



# Norfolk Disabled Parents Alliance

## Newsletter August 2008

(address removed)



### Success!

NDPA has been successful in our bid for funds from Norfolk Coalition of Disabled People.

This will help us run the group, produce the newsletter, involve more disabled parents and develop our activities.

We will have meetings around the county in the autumn. We're looking for comfortable places to meet that are easy for members to get to. If you know of somewhere near you, please let us know.

We're also working on a new leaflet and information pack.

You're invited to be involved. There are lots of ways you can help from home, so if you'd like to, please chat it over with Kathy (address removed)

Newsletter supported by



### Have your say

How would you like services for disabled people to change between now and 2013?

For the first time ever, disabled people in Norfolk were invited to give their views at meetings held last year.



Their ideas have been used to make plans for how services will change in the future.

The "Joint Commissioning Strategy for people with physical and sensory impairments" explains what Social Services, Health and disabled people will want when they arrange how services are designed.

Now it's your turn to tell them if they've got it right!

Get the printed Summary from Leah Jeffrey on 01603 223066

or go to [www.yournorfolkyoursay.org](http://www.yournorfolkyoursay.org) where there are full details.

Put "summary joint" in the search box. Reply by 12<sup>th</sup> September 2008

## Children's Books



It's Raining, It's  
Pouring!  
We're Exploring

By Polly Peters and Jess Stockham

When bads weather stops three children playing outside, how can they entertain themselves? Never fear! With a few home made props and a lotof imagination, the perfect plan is hatched.

A picture book from Child's Play that just happens to show Mum's wheelchair tucked away while she stands at the cooker with her elbow crutches. One of the children uses an inhaler. Age: 4-7 years, £4.99 from booksellers



### Rough Guide to Accessible Britain

This guide has been especially put together by Motability. Features include accounts of inspirational and accessible places to visit and things to do - from exploring Sherwood Forest to soaking up the atmosphere at Wembly. The lowdown on accessibility for every site, including parking and tips on navigation & regional maps pinpointing great days out within driving distance of your home. Price £8 If you are a Blue Badge Holder it is available for £1.99 by telephoning 0800 953 7070

## **NHS** Norfolk PALS

PALS is the Patient Advice and Liaison Service who work to improve local health services.

They can give information on health services, help sort out problems quickly and confidentially and listen to your concerns and suggestions.

Norfolk PALS 0800 587 4132,

Fax 01603 307113

Email: [pals@norfolk-pct.nhs.uk](mailto:pals@norfolk-pct.nhs.uk)

[www.norfolk-pct.nhs.uk](http://www.norfolk-pct.nhs.uk)



### Maternity Services

Disabled parents are now represented at Maternity Services Liaison Committees for the Norfolk and Norwich Hospital , and Queen Elizabeth Hospital, Kings Lynn.

Please let us know if you have concerns or questions about the maternity services that you'd like answered,

We're looking for disabled parent representatives to attend MSLCs meetings in Norwich, Kings Lynn, Great Yarmouth and North Suffolk. They meet every three months and expenses are paid.

If you've had a baby recently and are interested in attending these meetings for us, please contact Kathy (address removed)

## Web Corner



Don't forget our website coming online soon.. watch this space..

## Spring DPPi journal

The new Disability, Pregnancy and Parenthood international journal is now online at <http://www.dppi.org.uk/>

Issue Number 61, Spring 2008 features Julie Winters from Essex who explains about changing from Direct Payments to Individual Budgets for the care she needs for herself and her family.

Mohammed Rashid from Birmingham tells of his experience of being a blind father, and Bryan Scatchard, a new father with rheumatoid arthritis says how it is in Lincolnshire.

Edris Miller, from Southampton, describes her experience of adopting a child as a blind mother and ... our own Joan Inglis, Project Manager, Support for Disabled Parents who discusses the development of the Norfolk Joint protocol between children and adult social services departments. Good one, Joan!

### Don't have access to the internet?

Tell us if you'd like to know more about these website topics and we'll find another way to get it to you.



## Parents survey

Lots of disabled parents took part in the recent Norfolk Parents and Carers "Have Your Say" survey.

The report is now online at [www.everynorfolkchildmatters.org](http://www.everynorfolkchildmatters.org) Click on the "Have your say" link at the side of the page and then on the "Parents and Carers Have your say report 2008".

Parents and carers said they want more recognition, better information, and earlier joined up support.

Some parents feel well informed, some say they don't really know what support is available, but one in three don't feel supported at all.

### Are you a disabled parent who needs support?

**Phone Social Services on 0844 800 8014, and ask for an assessment as a disabled parent.**

## New SCIE Research briefing

The Social Care Institute of Excellence researches the best practice in social care on many different topics.

Stress and resilience factors in parents with mental health problems and their children (no. 23) is now online at <http://www.scie.org.uk>

## Holiday time!

The Blue Badge website shows accessible facilities all over the country. It can be used to find parking spaces, petrol stations and accessible loos, railway stations and shopmobility centres, accessible beaches and wheelyboat locations, museums, hospitals and tourist spots and local parking rules.

<http://bluebadge.direct.gov.uk>

**With the summer (Where is the sun? I hear you say)** Just one fact about the Wimbledon Tennis Championships and the well known strawberry.

Every year 27,000 kilos of strawberries are eaten during the Championships, with 7,000 litres of cream. Serving strawberries with cream is possibly as old as the event itself.

Your contributions to the newsletter are always welcome! Please send to Editor Russell Simpson,  
(address removed)



### A game with the kids this holiday

Arms and Legs – a game from the AA motoring organisation to stop children getting bored on long journeys.

The people on the driver's side of the car make up one team and play against people on the passenger side.

Everyone keeps an eye out for pubs on their side of the road whose names have anything containing arms or legs.

Get points for every arm or leg you see. Check out these examples:

Kings or Queens score 4 (2 arms + 2 legs)

The Red Lion scores 4 (4 legs)

The Coach and Horses scores 12 (two horses + one driver is 10 legs and 2 arms)

The team with the highest score at the end of the journey wins. But for an automatic winner – keep a look out for the Beehive.

Other games on

<http://www.theaa.com/arewenearlythereyet>

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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