

Our Voice

Spring 2023
Issue 31

Making a Difference...



contact For families
with disabled children

Our Voice sponsored by the Department of Education via Contact

Welcome... to our Spring 2023 Newsletter

Our Voice had a busy and challenging year in 2022 as the world began to return to something like normality after the pandemic.

Times have remained challenging with the events of the previous two years taking their toll on both parent carers and children and young people alike. And of course, compounding this are the new challenges brought by the cost-of-living crisis often having a disproportionate impact on many of our families.

On the positive side, we started running some face-to-face events again – particularly our very popular Summer and Christmas parties (see page 3 for more about these). It was lovely to see families enjoying the time to get together in the wonderfully supportive and inclusive environment that our events are known for.

We restarted our coffee mornings at schools and other voluntary sector organisations, enabling us to reach some of those parents who hadn't heard of us before.

Our Voice continued to deliver a busy programme of online events for parents, which we introduced during the first lockdown, with new workshops on 'EHCPs and Annual Reviews' and 'Developing Independence Skills at Home', while also revisiting of some of our more popular ones including 'Choosing a Primary School' and 'Choosing a Secondary School' plus discussion sessions to look at topics of interest such as the SEND Green Paper.

We continue to expand the important work we do in attending meetings with the Local Authority and Health to make sure that parent carer views are considered as services develop. We also feed in to the National Network of Parent Carer Forums, of which we are a



The Our Voice Management Committee (as at November 2019 and from left to right) Akosua Osei, Tee Richards, Jackie Pummell, Fazilla Amide, Liz Willis, Seema Islam, Khilna Gudhka, Resim Clear, Natalie Sherman, Sonja Ibrahim and Rupali Bhullar

member, so that your views can be heard on a national level.

It's vitally important that we continue to reflect your views in this way, so make sure that you keep feeding back to us whenever you can, through our events, discussions and surveys, or by emailing us or calling our helpline.

New team members

We're delighted to welcome three new members to the Our Voice team.



'I'm delighted to be supporting the fantastic work Our Voice does to support families across Enfield,' says Gillian Slater. 'I live in Bush Hill Park with my husband and three children. My oldest son is autistic and after his diagnosis I retrained as a coach and set up a not-for-profit organisation, Auternative Coaching, which specialises in supporting autistic people and their families and carers. Our Voice plays a really vital role in supporting so many people and they're a lovely team, I'm really looking forward to helping them as much as I can.'



'I'm Natalie Newman and I'm a mum of two fantastic, inspirational, loving and generous in spirit children. Our youngest has Autism and Global developmental delay. I'm proud and humbled at the same time that I get to share their world and be a part of this journey.'

I'm a Teacher and an Assessor and my passion is Early Years and working with Parents. I joined Our Voice in 2022, as I want to make a difference and have a seat at the table where all voices can be heard and to aim for all of our children and young adults to be seen. I'd like to help families and others, as I understand the feeling of isolation on this journey and how hard and frustrating it can be.

Joining the group has made me learn more and grow more. I'm very determined in regards to diversity, inclusivity and real change and believe that true inclusivity and equality adapts to individuals.'



'I'm thrilled to be a parent volunteer supporting Our Voice in any way I can, using my experiences and skills to make a difference in the lives of families in Enfield working with professionals and stakeholders,' says Charmain Bucho.

'My youngest son is Autistic and was diagnosed eleven years ago, in that time I've developed my skills as a parent, educator and coach in understanding the challenges that individuals and parents face navigating Neurodiversity and all that comes with it.'

I'm an experienced coach in enabling Neurodivergent individuals to flourish in work and society, as a co-founder of Auternative Coaching, where we support adults, families and caregivers in understanding challenges across the autism spectrum. I also manage and coach teams and individuals for improved performance and growth.

I'm an established Educational Practitioner, Coach and Mentor with extensive experience in leadership and strategy development with over 25 years' experience of working in the Education and Training sector.'

Contact: Khilna or Jackie on 07516 662315 E-mail: info@ourvoiceenfield.org.uk www.ourvoiceenfield.org.uk
chat to us [facebook.com/ourvoiceenfield](https://www.facebook.com/ourvoiceenfield) [Follow us @enfieldourvoice.](https://www.instagram.com/ourvoiceenfield/) [instagram.com/ourvoiceenfield/](https://www.instagram.com/ourvoiceenfield/)

Please pass our newsletter on to others – parents and service providers who might find it useful.

OUR VOICE UPDATE

Between January 2022 and January 2023 Our Voice ran 22 events which included:

- 15 online workshops for parents and carers including the Our Voice Parents' Conference Q&A session
- Two sessions of our 12 week Healthy Parent Carer course
- Christmas and Summer parties
- 2 online parties for children (plus an online panto)
- Track Play event for families (exclusive to Our Voice members)

Additionally, we supported 12 coffee mornings at schools and other voluntary sector groups including the Autism and Learning Disability Support Group at the Enfield Carers Centre and a coffee morning at SENDIASS.

Parents' Conference 2022

A We've been running our annual Our Voice 'Meet the SEND Heads' Conference since 2017, and it's gone from strength to strength over the years.

The event involves a large number of the most senior people across the Local Authority and Health and takes us several months to plan. Last year it was very uncertain whether it would be possible for us to run an in-person event so we opted to follow the format of our 2021 conference with a Zoom Q&A session with the Heads of all the different LA and Health departments in Enfield relevant to families of children and young people with SEND, and the opportunity for parents to have one-to-one



sessions with key members of these teams.

The Q&A event took place on 11th March 2022 and was attended by about 80 parents. Everyone who booked was also given the opportunity to book 1:1 sessions if they wanted. We normally also run a choice of workshops on the day of the parents' conference – this year the workshops (also run online) went on throughout the year.

This Year's Conference

The most important date in the Our Voice calendar is our Parents' Conference 'Meet the SEND Heads' Q&A panel session.

This year we're delighted to be back to a face-to-face event, at our new venue Green Towers Community Centre in Edmonton, on Thursday 22nd June 2023, 10am-2pm.

We'll be joined by the Heads of all the Service Areas looking after children and young people with SEND from across the LA and Health, to answer all your burning questions. This will include the Heads of SEN Services, the Joint Service for Disabled Children, Education, Transport and Travel Brokers, Health, Health Therapies, Child and Adolescent Mental Health Services, Educational Psychology Service, Integrated Learning Disability Service and the Enfield Advisory Service for Autism.

As part of the booking process, you'll also have the opportunity to book one or more 15-minute 1:1 sessions with representatives of these different areas, so you can discuss individual issues specific to your child in more detail. Keep an eye on our events page for more information and the booking link.

Join Our Voice

Are you on our mailing list yet? Members receive regular weekly updates with information useful for families of children and young people with SEND. As a member, benefits include:

- ▶ Advance notice of Our Voice events before we communicate them more widely, giving you a chance to book early. This is important because places are often limited and our bigger events (like our parties for families) are popular, meaning that they are sometimes fully booked within a few days and are therefore never offered more widely.
- ▶ The chance to book our exclusive events just for members including pantomime trips and online parties.
- ▶ Opportunities to have your say on changes that affect SEND services locally and nationally.
- ▶ Updates to changes in SEND services from the Local Authority and Health, and on national developments that will affect children and young people with SEND and their families.
- ▶ Information about other relevant local events.

Our membership has grown steadily over the last few years, with over 220 new members joining our mailing list during 2022.

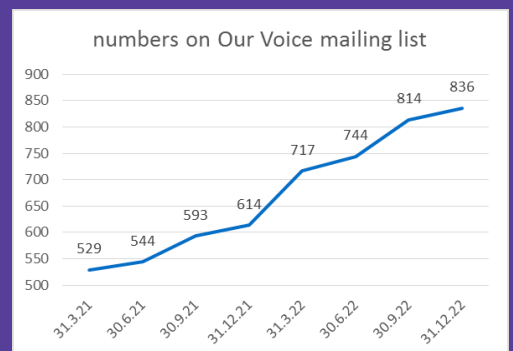
Our following on social media has also increased and we've joined Instagram as well as being on Facebook and Twitter.

You can join our mailing list in several ways, by email info@ourvoicenfield.org.uk, by phone 07516 662315 or sign up at our website www.ourvoicenfield.org.uk/contact_us

Follow us on <https://www.instagram.com/ourvoicenfield/>

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

Twitter@EnfieldOurVoice



OUR HIGHLIGHTS

All aboard

It was full steam ahead last Spring when 10 families attended our exclusive Track Play event at Forty Hill School. Children played for 90-minutes on an amazing layout of giant train tracks with tunnels, stations and character motorised trains. Track Play have sessions throughout the country (trackplay.co.uk), but our exclusive event made it a far more comfortable and fun experience for our kids.



Party fun

Both the Our Voice Summer and Christmas parties are hugely popular events and always book up very quickly.

More than 80 parents and children joined us for our **Summer party** which was held at Waverley school. The bouncy castle, entertainer, food and drink, accessible playground, trampoline, soft play and an impromptu game of football were all enjoyed during the fun afternoon.



We invited the Head of the Joint Service for Disabled Children and a senior member of the SEN Services team so parents had the opportunity to book 1:1 appointments to discuss their individual issues. Staff from Cheviots Children's Centre were on hand to look after the children during these sessions.

Over 120 children, parents and carers joined in the festive fun at our **Christmas party** on 4th December at Russet House School. Arts and crafts, an animal show from 'All about Anna's Animals', bouncy castle, games and a surprise visit from Santa made it an enjoyable family afternoon. Members tell us how much they value our parties as they provide a great opportunity for the whole family to spend time together in a fun and inclusive safe



space and to meet with other families and the Our Voice team.

Senior staff from the Joint Service for Disabled Children, the SEN Services team, a Speech and Language Therapist and the Head of Health and Therapies came along to meet parents who had booked one to one appointments with them to discuss their individual issues.

Healthy Parent Carer programme

Parent carer health and wellbeing is often overlooked and rarely receives enough support. Working in small groups of around ten, our 12 week course aims to give parents an opportunity to work together as a group to improve their own health and wellbeing by giving time to focus on their own needs and promote empowerment, confidence and resilience.

Participants now have their own WhatsApp groups and are continuing to meet independently after the courses have finished.

One parent who attended says, 'The programme provided me with useful tools that helped me implement small changes that have positively affected my health and wellbeing.' While another commented, 'It gave me a chance to relocate myself and remember what makes me happy, outside of the things I do for my children.'

Parent Carer workshops

Having established a successful series of online events during the pandemic, we decided to continue delivering our information events via Zoom, even after restrictions lifted. We found they enabled us to reach many more parents, including many who would not otherwise have been able to attend, and to include some evening events to allow more working parents to join us. The events are free but need to be pre booked.

Events included Choosing a Secondary School for your child with Additional needs, Choosing a Primary School for your child with Additional needs, EHCPs and Annual Reviews, Holiday Playschemes - Meet the Providers and SEND Review Green paper discussion.

One parent commented, 'I appreciate Our Voice running the EHCP and Annual Review workshop sessions and found Fazilla's examples helpful as it visually ties in the information to real life settings and helped put everything in context.'



OUR VOICE UPDATE

Working together

A key part of our work at Our Voice is working on projects with the Local Authority and Health to ensure sure that the needs of our families are considered when services are developed or reviewed. Here are some of the projects we've been involved in during 2022.

Our Voice have been contributing to the new **Ordinarily Available Provision** document which is for use in schools and is available on the Local Offer, www.enfield.gov.uk/services/children-and-education/local-offer/education-5-to-18/support-at-school-for-young-people-with-send#what-support-schools-offer. We're currently working on parent versions for both schools and Early Years settings, which will be ready soon and will support you in your conversations with your child's school/Early Years Setting and working together to support your child. The guidance outlines the Ordinarily Available Provision that the local area expects to be made available to support inclusion of children and young people with special

educational needs and/or disabilities in mainstream schools.

Co-produced with Health, our **Neurodevelopment Assessment Pathway Guide** is for parent carers who have or think they may have a child who is Neurodiverse. The journey for parent carers, trying to navigate education, health and social care support services can be daunting and difficult. We'll be running a focus group to evaluate and get feedback on the guide, so if you're interested, please respond to our upcoming request.

Barnet, Enfield and Haringey Learning Disability and Autism Keyworking pilot

Our Voice is part of the steering group to deliver keyworker support as part of a national requirement from the NHS Long Term Plan for children and young people with a learning disability, autism or both to have a designated keyworker if they're in the red zone of the Dynamic Support Register in Enfield.

This is a register of people with learning disabilities and/or autism who may need higher input or support from services. They

may be at risk of being admitted to specialist or mental health hospital and this risk is rated by colour, with red being at the highest risk.

Our Voice was part of the coproduction of Enfield's **Inclusion Charter** for Early Years settings, schools and colleges committed to provide an inclusive education for children and young people in Enfield.

The Autism in Schools (AIS) Project in Enfield works to help students and staff in educational settings understand the lives of autistic children, young people and their families. We are offering support to parent carers with autistic young people in two Enfield Secondary schools, so they can work together with the schools leading to better outcomes for students, parents, carers and staff.

Our Voice represented parents in a **Review of Community Services** across North Central London which includes Enfield. We were involved in the two community transformation work streams for therapies and neurodevelopmental assessment pathways.

Coming up in 2023

We are currently planning a whole series of events for the rest of 2023, including our 'Meet the SEND Heads' Parents' Conference, family parties and our series of online information workshops keeping you informed on the many and varied topics which impact us as parents and carers.

So you don't miss any events make sure you're on our mailing list (see page 2 for how to join) to get the earliest opportunity to book for our events including our Parents' Conference in June and our popular family parties'. Please let us know of any suggestions for future events by contacting us at: www.ourvoiceenfield.org.uk/contact_us



LA SEND Youth Club

A quick reminder that the SEND Youth Club takes place on Tuesday evenings 6.30-8.30pm at Bell Lane Youth Centre and is available to all young people with SEND aged 11-25 years. It offers a place to hang out with friends, fun activities, sports sessions and life skills. To book a free place go to the Youth Enfield website <https://youthenfield.taptub.co.uk/activit.../all-activities/>



NEWS FROM THE JOINT SERVICE FOR DISABLED CHILDREN



New Head of the JSDC

Miri Dhama is the new Head of Service for the Joint Service for Disabled Children in Enfield. He joined in April 2022 following the retirement of Sue Roberts.

'I have 24 years of social work experience in the UK and internationally. Working in many different areas of social work has made me value preventative work and ensure that children and young people receive the right support at the right time.

Over the last 10 months I've worked closely with Our Voice to ensure that we continue to provide outstanding services to parents, carers and their children together with our partners. I attended sessions at the Preparing for Adulthood launch event and joined Our Voice's recent Summer and Christmas parties, where I met some of our parents face-to-face and some virtually.'

Youth engagement

It's important that children and young people with SEND have the chance to contribute and have their say about their own lives and the opportunity to influence and participate in decisions that affect services and support.

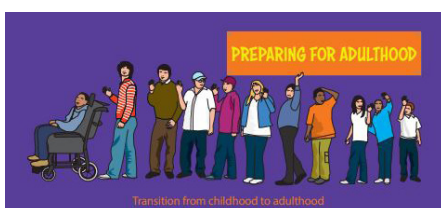
The 'All About Us' network of groups are one way of doing this and groups have been established at Waverley School, West Lea School, Bell Lane SEND Youth Club, Cheviots Children's Disability Service, Centre 404 and Highlands School.

These groups provide the ideal setting to carry out consultation and engagement activities, where children and young people are comfortable. They're led by adults that they know and trust, and who understand the most effective communication methods to enable them to contribute their views.

So far groups have participated in a competition to choose the name for the groups and voted on their chosen logo. Eighty two children and young people completed the play and leisure survey and the results have helped us to develop the play and leisure offer in Enfield. The top activity was swimming and as a result of your feedback, Fusion Leisure have introduced weekly disability family-friendly swim sessions at Edmonton Leisure Centre.

Groups also helped make a video about All About Us groups to put on the Local Offer website. Launching this Spring, the video shows the West Lea and Waverley All About Us meetings and what the students think about being involved and the importance of children's and young people's voices being heard. Students from Highlands Hearing Impairment Resource Base have worked with us to translate the video to BSL.

We're encouraging more schools and groups to get involved in the future giving more children and young people a voice. We're keen to increase the number of groups so if you're interested in setting up a group, please email sarah.mclean@enfield.gov.uk.



Preparing for Adulthood

We've re-branded Transition to Adulthood to Preparing for Adulthood. In partnership with Jane Richards from Families in Transition

to Adulthood and with the Our Voice Management Team we've redesigned the information and events. A launch was held on 20th October 2022 at Waverley School, over 50 parents attended and the overall feedback was positive.

We recognise that it can be a worrying time when young people transition from childhood to adulthood. It's important to understand the process so you know what will happen and when. A comprehensive programme of on-line events is available to support parents carers with transition. Visit the Local Offer to find out more.

Disability Swimming

Swimming topped the activity list as what children, young people, and their parents and carers, wanted to do in their free time so we developed free swimming lessons for children and young people with SEND who live in Enfield.

The lessons are a result of a partnership led by the Sports Development Team with Fusion Leisure and the Joint Service for Disabled Children who were awarded a £10,000 grant from London Sport. The bid was supported using the information gathered from children and young people earlier last year



in our survey about activities they wanted to participate in.

The funding has been used to train swim instructors to work with children and young people with SEND, and to provide a 10 week block of swimming lessons for 25 children and young people aged 5-11 year and 11-25 years.

Lessons have proved so popular they're currently fully booked, but parents can sign up to join the waiting list. Given its popularity, Sports Development and Fusion Leisure are looking to address how they might be able to continue to provide lessons going forward. In addition to this, there is a weekly Disability Family Friendly Swim at Edmonton Leisure at the discounted price of £3 per person per session. Disability Family Friendly Swim.

The Local Offer

Just to remind you that the Local Offer is the first port of call for all things SEND. We work with the Our Voice Parent Forum to make sure that the information provided is useful.

From finding out how schools support children and young people with SEND to what special schools there are in Enfield and how to apply for a statutory assessment or what play and leisure activities are available, it's all on the Local Offer.



Educational Psychology Service update

Suzy Francis, Head of Enfield's Educational Psychology Service updates us on the service and the increasing demands in the area of SEND.

New Assistant Educational Psychologists

To help face the increasing demand for our services, Enfield Educational Psychology Service (EPS) has welcomed six new Assistant Educational Psychologists (AsEPs) to the team making a total of nine.

AsEPs hold a Psychology degree at Undergraduate or Masters Level, accredited by the British Psychological Society, and have experience of working in schools and with children and families. The AsEP posts are highly sought after and attract high calibre candidates.

Our current pool was appointed from a competitive field of 125 candidates and were selected for their strong relational and reflective skills and their ability to apply psychology to their day-to-day work with children and families.

AsEPs have been part of our service for many years and they've effectively supported strategic developments such as SEND special schools outreach offer and the delivery of specific programmes including The Sandwell Whole School Wellbeing Chartermark.

Other EPS news

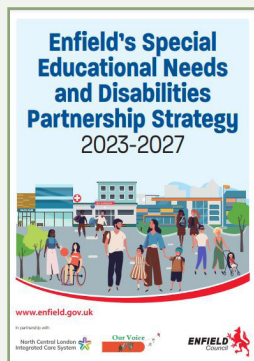
- The service has prioritised capacity for an educational psychologist to provide advice as part of an EHC Needs Assessment. The service continues to work closely with SEN colleagues, settings and partners to ensure time scales are met.
- Our EPS Telephone Support Line (020 8379 2000) provides support for parents and carers and we'll soon have a website for the EPS.
- Our Stakeholder Group is resuming with an invitation to Our Voice to join so parents/carers are represented.
- Recruitment continues so if you are an Educational Psychologist with HCPC registration and are interested in working for Enfield EPS, contact us at eps@enfield.gov.uk.



News from the SEN team

Update from Barbara Thurogood, Enfield's SEN Head of Service.

I'm happy to report that SEND Manager, Zulkifl Ahmed is now a permanent member of the SEND team and was confirmed in post in December. He has lots of experience in SEND and has significant knowledge of SEND Legal matters.



SEND Strategy

After much consultation and collaboration Enfield's SEND Partnership Strategy is now completed and is available on the Local Offer. It sets out our aims, intentions and priorities over the next five years for our SEND children, young people and their families.

<https://www.enfield.gov.uk/services/children-and-education/local-offer/information-and-policies/information-policies-and-newsletters>

Statutory performance

It feels good to report that we are now achieving 100% of our new EHCPs on time and the majority of parents with new plans believe that they are meeting their need.

National news

The new OFSTED framework for inspections of SEND provision is out and OFSTED have started inspections in early 2023. The new framework has a greater focus on hearing directly from children and young people with SEND, and their families.

The Department for Education will report on the SEND and Alternative Provision Green paper in March and will set out their improvement plan – so keep an eye out for that.



New Interim Designated Clinical Officer

At the end of last year Sally Mordi started as interim Designated Clinical Officer (DCO). Here she tells us about her role

New Developments – we are currently working on:

- Developing a parent-friendly Ordinarily Available Provision booklet with Our Voice, which sets out what is available in schools
- Reviewing School Funding and will send out a consultation on this shortly
- Recruiting more Speech and Language therapists for our ARPS and Designated Units
- Working with mainstream schools to increase places for our children
- A parent carer survey asking for feedback on your experience of SEN has just been undertaken and we'll be reporting back on the results

Education, Health and Care Needs Assessment

We're changing the way we do things at the first stage of contact with parents. We recently undertook a survey and feedback showed that some of our parents were not clear on some areas of the process. So as of now, we'll meet either virtually or face to face with parents to talk about their request, what will happen during the process and tell them about the outcomes. We hope this will help us support our families better.



News from Integrated Learning Disability Service

Shop Success

Philanthropy is a Community Interest Company that Equals Employment Service have been joint working with for over a year. The shop, based in Palmers Green, is filled with pre-loved clothing and accessories and relies on donations. It transforms profit into meaningful paid employment for adults with learning disabilities and mental health issues.

In February 2022, four of our LD clients started volunteering in the shop, getting it ready for its grand opening in June. This gave them chance

to find out if they wanted to work in retail and to gain experience and confidence. Each client was able to take on tasks they wanted to do or learn new ones and any issues or concerns Philanthropy and Equals Employment worked through together.

These included doing risk assessments for everyone, making flashcards for a non-verbal client to use when dealing with the public and supporting them to learn new skills such as using the steamer, tagging items and using the till. In October all clients became permanent paid employees.



Community Link

This community-based day service for adults with learning disabilities and autism works closely with service users, their families, professionals, and specialists to achieve positive long-and-short-term outcomes via activities, voluntary and employment opportunities, and accredited learning programmes. Ranging from independent living skills, such as selecting foods for meal preparation, cooking and other household tasks, to arts and crafts and gardening.

Experienced staff support adults with learning disabilities and autism with low to moderate needs. Support workers supervise service users mainly in the community and at Edmonton and Enfield Centres.

One service user commented that the sessions boosted her self-confidence and reduced her fear of being in loud, public places with new people. Her independence grew and communication skills improved. She is now shopping independently, learning money management skills and does voluntary work. She has reduced her anxieties through photography classes and the gym sessions, Zumba and cardio exercise helped her to feel calmer.

Workshop event

A Care and Support Planning Workshop is being held on Monday 27 March 2023, 6-30-8.30pm at Park Avenue Disability Resource Centre, Enfield. It's an opportunity to ask questions and get advice about support planning, direct payment, and personal budgets.

Numbers will be kept small, so everyone has a chance to ask questions but they're general advice sessions, so we can't talk about individual people.

The session is led by Families in Transition to Adulthood and the Integrated Learning Disability Service. To book a place email chris.o'donnell@enfield.gov.uk

Community centred approach

The Integrated Learning Disability Service is in the process of developing a new day services model that shifts away from a single reliance on a centre-based model to inclusion in the community.

The aim of the change is to move those more independent day centre attendees to more community-based day services (not day centres) after focussing on developing their independent living skills over a few years. The focus for this cohort of people would be on skills' development, strength-based approach and linking them with other activities and things that they enjoy in the community. This is at the starting phase and further meetings and planning are required to develop this model.

MyLife help

Reminder to bookmark the Learning Disability page on MyLife Enfield. It has vast amounts of accessible information and is regularly updated. We're happy to have any feedback or suggestions for additions to the site. For families of young people in transition the Care and Support pages maybe helpful.

About SENDIASS

SENDIASS is an impartial service which is confidential, free and operates at arms-length from Enfield Council. We aim to help parents/carers, children, young people and professional staff to work together to provide the best possible support to children and young people with SEND by promoting good working relationships, whilst seeking to empower parents to play an active and informed role in their child's education.

We achieve this by providing impartial information, advice and support on SEND issues relating to all aspects of education as well as health and social care to help you make informed choices and decisions.

Our Support Offer includes:

- Providing clarity on the rights of parents, children and young people according to the Children and Families Act 2014 and the SEND Code Of Practice 2015
- Support with documentation including, Annual reviews and Education Health and Care Plans (EHCPs).
- Support to achieve positive outcomes in meetings with schools or with local authority professionals.
- Support with disagreement resolutions – including support with complaints, referral to mediation services and support with appeals.
- Advice relating to school and college placements and exclusions.
- Information on complaint procedures and mediation.

For more information or support contact the helpline 07494 280063 or email: sendiassenfield@centre404.org.uk

SENDIASS Support

Rivka Steinberg is the new manager of Enfield's Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS). Here she tells us about herself and the service

'My interest in improving the quality of education and health services for children with SEND, developed when my eldest daughter was diagnosed with a physical disability in 2005 and with it the requirement to become an advocate for all her needs. I've spent many years working in scientific research, trained with IPSEA (Independent Provider of Special Education Advice), worked as an Advice Line volunteer developing a good knowledge of the SEND legislation and have used broad knowledge and skills gained over many years to advise parents and my own local authority on SEND matters. I've worked in both primary and secondary schools to gain an inside view of the reality of SEND provision both within the mainstream sector and specialist provision and I also worked for SENDIASS in another borough before coming to Enfield.

I believe the end goal for all young people is to gain the appropriate independence when they leave school and to lead a high quality of life regardless of their disability.

I look forward to working with Our Voice Parent Carer Forum to achieve our common goals, providing parent carers and children and young people with a high standard of support to achieve the best possible outcomes across health education and social care.'



NEWS FROM THE VOLUNTARY SECTOR

Carers and Young Carers

Enfield Carers Centre is an established local charity that supports unpaid Carers (family and friends) living or caring for somebody in Enfield. They offer services, advice sessions, support for young carers, carer's breaks, and can help with Emergency Respite by helping you apply for a grant to have a break away from the person you care for.

The centre's Wellbeing Service helps adult carers to improve their health and manage long term health conditions by creating a Wellbeing plan tailored to their specific needs as well as monthly Wellbeing Sessions and Workshops. They also match carers with a health buddy to support them to meet some of their physical and mental health goals. Most of the activities are free and

available both in person and online.

Its Transitions Coffee Morning on 28th March 2023 between 10.30am-12.00 supports Parents and Carers of children and young people aged 14-25 years with learning, physical or additional needs, moving from child to adult services or changes within educational or adult social care provision.

Carers who are registered with the centre can get a Gold Carers Registration Card which offers discounts and benefits including discounted rates at Enfield Fusion Leisure Centres for swim and gym sessions during off peak times plus extended renewal arrangements for books, DVDs and CDs at Enfield libraries. **For more information call 020 8366 3677 or email: info@enfieldcarers.org**

Autism support

The Enfield Branch of the National Autistic Society (ENAS) was set up by parents in 2005 to support and represent local people living with autism and their families and carers. The voluntary group runs Autism-friendly activities, day trips and socials for children, young people and adults. The ENAS parent carer coffee mornings are held at local venues and the next one is 8th June 2023 plus there are online Zoom meets for parent carers and the next meeting is 2 March 2023, 7.30-9pm.

The Adult Social Group for over 18's is a lovely community of people that meets twice a month

for social activities including games night, cinema and pub socials, events and guest speaker information sessions.

ENAS raises awareness of autism locally by lobbying policy and decision makers for change, participating in Enfield Autism Steering Groups and campaigns nationally.

A large part of their work is being a 'listening friendly ear' to parents/carers and individuals that get in touch. Sometimes it may be just for a chat and to listen to concerns and other times for some signposting to accurate, up-to-date resources. **For more information visit www.enfieldnas.org.uk**

Local group

Carers and Parents in Enfield (CAPE) is a group of carers, parents and relatives of adults over 18 years with learning disabilities living in Enfield. CAPE offers support, friendship, advice, information, representation and campaigning.

Currently they're working to make members aware of Enfield's revised Adult Social Care Transport Policy consultation and ensuring that everyone who may be affected by this policy can share their views to influence the resulting final policy. You can have your say on the LA's Consultation page at www.enfield.gov.uk/consultations.

CAPE meets every 2 months and meetings usually include a speaker. Recently they've welcomed speakers from Enfield's Commissioning and Brokerage Team, Welfare Benefits Team, and speakers to explain the Care & Support Planning and Review Processes. Members also enjoyed a Winter Social event in December. Membership is free, for more information visit www.cape-ld.org



Inclusive football

Antoni has been attending Omonia's inclusive football sessions for several years now. He loves football but his disability makes it difficult to participate in mainstream physical activities.

The Omonia Pan Disability & Inclusive football sessions, available to girls and boys aged 8-16, tick all the boxes for Antoni: the sessions are interesting and geared to the skill level and physical abilities of the children. The indoor sessions run every Tuesday, 6-7pm at Southgate School Hall and everyone is welcome. Antoni says, 'I like Omonia because the coaches are nice and we play a football match at the end of each session.'

For more information contact Mary on 07973 135285 or email info@omoniayouthfc.com



Team ENAS on the NAS Spectrum Nights 10K walk in London.

Contact

The Contact 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@contact.org.uk

The service is staffed by experienced advisers and is intended as a one-stop-shop for parents and family members. For more information visit www.contact.org.uk

contact For families with disabled children