



Norfolk Disabled Parents Alliance

Newsletter April 2007

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Welcome to our first newsletter!

Hi my name is Russell and am the editor of the newsletter; I am a disabled father with a 17 year old daughter who has just completed her O levels and is attending the South Bank University in London. I am married to Carole and we moved to Norfolk from Yorkshire just over three years ago for Carole's job.

What's it about? This newsletter is our way of telling you what NDPA is doing to support disabled parents in Norfolk, and we hope it will be your way of contacting other parents with your ideas or concerns.



Have you found a way to solve a problem that other parents would find useful?

Do you want to get something off your chest about your experience of being a disabled parent or a success story?

I would like your contributions and questions, however small. A useful website, jokes, recipes, or perhaps you have other ideas for our newsletter?

Please send to my postal address
(address removed)

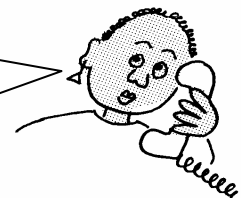
How is it working for you? Norfolk Social Services are now looking at what support disabled adults may need if they are parents, as well as a disabled adult's own personal needs. Any disability or illness is included, and "being a parent" includes everything that the average non-disabled parent would do for their children. The support offered will depend on your needs.

Have you had an Adult Services or Children's Services assessment recently? Please tell us if it worked well for you, or if there are still problems we need to solve.

Please phone, email, write or send an audiotape to NDPA, (address removed)

If you need more support to look after your children well, contact Social Services on **0844 800 8014**.

I'm a
disabled
parent



Say you are a disabled parent and if you are unsure, ask someone you trust to be with you.

Website Corner

Our aim is to provide useful website links. If you don't use the internet but would like the information, let us know and we'll find another way of getting it to you.

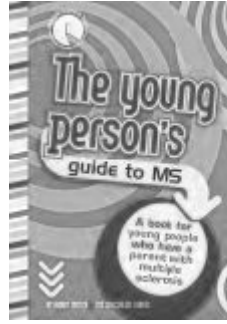
Please tell us what you find useful, or if they don't work for you.



The **Babycentre** is a great website for antenatal and parents of very small children, full of information and advice about having and looking after babies and toddlers. It is staffed by midwives and health visitors, including some from the Norfolk and Norwich Hospital. There's even an email forum for disabled parents!
<http://www.babycentre.co.uk>



What about disabled dads? We know quite a lot about disabled mums, but being a disabled dad can bring different challenges to families. A recent conference looked at what these important differences are and how family welfare systems should start to tackle them. Disabled Fathers: Identifying a Research Agenda can be seen at www.hull.ac.uk/cass/research/research_news/disabled_fathers/index.html



The Young Persons Guide to MS for people aged from 10 to 15 who have a parent with MS.

This free book was written by Kerry Mutch, an MS specialist nurse in Liverpool, who says: "It can be very lonely for teenagers who have a parent with MS. One of the aims of the book is to help young people explore their feelings about MS and how it affects them, as well as making them realise that they are not alone in the feelings that they may be experiencing at this challenging time of their lives."

This book has been produced with the help of young people who share their experiences, worries and emotions about living with MS in their family.

The first section aims to answer some of the questions young people may have about MS - what it is, symptoms and treatments. Then it looks at how having a parent with MS can affect young people emotionally and in terms of their social and family life. There's also tips from young people for coping when they are finding things difficult and also looks at the positive influences MS has had on their lives.

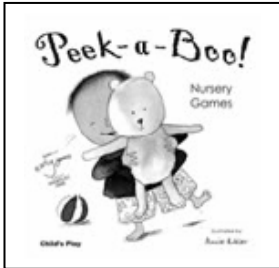
From Multiple Sclerosis Trust, Spirella Building, Bridge Road, Letchworth Garden City, Hertfordshire, SG6 4ET.

Phone: 01462 476700, Fax: 01462 476710 email: info@mstrust.org.uk

This book is also on-line at www.mstrust.org.uk/publications/ypguide/index.jsp

Norfolkparents is our own email group.

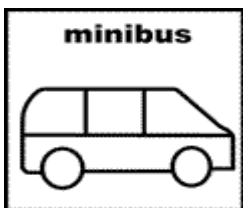
If you can use the internet, you can keep in touch with other NDPA members, and all the latest information, through our new yahoo email group. This will work best if lots of people join up so, go to <http://uk.groups.yahoo.com/norfolkparents> If you have any problems logging on, please let us know.



New baby's book includes Mum using a hearing aid

Images of disabled parents in children's books are very rare. Peek-a-Boo by Annie Kubler is a new cartoon board book for very young children that has a mum with a hearing aid playing with her toddler, as well as some disabled children with various aids – but you'll have to look very carefully to see them! Price £4.99

From booksellers or Child's Play, phone: 01793 616286 www.childs-play.com



Do community and volunteer transport schemes work for disabled parents?

One of our parents reports that she can't use her local volunteer car transport scheme because they won't provide a car seat for her child. Is this a common problem? Tell us and we'll get an expert to give us the answer in the next newsletter!



Aggressive Cookies

If you're feeling a little domestically stressed, the kids' tantrums are wearing you down and you want to vent some steam, why not try the following recipe? It's a sure fire way of calming down the most rampant temper...

Ingredients

- ✓ 1 cup Light brown sugar
- ✓ 1 cup Margarine
- ✓ 1 cup all purpose flour
- ✓ 2 cups of rolled oats
- ✓ 1 teaspoon Bicarbonate of soda

Method

Mix all ingredients together. Flatten 1-inch balls of dough on an ungreased baking tray using the bottom of a glass that has been dipped in brown sugar. Bake in a moderate oven for 10 minutes.

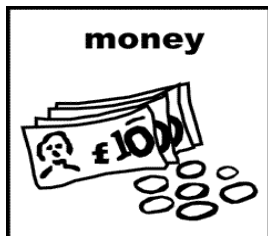
The aggression comes out when you flatten them!

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Do you have a disabled child who'd like to get out more?

Out & About supports disabled children and young people to take part in mainstream activities such as sports, scouts, guides, youth clubs, etc. **Out & About**, phone 0870 770 5767 or fax 0870 770 5769

<http://www.out-and-about.org.uk/>



Is your teenager a further education student with problems getting a bank account for their EMA?

Youngsters in further education can apply for Education Maintenance Allowance to help finances while they study A levels or NVQs. The allowance can be worth £30 a week depending on parent's income, but it must be paid into the student's own bank account.

Most banks are less than helpful when it comes to opening accounts if you don't have a driving licence or passport, plus utility bills to prove where you live, and not many teenagers pay utility bills!

The Alliance and Leicester Building Society have a way around this problem. They will set up a basic bank account for UNDER 18's ONLY, using the student's birth certificate plus evidence of their parent's address when a parent signs to say the teenager is living with them at that address.

Students can apply online at <http://www.dfes.gov.uk/financialhelp/ema/> or by phoning the helpline on 0808 10 16219. Application forms also from schools, colleges, learning providers or Connexions personal advisers.

Drums for Mums is one of Community Music East courses, along with song writing, guitar and ukelele courses, music technology tasters, digital photography courses and much more. Designed to be accessible, courses are run across Norfolk, some for adults, others for children, some for both. More details from CME, phone 01603 628367 or www.cme.org.uk



We are thinking about planning a **SOCIAL SUMMER GET TOGETHER** for disabled parents and their children. We would meet at a venue where disabled parents can have a chat and coffee, activities would be provided for your children.

The event depends on the response from yourselves. **Please get in touch with us as soon as possible** if you are interested so we can book a venue and arrange a programme of activities.

Early notice!

This year's Annual General Meeting will be held on 31st October 2007 at Dereham Football Club. More about this soon!

Also available on  audiotape,  floppy disc, and  email Word file

Norfolk Disabled Parents Alliance
Independence and equality for all disabled parents

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