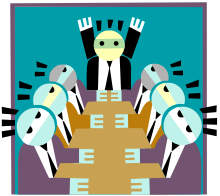




## Merry Christmas!

Well, it's that time of year again! I think I'm more excited this year, than my 16 year old son....Do you remember how you longed for a lie-in? Now we can't wake him up! From everyone on the NDPA management committee, we wish you all a wonderful Christmas and a fantastic New Year!

## Our AGM – 29<sup>th</sup> February, 2012



Come and find out what we're up to. Volunteers are needed to help plan and organise the way forward. Look out for more details soon, or contact Tel (01553) 768193  
e: [info@norfolkparents.org.uk](mailto:info@norfolkparents.org.uk)

***Farewell***

and a big 'THANK YOU!' to Marty Elliot, a founder trustee and long serving (not 'suffering') member of NDPA. Marty's humour and wise words will be missed but not forgotten!

## Got a story to tell? The Our Way project wants to hear from you!

We're looking for people willing to tell their story about being a disabled parent in Norfolk on video with a professional film maker.

The films will be used on our website so other disabled parents can learn from them and for training family workers. To see what we're aiming at, have a look at Reesha, on <http://www.nhs.uk/Video/Pages/disabled-parent.aspx>.

We're looking for parents who are managing in all sorts of situations, so we can show how we do things differently, Our Way.

If you're interested in helping the project, we'd like to hear from you soon. [info@norfolkparents.org.uk](mailto:info@norfolkparents.org.uk), or Tel ( 01553) 768193

## If you don't have the internet -

Tell us if you'd like to know more about the website topics in this newsletter, and we'll find another way to get it to you. Tel (01553) 768193

## New DPPI Publication



### **T3 – Supporting parents with learning disabilities and difficulties: a starting point (£6)**

Aimed at professionals and students who work with parents with a learning disability, it is an introduction to some of the issues faced, with a collection of resources and contacts.

These include national organisations, and websites, local projects & services; accessible information for parents; tools, guidance and resources for professionals. For more info

Tel: 0800 018 4730 (Freephone)  
Free textphone: 0800 018 9949 or go to: <http://www.dppi.org.uk/index.html>

## New Dad's Survival Guide!



From Bounty, who've been giving free gifts and info to new mums for years, a new survival guide for Dads.

<http://www.newdadssurvivalguide.com/index.html>

So come on, Dads, please check it out and tell us what you think!

## Are we Family Friendly in Norfolk?

A new nationwide scheme from the Family and Parenting Institute says only six per cent of us think we are living in a very family friendly country. To change this we must give families a voice.

The Family Friendly scheme allows you to say how UK companies and public services treat you and your family.

Do services offer you a family friendly welcome? If not, how could they improve?

Comment on the scheme's member organisations and say how we can make the UK as a whole a family friendly place.

For more information go to: <http://www.wearefamilyfriendly.org/family> or Tel: 020 7424 3492

Look out for the Family Friendly 2012 awards

<http://www.wearefamilyfriendly.org/family/2012+Awards>

If you know a place in Norfolk that's friendly for disabled parent families, get in touch with the scheme and tell them why, and raise awareness of our lives and experiences.

## Life's a Joke!



Researchers at Stirling University have found that parents who joke and pretend with their children, even from an early age, are giving them a head start in life.

Dr Hoicka said that by reading facial and verbal cues, they develop skills they will use into adulthood. "It's also important for coping with stress, so certain types of humour, seeing the funny things in life, leads to people who can cope better, they are less depressed and so on."

## What's the Plan?

Norfolk County Council has a new website for young people aged 13+ with additional needs and their families. [www.mybigplan.org.uk](http://www.mybigplan.org.uk) explains transition (planning life as an older teenager and young adult) and gives examples of some of the activities and options available.

<http://transitions.time-for-me.org.uk/s98/A-parents-view.html> - is an upbeat view from a parent that would be useful for any disabled parent who has children with additional needs, or parents with any child approaching transitions. This was from Family Voice Norfolk's newsletter

<http://www.familyvoice.org.uk/>

## Natural Births Boost

The Norfolk & Norwich University Hospital want to support women who have had Caesarean births previously, to have a normal birth with their next child. Their new Birth After Caesarean Clinic (BAC) has been a great success. A spokesperson said, "There are good reasons why having a caesarean section is necessary but it is major surgery, it can lead to complications." You can watch the BAC film at <http://www.nnuh.nhs.uk/Media.asp?ID=36>

## Potential, on the table!

A new government discussion paper on disability has been launched.

Fulfilling Potential talks about realising aspirations, increasing individual control and changing attitudes and behaviours.

Maria Millar, the Minister for Disabled People says she seeks practical ways to make a real difference to disabled people's lives, but doesn't mention disabled parents at all. Send your comments to her by 9 March 2012. More info on [www.odi.gov.uk/fulfillingpotential](http://www.odi.gov.uk/fulfillingpotential)

**Norfolk Disabled Parents Alliance**  
**Choice Support Equality**

**Tel: 078 525 989 54**  
**email: [info@norfolkparents.org.uk](mailto:info@norfolkparents.org.uk)**  
**[www.norfolkparents.org.uk](http://www.norfolkparents.org.uk)**