

March 2022

The Parents' Forum for Bradford and Airedale

Newsletter



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Inspection

So the Ofsted/CQC inspection finally took place and the response to requests for feedback was incredible. The PFBA organised two "meet the inspector" sessions online, and parents joined us to tell the inspector about their experiences. A big thank you to everyone who took part in these meetings, and to all parent carers who completed the survey or sent emails, all of which are being used to decide the outcome, which we are still waiting for.



Autism Awareness Event

We were very happy to join lots of other services and support groups at the event organised by Aware on 7th April. We chatted to many of the several hundred people who came along. If you signed up to our mailing list on the day, welcome!



We very much enjoy getting out and about again, and meeting parent carers. If you are involved in a parents' group and the members might be interested in hearing more about what we do, let us know! Our Engagement Manager Adele could visit and tell you about the work the PFBA does.



Bradford Mencap – Study Programme and Supported Internship

These are for 16 to 25 year olds with a current EHCP wanting to explore the world of work and gain independent, paid employment. This is an opportunity for future learners, parents, carers, employers, schools, other providers and supported networks to get involved and support young people with learning disabilities / difficulties and autism. Enabling young people to find their worth and have a meaningful and fulfilled life.

Please contact Roxanne Coleman on 07812 494635 or email roxanne.coleman@mencap.org.uk to ask questions about the next annual programme.

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Disability sport in the Bradford area

Bradford Disability Sport and Leisure offer a wide range of different sports for people who have disabilities and additional needs.



Here are just a few examples of the sports that children and young people can get involved in:

Rugby - Bradford Bulls hold a training session on Saturday mornings for young people aged 14+ with a physical or learning disability. This is held at the training ground in Tong, BD4 6NR. To find out more email ryan.hunkin@bullsfoundation.org

Football - The football & volunteer programme is a part of the Bradford City FC Community Foundation. Their football sessions are for everyone irrespective of age, disability, ability or gender and they train three times a week. For more information contact Paul Jubb 07845 568226 or Jaimie Dorward 07818 515639 or visit www.bradfordcitydfc.co.uk

Cycling - join the disability cycling club on a Saturday morning in Lister Park. Bikes and helmets are provided. 10 am to 11 am is the beginners/three-wheelers session at the bowling greens, followed by the more advanced group who cycle around the park.

The latest timetable of BDSL activities, contact details and social media links can be viewed [here](#). We hope to include more about the sports on offer locally in future issues of the newsletter.

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Easter holiday activities

We can usually look forward to the Easter holiday time, knowing that we will at least have some more daylight hours than in the previous two school breaks, and hopefully some better weather too (although you never can be sure!).

The Specialist Inclusion project are holding a Family Fun Day at Nell Bank in Ilkley, on 19th April, from 11 am to 3 pm. This is open to families who have a disabled child - the whole family can go. There will be lots of outdoor activities on offer. To book at place or find out more, call Tracey McPhee on 07929 747390 or email tracey.mcphee@bradford.gov.uk



The website Yorkshire Tots to Teens (<https://yorkshiretots.com/yorkshire-easter-events-activities/>) is a great source of information for things to do in Yorkshire. The Easter section has details of egg hunts, and even a giant bunny hunt at Bolton Abbey, as well as activities you can do all year round.

If you have a Max Card, visit www.mymaxcard.co.uk to find out where you can use it, for a cheap or free day out.



Where does your family like to go during holiday times? We'd love to hear what works for you - let us know on Facebook or email supportnews@pfba.org.uk



I was really privileged to be invited to go and meet parents at Blakehill Primary whose children may have special educational needs and/or disabilities.



I heard that their struggles were similar to each other's (and to mine). Long waiting times for assessment, EHCP struggles, behaviour challenges, not having the support from services and lack of information. However, since this coffee morning I know that there has been a Whatsapp group set up and there was talk of meet ups in the park. Peer support for parents and social opportunities for the children in a non-judgmental environment can be the difference between not knowing where to turn and just having ten minutes to off load and wind down. Now they know what each other looks like, a friendly face across the playground, a supportive friend if their child is not having a good morning. All these things are so important and can make such a big difference to someone's mental health.



I spent a fun morning with families at LS29 Time and enjoyed meeting the little people as well as parents who were clearly enjoying their time there! I don't always get to meet children as they are usually at school so it was nice to see the littlies for a change! Staff kindly showed me round the club. There were lots of sensory toys, games and a fab chill out room. It's set at Ben Rhydding scout HQ and there is a nice field for outdoor play too. I'm always privileged to speak with parents who share their experiences of the SEND world and their children with me.

Find out more about LS29 Time on page 7

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Lucy creates clothing to fit fabulous bodies

We always like to hear from parents who tell us about how services are working, or not working very well for their children and young people. We also like to hear about the lighter side of life; parents' hobbies and interests, and things they do to make life better.

Lucy alters and creates clothing to fit fabulous bodies which 'off the peg' clothing is just not made for.

She says: "I started adjusting clothes for my daughter when she was very young - shop bought clothes were always too long for her little arms and legs. As she grew so did my knowledge of dressmaking and alterations. I now create and adjust most of her clothes, that way she can choose styles and fabrics which she loves but they also fit her unique body shape really well. I also make and alter clothes for people who need speciality clothing or just find it hard to find stuff that fit them well. I've adjusted clothes for people with sensory sensitivities, made speciality underwear and altered clothes so that they can change size when needed. I also undertake commissions for made to measure clothes.



Making clothes and adjustments for my daughter and other disabled people has always been about self esteem. Everyone should be able to choose what they wear and how they wear it, a physical characteristic shouldn't stop us from wearing what we choose with pride."



This picture shows the difference between shop bought leggings and the ones Lucy makes to measure!

Lucy's daughter looking very glam in her party dress - Lucy's latest creation.



Many thanks to Lucy for sharing this with us.

LS29 Time Holiday Club provides fun times for young people with additional needs and respite time for families. They predominantly run sessions during the school holidays but towards the end of 2021 started running an under 5's group during term time. Sessions for primary and secondary-age young people are run at Christmas, Easter and in the summer holidays.



They include:

- Specialist sessions for young people with medical needs and complex needs
- Supported volunteering for over-18s with additional needs
- Accessible venues
- Choice of staffed place or attending with a regular PA
- Discounts for families with more than one young person attending, free places for families on low incomes.

If you are interested in a place during the school holidays or to go to the under 5's group give them a call 07938 641700, email at LS29time@gmail.com or visit their Facebook page, [ls29time here](#). They have a video which is a great introduction and you can view that [here](#).

Carers' Week Event

Save the date! We are in the early planning stages for an event on **Thursday 9th June**. Do you have a child with special educational needs that needs additional support at school? Would you like to find out how schools and other services can help you?

This will be held at the Carlisle Business Centre. We will be sending out more details when we have more to share with you.

Education, Health and Care Plan Workshops

Some parents told us that they would like us to organise an evening session, and we would like to do this, but the business centre where we are based is still not opening past 6 pm in the evening. If you know of a good venue, please let us know - we need a fairly small room for up to 4 parents plus the trainer, and access to refreshments would be great, but not essential.

If you would like to join an evening session, please let us know too. Please email supportnews@pfba.org.uk.

We are still organising some daytime dates for workshops and we will share these soon. We also have plans to hold a Facebook Live Q&A on the topic of EHCPs.

We would love to know what you think of this newsletter! Please let us know [here](#)