



Norfolk Parent Partnership News

Autumn 2011



NPPN
national parent
partnership network

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

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

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

We help families of children with special educational needs

Early Mediation can make all the difference

Norfolk Parent Partnership support parents and carers of children with special educational needs. We will offer confidential telephone support and information. Much of the work we do is informal mediation through our phone line and volunteers.



If a parent, school or the Local Authority is unable to reach agreement about a child's special educational needs a more formal mediation can be used, so that an independent person can become involved to help find a way forward together.

Mediation is often used when parents appeal to the Special Educational Needs and Disability Tribunal and by this time relationships have often become very difficult.

Using a mediator earlier can mean that everybody understands each other better and the situation becomes far less stressful.

If you would like to know more please call Parent Partnership on 01603 704070

or Mediation Works on 01952 275038

Website:
www.mediation-works.co.uk

Exclusions Helpline Changed

The Exclusions and Attendance Team has moved and is now based at the Professional Development Centre, in Norwich. The helpline number has changed to:

01603 303333

ASPERGER
EAST ANGLIA
Assisting the able autistic
Registered Charity No. 1074699

shine
for children with additional
needs and their families

**Children's Services
and Schools**

**Central Norfolk
Primary
Care Trust**

indigo
Dyslexia
centre

**Autism
Anglia**
Incorporating the 'Spectrum'

connexions
NORFOLK

family voice
together improving services

Farewell and Best Wishes to Jennie



We are very sorry to tell you that Jennie has left Parent Partnership. Jennie successfully applied for a place on a teacher training course, which she began in September.

Jennie has given parents and carers excellent support and advice over the telephone as our Parent Adviser, for the past two and a half years. Also offering

invaluable support to us all in the office.

We all wish her well in her new career and thank her for everything she has brought to Parent Partnership and the families and volunteers she has supported.

Until we find a replacement for Jennie, we apologise for any delays in returning calls as speedily as before. Normal service will be resumed as soon as possible.

National Anti-Bullying Week 14th—25th November

If you or your child think that bullying is part of everyday school, you're wrong. No-one deserves to be bullied and if you think your child is being bullied you shouldn't ignore the problem.

Let the school know what is happening. Your child may find it a little difficult at first but if the school do not know what is happening, they cannot help to do something about it.

Mobile phones can be used to bully children and if your child is being bullied this way you need to tell someone.



If your child sees someone being bullied they shouldn't just ignore it.

You should try to encourage them to speak to someone about what's happening. If they won't speak to anyone about it, you may want to mention the problem to a teacher. Your school may also run anti-bullying schemes that your child can get involved in.

For more information look at this website:

www.norfolk.gov.uk/bullying where you will find answers to lots of your questions as well as links to other useful websites.

Does your child have sleep difficulties? - You are not alone

Scope's Sleep Solutions service aims to help parents whose child has sleep difficulties and recognises the devastating impact that sleep deprivation can have on families. If you can identify the cause of your child's sleep problem you are more able to find suitable strategies to address the issue.

Keeping a **sleep diary for at least 2 weeks** is a useful way of finding out what the problem is and whether there is a pattern to your child's sleep disturbance. You can download a sleep diary from the Scope website:

www.scope.org.uk/help-and-information/cerebral-palsy-and-associated-impairments/sleep-difficulties-children



A GP may consider prescribing **medication** which can be useful for very short periods.

It is not a cure for sleeping problems but combined with management changes, can be useful.

Remember it may take longer to see an improvement if a child has a neurological impairment.

Scope's Sleep Solutions Service can offer support around sleep issues.

To find out more about this free service contact:

Vicki on 0771 4853763 or email:

sleepsolutions@scope.org.uk

sleep 
solutions

Free - Norfolk Steps Positive Handling Training

Do you have a child/ren with special and additional needs, whose behaviours are physically challenging? Are they aged between 4-18 years? This course is for parents, or other significant family members and carers who have a caring role, to help them understand and manage their child's behaviour better.

Apply now for 2 sessions of training from 10am—2pm including lunch to help you understand the challenging behaviours, de-escalation skills and an understanding of basic physical

intervention techniques.

**13th & 14th December 2011
Norwich PDC, Norwich**

**11th & 12th January 2012
Dereham Town Football Club**

**20th & 21st March 2012,
West Norfolk PDC, King's Lynn**

**For further information ring:
07980 412027**

or email:

tinaeagle@bestnorfolkofficesolutions.com



Little Steps

**A SUPPORT GROUP FOR PARENTS
& CARERS OF CHILDREN
WITH AN AUTISTIC SPECTRUM
DISORDER**

Everyone welcome

10am - 12noon

**Woodfields School,
Sheringham, NR26 8ND
(Free car parking)**

**7th October 4th November and
2nd December**

Supported by

Please contact Nicola on
07535 002328 or



Angie on

07833 207837 or email

littlesteps_sheringham@hotmail.com

To book your place



Afasic

UNLOCKING SPEECH AND LANGUAGE

Do you have a child of any age with speech/
language problems? Would you like to meet
other families in similar situations?

Then come along to our support group on....

Monday 24th October 10.30-11.30

at Spixworth & Sprowston Surestart Centre

Sprowston Infant School,

Recreation Ground Rd, Sprowston,

Norwich NR7 8EW

Pop in, have a coffee and

meet other families

Children of all ages welcome

**Relaxed and friendly atmosphere, we have
toys, books and crafts for children
plus an enclosed outdoor area**

For more details contact; Amy 07809 611548
or email amybellawood@gmail.com

Tracy 07941 137380 or

email teelee@sky.com

The Norfolk Register of Disabled Children and Young People

Join now to keep up to date with
information, news and events for children
and young people with disabilities and their
families. Influence the way services are
developed in the future.

If you would like to update your registration
information or to join the register, please call the
Keeper of the Register on 01603 714185 or
Email: cwdregister@norfolk.gov.uk

Tuesday Friends—

Manor Field Infant & Nursery School

Long Stratton

Free for parents/carers with children
aged 0-5yrs who have additional needs

2nd Tuesday of every month 1.30-2.30pm

Ring 07917071337 or 07827896281

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.