

Welcome:

Hi everyone! Have we all had a chance to sit back for a moment and put our feet up now our little angels are back at nursery, school or university?

I've always thought that September is a time for new beginnings. New school, new classes or maybe just a new teacher but for parents too, it's a time to look forward to new opportunities and getting involved in NDPA may be just what you are looking for.

So go on, get online to our website or get in touch and find out what we are all about! We're really quite a nice User Led Organisation (ULO) honest!

But, if you fancy a good read as the nights draw in you may want to have a look at our book review or try out a new recipe.

Ann Young

What is a ULO?

No, I said ULO not UFO and definitely not ELO (now that's showing my age!)

A User Led Organisation is one where the people who have personal experience and knowledge of the issues and services they use come together to improve the lives of that group of people.

The NCODP is perhaps the biggest Disabled People's ULO in Norfolk.

NDPA is a Full Member group of Norfolk Coalition of Disabled People and at each AGM represents NDPA members when voting for their trustees. If you would like to have a say on who NDPA votes for this year go to www.ncodp.org.uk and follow the link to Board of trustee nominations. Contact 01553 768193 with your views

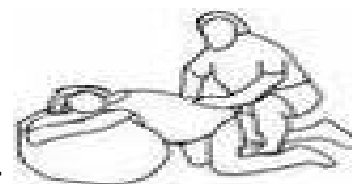
News:

[Post Natal Depression leaflet for dads](#)

An organisation in the Highlands of Scotland is pioneering mental health support for expectant and new dads. Highland Antenatal and Postnatal Illness Support has published a really useful leaflet for fathers.

www.hapis.org.uk/htm/fathers_matter.php

[A midwife-led birthing unit opens](#) at the Norfolk and Norwich Hospital.



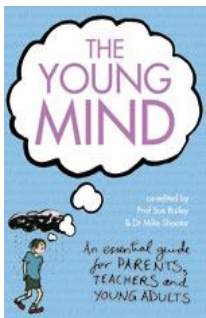
Their leaflet says:

“Our Midwifery Led Birthing Unit (MLBU) is a birthing suite that provides a “home-from-home” environment for women with uncomplicated pregnancies who are under the care of midwives.”

The leaflet can be found online at: www.nnuh.nhs.uk or Tel 01603 286286

Stop the world I want to get on!

Is a new resource and training manual on Human Rights for Disabled People from Disability Awareness in Action. This very clear resource produced by disabled people from many walks of life, gives a taster of how to begin to promote disability as a human rights issue. The full kit is on www.daa.org.uk



The Young Mind:

Is an accessible, user-friendly guide for parents, teachers and young adults.

For more information go to:
www.rcpsych.ac.uk/publications/books/rcpp/9780593061381.aspx

First Focus

In Fakenham are having a Sight and Sound Day on 22nd September 10 am - 12.30pm. All welcome to get information and advice from Specialist agencies and voluntary groups working with people who have sensory difficulties.

Community information and Social Centre
18 Cattle Market Street
Fakenham
NR21 9AW
Telephone: 01328 855083
Email: info@firstfocus.org
www.firstfocus.org

The Hardest Hit Campaign



<http://thehardesthit.wordpress.com/>

The Hardest Hit rally in London on 11th May was an outstanding success, bringing disabled people, their families and other campaign supporters together with one clear voice of protest against the cuts to disability benefits and welfare.

But further action is needed. So the Disability Benefits Consortium (DBC) and the UK Disabled People's Council (UKDPC) are working together to support Hardest Hit events across the UK on and around 22nd October 2011.

There will be local events around Norfolk and many people are expected to take part.

See <http://thehardesthit.wordpress.com/> for information about events near you, and if you'd like to help in Norfolk, contact NCODP on 01508 491210.

Young Dads TV



An online community of Young Dads, with information and advice from those who are doing it now, including MAP 11-25, a youth support group in Norwich. Young Dads TV - the place where you're the daddy. www.youngdads.tv/



Oven baked risotto

This is such an easy dish to make, even I managed to cook it!

Ingredients:

250g pack smoked bacon chopped into small pieces
1 onion chopped
25g butter
300g risotto rice
Half a glass of white wine (optional)
150g pack of cherry tomatoes, halved
700ml/1 ¼ pint chicken stock (from a cube is fine)
50g/2oz parmesan cheese, grated

Takes 30-35 minutes. Serves 4

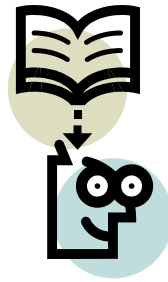
Method:

1. Heat the oven to 200°C/Gas 6/Fan oven 180°C. Fry the bacon pieces in an oven proof pan or casserole dish for 3-5 minutes until golden and crisp. Stir in the onion and butter and cook for 3-4 minutes until soft. Tip in the rice and mix well until coated. Pour over the wine, if using and cook for 2 minutes until absorbed.

2 Add the cherry tomatoes and the hot stock, then give the rice a quick stir. Cover with a tightly fitting lid and bake in oven for 18 minutes until just cooked.

3 Stir through most of the parmesan and serve sprinkled with the remainder.

Great with crusty bread and a glass of wine.



Book review

The Secret Ingredient by Sally Bee, 12.99 or from Norfolk Library.

Sally Bee was a typical mum of three young children until severe heart attacks turned her world upside down. Five years later, she has written a cookery book that gives not just recipes but also the story of her survival and how she manages her life and family. It's a surprising and inspiring read with the bonus of some simple healthy eating ideas too.

Don't have internet access?

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.
Phone 01553 768193

Use our newsletter and website to share your ideas or concerns with other parents
Your contributions are always welcome!

Norfolk Disabled Parents Alliance

Choice Support Equality

Tel: 078 525 989 54

email: info@norfolkparents.org.uk

www.norfolkparents.org.uk