



Lewisham Parent and Carer's Forum—Leemore Central Community Hub
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Registered Charity no. 1159533 in England

NEWSLETTER 1st March 2020

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Announcement

We are delighted to announce that the Department for Education (DfE) has confirmed that Grant funding for Parent Carer Forums will be available for the 2020/21 grant period which will enable forums to continue their valuable work locally working in co-production with partners to make improvements to services.

Though this hasn't yet been publicly announced, the DfE agreed that this news could be shared with the forums. Contact and their consortium partners have been granted a one-year contract extension to continue supporting and developing Parent Carer Forums and the strategic participation of parent carers and children and young people.

This means Contact will continue working with the National Network of Parent Carer Forums, KIDS and the Council for Disabled Children to continue work with the 151 Parent Carer Forums, FLARE and young people's participation groups in England who play such a vital role in influencing, designing and developing their local services.

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FREE EVENT (Please see attached flyer)

IPAD TRAINING for parents and carers delivered by Family Fund

Wednesday 11th March 2020

10.30 to 12.30 - refreshments provided

Unit C, PLACE/Ladywell, 261 Lewisham High Street, SE13 6AY

Please visit [EVENTBRITE](https://www.eventbrite.co.uk) to book your place

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SAVE THE DATE
LEWISHAM PARENT AND CARER'S FORUM MEETING
TUESDAY 24TH MARCH 2020 – 10.30 TO 12.30
Speakers and topics to be advised

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FUND RAISER

Nicole Gayle, one of your Forum's Trustees, together with her son, Reuben, are raising money for the Parent Forum with a half marathon. Please help contribute towards a Fun Day for families in Lewisham.

We're raising £500 to Do you want to join me in making a difference? I'm raising money in aid of LEWISHAM PARENT AND CARER'S FORUM and every donation will help.

Please donate to my JustGiving Crowdfunding Page and help make it happen:

https://www.justgiving.com/crowdfunding/run-nicole-reuben?utm_id=1&utm_term=mZgm2Z85q

Thanks for your support

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Tomorrows Leaders- A World Beyond Disability

The Council for Disabled Children has been commissioned by the Education and Training Foundation on behalf of the Department for Education to produce a high quality publication called **Tomorrows Leaders- A World Beyond Disability**.

The new and exciting publication will feature young disabled people who are ambitious, working hard to achieve their goals and making an impact on their communities.

It is a great way for young disabled people to:

- share their inspiring stories in a national publication;
- inspire other young disabled people;
- demonstrate the impact they have made and to receive positive recognition for their remarkable achievements.

If you know of a young disabled person, aged up to 35, who would like to apply to be featured in the publication please share the details with them or speak to them about applying on their behalf.

The deadline for applications is midday on the 11th March. The CDC team are looking forward to hearing from you: <https://councilfordisabledchildren.org.uk/news-opinion/resources/tomorrows-leaders-world-beyond-disability-publication>

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HOLISTIC HOUSE
WELLBEING & RETREAT SERVICES

COTSWOLDS WELLBEING WEEKEND RETREATS

Dates: June 12TH- 14TH & October 16th-18th 2020

>> **BOOK NOW TO AVOID DISAPPOINTMENT** <<



Leave your caring duties at home and reconnect with yourself once again.
Leave your worries behind and enjoy a time that is just for you!
An opportunity to de-stress & be pampered!

3 days of FREEDOM, FITNESS & FUN! REST, RELAX & REVIVE!
With Professional Therapists who are experts in their fields

Come & enjoy 3 days of peace in the beautiful Cotswolds at Noah's Ark Venture Centre, Macaroni Wood (GL7 3NF). It is a secure & safe space situated on 17 acres of private woodlands. Experience the healing power of nature.

Total cost: £210 includes transport accommodation meals & therapies

**** Group booking of 3 or more will receive a 10% discount ****

Therapies may be:

*Meditation Massage*Reflexology*Reiki*Yoga/yoga meditation*Crystal Therapy*Emmett*Kinesiology*
*Crystal Facial Massage*Balance Procedure*Thai Face Lift Massage*Thai Foot Massage*Indian Head Massage*
Therapeutic art & discussion (1-1 sessions if required)

(Additional therapies charged @ £15 per 30-minute session)

Free onsite options include: bike riding, nature walks, trampoline, table tennis, snooker & indoor cinema

WWW: <https://holistichouse.wixsite.com/retreats/>

Facebook: <https://www.facebook.com/HolisticHouseRetreats/>

For more information or to register your interest please contact us

E: holistichouseservices@outlook.com **or M:** 07951 7713 92/07030 3939 42

Holistic House Wellbeing & Retreat Services offers a holistic approach to the caring communities through wellbeing events and individual practice. We offer support through consultation. We recognise that a break is essential in order to restore harmony, balance and calm to individuals who need it the most. Our retreats are affordable, accessible and are a definite respite. All our therapists are wellbeing practitioners with current practices. All insurances and qualifications will be displayed.



Charity No. 283921

Phab is coming to Sydenham High School

Westwood Hill, London SE26 6BL



Next club

4th March 2020, 4.00pm - 5.30pm

**For details about future dates please contact
Janine Williams, National Development Manager**

01825 749826 or 07910 556588

janine@phabkids.co.uk

**A fun and safe environment where teenagers with and without
a disability can have fun and socialise with each other.**

Activities, games, arts & crafts, boccia and so much more.

Space for parents and carers to meet.

Please use main entrance. Plenty of off street parking.

www.phab.org.uk

**Phab inspires and supports children and adults
with and without disabilities to make more of life together**





Calling All Grandparents!

When: Thursday, 5th March 2020

Time: 1pm to 3pm

Where: Drumbeat Brockley, Revelon Road, SE4 2PR

Drop-in coffee sessions for grandparents supporting children with ASD.

If you would like to talk about ideas and strategies, or problem solve any concerns over a cup of tea/coffee and biscuits, please come along and join us.



For more information please call
0207 635 9022



Orchard Hill College

We are a specialist college committed to offering social and vocational opportunities for students in the heart of their communities.

We pride ourselves on building bright futures and changing the lives of our students. Our programmes are designed for students over the age of 16 with a range of special needs.

Orchard Hill College is Ofsted 'Outstanding'. We are proud of this achievement as it recognises our students' fantastic work and the dedication and commitment of our staff team.

We have centres across London and Surrey that provide a learning environment that is inspiring, educational, creative and individualised. We offer a range of exciting vocational programmes from animal care and catering to digital media and many more.

College is an exciting next step for students and should be a fulfilling journey where life and work skills are developed and outcomes are achieved, ready for life after college.

If you would like to join a college with a "can-do" attitude, where all students' contributions and talents are recognised and celebrated, I invite you to get in touch, or visit one of our Open Events (see below) to meet the teams, have a look at our facilities and ask any questions you may have.

Thursday 23rd April 2020 between 4.30pm-6.30pm at Wyvern House, Wyvern Way, Uxbridge, Middlesex, UB8 2XN

Thursday 23rd April 2020 between 4.30pm-6.30pm at Beaconsfield Centre, 17 Beaconsfield Road, New Malden, Surrey, KT3 3HY

Saturday 25th April 2020 between 11am-1pm at Vocational Progression Centre, Carshalton College Campus, Nightingale Road, Carshalton, Surrey, SM5 2EJ

Friday 21st May 2020 between 4.30pm-6.30pm at Lomond House, 50 Camberwell Green, Camberwell, London, SE5 7AL



Post 16, Next Steps event which will be on Thursday 5th March 2020 at Goldsmiths University, New Cross – 11am to 3pm

The aim of this event is to support schools with their statutory duty to secure independent careers guidance for all year 9-13 learners plus to support those young people who are NEET into a positive learning opportunity.

The event will ensure that careers guidance is presented in an impartial manner and promotes information on the range of education or training options, including apprenticeships / traineeships and other vocational pathways.

We are inviting all Lewisham secondary schools and other providers to attend the event and are encouraging schools to bring along year 9 – 13 learners and we are especially keen to support those who are NEET who will be able to sign up to a range of opportunities from the 30 exhibitors we will have on the day, some of whom will be running the employability and future career workshops.

The benefits of this event are:

- **Information, advice and guidance from a range of post-16 providers**
- **Post-16 pathways, apprenticeship and traineeship opportunities.**
- **Workshops on employability and life skills**
- **Excellent networking opportunities**
- **Awareness of Goldsmiths College via a tour with Student Ambassadors**

If you have any queries please contact:

Ethel Punter, Participation Manager, Baseline
☎ 020 8314 7549 ✉ ethel.punter@lewisham.gov.uk

Days of working: Monday to Thursday



LewishamYP



LEWISHAM SEND LOCAL OFFER

SEND **Local Offer** provides information about services for children and young people with Special Educational Needs & Disabilities.

LEWISHAM PARENT AND CARER'S FORUM

Lewisham Parents and Carer's Forum (LPCF) is a voluntary group of **parents** and **carers** of children and young people (0-25) with special/additional needs and disabilities (SEND) living in the London Borough of **Lewisham**.

PLEASE FOLLOW THE LINK FOR BOTH WEBSITES

<https://www.sendlocaloffer.org/lewisham/>

Lewisham Parent and Carer's Forum has a new website –

www.lewishamparentcarer.org.uk – or as above, a new

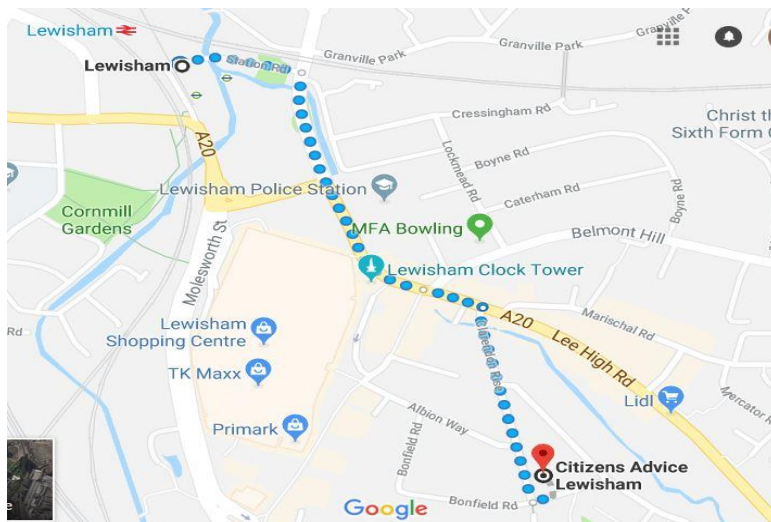
Facebook page **@LewishamPCF** and a twitter account

@LewishamPCF

Dear Parents and Carers

If you have any queries or comments on any of the content of this newsletter please do contact us. Please note that Lewisham Parent and Carer's Forum only pass on information about services and activities and we not necessarily recommend or endorse any particular organisation or any one person, product, service or event.

WHERE TO FIND US



**Based in the same building as CAB - Press F5 for LPCF (by the lift)
Main Hall, Leamore Centre, Bonfield Road, Lewisham, London SE13 5EU –
through green gates at side of building in Bonfield Road – LPCF - 07534 568020**