not have an EHCP.



Half term – playschemes

Don't forget the LAs booklet on playschemes over half term can be found on our website here. This includes specialist playschemes for children and young people with additional needs, as well as more mainstream options which are intended to be inclusive – please talk to individual providers to discuss your child/young person's specific needs.

Watch out for the Our Voice booklet on leisure activities during half term, coming soon!

EASA Cuppa and chat session 9th Feb

The Enfield Advisory Service for Autism (EASA) supports autistic children and young people (from 0-25 years) and their families.

EASA are holding their next 'cuppa and chat' sessions, for the parents and carers of Early Years and Primary -school aged autistic children from 9.30 to 11 am next Thursday 9th February at Russet House School, 11 Autumn Close, Enfield, EN1 4 JA, on the theme of eating and mealtimes. More information here.

Book at https://www.eventbrite.co.uk/e/493769918117

Enfield Carers Centre events next week

The Enfield Carers Centre run a variety of different information sessions for carers, many of which are relevant to parents of children and young people with additional needs. They also have a very good programme for young carers, which includes the siblings of children/young people with additional needs. You can find more information on their events page here and in their newsletter here. Most events need to be pre-booked either by email to info@enfieldcarers.org or by phone at 020 8366 3677

PIP Advice session 9th February

GROUP BENEFITS ADVICE SESSIONS - Essential information for Carers - Can you Claim?

Find out about the following benefits, who can claim and how best to complete the form. Online speaker. All sessions take place on Thursdays.

CARERS ALLOWANCE	12th Jan 10am—12pm
PERSONAL INDEPENDENCE PAYMENT (PIP)	9th Feb 10am—12pm
DISABILITY LIVING ALLOWANCE (DLA)	9th Mar 10am—12pm
ATTENDANCE ALLOWANCE	11th May 10am—12pm
CARERS ALLOWANCE	8th Jun 10am—12pm

Call to book a face to face place or to receive the login details 020 8366 3677 or email ECC

Contingency planning sessions for carers of adults with a learning disability 8 Feb

The Contingency planning workshop is for carers of adults (age 17 and over) with a learning disability and will help you to put together a contingency plan for your young person's care and support when you are no longer here.

More information here.

Contingency Planning Sessions
What will happen when I am no longer here?

Carers of adults with a learning disability (17 years or older)	Carers of adults with mental ill health (18 years or older)
Wed 8th February 10am - 1pm	Thurs 11th May 10am - 1pm

These workshops will discuss what you need to think about and consider putting in place for your loved one's future care and support. We'll help you put together a contingency plan which can be stored on you/your loved one's social care record and/or shared with family and friends if appropriate.

Carers Wellbeing session – Diet and nutrition 9th Feb

Enfield Carers Centre
Empowering Carers

Monthly Wellbeing Sessions
10am – 11:30am

Our Wellbeing Services to help you and your family to live healthier lives.

Enfield Wellbeing Network

12th January	Self-care Management—tools and techniques
9th February	Diet and Nutrition
9th March	Let's Walk and Talk - 45 min walk. Meet outside Enfield Town Park Café *

If you are unable to walk all the way round the park, you can head over to the café where we will return at the end of the walk for a nice cup of tea or coffee. All fitness levels welcome.

13th April	Sleep Management—Tips for better sleep
11th May	Ways to Keep Active
8th June	Let's Walk and Talk - as above

*** Address: Enfield Town Park, Enfield, EN2 6TJ**
Call 020 8366 3677 or email: info@enfieldcarers.org to book your place.

Preparing for Adulthood – support planning workshop on 7th Feb

Preparing for Adulthood

Support Planning Workshops		
DATE	TIME	VENUE
Monday 5 December 2022	12:30pm – 2:30pm	Enfield Highway Carnegie Building 258a Hertford Rd Enfield EN3 5BN
Thursday 10 November 2022	10:00am – 12:00noon	Enfield Highway Carnegie Building 258a Hertford Rd Enfield EN3 5BN
Wednesday 18 January 2023	5:30pm – 7:30pm	Park Avenue Disability Resource Centre 65c Park Ave Enfield EN1 2HL
Tuesday 7 February 2023	10:00am – 12:00noon	Enfield Highway Carnegie Building 258a Hertford Rd Enfield EN3 5BN
Monday 27 March 2023	6:30pm – 8.30pm	Park Avenue Disability Resource Centre 65c Park Ave Enfield EN1 2HL
ADVICE PROVIDED BY	Families in Transition to Adulthood The Integrated Learning Disability Service, Person Centred Approaches and Engagement Lead and Assessment	
These workshops are an opportunity to ask questions and get advice about: • Support Planning • Personal Budgets • Direct Payments Numbers will be kept small so everyone will get a chance to ask their questions. PLEASE NOTE: these sessions are for general advice; we won't be able to talk about individual people		
TO BOOK PLEASE EMAIL:	chris.o'donnell@enfield.gov.uk	

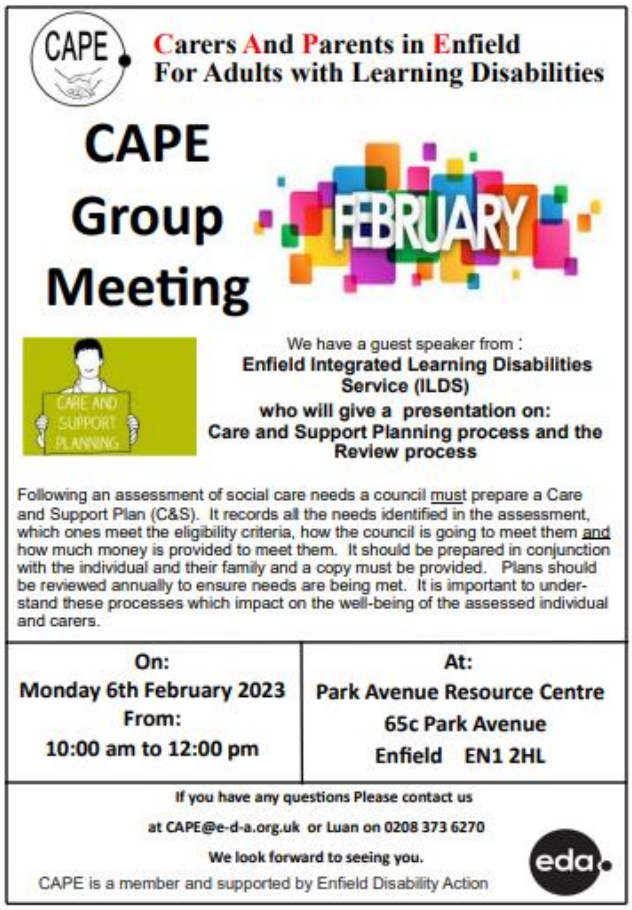
This is one of a series of support planning workshops where you can have the opportunity to ask questions about support planning, personal budgets and direct payments. It will take place at **Enfield Highway Carnegie Building on Tuesday 7th February from 10 am to 12 noon.** To book please email chris.o'donnell@enfield.gov.uk

More information on all Preparing for Adulthood events is on our website news page here

Event on the care and support planning process for adults with learning disabilities 6th Feb

CAPE is a group of parents, and relatives, of adults with learning disabilities, for whom they are carers. CAPE also welcomes the family members of young people with learning disabilities who are in transition to adult services, so that they may share their experiences and learn about adult services.

Their next event will be next Monday 6th February at the Park Avenue Resource Centre from 10 am to 12 noon. They will be looking at the Care and Support Planning Process and the review process



Days out and Leisure activities coming up

Frozen The Musical – Relaxed performance – Sun 5th Feb (plus September date)

Two relaxed performances of Frozen The Musical are coming up!

Frozen The Musical offers a range of Access performances throughout the year, including Relaxed Performances.

Frozen's Relaxed Performances are designed to provide an opportunity for people who are autistic, neurodiverse, or would benefit from reduced sensory input and might prefer a more relaxed environment. Small adjustments are made to the sound, lighting and special effects. There are extra trained staff on hand, and dedicated quiet areas are available throughout the theatre should guests wish to leave their seats.

Frozen's next Relaxed Performance takes place next weekend, on Sunday 5 February at 1pm at the Theatre Royal Drury Lane.

Mousetrap theatre projects (a theatre accessibility charity) are offering two relaxed performances of Frozen the Musical, adapted especially for autistic people and those with learning difficulties and other sensory . The YouTube video here tells you more about what to expect at a relaxed theatre performance.

Information and booking for Sunday 5th February here
Information and booking for Sunday 3rd September here

Autism-friendly cinema – Saturday 4th Feb

Cineworld Enfield will have an autism-friendly (and audio-described) screening of the new film, 'Puss in Boots the Last Wish' on Saturday 4th February at 11 am.

You can book your tickets here.

Trackplay – Thursday 16th Feb (plus April date)

Trackplay's 90-minute play sessions are very popular with many of our young members and are great fun for children who love trains. Trackplay will be running open sessions (not SEND specific) on Thursday 16th February at Forty Hill Primary school.

Please note that these are general sessions open to the public (no SEND-specific sessions are currently planned), so they may be relatively noisy and may not be suitable for some children with sensory issues. Full details and booking links here.

There will also be sessions on Wednesday 12th April – see information here.

We hope that you have found our newsletter useful. If you have any feedback, or anything that you think we could be telling our families about, please let us know. Our contact details are:
Telephone 07516 662315 Email: info@ourvoiceenfield.org.uk
Website: www.ourvoiceenfield.org.uk

You can also follow us on our Facebook page at https://www.facebook.com/ourvoiceenfield/ on Twitter@EnfieldOurVoice and on Instagram at https://www.instagram.com/ourvoiceenfield/

If you no longer wish to receive these emails, and/or would like us to remove your details from our database, please email us and we will remove your details from our mailing list and/or database.