



Cumbria Parent Carer Forum



March 2019

NEWSLETTER

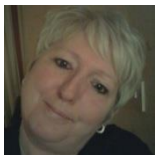
Registered Charity Number 1175734

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Meet our Steering Group Members

Shirley Murphy – Chair



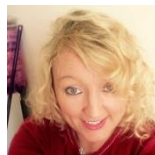
(Allerdale)

Jonathan King - Treasurer



(Copeland)

Rachael Davies - Secretary

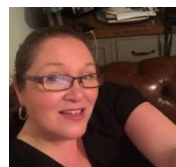


(Allerdale)

Rebecca Mullins

(Carlisle)

Sharon Watson



(Copeland)

Cristina Bowman



(Carlisle)

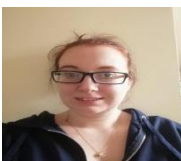
Carol Thompson

(Carlisle)

Deborah Cosgrove

(Allerdale)

Emma Crabtree



(Barrow)

What we do for you ?

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

How 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.cumbriarentcarerforum.org.uk

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

Max cards are free to all children/young adults 0-25 with a disability.

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

To open link highlight text, right click, left click on open hyperlink

About us

We are a constituted group of over 500 parent carers of children and young people with disabilities and / or special educational needs in Cumbria.

Our aim is to make sure the needs of our children/young people (0/25) are met. We understand the challenges you face on a day-to-day basis, because we are parent carers too.

We organise events where parents can meet with each other. We can tell you about most up-to-date sources of information for your child/young person.

We are here to give parent carers a voice. By joining the Parent Carers Forum, we can work together to improve services for our Children/young person.

Membership is free, join us today!

You can access this via our website www.cumbriarentcarerforum.org.uk

Get in touch

By phone: 07512152447

By email: cumbriarentcarerforum@gmail.com or cumbriacpfcel1@gmail.com

Becoming a member of the CPCF Steering Group

Are you a parent carer of a child with a SEN/D? and have an interest in shaping the future for children and young people with SEN/D and their families?

Would you like to be the voice and represent parent carers in your area?

Cumbria is looking for enthusiastic parent carers who are interested in representing their local area at local and county forums...

Any training and support required will be provided.

All out of pocket expenses will be reimbursed eg travel 45p per mile, other modes of transport eg bus, train, parking etc. We also provide free lunch at our steering group meetings

We would welcome you to any of these meetings which you may have an interest in. Please feel free to discuss any concerns you may have or how to become a part of shaping the future through attending these meetings.

Local support groups: are a meeting place for parent carers and their families to share information, discuss local concerns, what works well, what doesn't. This is then fed back to the forums steering group members to take action upon.

CPCF steering group: is a group of parent carers of disabled children who work with the local authority, education, health and other providers to ensure the services they plan and deliver meet the needs of disabled children and their families.

For more information, contact –

Celean - cumbriacpcfcel1@gmail.com
cumbriaparentcarerforum@gmail.com
www.cumbriaparentcarerforum.org.uk

What type of events would you like in the future?

- Health workshops.
- Education workshops.
- Re-start Cumbria Disability Network.
- Employment workshops.
- Staying safe workshops.
- Community engagement workshops.
- Internships.
- EHCP workshops.
- Transition to adulthood Workshops.

Let us help you

If there are any of the above workshops that you would be interested in attending let us know . We are here to help!

Contact:

Celean: Messenger-	cumbriacpcfcel1@gmail.com	(Admin)
Shirley Murphy:-	cumbriaparentcarer@gmail.com	(Allerdale)
Jonathan King -	millomking@hotmail.co.uk	(Copeland)
Rachael Davies:-	rachaelhannah7@gmail.com	(Allerdale)
Rebecca Mullins-	rebeccamullins5@gmail.com	(Carlisle)
Sharon Watson:-	wellingtonbistro@hotmail.co.uk	(Copeland)
Cristina Bowman:-	mrs.bowman@live.uk	(Carlisle)
Carol Thompson:-	carolthompson44@hotmail.co.uk	(Carlisle)
Emma Crabtree:-	emmacpcf@outlook.com	(Barrow)
Deborah Cosgrove:-	saiorseniamhcosgrove@gmail.com	(Allerdale)

Feedback from our Disability Information Day held in Kendal on 16th January 2019

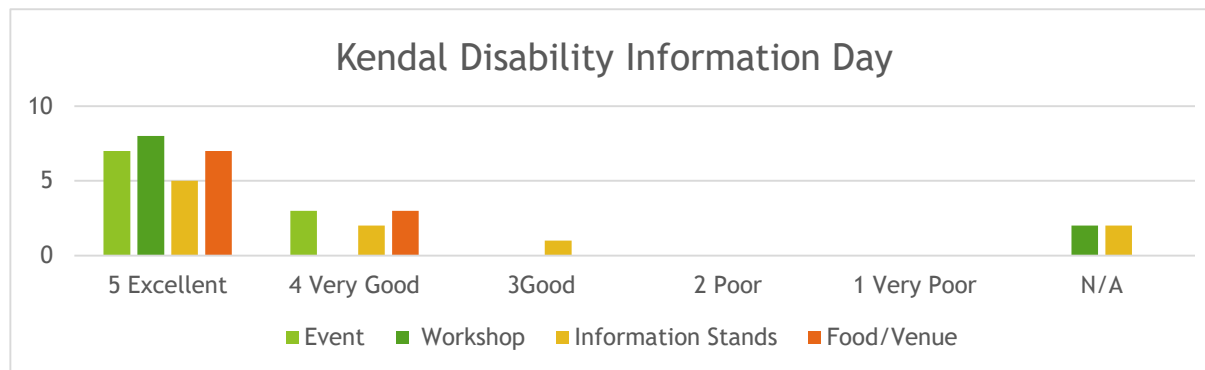
	5 Excellent	4 Very Good	3 Good	2 Poor	1 Very Poor	N/A
Event	7	3				
Workshop	8					2
Information Stands	5	2	1			2
Food/Venue	7	3				

FEDBACK

- **Event:** Overall was excellent to very good.
- **Workshop's:** Overall was excellent, workshops were very informative.
- **Information stands:** These stands were excellent, informative and stand holders were very friendly.
- **Food:** Was excellent.
- **Venue:** Was Excellent.

Selection of comments from parents.

- **What did you enjoy most from the speakers?** Parent carers were very happy with the speakers and found it very comfortable to talk about their experiences they also found John Macilwraith very informative.
- **How could we improve our events?** More exhibitors.
- **What kind of events or workshops?** From the feedback forms people would like to see more on sensory, CAMHS, SENCO's and head teachers from local schools and Educational Health Care Plans.



Feedback from our Disability Information Day held in Barrow on 11th February 2019

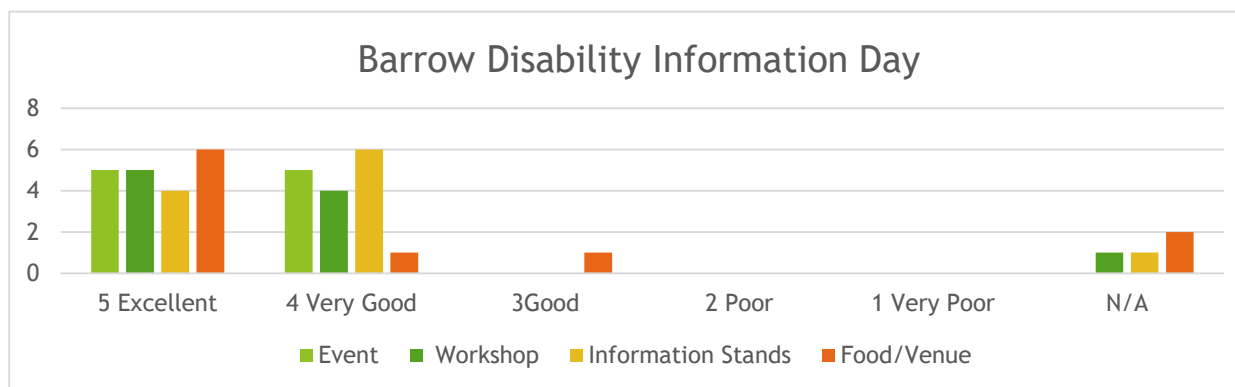
	5 Excellent	4 Very Good	3 Good	2 Poor	1 Very Poor	N/A
Event	5	5				
Workshop	5	4				1
Information Stands	4	6				1
Food/Venue	6	1	1			2

FEEDBACK

- **Event:** Overall was excellent to very good.
- **Workshop's:** Overall was excellent to very good, workshops were very informative especially the Transition, Autism Hospital Passport and SC and LE – communication and Learning Enterprise.
- **Information stands:** These stands were very good to excellent, informative and stand holders were very friendly.
- **Food:** Was excellent.
- **Venue:** Was Excellent

Selection of comments from parents.

- **What did you enjoy most from the speakers?** Parent carers found the speakers to be
- **What kind of events or workshops:** from the feedback forms people would like to see more items for Autism i.e. books and toys to purchase, Transition into Adult Services and Support, Specialist Equipment, Transport, Communication, Incontinence, SEND-Social Services, PA Services and Personnel Budget.
- very helpful and informative especially Transition, Local Offer, Apprenticeships and Cumbria Parent Carers.
- **How could we improve these events?** More advertisement and handouts from all speakers.





RAINBOW ROOM

by Aspatria Dreamscheme

ROOM HIRE IN ASPATRIA

CHILDREN PARTIES, FITNESS CLASSES ETC... IN FACT ANYTHING WHERE YOU NEED A LARGE SPACE THAT IS BRIGHT AND COLORFUL

**ONLY
£10
PER/H**

For all booking enquires please call 016973 20893 or email office@aspatriadreamscheme.com

For more images and full details please visit www.aspatriadreamscheme.com



Tables

We have four 6ft long foldable tables.



32 Chairs

We have 32 chairs that can be moved around and placed how ever you like.



Pews

We have 4 long church style pews that seat up to 32 people



Sofas

4 Sofas and a chill out area with a coffee table.



Coffee & Tea

Full coffee and tea making facilities with a microwave



Toilets

Male, female & disabled toilets, with baby changing facilities



Sound System

Full plug and play sound system, just plug a phone, laptop or usb drive in and click play.



Disco Lighting

Disco lighting fitting to our roof you can have your party going at just a flick of a switch.



WWW.ASPATRIADREAMSCHEME.COM



Walk for Autism Awareness

Saturday 13th April

12-3pm

Talkin Tarn

Country Park

Tarn Road,

Brampton,

Cumbria CA8

IHN



RAFFLE PRIZES TO BE WON!

Tickets available on the day and winners will be announced at the

end of the event



April is Autism Awareness Month, Come and join us as we walk a lap around the tarn and spread awareness!

For more information contact Joanna 07572883542

Participation fee is an any amount donation





There are now more opportunities than ever for young people in Cumberland to access Football! We currently have 3 inclusive formats of the game. These include Frame Football, Powerchair Football and PAN Disability opportunities. We also have 14 adult teams who play once a month at our Ability Counts League in Penrith, for people 16+ with disabilities. All teams are looking to grow their squad so welcome new players.

All coaches for the junior sessions are qualified with up to date safeguarding and CRC certificates and experience of coaching individuals with disabilities. We have volunteering opportunities and coaching pathways for people interested in becoming a qualified coach with discounted qualifications and mentorship included.

Our aim as a County FA is to have opportunities For All people to access our sport in a safe, comfortable, inclusive environment which considers the needs of all individuals.

If you would like to find out more, or get involved please follow this

link: <http://www.cumberlandfa.com/players/disability> or contact: Email-Ray.Sempill@cumberlandfa.com

Tel- 07807665543.

Support Groups



ADHD West Cumbria

ADHD West Cumbria

We are a non-profit voluntary support group. Our group was established by parents of children with ADHD/ADD, associated conditions and Special Needs.

We have a support group meeting on :

5th of September

12.30-2.30pm

At Moorclose Community Centre, Needham Drive, Workington.

Pop in to meet the new chair (sarah-jayne), find out what's coming up and let us know what you would like to see in the group.

For more information contact:

Sarah Jayne Thomas 0754359175 or Rachael Davies 0751559626



South Lakes Autism Family Support Project

Stricklandgate House, 92 Stricklandgate, Kendal, Cumbria, LA9 4PU

Getting support for a child on the autism spectrum and their family is often far from straightforward. This is because not all people on the autism spectrum fit the traditional idea of disability. As many parents already know, this causes frustration. The South Lakes Autism Family Support Project aims to support families to get the best out of existing services and identify gaps in provision to inform future service developments.

Or regular drop in session on a Thursday at 10am is an opportunity to meet other families, gather relevant information and have the chance to spend time amongst people with similar experiences. Perhaps you need help with a form or some unanswered questions? We will try to help!

Shirley Gilpin, our family support worker, can provide information, respond to telephone or e-mail enquiries and when necessary will visit parent: carers of children and young people on the autism spectrum, or on the pathway to diagnosis, at home or at a mutually convenient location.

For help and advice contact Shirley Gilpin at: shirley-gilpin@sky.com or phone 07795346632



Millom Parents & Carers Disability Group

Parents and Carers, of children with disabilities, in and around the Millom area, meet, chat, support each other and share ideas. Our main aim is to work together to raise funds to enable us to put on activities for our children. We also raise awareness of the lack of facilities and opportunities for disabled children in our area. Recently we have had to signpost new parents and children, to the appropriate services and specialists, according to the child's diagnosis. You do not have to have a diagnosis to join the group. we all know how baffling and difficult it is going through the process. Millom Parents and Carers Disability Group Meet at:

22 Duke Street
Millom
Cumbria
LA18 5BB

Every Friday Evening

Session Information

Minecraft Club - 6 till 8pm

All activities are run on the basis that, no child is left without a parent or carer to supervise them.

Contact Name Jonathan King

Contact Position Chair

Telephone 07895034499

E-mail millomking@hotmail.co.uk

Website mpcdg.org

PATRONS:- PETER FROST-PENNINGTON & IONA FROST-PENNINGTON (DCL) MUNCASTER CASTLE



SOUTH COPELAND DISABILITY GROUP

South Copeland Disability Group hold there meeting's every second Monday in the month, 10-30am

Millom Network Centre,
Salthouse Road Millom Cumbria

Please feel free to come along and join us.

www.southcopelanddisabilitygroup.btck.com.btck.co.uk



Autism Support Allerdale and Copeland

We hold our meetings on the first Thursday of the month at :

Distington Community Centre
Church Road
Distington
10 am –12

Please feel free to come along and have a chat over a cuppa

Every one is welcome.

For more information : Shirley Murphy
07702580347 or Wendy Askew 07507175563

www.asaac.co.uk/

Support Groups



Shout parent support group is not condition specific. All parents/carers are welcome to attend.

There next meeting will be held :
Ewanrigg Community Centre Maryport
10am –12

Tea and coffee available £1 per meeting children welcome.

For more information and dates of their meetings please contact:

joahill@googlemail.com

Carlisle Daytime Autism Support Group

group meeting's are held on the third Monday of each month

At: Mencap
grace little centre
Carlisle
10-12am

Please feel free to come along and join us.

New

Carlisle Evening Autism Family Support Group

This group meet on a weekly basis

from 7pm to 9pm

Drinks are available at the station's vending machine for 20p per drink.

At Carlisle East Community Fire Station, Eastern Way, Carlisle, CA1 3RA
(01228) 221 689.

For more information on this support group, please contact: 07506 872 449.