



# PFBA Newsletter

ISSUE 1  
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pfba.org.uk  
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## Welcome to the PFBA Newsletter



I am Michael Firth and I am dad and full time carer to my daughter Suzy, who is 24 and has complex needs.

I've been involved with the PFBA for more years than I can remember; attending the regular committee meetings and taking on the role of Vice Chair, and then becoming the Chair in 2018. I'm a regular visitor to the Carer's Hub at Horton Park surgery, where I often meet other parent carers and I try to help them get the information they need so they can access the right services or get support.

I also attend meetings of the Parent Participation Group, Carers in Action and the Carers' Sub-Group which is run by the NHS Trust in connection with Carers' Resource Making Space.

The PFBA's membership has increased by over 400 just in the last year but we would love to reach more families who have a disabled/special needs child or young adult. There are more than 20,000 children and young people with a disability or special educational need in the Bradford area, so we have a long way to go before we can say we represent all parents.

Joining our mailing list as a member is free – see the "contact us" page for how to get in touch. In the coming months we will be inviting parents to get involved with us, and we will be letting you know how you can do this very soon. The Forum will soon be 10 years old – watch out for details of our celebration event!

## Who we are

The Parents' Forum is made up of two paid workers and 8 voluntary committee members who are all parents and carers of children or young adults who have additional needs and/or disabilities.

The Forum began in 2009 when the special schools in the Bradford area were going through a reorganisation, and parents had concerns about how this would affect their children. After the new schools had been opened and were up and running, it was decided that the Forum would continue to support parent carers in their struggles with all aspects of caring for a child or young person with a disability or additional need.

The committee meets regularly to discuss current local disability issues and the events the Forum is going to organise or be involved with. We have an Annual General Meeting once a year, in the autumn and all parent carer members are invited to attend.

## Max Cards

Since we started to issue the cards in 2016, we have issued more than 600 cards to families in the Bradford area. If you don't have one, it's easy to apply. You need to live in the Bradford council area to get a card from us, and your child/young adult needs to get DLA or PIP. The quickest way is to apply and pay online, but if that way isn't good for you let us know and we will help. Go to [www.pfba.org.uk/resources](http://www.pfba.org.uk/resources) to get started.

A quick search on the [www.mymaxcard.co.uk](http://www.mymaxcard.co.uk) website shows that there are 261 venues and attractions within a 50 mile radius of Bradford that offer discounts!

Some of the closest places in the scheme are:

- Funzy Inflatable Park in Bradford
- Bronte Parsonage museum in Haworth
- Clip 'n' Climb climbing wall centre in Ilkley
- Grasshoppers at Tong Garden Centre
- Guiseley Music Centre

There are many more and the discounts offered vary between places – visit the web page to find out more. Please note that during the school summer holiday time we can still issue cards but it may take longer than usual due to reduced working hours.



# EHCP Workshops

We began running these in 2017, and this year we have held at least one every month, enabling parents to discuss their child's EHCP issues in a small, friendly group and get lots of information and strategies for managing assessments and reviews.

We provide a pack of notes, refreshments and lunch. We will be running more workshops after the summer break and will send out the dates for these soon. If you are not already on our email list and would like to know about the workshops, why not join and get details sent to your inbox, as well as lots of information we think parents might find useful. You can sign up here: <https://pfba.org.uk/join-us/>

The parents who have attended have given some great feedback:

Just starting on the process, this course was an excellent introduction with lots of tips and advice. Highly recommended!

More clued up on what we needed in our child's plan. How to prepare and gather information. Brilliant course.

## Carers' Hub

Carers' Hubs support people in their caring role. They are located at Horton Park Health Centre in Bradford, Lynfield Mount Hospital, Bradford, and Dyneley House, Skipton, and they give carers the chance to meet other carers, get free advice and support, get involved in activities and take time out for themselves.

Whatever your age or caring situation, you can come along to any of the Carers Hubs:

- Horton Park Health Centre, Level 2, 99 Horton Park Avenue, Bradford, BD7 3EG / Monday to Thursday 10.00am – 4.00pm and Friday 10.00am – 2.00pm.
- Lynfield Mount Hospital, Heights Lane, Bradford, BD9 6DP / Tuesdays 11.00am – 3.00pm.
- Dyneley House Medical Centre, Newmarket Street, Skipton, BD23 2HZ / Wednesday 12.30pm – 3.00pm.

They have a monthly programme of activities and up to date information can be found on their website, which is here: <https://www.bdct.nhs.uk/service-users-carers/support-for-carers/>

## Behaviour Support Pathway – get involved

The Forum is working jointly with the council to produce a Behaviour Support Pathway which, when completed, will make getting support for a child's behaviour issues much easier. To begin with, we are looking at the birth to 5 years old age range, and we would like to invite parents to join us to share their experiences that might help others in future. Although aimed at 0-5, if you feel you would like to input into this, and your child is older, please do still join us!

We are meeting at the Carlisle Business Centre (see last page for details) on Friday 13<sup>th</sup> September, from 10 am to 12 pm. It will be an informal session, and there will be coffee and cake. If you would like to join us, please email [supportnews@pfba.org.uk](mailto:supportnews@pfba.org.uk).

# Nell Bank Disability Play Day



We will again be joining in the fun on the Disability Play Day, and having an information stall so we can meet parents. It's a great day out, so if you'd like to join in the fun, get in touch with the details on the flyer.

Wednesday 28<sup>th</sup> August 2019

PLAY 1 - 4PM  
DJ JOE 4 - 6PM

## Bradford Community Disability Play Day

Food Stalls & Refreshments  
Information Stalls Ice Cream Van  
Nell Bank Family Activities Winecrag  
Kite Making Climbing Wall Sing & Sign  
Imagination Gaming Large Play Equipment  
Site Map & Wellbrian Bear Hunt Plente areas available for your own good!

**PLUS LOTS OF OTHER FUN STUFF**

**Nell Bank, Denton road, Ilkley, LS29 ODE**  
**THIS IS A FREE EVENT FOR ALL CHILDREN WITH DISABILITIES AND THEIR FAMILIES**

   

## BOOKING IS ESSENTIAL

To book your place contact:  
Email: [nicola.norris@bradford.gov.uk](mailto:nicola.norris@bradford.gov.uk)  
Or Phone Emma / Michelle on:  
**01274 365463**  
**EVENT 1 - 6pm**

Aiming High Lodge available throughout day for Hygiene Suite & First Aid only

Mini-bus available to transport families from Ilkley train station

Free Event funded by Small Grants Shortbreaks Funding & Partners



# Killinghall Project



The PFBA was awarded a lottery grant, Awards for All, which has been used to get a parent support group established at the school. We found out that the school has a very high proportion of children with additional needs, yet we had relatively little membership from that part of the city.

Julie Bruce, the PFBA Manager, with the support of an interpreter, made regular visits to the school and provided sessions to build confidence and share information about how best to access support across health, education and social care. They held events, introducing the Local Offer and establishing a structure and organisation that would work for current and new parents. A full evaluation of the project will be written and shared. Now the PFBA's involvement is over, the parents have a supportive group where they can go to chat to others.

## Useful Resources

The internet is of course, full of information, but these are some of our favourites...

### Contact

(formally Contact a Family)

[contact.org.uk](http://contact.org.uk) / 0808 808 3555

Information and advice on all aspects of caring for a disabled child. You can also purchase clothing and equipment for various special needs.



### Local Offer

[localoffer.bradford.gov.uk](http://localoffer.bradford.gov.uk)

Local information on services for disabilities.



### Council for Disabled Children

[councilfordisabledchildren.org.uk](http://councilfordisabledchildren.org.uk)

Their EHCP guide Education, Health and Care Plans: Examples of Good Practice is excellent.



### IPSEA – Advice on Education for Parents

[ipsea.org.uk](http://ipsea.org.uk)

They help children and young people with special educational needs and disabilities across England get the appropriate education, training and support which they are entitled to under the law.



### Disability Rights UK

[disabilityrightsuk.org](http://disabilityrightsuk.org)



### Carers UK

Advice for carers.



# Parent's Unusual Hobby

It's always interesting to hear about things parents do. Claire is mum to two young children who have additional needs, so life is always busy. What started out as a fun hobby has evolved into something much bigger.

Claire says, "How it started was me having a go with my kids. I got the bug and started to hide them and post on Saltaire Rocks\*\*. It was my down time activity to wind down and made me happy when kids found them.

I did a community hunt for something for local children to go to, hiding 200 I had made. Some stones were prizes from local businesses. The park was full of happy children searching for the stones and it was a really nice community social event.

I made 400 for the last one and people brought their own too and again local businesses provided prizes for lucky winners. This time was even bigger and my son did a stall selling rocks for a price he set to raise funds for stones and materials and treats and give him a chance to play shop. I was amazed at the interest shown in the event and by using social media the event reached 30,000 people!

It's evolving all the time and nice being able to do positive things with my hobby. Now I am building my Facebook page showing families how to make their own and gifting my painted rocks on a donation basis too."

\*\* If you haven't heard about rock hiding, have a search on Facebook for your nearest group. Your child (or you) can decorate a stone, and hide it somewhere in the local area for others to find. If you find one, you can post a picture of it and then hide it somewhere new for the next person to find.

Do you have a hobby that you would like to tell us about, that we can feature in a future newsletter? It doesn't have to be especially unusual, we would just need to be able to write ½-1 page about it and perhaps have a couple of photos too. Email [supportnews@pfba.org.uk](mailto:supportnews@pfba.org.uk) if you would like to be featured.



# Contact Us

We are located in the Manningham area of Bradford. The main car park for the building is accessed via Church Street. From Carlisle Road (A6177 Ring Road) take the turning into Conduit Street next to the old Marlborough cinema and Barclays Bank. Church Street is then the second on the right.



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**\*\*\*This newsletter was designed and produced by us by a student from Titus Salt School as part of his work experience. Many thanks Rory!**