



WHAT'S GOING ON...

AUTUMN 2018

Is for all children and young people with disabilities, special educational needs and long term health conditions, plus their parents, carers and front line service providers. By special needs we mean learning disabilities, physical disabilities, sensory impairments, specific learning problems (eg dyslexia and dyspraxia) and children with behavioural difficulties.

British Blind Sport takes its First Steps into Yorkshire to help Visually Impaired Children Get Active



A VISIBLE DIFFERENCE THROUGH SPORT

The leading national charity for visually impaired sport in the UK, British Blind Sport, is delighted to announce an exciting project in Yorkshire called First Steps, thanks to funding from Children in Need.

With many visually impaired children struggling with physical activity due to the lack of accessible and inclusive PE in mainstream schools and a personal fear of failure or low confidence, this often leaves them feeling isolated when it comes to taking part in sport. With over 25,000 visually impaired children living in England, there are a large number who are risk of obesity and inactivity.

British Blind Sport's "First Steps" project aims to solve this problem by distributing its First Steps packs to blind and visually impaired children, aged three to eleven years old. The pack

includes a bright inflatable sound ball, an activity booklet, that has been developed with specialists in visually impaired sport, which enables children and their families to play a wide variety of games to develop skills. In addition, each child receives a reward chart with stickers to encourage them to achieve their goals.

British Blind Sport Chief Executive Alaina MacGregor said, "BBS is tremendously proud and passionate about our First Steps programme which will often give visually impaired children their first opportunity to try sport or physical activity specifically adapted for them. The team at BBS know first-hand what a difference participating in physical activities and playing sport can make to a blind or VI child's life. As a rolling programme across the country, successful pilots of 'First Steps' have already benefited over 100 children in Scotland and the Midlands. The response from participants has been consistently

positive. It can build confidence, encourage communication, improve health and develop relationships. Put simply, First Steps will empower young visually impaired children and their families to have a healthier, more active and fun lifestyle."

British Blind Sport are now inviting families across Yorkshire to take part in the project. If you know a child with a visual impairment who could benefit from a First Steps activity pack, register today by visiting www.britishblindsport.org.uk/firststeps. To discuss the First Steps project in Yorkshire in more details, please contact Tegan Darby at firststeps@britishblindsport.org.uk

For more details on British Blind Sport or First Steps, please visit www.britishblindsport.org.uk or call **01926 42 42 47**.





Sheffield Royal Society for the Blind (SRSB) Children's Services

SRSB offer a range of services for visually impaired children and their families. Every week during term time they run 'Little Sparklers', their pre-school play group in Sheffield. The sessions run every Wednesday, 10am-12pm at their Mappin Street Centre. The group is run jointly by SRSB and Sheffield Visual Impairment Service (Education). Sessions include general play, a sensory area, messy time, a sing-song session and lots of fun. The group also organises trips to other appropriate services.

During term time they will be holding a Youth Club, and during school holidays or at weekends they hold regular activity days for older children. Most children with a visual impairment now attend mainstream schools and these events are often the only chance they get to meet others who are in a similar situation to themselves. Many friendships have developed and parents have found the support, advice and information from other parents invaluable. Recent sessions have included crafts, cooking and drama. SRSB also run regular theatre trips throughout the year, wherever possible accessing audio described performances enabling all children, regardless of their level of vision, to enjoy the shows, and also attend Touch Tours where possible.

The charity also organises annual summer trips for the children's groups during school holidays. SRSB also has trained staff who specialise in advising and supporting families with applying for a wide range of financial benefits, including Disability Living Allowance or Personal Independence Payment grants, etc. They are also able to assist with applying for specialist equipment and adaptations that may be required due to a child's visual impairment.

They recently employed a Children and Family Support Officer following the charity's expansion to Rotherham last year. Kelly Ainsworth-Glaves will co-ordinate the children's services for both Sheffield Royal Society for the Blind at their Mappin Street Centre in Sheffield, and Rotherham Sight & Sound's Ship Hill Centre in Rotherham.

For further information on any of our Children and Young People's services please contact Kelly on: 0114 272 2757 or email cyp@srsb.org.uk Please visit <http://www.srsb.org.uk/client-events.aspx> for a list of dates for the children's groups
Tel: 0114 272 2757
Email: @srsb.org.uk
www.srsb.org.uk



(Something Interesting for Brothers & Sisters)

We are looking for children aged 8 to 12 years old to participate in the next season of SIBS starting in October 2018.

SIBS is run by students from the University of Sheffield and involves exciting days out once a month during university term-time. Activities could include bowling, going to the zoo, samba drumming and arts and crafts activities – all free of charge!

These sessions provide participants opportunities to meet other children in a similar position to themselves, whilst being supported by enthusiastic student volunteers. To be eligible, your child must be aged between 8 and 12 years old and have a sibling with a disability.

All volunteers are DBS checked and trained in safeguarding children, and first aiders will be present at every event. Contact Sheffield Volunteering (volunteering@sheffield.ac.uk/01142228544) for more information and an application pack!

'SIBS makes her feel special. On the day, her needs come first for a change.'

SIBS Parent



Disabled children enjoy fun day out

For families with disabled children, the long summer holidays can be a stressful time. Finding accessible activities that all family members can enjoy together is a challenge for even the most resourceful of parents.

There is one exception, however - the Sheffield Parent Carer Forum's annual family fun day. Held every August at Hillsborough Sports Arena, the event provides a unique opportunity for families to go out together, have fun and feel part of a community. Disabled children and their siblings can play together, while parents get a chance to relax and catch up with friends.

This year, 87 families – over 300 people – attended the event on the 3rd of August. Children enjoyed a wide range of inclusive activities, including bungee trampolines, bouncy castles, adapted cycles, a petting zoo with exotic animals, drumming, dance and animation workshops, and a variety of sports and craft activities.

Many parents commented how relaxed and friendly



“We are grateful to Sheffield City Council for funding this event year after year.”

the event was – just right for children who don't cope well with crowds and noise.

Event organiser Eva Juusola said: “We are grateful to Sheffield City Council for funding this event year after year. We stretch this funding even further by drawing on the support of our fantastic partner organisations. This year, HSBC, Henry Boot and Gripple allowed their employees to volunteer on the day, St Marie's school and Hillsborough Trinity Methodist Church lent us their chairs, sports clubs and charities ran free activities, and a fire engine and library van dropped by. Our own staff and volunteers worked hard to ensure everything ran smoothly. It was a real team effort!”

Sheffield Parent Carer Forum also organises disability trampolining sessions, inclusive film screenings and information days and workshops for parents. A no-bangs fireworks display is planned for November. For more information, please visit

www.sheffieldparentcarerforum.org.uk



Free camps for children with serious health challenges

Since 1999, the charity Over The Wall has provided free life-changing activity camps for children, teenagers and families living with serious health challenges.



OVER THE WALL

a seriousfun camp

Originally founded by the Hollywood legend, Paul Newman, the charity has enabled over 7,000 children to experience its free, transformational, residential camps. Each of these camps provides memorable, fun and empowering experiences in a physically safe and medically sound environment. The focus of all camps is helping campers to discover how amazing they truly are, using therapeutic recreation with a strong focus on fun.

Childhood illnesses

There are 50,000 children and young people in the UK living with a serious health challenge. For these young people, quality of life is adversely affected by isolation

and their inability to participate in many of the everyday activities enjoyed by their friends and peers. This often results in a growing lack of self-esteem and confidence which can become a barrier to future growth and development. Over The Wall's residential programmes are designed to bring about transformational change to tackle these issues and to ensure our campers return home with a new sense of their abilities and ambitions, and feeling far less isolated.

Who can come to camp?

Health Challenge Camps

Over The Wall invites applications from children aged 8 to 17 years, living in the UK, who are

currently receiving treatment, or experiencing the difficulties of a serious health challenge. These include, (but are not limited to): blood disorders, diabetes, gastrointestinal disorders, cancer and leukaemia, rheumatological conditions, immunological disorders (eg HIV, primary immune deficiency), respiratory disorders, skin conditions, severe allergies, heart conditions, kidney disease, neurological disorders (eg epilepsy, spina bifida) neuromuscular disorders (eg muscular dystrophy) organ transplant, physical disability (eg spinal injury).

Sibling camps

Over The Wall invites applications from children aged 8 to 17 who have a sibling who is currently receiving treatment, or experiencing the difficulties of a serious health challenge. Their unwell sibling does not need to be

within the 8 to 17 year age group. Unfortunately the charity is unable to accept children who have learning, behavioural or social communication needs that would prevent them from participating in age appropriate group activities.

Family Camps

Over The Wall also hosts family camps and invites applications from families living in the UK who have a child with a serious health challenge. The child with the health challenge can be any age from 0-17; however, one child in the family should be within the 8 to 17 year age group.

Case study:

Meet Over The Wall Camper-Sam!

In 2016, at the age of eight years old, Sam Palmer was diagnosed with Acute Lymphoblastic Leukaemia (ALL). Following diagnosis, Sam immediately began a three-and-a-half-year cycle of treatment, beginning with an intensive period of chemotherapy for the first six months. At this point, it came as quite a shock for Sam to find out that it would be as long as six months before he could return to school.

It was towards the end of this intensive therapy period that Sam's mum, Deirdre Harte, came across an Over The Wall Facebook post, and decided to apply for camp. "I discovered Over The Wall at a good time." Deirdre explains, "We were just beginning

to find our feet and were looking to the future, despite Sam still being in the process of the intensive part of his treatment. So, I decided to apply for the whole family to go to camp in May."

"It has been one of the best things in terms of giving him both emotional and psychological strength."

After intensive therapy, Sam returned to school, but having lost his hair and spent so long away, he found it difficult to adjust to normal life. "This meant that Sam saw all of life's small bumps as mountains and everything became a huge challenge to him." said mum Deirdre. "It was when he went to camp in the summer, that we saw a huge change."

Experiencing the magic of camp!

"When Sam returned, he came back with so many songs and stories, he loved the climbing centre, and going swimming, he spoke about the pranks and practical jokes and all of the fun things like dressing themselves inside-out and wearing pyjamas to breakfast." says Deirdre. "He also spoke about all the challenges he

was given and his achievements." "Despite having a fear of heights, he climbed higher than he ever had ever climbed before, he also met the challenges set based around taking his medication. At home, this could sometimes take up to an hour, but at camp he managed to take them in as little as three minutes! And, his challenges and achievements were always acknowledged and celebrated."

"In terms of his confidence – things really changed after camp. All the obstacles in his daily life that were causing him anxieties, were not as big a problem as they were- he could take the rough with the smooth. He was also more positive. In the summer, I remember him jumping off a huge height into water. He would have been hesitant about taking such risks before. He is also more confident in speaking with other children and adults -we saw a real leap in his self-esteem."

"Over The Wall camp certainly has therapeutic benefits. For Sam, it has really helped him mentally. It helped him in terms of his own happiness in himself, and helped him to deal with life's daily challenges. It has been one of the best things in terms of giving him both emotional and psychological strength."

If you are interested in applying for camp in 2019 applications open in October 2018. To find out more about Over The Wall camp, go to www.otw.org.uk



Why not volunteer for Over The Wall?

Every year Over The Wall needs around 700 volunteers to help with camps across the UK- including both clinical and non-clinical volunteers. Participating at camp will provide you with a unique and unforgettable experience, allowing you to create new friendships and develop new skills, whilst making a positive impact on children's lives.



Alive 'N' Kicking

Alive 'N' Kicking is a highly successful FREE children's lifestyle weight management service provided by Why Weight Sheffield and

commissioned by Sheffield City Council. The service aims to help overweight children, young people and their families to reach and maintain a healthier weight.

The service supports through its age specific programmes for families with children aged 5 to 17 years old. Our programme is designed to provide age appropriate messages, activities and behavioural change strategies that will benefit the whole family.

The programme is a 10 or 12 week course, consisting of weekly 90 minute group sessions with parents/carers. Educational Weekly Topics include:

- **Understanding Healthy Eating**
- **Sugary Drinks**
- **Healthy School Food**
- **Reducing Sedentary Behaviour**
- **5 A Day Food Tasting**

The group meetings act to empower parents and give them the necessary skills to ensure their children grow up healthy and happy.

While parents/carers are learning about healthy lifestyle habits for the whole family, the children have the opportunity to take part in a 1 hour fun focused physical activity session. Children also have the opportunity to come to an additional drop off physical activity session, which runs weekly throughout the programme.

Families who join ANK have lots of fun and we currently have an approx. 85% retention rate. In 2017/2018 Alive and Kicking had 105 children complete the programme with 82% of these decreasing their BMI at 12 weeks. 86% of these children improved their physical activity level and 89% improved their overall diet.

Here is what some of our families had to say about the programme

"I enjoyed the weekly activity and meeting new people. Thank you for making it more enjoyable"

"I learnt to do more fun activities and be healthy."

"Our Children have more awareness about healthy eating and the importance of exercise".

If you and your family would be interested in trying out our programme please contact us on

0114 321 1253

or Email: whyweight.sheffield@nhs.net

www.whyweightsheffield.co.uk/children-and-young



Kidz to Adultz North

Thursday 8th November 2018
9.30am - 4.30pm
EventCity, Barton Dock Road,
Manchester, M17 8AS



One of the largest FREE UK events supporting children and young adults up to 25 years with disabilities & additional needs, their families, carers and the professionals who support them.

Chance to win a £200 voucher and many prizes!



- 180 Exhibitors
- 10 FREE CPD Seminars
- Children Welcome
- FREE Parking

A  **Disabled Living** Event

Practical solutions supporting disabled adults, children & older people

Register online for your FREE entry ticket and to be kept informed of future Disabled Living events and services.

www.kidzexhibitions.co.uk Or simply contact Disabled Living:

Email: info@disabledliving.co.uk or Tel: 0161 607 8200

Tickets are not compulsory as you can register on arrival.

Sheffield
Special Educational
Needs & Disability
Information
Advice & Support



Sheffield SENDIAS Feedback and Review

Earlier this year a new IAS programme was launched nationally aimed at supporting local Information Advice and Support Services (IASS) to develop, become compliant with statutory duties and national standards, as well as responding to local need.

As a service, SENDIAS are required to meet a range of statutory duties as detailed in the SEND (0-25) Code of Practice (CoP) and our current national Quality Standards (QS).

From this programme an opportunity has arisen to invest in further development of Sheffield SEND Information, Advice & Support (SSENDIAS) but to properly inform development we need to include the views of as many people as possible, especially service users and other stakeholders. We have created an online questionnaire at: <https://www.surveymonkey.co.uk/r/8B3Z6VV> where we would welcome comments about what you know about SSENDIAS as well as how we currently

perform and suggestions of how we can improve.

All comments and suggestions will be incorporated into a service review document which will then become a 2 year development operational plan which will be submitted for some external funding to help make the necessary changes.

If you have any questions about the survey or review please contact us at

ssendias@sheffield.gov.uk

FREE SNOOKER SESSIONS



Snookerability

- Does your child have additional needs?
- Is your child aged between 8 – 18?
- Is your child interested in joining our group?
- Learn how to play snooker in a structured setting
- Competitions
- Positive Outcomes

Contact Stephen Harrison on 0114 478 8047

or email Stephen@snookerskills.com

Visit us at www.snookerskills.com

This document can be supplied in alternative formats,
please contact SSENDIAS on 0114 273 6009

Sheffield City Council
www.sheffield.gov.uk



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