

# Our Voice

## Making a Difference...



Spring 2015  
Issue 18

**contact a family**  
for families with disabled children

Our Voice sponsored by the Department of Education via Contact a Family

## Welcome

Welcome to the Spring edition of our Newsletter. As you will see, there's been a lot happening! We've got updates regarding the Reforms: all parents of Year 6 children with Statements as well as Year 11, 12, 13, and 14 who are moving schools and going into Further Education or training have started the conversion process. It's early days yet and there are lots of lessons learned so the aim is that the SEND project team will review these and continue to review and improve the process.

And remember, the Reforms affect all children with Special Educational Needs, even if they don't have a Statement. If your child's needs come under SEN Support, schools and colleges must make their best

endeavours to provide support to meet your child's needs and should review their progress at least three times a year, making a written record of this. For more information go to <https://www.gov.uk/government/publications/send-code-of-practice-0-to-25> (section 6.64 to 6.71)

We've also included some key articles about support in general, and what's happening in Enfield which we hope will be of interest to you all.

So happy reading and of course, if you have any feedback get in touch.

Our Voice newsletter is looking for stories for the next issue. So... can you recommend a club or activity? Have you organised a successful fundraising event? Or tell us your education and health stories that other readers may find helpful. There's a £15 voucher up for grabs for every story we print so email Our Voice at [info@ourvoiceenfield.org.uk](mailto:info@ourvoiceenfield.org.uk).



Some of the Our Voice Management Committee (from left to right) Seema Islam, Fazilla Amide, Resim Clear, Khilna Gudhka and Natalie Sherman.

## COMMUNITY STAR AWARD

A huge thank you goes to Gillian's Riding School and its group horse riding lesson for children with additional needs. Andre (Brandon's riding instructor, Hayley (Management) and the other staff put lots of extra special effort and time into making it a great activity. It took my son

Brandon a good while to become acquainted with his horse, Toby, and we had tears, tantrums and lots of stubborn moments, but Andre is a patient and encouraging instructor and

gave Brandon the confidence to keep trying. Fast forward a few months later, and now he can get on the horse with minimum support, steer

the horse around the arena, make him stop, weave in and out of obstacles and dismount appropriately. Horse riding has improved Brandon's posture and balance, taught him how to follow instructions and given him the confidence to try



new things. He's achieved Level 1 in Riding and Horsemastership. The horse riding group for children with special needs is on Saturday morning from 11.30 - 12.00pm at Gillian's Riding School, Bayside Farm, Beggars Hollow, Clay Hill, Enfield EN2 9JL. Call 0208 366 5445 or visit [www.gilliansridingschool.co.uk](http://www.gilliansridingschool.co.uk)

Contact: Khilna or Fazilla • Telephone: 07516 662315 • Email: [info@ourvoiceenfield.org.uk](mailto:info@ourvoiceenfield.org.uk)

Please pass this newsletter on to others – parents and service providers who might find it useful. You can contact us for additional copies by email or phone.

# OUR VOICE NEWS

Our Voice has been busy over the last 6 months....running network meetings, events and working with the Local Authority to help shape and influence how the SEND reforms are implemented here in Enfield.

## What a performance

Since the last Our Voice theatre trip proved so popular with our members, we decided to organise another one. This time, to see Christmas Tales at the Dugdale Centre.

It was amazing! Really interactive and for most of the time, many of the children were singing and dancing on the stage with the cast! They were able to enjoy the show and be



themselves while parents were able to relax and watch the show with the children joining in! It was genuinely heart-warming and fun for all!

It makes such a difference when a group of us can get together, all with similar

understanding about how our children can be or react and not have to worry. Also, since tickets are discounted, it's great value and can be a cost effective way of seeing how your child may respond to live theatre and they're likely to feel more comfortable with their peers in a setting where there is greater understanding.

This Easter we're planning a trip to see Pinocchio at The Dugdale Centre on 12th April 2015 at 1.30pm. So if you and the family want to join us, call Khilna on 07516



662315 or email [info@ourvoiceenfield.org.uk](mailto:info@ourvoiceenfield.org.uk) to find out more details.

## Network Meetings

During last term we held a number of network meetings around these themes:

- Year 6 conversions
- Choosing a secondary school
- New Mediation Service

and also ran an open forum for our members and management committee.

The Year 6 choosing a secondary school meeting was well attended and very timely. We had help from Enfield Parents & Children who presented and gave useful tips around what to look for from a secondary school as well as what questions to ask. We had lots of discussion, though it was sad to hear from many parents who attended open evenings, that a few of the schools were

not very supportive and made snap judgements about whether they could meet our children's needs, or not, before having any discussion. Some also cited that children needed to reach at least level 2 in reading in order to actively participate. However the legislation states that ALL schools must make their best endeavours to meet our children's needs and they should fully consider how they can do this before saying no.

The advice from secondary school SENCO's is to make a specific appointment so they can discuss a child's needs without the distractions of the open evening. Open evenings are a great way to get a sense of the school but not a suitable time to talk about individual or specific needs.

We hope that in working more closely with secondary schools, they'll be more open minded and buy into the fact that all children with SEN have the right to attend their local school and get the support they need, if that's what they want. Places at special schools are limited and whilst we need more specialist provision, we also need many more schools to be more accepting and supportive of our children, whatever their needs.

If you're considering Secondary schools for September 2015, come along to our next Network meeting on 16th June 2015, from 10am-12noon at Enfield Carers Centre, Britannia House, 143 Baker Street, Enfield EN1 3JL to find out more. We're also aiming to visit as many schools as possible, so if you'd like us to come to your school, let us know.

## Tesco Clause!

Just before Christmas we received a call from Marcie Thomas, Tesco Barnet & Enfield Community Champion saying Tesco had heard great things about Our Voice and wanted to support us, through partnering with Enfield Parents & Children and Russett House School.

Tesco worked with three Enfield stores and its loyal customers to donate toys and give a Christmas treat to children most in need.

So with a huge amount of effort and support, Tesco donated bags and bags of toys three days before Christmas. Due to the tight timelines, and the desire to get the toys to the children for Christmas morning, Our Voice sent the toys to Cheviots social workers who could take the presents to the kids during their visits and help Father

Christmas with his deliveries! No sooner had Our Voice dropped off the toys; social workers were seen leaving the building with toys wrapped in shiny bright paper. Fantastic!



Tesco is also making a charitable donation of £1,150 to Enfield Parents & Children.

'It was so exciting but overwhelming to organise and lead a local event for many children who wouldn't have received a gift at Christmas,' says Marcie Thomas, Tesco Barnet & Enfield Community Champion. 'Thank you to many of the customers and colleagues across Enfield stores that gave generously.'

# SPORTS MATTERS

## College news

Tottenham Hotspur players Benjamin Stambouli and Nabil Bentaleb officially opened Enfield's first purpose-built learning disabilities hub and sports centre at Barnet & Southgate College, High street, Southgate. During the visit, Stambouli and Bentaleb showed off their indoor hockey skills against students in the new sports hall.

The centre, in partnership with Tottenham Hotspur Foundation, the charitable arm of Tottenham Hotspur Football Club provides specialist education facilities for students with complex learning and physical disabilities, with the aim of making a life-changing difference to 200



students each year. A combination of practical and vocational education and sport sessions are on offer and students will have access to specialist facilities including a hydrotherapy pool, sensory room, physiotherapy facility, rebound room with specialist sports equipment, sports hall, drama

room, recreational garden and arts and craft rooms. Grant Cornwell,

CEO of Tottenham Hotspur Foundation, says, 'As an inclusive organisation, we know only too well how people with learning disabilities can flourish with the right expertise, help and support behind them. For many young people, having access to specialist facilities like this is fundamental to growing as an individual.' For more information visit [www.barnetsouthgate.ac.uk/learning-disabilities-centre](http://www.barnetsouthgate.ac.uk/learning-disabilities-centre)



## Visually impaired tennis

Visually impaired tennis training camps at Lee Valley Hockey and Tennis Centre, in the Olympic Park provide specialist tennis coaching on the world class indoor courts. Supported by the Tennis Foundation, the sessions for players aged over 11 run on the last Saturday of every month from 14:00 -17:00 and are free for all under 18s and £2.50 for adults. The London 2012 legacy venue is accessible for everyone and the sessions offer coaching for new players as well as match play opportunities for more established players. Racquets and balls are provided and sessions are flexible to suit the participants. Visually impaired tennis is played with smaller racquets and a ball with audible ball bearings inside. Players who are blind are allowed three bounces while partially sighted players are allowed two bounces. Booking is essential and a sighted guide service is available for players to and from Leyton underground station with pick up at 13:30. For more information and to book call 08456 770 604 or go to [www.visitleevalley.org.uk/hockeytennis](http://www.visitleevalley.org.uk/hockeytennis)

## COMMUNITY STAR AWARD

A Community Star Award goes to Take the Plunge Swim School for their sensitivity, empathy and understanding, as well as their great teaching skills.

Some of our members' children, including Lana Murray, have swimming lessons with Take the Plunge at Waverley school where the water and poolside temperature are around 29° – perfect if swimmers are vulnerable to the cold or can't swim to warm up. Many parents found out about this great swim school through the recommendation of other



Victoria, one of the teachers, with Lana

parents... so we thought we'd highlight their great work here!

Jackie and her team of teachers are considerate and sensitive and know how far they can push the boundaries to stretch children, without making them over anxious or stressed. The club caters for mainstream children and for those with special needs, even if they need 1-1 support. Siblings can join in at similar times with other children of similar age or ability. If you're having 1-1 sessions, a written progress report each term is part of the package. For many children, its slow steps of progress but progress nonetheless. Jackie Sycamore, Lead Coach says, 'Our aim is that everyone enjoys the water. We don't profess to be experts in the field of swimmers with additional needs, but we use age and capability appropriate programmes for lessons.' For more information call 01992 623145 or visit [www.taketheplungeswimschool.com](http://www.taketheplungeswimschool.com).

**Swimming sessions**  
Gateway Seekers Swimming Club has fun, family swimming sessions for adults and children with learning difficulties at Albany Pool, Enfield every second Sunday from 2-4pm. Pools are closed to the general public and a fee of £1 per person is collected at poolside. Contact Anne and Roger Ploughman on 020 8360 9453 for details.

# News from the Joint Service

Janet Leach is Head of the Joint Service for Disabled Children, which co-ordinates social care, education, health services and voluntary agencies in Enfield. Here she updates Our Voice with information and news



## The Special Educational Needs and Disability (SEND) Reforms

As many of you know parents and professionals from SEN Services and the JSDC are working together with schools, other professionals and young people to support families as we roll out the many changes. Sarah Mclean our SEND Project Manager provides an overview:

*'I'm enjoying the challenge of co-ordinating the implementation of the new reforms, which I believe put families at the heart of the system, giving them greater choice and control about the things that affect their lives. Enfield has made good progress and I look forward to continuing to work with parents from Our Voice who have been key partners in helping to deliver the reforms in Enfield.'*

### What is the Local Offer?

Hopefully, many of you will be familiar with the Local Offer by now. Section 30 of the Children and Families Act requires Local Authorities to publish and maintain a Local Offer. The Local Offer is information that sets out the education, health and social care provision that the Local Authority expects to be available for children and young people with SEN and/or a disability (SEND). It also contains lots of other sources of information and support that is available for families who have a child with SEND.



#### You can:

- **Find out where your local children's centre is**
- **When and how to apply for a school place for your child**
- **How your child's school should support your child**
- **Find out about after school and holiday activities**
- **Find out if your child is eligible for a short break from Social Care**
- **Find out about apprenticeships, traineeships and study programmes**

#### How do I access it?

Enfield's Local Offer can be found at [www.enfield.gov.uk/SEND](http://www.enfield.gov.uk/SEND). However, printed copies can be found at your child's/young person's school or college, at your local library, your local Children's Centre.

#### Tell us what you think?

As well as providing information about services, the Local Offer should be a measure of how well services are meeting local need. Browse the pages in the Local Offer at [www.enfield.gov.uk/SEND](http://www.enfield.gov.uk/SEND) and click on the feedback buttons as shown above.

#### We're interested to know:

- **Is the Local Offer helpful to you?**
- **Is the structure right?**
- **Are there any services missing from the Local Offer that should be included?**
- **Are there any services not available locally that you would like to see provided?**
- **How could we improve it?**

## Working with Young People on the SEND Reforms

Part of the new Education, Health and Care Plan process involves the child or young person completing an "All About Me" section which records information about things that are important to them, their skills and strengths, how they communicate and what's working for them.

This is what we've done so far to give young people a voice and make information more accessible.

- **Youth Matters** – is a website for young people. We are currently looking at ensuring it's more inclusive by including information about SEND reforms, detailing the accessibility of youth centres, listing activities for young people with SEND alongside other activities. Visit the website [www.enfield.gov.uk/youth/](http://www.enfield.gov.uk/youth/) and let us have your ideas for improvements.

- **KRATOS** (Children in Care Council) – we're working with KRATOS to produce a video to include in our Local Offer which will give information to young people about the SEND reforms.

- **Face Front Inclusive Theatre** – we're working with Face Front to develop some drama workshops to explain the reforms and help young people when their Statement of SEN



converts to an Education, Health and Care Plan.

- **Symbols** – we're working with colleagues in Adult Social Care to use symbols as part of Local Offer, to enable young people with communication difficulties to understand the information that's provided for them.

For updates and information on fun activities to enjoy in the holidays see Breakaway – Enfield's Short Break Magazine for disabled children, young people and their families. It's on our Local Offer website or get a copy from your children's school or from Chevriots Children's Centre.

## Specialist Changing Facilities

Do you need somewhere to change when you're out and about? The JSDC used capital monies to have changing beds and hoists fitted at The Dugdale Centre, Albany Leisure Centre and Southgate Leisure Centre. Fusion, which runs the leisure centres, let you use the facilities even if you're not using the pool or gym but remember to take your own slings For more information contact Kerry Stanton on 020 8363 4047.

## Holiday Playschemes

Our playschemes are always popular so please remember to

- Book your places on play schemes in good time.

- Play scheme providers are not able to send reminders so remember to contact the provider to make your booking or places required may not be available.

- Parents will have to pay for play scheme places in advance. If your child is ill or unable to attend a playscheme session that has been booked, please inform the provider (depending on the notice you give, it may be possible to offer the place to another child or to refund your money).

- If the playscheme service provides transport and your child is not able to attend inform the provider to avoid unnecessary costs and delays.

No	Event	Date	Venue
<p><b>Transition Information Events 2015</b></p> <p>Transition from using Children's to Adult Services</p>			
1.	<p><b>Moving On Annual Event</b></p> <p>Moving On Annual event is an event for parents/carers and professionals to find out what services are available for disabled young people in Enfield when they reach adulthood. Incorporating series of presentations, workshops and interactive sessions</p>	13 April 2015 10:00am – 3:00pm	Dugdale Centre
2.	<p><b>Getting a Job</b></p> <p>An event focused on different types of support available for disabled young people in Enfield to access paid, supported and/or voluntary employment opportunities</p>	16 April 2015 7:00pm – 9:00pm	Park Avenue Resource Centre
3.	<p><b>Health in Transition</b></p> <p>An information event that will help you to understand transition from Children's Health Services to Adult Health Services</p>	20 May 2015 10:00am – 12:00noon	Dugdale Centre
4.	<p><b>'No one can decide for me' – What happens when the young person turns 18</b></p> <p>An information event that will help you to understand the Mental Capacity Act and how we support young people to make their own decisions</p>	22 June 2015 10:00am – 12:00noon	Park Avenue Resource Centre
5.	<p><b>Getting a Home</b></p> <p>An opportunity to explore and obtain information about housing options and support available for disabled young people in Enfield</p>	21 July 2015 7:00pm – 9:00pm	Park Avenue Resource Centre

# EDUCATION

Getting schools and colleges on board with the new SEND legislation has been vitally important. The legislation has a big impact on Special Educational Needs Services and reminds us all that it takes a whole school approach to ensure the success of teaching those with special needs, making all teachers more accountable for pupils progress, not just Local Authorities or SENCo's. OUR VOICE has been working with SENCo's, Heads, Principals and Governors to support them.

## Education, Health & Care Plan Transfer

The Inclusion Team at Galliard Primary School had six EHCP transfers to complete in 2014. The team attended the relevant training and had completed an EHCP meeting as part of Enfield's pilot project so were aware of the changes and challenges for a supportive transition. Parents were encouraged to attend the SEND coffee morning sessions arranged by the school and colleagues from Parent Partnership and Our Voice shared important information parents needed and answered any concerns.

Parents got help from the SEN Team and were encouraged to request support from Independent Support Workers. This support gave parents time to think carefully and work towards the 'Outcomes' their children would need. Staff also discussed with parents about appropriate 'Outcomes' and the importance of filling in the 'All About Me' section with the child, before the meeting.

Arranging the EHCP meeting with all professionals can be a challenge due to the timings but reports were requested from those unable to attend and where possible the reports were circulated before the meeting.

The child was shown the room in advance and the roles of those attending were explained to make the child feel comfortable. The child also selected a piece of work to be presented at the meeting. Photographs of the child in school and during out of school activities were shown as an introduction and to support the child when discussing their 'outcomes'. The child stayed in the meeting for as long as it was comfortable for her/him. It's been a huge learning curve as the new EHCP involves a completely different way of working but parents have been very supportive. The outcomes agreed in the meeting will be at the forefront of what's happening day to day in school and staff took away suggestions that were immediately put in place.

**If your child is on the SEN Support list at school and/or has just received a diagnosis, Our Voice is running an information session on the 25th March 2015, from 10-12 noon at Cheviots Children's Centre, 31 Cheviots Close, Enfield EN1 3UZ ...so pop along to find out more to get the help your child needs**

## Resolving Disagreements

Along with a change in the law, comes a new step in the process called Mediation. This is an independent service provided by an organisation called Kids. Their services are paid for by Enfield Local Authority but they're objective and separate to them.

Mediation encourages the LA and the parent/young person, who might be concerned about their Plan, to talk about the issues and come to an agreement without going to costly Tribunal.

So with new EHCPs, the process is:

- When you receive your draft Plan, if you have any questions or concerns, then contact the SEN team and discuss these with them. They'll be happy to talk to you to try and resolve the issues.
- However if your final Plan comes back and you're still not happy, contact the SEN team again.
- If you're still unhappy, then contact Kids to find out about the mediation process to help move your concerns forward.

If for any reason the matter doesn't come to a satisfactory conclusion or you don't want mediation, you're still free to go to Tribunal. However, the hope is that the new system provides enough opportunities for concerns to be heard and listened to, without the stress or costs of going to a Tribunal. Let's keep our fingers crossed this is the case! To find out more contact Kids on 020 7359 3635 or visit [www.kids.org.uk](http://www.kids.org.uk).

## Disability Awareness Workshops

During the Autumn term Our Voice members Simone Barnett and Khilna Gudhka ran a series of Disability Awareness workshops at Rhodes Avenue primary school, Haringey. This is the third school we've worked with and the sessions, for all Key Stage 2 pupils, explore what disability means and the different forms it can take.

Here Simone explains what happens in the workshops.

'The sessions at Rhodes Avenue were fun and informative and included a variety of different activities like charades, Q&A sessions, brainstorming ideas and picture and listening exercises. Pupils were asked what they understood by the word

'Disability' and interestingly most responses related to what people couldn't do. Any misconceptions were addressed and children were encouraged to realise that although disability interferes with everyday life and can make certain everyday tasks harder, it doesn't necessarily make them impossible.

We talked about types of disability and how some were obvious, for example paralysis and others hidden, such as dyslexia. We also looked at pictures of famous people with disabilities and discussed how, in spite of their disabilities, they overcame their difficulties and went on to do great things.

We looked at Autism; what it is and how it can affect people in different ways. Difficulties in social interaction and communication was the focus and the children played charades as a way of experiencing limited communication, from both the perspective of the person trying to communicate and the listener.

The difficulties people experience in concentration and the struggle to focus were also covered. Ignoring sounds, sensory stimulants or visual distractions is very challenging for a person with autism but something others can do more easily. The children participated in a listening exercise with lots of distractions and questions to follow, to help them understand this difficulty.

Finally, children were asked how they could improve their contact with disabled children and were left a Pledge to fill out with their teacher. Following on, there have been school assemblies on physical and hidden disabilities.'

Maria Panayiotou, Assistant Head Teacher and Inclusion Manager at Rhodes Avenue adds 'The children are talking about hidden disabilities with a greater confidence and they aren't afraid to use the word Autism and have showed an understanding of the need for tolerance. The session on famous people demonstrated that you can be successful no matter what.'

**The Next Our Voice Disability Awareness Workshop is at St Monicas Primary School in Southgate. If you're interested in Our Voice running Disability Awareness workshops at your primary school contact 07516 662315 or email [info@ourvoiceenfield.org.uk](mailto:info@ourvoiceenfield.org.uk)**

## Family Christmas party

Children and families enjoyed a fun filled Christmas party at Waverley school, organised by Enfield's Specialist Nursing Team, who are part of Barnet, Enfield and Haringey Mental Health Trust. It's one of the few places where an ill child and their siblings can enjoy themselves together. The party included a visit from Father Christmas with presents, food, a bounce castle, ball pool and entertainment funded by Starlight.



It was the third successful Christmas party organised by the team and gives families an opportunity to meet up with each other and talk about issues they may be facing while their children are having fun. Lisa Dodd, play specialist says, 'Our job can be very sad and emotional a lot of the time so the parties are a good way of reminding us why we do the job we do. All the children went home with a

present and goodie bag and thank you to the volunteers who helped with teas and coffees, face painting and the painting table.'

## Autism in the Black Minority Ethnic communities

Ole Bankole, Special Educational Needs Disability and Family Support Worker Officer, believes in raising awareness and educating families about Autism within the community. Here she tells Our Voice why

'Through my job and volunteering role, I have met and work with many Black Minority Ethnicity (BME) families who are still not clear or have little understanding of autism. Some believe it's a result of poor parenting, neglect, fornication, adultery or witchcraft to mention a few. Being of African origin myself I can relate to where these views come from so I want to raise awareness, educate and support families within the BME community. My team and I run a support group which meets every other Saturday, where parents, their autistic children and siblings can get together to give advice and support and a fun time for the children.

Many families are in denial even when there are obvious signs that



their child is autistic and they refuse the diagnosis and the support their child is entitled to. This stems from cultural orientation but families need to know that diagnosis does not mean labelling. It's vital for everyone within the African community to have an understanding of this disability and for the families to be equipped with the knowledge and the support available. A child with autism will become an adult with autism but with the right support they can make progress.' Contact Ola at [autismpin@gmail.com](mailto:autismpin@gmail.com) or call 07423 134064.



## Challenging Behaviours... Biting

Often children have challenging behaviour that many of us don't understand and biting, whether it's biting others or self-biting is common. To deal with it you need to understand what is causing it, as just dealing with the consequence isn't as effective as helping children avoid or reduce the causes.

Some of the causes or reasons behind biting are:

- Frustrations about not being understood or understanding others
  - Repeating learned behaviour knowing they can get attention and get what they want
  - Sensory – wanting to receive sensory stimulation and feedback or over stimulation in the environment around them
  - Medical or dental if they're suffering from tooth ache or ear ache or some other pain
- Keep a record of when the



biting happens, what started it, the situation it happened in and what happens immediately after. Even after a week, you may start to see a pattern emerging, which will help you identify and understand what's causing the biting. Check there are no medical issues or pain causing it by talking to your GP about your concerns and show your behaviour record as it could help them pin point the issue.

### How should you respond to this kind of behaviour?

Loosing your temper is the least helpful response. The most important thing is to respond

- **Quickly and consistently, regardless of who is there or where it's happening**
- **Calmly, in a monotone, even voice without judgement or emotion**
- **Use short, clear, simple words and or visuals such as "John, no biting thank you. That hurts"**
- **Don't reward the behaviour by giving in and giving the person what they want. They'll learn to repeat this behaviour to get what they want again**

This is important if you want them to listen and learn to understand that their behaviour is unwanted and to stop. If you know what the causes are then adapt your response more directly. So if it's about poor communication, get them to sign or use a visual aid for what they want, so say "John, use your symbols" and ensure others around them or working

with them, understand and use the visuals and signing.

If they're angry or stressed relaxing techniques like slow breathing can help. If the biting is sensory buy chewy toys and have them close to hand so say, "John, use your chewy toy" Reward and praise any positive behaviour, however slight, at the time, so they start to learn they can get positive attention for doing what they should be doing, so say "John well done for using your chewy. That was great!"

Whatever you do, don't give up or give in to biting. If the issue persists, seek professional advice from a psychologist or occupational therapist. The Challenging Behaviour Foundation works to improve the understanding of challenging behaviour, supports families with workshops or advice and has lots of useful information on its website. Visit [www.thecbf.org.uk](http://www.thecbf.org.uk) or contact them on **0330 6660126**

## Thanks Our Voice

Our eight year old daughter Tash hadn't had her hair cut professionally for six years due to her sensory issues which cause severe distress and vomiting.

However, this all changed when I contacted Rita Nicola-Clark, the mobile hairdresser recommended in the Our Voice newsletter. With a lot of trepidation, I booked Rita for a home

visit but I needn't have worried as Natascha responded well to Rita's warm and engaging personality. Rita listened to and talked with Tash about her concerns and fears and involved her throughout by showing her the tools she was using and telling her



what she was doing. To my amazement, Rita cut her hair with minimum distress and Tash now has a cute haircut. What's Tash's verdict? Rita is her fun friend and is looking forward to her next haircut.

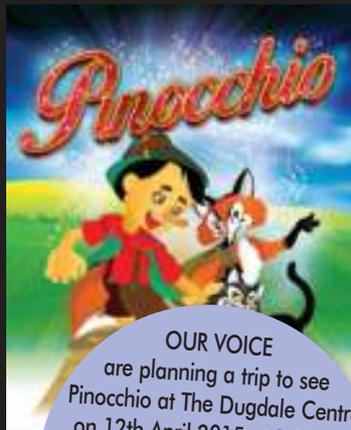
Contact Rita on 07946 260813 or email ritasmil@virginmedia.com

WINS  
£15  
VOUCHER

## What's on?

Easter holidays are coming up so we've highlighted some family friendly days out and easter egg hunts

### Pinocchio



OUR VOICE  
are planning a trip to see  
Pinocchio at The Dugdale Centre  
on 12th April 2015 at 1.30pm.  
So if you and the family want to  
join us, call Khilna on  
07516 662315 or email  
info@ourvoiceenfield.org.uk to  
find out more  
details.

### Tales Big Day Out



### Caple Manor Gardens

There's plenty to enjoy at the gardens' Easter festival on Saturday 28 March 2015, 10.30am-3.00pm.

With over 50 stalls of food, drink, games, inflatable arena, crafts, chocolate fountain, face painting, chocolate workshops, kids free craft workshops, kids fun fair, go karts and dancing and singing with Jo Jingles and the Easter Bunny. Tickets are £4 for adults and £3 for children (12 and under). Call 08456 122122 or visit [www.caplemanorgardens.co.uk](http://www.caplemanorgardens.co.uk)

### The White Rabbit's Easter EGGstravaganza

3-4 April, 2015 at Caple Manor Gardens, in aid of Noah's Ark Hospice, has an Easter Egg Trail around the gardens and maze where you can meet characters from Alice's Adventures in Wonderland, by Lewis Carroll. The fun fair includes a pop up cinema, screening the Disney film version which is included in the ticket price; however seats are limited and given on a first come first serve basis. Call 020 8449 8877 for further information and tickets.



### Easter Egg Hunt

The Epping and Ongar Railway Easter egg hunt is one of the longest in Essex, stretching over nearly 6 miles of track. See if you can find all the eggs the Easter Bunny has hidden then take your answers to the shops at either North Weald or Ongar to collect your own egg. From 3-6 April 2015, Call 01277 365200 or visit [www.eorailway.co.uk](http://www.eorailway.co.uk) for details.

### Have fun at the farm

and take part in the annual Easter Egg Hunt at Lee Valley farm, 3-6 April 2015. Meet the new spring arrivals in the farmyard, catch a glimpse of the Easter Bunny and take a ride on Tex the tractor and trailer ride to our dairy farm. Meet cuddly sheep, giant rabbits, rare breed pigs, long-necked llamas, reindeer and a loveable meerkat family. The indoor and outdoor play areas are great to run around. Lee Valley Park Farm, Stubbins Lane, Waltham Abbey, Essex EN9 2EF. Open 10am - 5pm, adults £9.50; child £8.50; under two's free, call 01992 892 781; [www.visitleevalley.org.uk](http://www.visitleevalley.org.uk)



## Contact a family

The contact a family free phone helpline offers help and support to the families of disabled children. The confidential service can be contacted on 0808 808 3555 or at [helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk). The service is staffed by experience advisers and is intended as a one-stop-shop for parents and family members. More information is available at [www.cafamily.org.uk](http://www.cafamily.org.uk)

contact a family  
for families with disabled children



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

Please note all dates and information in this newsletter are correct at time of going to press.