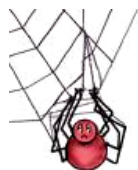




Norfolk Disabled Parents Alliance

Newsletter January 2008

(address removed)



Ideas Wanted For Our Website

Thanks to a very welcome donation from Tesco Community Fund, our website team (Marty, Russell and Kathy) are now working with Lingodesign from Downham Market on the design of our own website.

Members views and ideas are very welcome at this early stage, so if you a regular user of the internet and see any websites you like or have any ideas what should be included, please let us know. In the spring we will have some events, funded by Norfolk Community Fund, for members to give their opinions and suggestions, but if you'd like to be involved earlier please get in touch, because as you know, every little helps!

New!

The Information Station

Good luck to parents in Great Yarmouth who have opened an information drop-in centre at the Priory Centre's Buttery, from 9.30-11.30 every Tuesday. They have NVQs in Advice and Guidance and received the Community Trust Volunteer Training . They'll be serving refreshments too, so drop in and see what they can do for you.

Annual General Meeting Report



Over 30 people attended our AGM in November.

Members voted for the committee to be Vicky Commons, Pat Crawford, Marty Elliott, Claire Mitchell (Treasurer), Alison Norman, Kathy Saunders (Chair), Joan Scott and Russell Simpson.

Joan Inglis, NCC Project Manager for Supporting Disabled Parents talked about how disabled parents can get support if they need it.

Stephanie Ash who is Chair of Norfolk Coalition of Disabled People gave a very interesting talk about being a disabled mother, and said knowing other people with similar experiences was valuable.

Prizes were donated by Caithness Crystal, Premier Foods and Kerrisons Toys. Children's books showing disabled parents were donated by Childs-Play International and Kidspremiership.

Our 2007 Annual Report is available on request.

Editor Russell Simpson,
(address removed)

Shrove Tuesday 5th February



Shrove Tuesday is also known as **Pancake Day**.

In the old days the Tuesday before Ash Wednesday was the day when the priest "shrove" his parishioners -- meaning that he heard their confessions, so that they could enter the fasting season, Lent, with a clear conscience.

People were not allowed to eat milk, eggs or fat during Lent, so it became the custom on Shrove Tuesday to use up all your butter and eggs by making pancakes.



English Pancakes

Prep and cook time: Up to 30 mins

Serves: Makes 8 pancakes

Ingredients: 125g plain flour, sifted
1 medium size egg, beaten
300ml milk
a little oil for frying

Method: Sift the flour into a bowl and make a well in the centre. Add the egg, then gradually add half the milk, stirring constantly. Add the remaining milk and beat thoroughly, until smooth.

Heat a small omelette or frying pan and add a few drops of oil. Pour a little batter into the pan and tilt so that the batter coats the bottom of the pan.

Cook for 1-2 minutes, or until bubbles appear and the underside is golden. Loosen the edges of the pancake, then flip it over and cook the other side for a further 1-2 minutes, or until golden.

Slide pancake onto sheets of greaseproof paper. Keep warm and continue to make 8 pancakes in total.

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.



If you use the internet, do you use Messenger?

Messenger is like email, you can have a chat in real time with anyone else who uses Messenger if you choose to share email addresses. If you'd like to keep in touch with other members this way, tell Kathy, who will try to get her head around how to do it sometime soon.

www.entitledto.co.uk is an online benefits calculator. Check out if you're getting what you're entitled to

The Court and your child: when mum and dad split up.

A booklet in easy words and pictures about how parents look after children when they split up.

<http://www.bristol.ac.uk/norahfry/right-support/download/mumanddadsplit.pdf>

Catch up with your favourite TV programmes you have missed by using BBC iplayer

www.bbc.co.uk/iplayer



Thanks to all our supporters who have given donations to NDPA since the last newsletter.

They include Alliance and Leicester building society, John Lewis Community Charities Committee, Michele Wates, Sandringham Flower Show and private donations.



Norfolk Primary Care Trust want to know what you think about their plans for your NHS healthcare in the future.

They give their plans for 10 priorities for health in a booklet available from Caroline Howarth on 01603 307378, or on line at www.norfolk-pct.nhs.uk/proposedvision/consult/index.html

You can have your say by using the reply pages in the booklet or online. Alternative formats from the Health Information Team on 01603 307266.



There will be meetings in Norwich on 28th January and Swaffham 29th January to talk about the priorities. You can book a place by calling Diana Thurley on 01553 816347.

NDPA will say what we think about healthcare for disabled parents and their children, so if there's something you think we should include, contact Kathy on (address removed) as soon as possible. The replies must be in by 29th February 2008

Norfolk MS Service Improvement Project aims to improve services to people with MS, and wants to know what people with MS would like future services to look like. Give your views directly to Mel Evans, Project Officer, on 01603 223145, or email msproject@norfolk.gov.uk

Are you a disabled parent who needs support? Phone Social Services on 0844 800 8014, and ask for an assessment as a disabled parent.



Postbag

Thank You to Joanne for her letter about her experience of getting around with a ten month old baby. She says

"I suffer with severe M.E and when nobody is around to push Callum besides me in my chair, I take him out on my electric mobility scooter with Callum strapped to my front in his sling. He loves the ride!... he's been used to it since he was born! We get some very admiring looks".

(Names have been changed)

Readers experiences, information views, jokes, hobbies and recipes. are always welcome.

Please send to Editor Russell Simpson, (address removed)

Disabled Fathers: Identifying a Research Agenda. Ed. Majella Kilkey University of Hull Working Papers in Social Sciences and Policy No. 20 ISBN 1 903704 20 0

Disabled fathers are invisible in research about fathers, parents, masculine studies and disability. This study says we need to know more about their experiences as individuals and as fathers in their own right, or we risk disabled fathers being excluded in many areas of their lives.

The report is available as a PDF from M.M.Kilkey@hull.ac.uk, or in print price £6 plus £1.00 postage. Cheques payable to University of Hull and sent to: Working Papers, Social Policy, The University of Hull, Hull, HU6 7RX

Family Voice Norfolk

is for parents and carers of children with special and additional needs.

It is an independent group who work across Norfolk at all levels to improve services in education, caring and health.

They aim to reduce the stress, conflict and isolation experienced by some families who have children with special and additional needs. Membership is open to parents, supporters and groups, and the more members they have, the stronger voice they will have.

www.familyvoice.org.uk Family Voice Norfolk, Sunnyside, Rectory Road, East Carleton, Norfolk NR14 8HT

Direct Payments: A Beginners Guide on video/DVD with BSL and subtitles

How to recruit and employ a personal assistant if you choose Direct Payments for your care plan.

£7.50 for non-members of National Centre for Independent Living. Cheques to NCIL, 4th Floor, Hampton House, 20 Albert Embankment, London SE1 7TJ, info@ncil.org.uk tel: 0207 587 1663, fax: 0207 582 2469.

Closer to home, our own **Independent Living Norfolk** gives information and support on Direct Payments.

Phone 01508 491222

Minicom 01508 491215

Fax 01508 491223

15 Manor Farm Barns, Fox Rd, Framlington Pigot, Norwich, NR14 7PZ



Film Review

ALVIN & THE CHIPMUNKS

Based on the popular cartoon series, this is a big-screen outing for a trio of chipmunks who sing pop favourites in an inimitable high-pitch vocal style. When their natural habitat is destroyed by loggers, Alvin and his fellow chipmunks Simon and Theodore end up in LA where they befriend struggling musician Dave (Jason Lee). Discovering their vocal talent, Dave introduces them to record firm boss Ian, who makes stars of the furry creatures. But will chart success and the rock-and-roll lifestyle spoil the innocent chipmunks?

One for all the family to see and in local cinemas around Norfolk now

How We Work



NDPA Committee meetings are open to all members.

Most are held by phone conference every two months, using standard phones with no costs to you.

The next phone conference date is 8th April 2008 at 10 am. If you would like to be included, please contact Kathy (address removed) for details. You will be very welcome.

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

Norfolk Disabled Parents Alliance
Independence and equality for all disabled parents
(address removed)