



### Looking at Schools Project

Parents sometimes tell us that their children's schools make it easy for them to be part of school life and help their children learn.

But some parents and their children have problems nearly every day and school is more like a battleground.

You don't have to be a disabled parent to worry about your child's school but for some parents, disability can make solving problems much more difficult.

NDPA is starting a schools project in September. We want to find out what's good about some schools, what's not so good and even what's really bad about others.

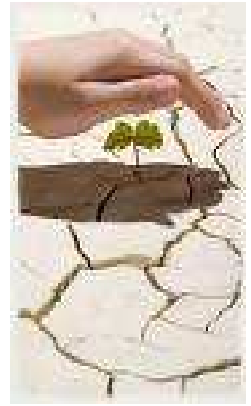
We'll ask for your ideas on how to solve problems you have found. Tell us about bullying, school trips, changing schools, homework, visiting schools, welfare, CAFs and keeping in touch with your child's teachers – what works for you and your children?

There will be more info on our schools project in September.

### Introduction to advocacy

Advocates help people have their say and make informed choices about their lives.

One of NDPA's aims is to encourage more advocacy for disabled parents in Norfolk.



We are joining with Norfolk Advocacy Advisory Group and NCODP to hold a training day on how advocacy can help to support disabled parents. The course will be on Monday 22<sup>nd</sup> June at UEA Sportspark, Norwich.

It will interest disabled parents and people who work with disabled or ill adults, disabled parents and their families and those involved in advocacy, peer support or disability information.

### Good News from DPN

Disabled Parents Network has scrapped the membership fee and is now free to all disabled parents. Check out the national community of disabled parents, including a helpline, forum and yahoo discussion group.

[www.disabledparentsnetwork.org.uk](http://www.disabledparentsnetwork.org.uk)

## You said - Maternity consultation

Thanks to all disabled parents who gave their views on the Maternity services consultation.



The revised plans says of women with disabilities including learning difficulties:

“Services will be based on principles of equal access for all, that are responsive to diverse needs, and free from stereotyping and discriminatory practices.

Antenatal screening for disabled women will be approached sensitively, with awareness and understanding of inherited and non-inherited disabilities.”

There were also comments on smoking and pregnancy, care of babies needing additional support and the normal birth pathway.

All the changes are posted on the NHS Norfolk website, [www.norfolk.nhs.uk](http://www.norfolk.nhs.uk)

There wasn't an easy read version and we said this made it hard for some parents to have their say. This was a problem that was not solved.

We hope asking for this will make it easier for all parents to have their say in the future. Time will tell if this message was taken seriously.

## Recipes of the Month

### Hot Chicken Stir Fry (Serves 4)



1 pound boneless, skinless chicken breasts cut into 1-inch pieces  
3 tablespoons honey  
1/8 teaspoon light salt  
1 package (16 ounces) frozen broccoli Stir-fry vegetables  
1 garlic clove, minced  
3 teaspoons olive or canola oil, divided  
2 tablespoons reduced-sodium soy sauce  
1/8 teaspoon pepper  
2 teaspoons cornstarch  
1 tablespoons cold water  
Hot cooked rice

In a large non-stick skillet or wok, stir-fry chicken and garlic in 2 teaspoons oil. Add the honey, soy sauce, salt and pepper. Cook and stir until chicken is lightly browned and juices run clear. Remove and keep warm. In the same pan, stir-fry the vegetables in remaining oil for 4-5 minutes or until heated through. Return chicken to the pan; mix well. Combine cornstarch and cold water until smooth; stir into chicken mixture. Bring to a boil; cook and stir 1 minute or until thickened. Serve over rice.



Shift.ms is a fantastic new website for young people affected by Multiple Sclerosis (MS). The aim is to provide MS'ers with a platform to share their experiences with others in similar situations to help you get to grips with MS.

They say ideas and info on the site are user generated and based on experience, and they hope to show that by thinking outside the box, they can continue to let the good times roll!

<http://shift.ms/index.php>

If you'd like more info about websites we feature, but don't have access to the internet, please tell us and we'll get it to you some other way. (01553 768193)



**More fun for the kids online**



**Play over 100 free online games including Movie & TV Games, Arcade Games, Sports Games, Card & Board Games, and Word & Knowledge Games on Yahoo! Kids Games.**

[Kids.yahoo.com/games](http://Kids.yahoo.com/games)

Swifts and Night Owls are a new rapid response service for disabled people designed to help you out of trouble in a really unexpected emergency.

Eve says "My daughter and I have a genetic condition which causes fits. I had just come out of hospital when my daughter had a fit and ended up going into hospital. It left me on my own and unable to get back to bed as my husband was with my daughter. So I called social services who sent out Night Owl's to help me get back to bed.

The next day I decided to phone social services to ask for some help. They arranged a day and time to come out. I had a lady from the carer's association here as well, because she wanted to learn what an assessment was like.

I am able to choose the people that we need. Now it is just a case of waiting to see who replies to our advert and how direct payment's work. It was a tough thing making that first call to social service's but we are glad that we did."

To get help from Swifts during the day, or Night Owls ... um...at night, phone 0844 800 8014



**ALL NEWSLETTER CONTRIBUTIONS WELCOME TO**

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## Living library

A Living Library is like a regular library, except that instead of borrowing a book, you borrow a person for 30 minutes. You are free to ask any questions at all about their chosen title, which have included Homosexual, Male Nanny, Muslim, Police Officer, Ex-gang Member, Refugee and Homeless Man. Living Library provides a safe environment to find out more about other people we might not get the chance to meet.

The aim is to promote a greater understanding of people who may be different from ourselves, to encourage diversity and discourage prejudice and discrimination.

Oz Osborne from Rethink's Stuff Stigma! project organised the first Living library in Norwich as part of Mental Health Week, in association with Norwich Millenium library. More details from [oz.osborne@rethink.org](mailto:oz.osborne@rethink.org)



Our newsletter and website 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 us and other parents with your ideas or concerns.

We would like your contributions and questions, however small. Jokes, recipes, or perhaps you have other ideas.

Your contributions to the newsletter are always welcome

## Film of the Month (hopefully still in the cinema in June)

### **Angels & Demons**

is a bestselling mystery-thriller novel written by American author Dan Brown and published by Pocket Books in 2000. It revolves around the quest of fictional Harvard University

symbolologist Robert Langdon to uncover the mysteries of a

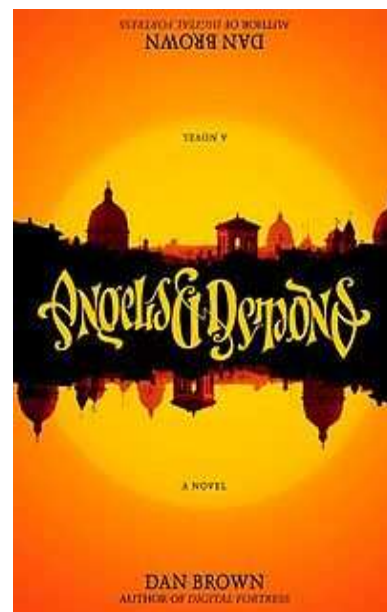
secret society called the Illuminati and to unravel a plot to annihilate Vatican City using destructive antimatter. The story uses the idea of a historical conflict between science and religion, particularly that between the Illuminati and the Roman Catholic Church.

The novel introduces the character Robert Langdon, who is also the protagonist of Brown's subsequent 2003 novel, *The Da Vinci Code*.

It also shares many stylistic elements with its sequel, such as conspiracies of secret societies, a single-day time frame, and the Catholic Church. Ancient history, architecture, and symbolism are also heavily referenced throughout the book.

**Film released 15 May 2009**

**A must for all lovers of...the Da Vinci Code...History.. Thrillers....Intrigue and ...ITALY like myself!!**



**Norfolk Disabled Parents Alliance**

Choice, Support, Equality

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