



Access All Schools

Schools ask all parents to be partners in educating their children, and schools must promote equality for all parents who use them.

How well is this working in Norfolk for disabled parents and their children?

Access All Schools is our new project to explore disabled parent's views on experiences with their children's schools. Are you supported, or do you face barriers in taking a full part in your children's education?

Is it easy for you to communicate with your child's school?

Can you tell them about your welfare concerns for your child and find out how well they are learning?



Do you know what your children are learning and about school activities?

Do you have good information about helping your child plan their future?

Do school matters affect your family life?

Can you influence how your child's school is run?

Access All Schools starts with a meeting on 9th November for you to give YOUR views on this important topic.

Be Involved.

Come to the meeting, answer our Access All Schools survey, join a teleconference, or visit our website forum on www.norfolkparents.org.uk

There's more information on the insert inside this newsletter.

If funds allow, we'll have small meetings around the county in spring to keep you informed and involved.

We'll need some parents to help in small working groups. Please let us know if you're interested.

We'll write a report on our findings and ask the various authorities to put our recommendations into practice.



Annual General Meeting

9th November 2009

This year's AGM will be very short and held at the start of the schools meeting. More details will be sent to members soon.

Nominations are warmly invited for the 2009 -10 committee. More info on what's involved from Kathy (01553 768193) or any committee member.

DPPi report on Maternity services shows poor information and choice for disabled parents-to-be.



A study of physically disabled parents' experiences of maternity services shows many parents still face challenges in

getting the right information and support.

There are negative attitudes, a lack of knowledge and information for both parents and professionals, and poor communication between disabled parents and professionals.

DPPi are writing guides for physically disabled parents on pregnancy and birth, and baby care. These will have input from physically disabled parents as well as maternity and other health professionals.

Contact DPPi if you would like to be involved in this project.

More from Disability, Pregnancy & Parenthood international on www.dppi.org.uk/

Wheelchair Basketball Players

WANTED

to join the Green Canaries

Where? Recreation Road Sports Centre, off Earham Road

When? Training every Saturday 3.30pm until 5.30pm

All are welcome (age 13+) – disabled and able-bodied

David.green77@ntlworld.com

For more information contact David Green on 01603 479833 or email

Recipe of the Month



Quick chilli with creamy chive crushed potatoes

454g pack reduced fat pork sausages
2 tsp vegetable oil
1kg new potatoes, skins on, thickly sliced
2 red peppers deseeded and sliced
2 garlic cloves crushed
1 tsp of coriander, chilli powder and ground cumin
400g red kidney beans in water rinsed and drained
2 x 400g cans chopped tomatoes with herbs
2 tsp caster sugar
5 tbs Greek low fat yogat
20g chives snipped

Squeeze 3 balls of meat from each sausage, fry in the oil for 5 mins until golden. Boil the potatoes for 10 mins until tender.

Add the peppers to the frying pan, then fry for 4 mins. Tip in the garlic and spices, fry for 1 min, add the beans, tomatoes and sugar. Simmer for 5 mins until saucy and the meatballs are cooked.

Drain the potatoes, crush with a masher. Fold through the yogat and chives, loosen with a splash of water, then serve with the chilli. Top with a dollop more yogat and sprinkling of chives.

The Big Care Debate

The Government's Green Paper, "Shaping the Future of Care Together" suggests ways to improve the Adult Care and Support system in England.

Everybody can have their say on the proposals either on line at www.careandsupport.direct.gov.uk

or at meetings with Government Ministers, Dept of Health officials and others. There are two Norwich meetings where you can give your views.

Friday 25 September 13.00 - 16.30
Saturday 26 September 09.30 - 13.00

To register for a meeting visit www.coievents.co.uk/careandsupport
Tel 020 7261 8400 or email careandsupport@coi.gsi.gov.uk

The Big Care Debate runs until 13th November 2009

e-Petition to recognise extra costs of raising children for disabled parents.



A website petition is asking the Prime Minister to make sure the financial and social care needs and rights of disabled parents are recognised in law.

It asks for social care and benefits to take account of disabled parents' extra costs and needs in raising their children. Add your name to the petition at <http://petitions.number10.gov.uk/Disabled-Parents>.



A Bank with a difference - West Norfolk Community Bank.

West Norfolk Community Bank provides a community-run financial service to the King's Lynn area for simple saving and low cost small loans. It opens at St Augustine's Centre, Columbia Way, King's Lynn, Fridays from 10 to 12am

Other community banks are at Diss, Harleston, Wymondham, Wayland, Loddon, Brooke, Hingham and the Saffron Housing Assn. More info from Norfolk Credit Union www.norfolkcu.co.uk. 01508 533842

The effects of discrimination on families in the fight to end child poverty by Matt Davis.

This report looks at parent's views on discrimination based on poverty (povertyism). It says povertyism is seen in use of language, attitudes to those on low incomes and barriers to services which deny basic human rights.

It leads to social policies that increase poverty instead of solving it and causes stress and depression. There is a strong link between family poverty and children taken into care.

This report will ring bells with many disabled parents who live on benefits (over half of all disabled parents are out of work.)

From the Joseph Rowntree Foundation: <http://www.jrf.org.uk>



Learning and Play

A new booklet for parents on the value of play with lots of tips. The first 500 parents asking for a printed copy will get it free from Sept. or download now.

www.familyandparents.org

t: 020 7424 3460, f: 020 7485 3590

Linking with other disabled parents.

Lots of disabled mums and dads use DPN's forum on

www.disabledparentsnetwork.org.uk

Popular topics are babies and toddlers, Fertility, pregnancy and birth, and Equipment. Many ask about getting Social Services support, some giving unhappy reports. Bear in mind that Norfolk's Social Services plan for supporting disabled parents should prevent some of the problems faced by parents in other counties

All disabled parents and their children in Norfolk are entitled to an assessment for social care support. If you would like to know more, ask us, or ask Adult Services for an assessment. Make sure you tell them you're a disabled parent. Norfolk Social Services phone number is **0344 800 8014**

Mumsnet.com also hosts a special interest forum for disabled parents on

www.mumsnet.com/Talk

Keep updated! Visit our website on
www.norfolkparents.org.uk

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)



In My Place

'In My Place' is a new Carers Emergency Service for all unpaid Carers. A prearranged plan goes into action if there's a sudden emergency when they can't support the person they look after, such as if the carer becomes ill.

For info about the service, contact Norfolk County Council's Customer Services on 0344 800 8014



Our newsletter and website are our ways of telling you what NDPA is doing to support disabled parents in Norfolk.

Your ideas and comments for the newsletter are always welcome.

Send to russell_tyke@yahoo.co.uk

Norfolk Disabled Parents Alliance
Choice Support Equality

Tel: 078 525 989 54

Email: info@norfolkparents.org.uk