



Access All Schools

Access All Schools is our project that asks Norfolk's disabled parents how schools support them to help their children learn.

Between us, Norfolk's disabled parents have loads of good ideas about how to work better with schools.



Send your reply now!

The survey part of the project will close on 1st May, so we need to have your views by then.

Members were sent survey forms in February, but if you don't have one handy, you can

- go to the online survey at www.norfolkparents.org.uk or
- download a survey form from the website and send it by post, or
- call or text "survey" to 078 525 989 54 for a form, or ask for a call back to give your answers over the phone.

We'll produce a report to show all schools and parents how to give our children equal opportunities in the future.

Disabled Parents NETWORK

Local links needed in Norfolk!

Disabled Parents Network local links are trained volunteers who are contacts for disabled parents in their areas.

They give parents information about local and national support and how to get it if needed.

Where possible, Links take information about DPN to parents, social and health groups in their areas and may represent DPN in local issues.

DPN would like to create a team of 4 links in Norfolk who can work alongside our local disabled parents group.

There's information about DPN's activities on a local and national level at www.disabledparentsnetwork.org.uk

More info about local links from Sam Marshall on 0300 3300 639 or email sammarshall@disabledparentsnetwork.org.uk or from Kathy on 01553 678193.



No Internet?

Phone us on 01553 768193 if you need this newsletter's info another way and we'll do our best to get it to you.



One-handed parenting: a practical guide for new parents.

This new guide from DPPI looks at baby care for one-handed parents. It includes lifting and carrying, nappy changing, breastfeeding and feeding, going out and about, bathing and bedtime.

The section on nappy changing reminds parents to encourage baby's increasing interactive skills. Babies learn very quickly to roll and move their legs when the parent signals it's time, which helps make it easier, and the experience is enjoyable too.

The guide is aimed at parents who need to carry out tasks with one hand, and may also be useful for health professionals supporting one-handed parents.

T8 - One-handed parenting: a practical guide for new parents

Free to disabled parents, £6.00 to others.

Disability, Pregnancy & Parenthood international on <http://www.dppei.org.uk/>

Freephone: 0800 018 4730

Textphone:Freetext: 0800 018 9949

TheSite.org your guide to the real world

TheSite.org is an inclusive social website for all 16-24 year-olds to have a say and find out about the issues that concern them. It aims to be the first place all young adults turn to when they need support and guidance.

TheSite.org believes all young people are able to make their own decisions if they have high quality, impartial information and advice.

There are factsheets and articles on all the key issues facing young people including: sex and relationships; drinking and drugs; work and study; housing, legal and finances; and health and wellbeing.

www.thesite.org



DisabledGear.com - buy and sell disabled equipment online

A practical alternative for buying and selling disability equipment, with a FREE-Ads section.

New and secondhand, offers choice and convenience at reduced cost and great for recycling.

www.disabledgear.com

Phone 020 7193 1941

info@disabledgear.com



DisabilityPride
2010

Disability Pride, an event which will explore the experiences and aspirations of disabled people and our struggle for equality and human rights will be held on **Saturday 5th June, 2010 at the Forum in Norwich.**

Disability Pride says having an impairment or long term health condition is part of being human and nothing to be ashamed of.

By rejecting negative stereotypes and embracing our identity, we are stronger, we are proud!

Disability Pride is for anyone and everyone who considers themselves to be a disabled person; be it through mental health, physical and sensory impairments, learning disability or any other kind of long term condition.

To start the celebrations on Friday evening 4th June there will be a benefit gig headlined by international musician Johnny Crescendo (www.johnnycrescendo.com)

There will also be a local talent show for the evening with local bands and poets.

This event will be a fun relaxed night with profits benefiting Disability Pride.

Tickets cost £8.00 / Concessions (non waged) £6.00 from the [Norwich Arts Centre website](http://www.norwichartscentre.org.uk) or call 01603 660352

More information about this amazing evening or Disability Pride in general, from www.ncodp.org.uk/disabilitypride

NDPA's contribution to Disability Pride will be in the Millenium Children's library. We're helping to create a display of our favourite children's books with disabled characters, or written by disabled writers and illustrators.

If you'd be interested in being part of a readers panel to help Norfolk Libraries keep an up to date list of children's books with a disability interest, please contact Kathy on 01553 768193.

New books from Child's Play

now including many more images of disabled adults and children in all their early years books as well as many examples of characters signing to each other.



Clean it! tells about a

boy and his sister helping around the home, and shows dad using an inhaler. In **Grow it!** we're down on the allotment alongside a wheelchair using gardener and in **Cook it!** a little girl helps to prepare food for dinner, passing a guide-dog user in the street.



Big Day Out is one of

four books in the First Time series for 2-5 yr olds and shows a child and adult signing to each other. This series also has sign cards to help develop communication skills and is lots of fun. www.chilids-play.com



Parenting Toolkit: helping partnership boards meet the needs of people with learning difficulties

People with learning difficulties can influence what services are available through Norfolk's Learning Difficulty Partnership Boards.

Partnership Boards have to make sure all of their services, including mainstream services are supporting parents with learning difficulties properly.

This toolkit has been written by parents with learning difficulties in London, based on their own experiences.

It aims to help members of local Partnership Boards find out what they should be doing to ensure parents with learning disabilities in their area get the help they need - and to which they are entitled.

From c/o Diane Simcoe
The Elfrida Society
34 Islington Park Street,
London N1 1 PX

Phone: 0207 359 7443
Email: elfrida@elfrida.com
www.elfrida.com/documents/project-leaflets/Parenting-Toolkit.pdf



A free computer with internet for your family!

Do you have a child at school in years 3 to 9 and are they entitled to free school meals?

If yes, you might be able to get a grant for a computer with internet access. Home Access grants are for low income families to buy a computer and/or pay for internet access so children can learn safely, have fun and achieve more. There's also guidance and an e-safety guide Know IT All for Parents.

More information from your school's Parent Support Advisor or phone 0333 200 1004 or www.homeaccess.org.uk



Contact us and other parents with your ideas or concerns for the newsletter.

Please send to Editor
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This newsletter is available on
audiotape, floppy disc, and email Word
file

Norfolk Disabled Parents Alliance

Choice support and equality for all disabled parents
Tel: 078 525 989 54 email: info@norfolkparents.org.uk
Web: www.norfolkparents.org.uk