



## Cumbria Parent Carer Forum

# Newsletter - January 2015

### **What do Cumbria Parent Carers Forum do ?**

- Parents voice
- Lobbying
- Consultation
- Parent participation
- Advice and support
- Training parents
- Support local groups
- Campaigning

### **Steering Group Members**

Shirley Murphy - Chair

Rachael Davies - Secretary

Jonathan King - Treasurer

Nicola McInnis

Wendy Askew

Brian Eaton

Charlotte Sellers

Suzanne Steele

### **How do we do this?**

- Enable parents/carers to make views known to service providers
- Provide training for parent/carers
- Parent representation
- Working with local organisations and charities
- Surveys and consultations
- Feedback on meetings we attend
- Visit disability events

## Become a Member

If you would like to become a member of the Cumbria Parent Carer Forum please complete the form on the web site below.

Membership is completely FREE and provides you with the ability to keep in touch with parent carers throughout Cumbria.

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

Cumbria County Council agreed to fund 1500 Max Card cards, which is a discount card for certain venues both locally and nationally - See link below.

<http://www.cumbriaparentcarerforum.org.uk/index.php/about-us/max-card-application>



## What is done in addition

Chair has had regular meetings with John Barrett around SEND Reform e.g Local offer, Educational Health Care Plans 0- 16yrs and 16-25yrs under the new Children and Families Act.

We work along side Contact a Family and other charities delivering an assortment of work shops for Parent Carers.

Been involved with Cumbria County Council in reviewing our Short Breaks Services the proposed service statement will be sent to the cabinet on 17/12/2015 and the outcome will be released in the second week of January 2016. There has been two Short Break consultation events for parent carers, their families and young people. One in March 2015 in Penrith and one in May 2015 in Barrow. We have also taken views, concerns and other issues from our Facebook page (anonymised) to try to get as many parents to participate to ensure we get a better Short Breaks service for our children and young people.

Dates for your diary -

10/02/2016 - CPCF Conference at North Lake Hotel, Penrith

12/04/2016 - CPCF Conference at Energus, Workington

More information to follow....



This support group has been up and running for just over a year and is going from strength to strength. We put funded some Autism training for parent carers and professionals, delivered by Jemma Swales, an Independent Autism Practitioner who works for Autus in Barrow.

## CHILDREN'S ACTIVITY'S



During the spring and summer time we held activities which the children all enjoyed we had sessions at Funky Monkeys, Planet Play a Bouncy Castle, Swimming, a visit to the Gin Case, Roman Museum and a visit to Santa at the Solway hall in Whitehaven.



We also had a Halloween party at Funky Monkey's.



Parent carers and their family members did lots of fundraising to help pay for the children's Christmas party on the 27th December 2015 at Funtastic soft play centre.

## PARENT'S ACTIVITY'S

Members regularly go out for lunch after our meetings, we also went the Rojo bar for Christmas party and the Golf Club for our Christmas lunch

We had an enjoyable day at the Manchester Christmas Markets kindly funded for by West Cumbria Carers.





## FUNDRAISING THROUGH OUT THE YEAR

Through out the year there has been various fundraising event:-

Race Night	£1.000	hosted by Colean Messenger and Kirsty Smith
Coffee Morning	£360	hosted by Susan Hayes
Beach Run	£450	Nadia Shaw and her sister
Evening of Entertainment	£600	hosted by Gillian and Michael George
Boxing Match	£557	hosted by Stacey Milligan
Nipple Piercing	£80	by Gary Messenger
Firework Display	£100	hosted by Charlotte Sellers parents
Sponsored Walk	£200	by Aspatria Dream scheme Linda Hunter
A kind donation off	£100	from Allison Jolly
A kind donation off	£100	from Graeme and Ann Marie the Window Outlet

There was also various raffles that have taken place.

Colean was given a cheque for **£2.500.00** from Mr Ron Thompson owner of a local pub Galloping Horse to give to a charity of her choice and we were the chosen group Autism Support Allerdale and Copeland.

**A big thank you to all the above for your hard work and fundraising throughout the year.**

### FOCUS ON

This page will appear like this each half term to give you the chance to promote your group county wide .

Feel free to send photos and all relevant information to Colean.

cumbriacpfc1@gmail.com