

Access All Schools

We asked disabled parents in Norfolk how their child's school supports them to help their children learn.



Thank you to everyone who took part in the survey. You really told us what you think!

There was a really good response, with excellent comments and many good ideas.

We've put them into a report with suggestions for all disabled parents and those interested in schools.



All NDPA members and those who replied to the survey are invited to the launch of the report. This will be in **Norwich on 19th November 2010.**

Norman Lamb, MP for North Norfolk and Advisor to the Deputy Prime Minister has kindly agreed to attend.

Other representatives from schools, disability and family welfare groups will be invited to hear how Norfolk's disabled parents would like schools to work with them to encourage their children learn.

We hope to support some travel and childcare for disabled parents who'd like to come,

Look out for more information and a booking form for this event soon.

If you're not a member and you'd like more information about the launch of the report, please contact us. The report will be available as the full version, and as a short summary in print and on our [website](http://www.norfolkparents.org.uk) from **20th November 2010.**



Annual General Meeting 2010

The 2010 Annual General Meeting will be held in the afternoon of 19th November, at Poringland Community Centre, near Norwich.

This will be after the launch of our Access All Schools report earlier in the day.

Details will be sent to members soon.

Would you like to help guide what NDPA does in the future? New nominations are warmly invited for the 2010 -2011 committee.

More info from Kathy (01553 768193) or info@norfolkparents.org.uk, or any committee member.



Umbrella Heaven!!

With the autumn coming this is a must for all wheelchairs users.. an umbrella which you strap

to your shoulders! www.nubrella.com

WINTER MINISTRONE SOUP a hearty winter soup



Ingredients

- 4 tbsp olive oil
- 1 onion chopped
- 100g unsmoked lardons or chopped streaky bacon
- 2 large carrots chopped
- 2 sticks celery, chopped
- 1 medium potato
- 2 garlic cloves, finely chopped or crushed
- 400g can chopped tomatoes
- 1litre vegetable stock (from granules or a cube
- 2 tsp chopped sage leaves or 1tsp dried
- Few cabbage leaves, shredded
- 400g haricot beans
- Handful chopped parsley

Method

Heat the olive oil in a large pan, add the onion and lardons or bacon and fry for about 5 mins until the onion is starting to brown. Tip in the carrots, celery, potato and garlic, stir well and cook for a few minutes.

Add the tomatoes, stock and sage, and bring to the boil, stirring. Reduce heat to simmer and cook partly covered for 30 mins, stirring in the cabbage after 15 mins. Drain and rinse the beans and add to the pan with the parsley. Season and serve with crusty bread!!!

Are you a disabled parent who needs support?

Phone Social Services on 0344 800 8014, and ask for an assessment as a disabled parent.



Social workers need....you...!!

.....to help them learn more about being a disabled parent who uses their services.

For several years, NDPA has helped in the training of social workers in disabled parenting issues. We now need a bigger team of parents who have received support for all sorts of needs to tell them how it worked – what was good, and what was less good.

If you'd like to be part of the team for one day a couple of times a year, please contact either Joan Inglis, Project manager for supporting disabled parents on 01603 495103, joan.inglis@norfolk.gov.uk,

How was it for you?

We'd like to hear from any disabled parents who are in the process of getting support from social services, or anyone having reviews of their support, especially those who are starting to use Personal Budgets.

Do you have any suggestions for other disabled parents? Were there any problems you couldn't solve? Phone Kathy on 01553 768193

Read All About It!

The latest edition of *Disability, pregnancy and parenthood international*, issue 69, is now online.



It includes articles on

- Pregnancy as an amputee
- Self advocacy for people with learning difficulties
- Supporting Deaf mothers and doulas.

There are also reviews of a breast feeding scarf and a bedside cot and book reviews on parenting after a brain injury and medical conditions affecting pregnancy and childbirth.

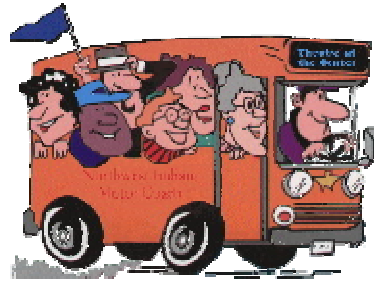
A summary of research into parental involvement in their children's education is also included. Direct link to issue 69: <http://www.dppi.org.uk/journal/69/>

DPPI Conference:

DPPI is hosting a free one day conference on "Improving pregnancy and birth experiences for physically disabled parents" on **Thursday 14th October 2010 in London.**

The latest DPPi book, **Pregnancy, birth and early baby care for physically disabled parents** will be launched at the conference.

Direct link to conference information page: <http://www.dppi.org.uk/conference2010>



Concessionary Bus Travel Consultation

As you may know, the responsibility for administering the English National Concessionary Travel Scheme will transfer from District councils to the County Council in April 2011.

To help them to deliver an affordable scheme that best meets customer needs they are undertaking a consultation.

The consultation is on the Norfolk Council website at:

https://www.engagespace.co.uk/engage/norfolk/consultation_Dtl.aspx?consult_id=1957&status=2&criteria=1 or

www.surveymonkey.com/s/YWFPF26

The online survey is aimed at individual users.

They are also keen to hear the views of "stakeholder" groups on concessionary travel in Norfolk and would welcome any comments you have about:-

- Travel outside the statutory minimum hours of 0930 - 2300 Monday to Friday.
- The availability of companion passes for those unable to travel unassisted.
- How customers can apply for their pass.
- Any other issues

The consultation closes on 8th October.

Don't have access to 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.
Phone 01553 768193

Norfolk Coalition of Disabled People 15th Anniversary "Bash" next year



Any thoughts members may have for how NDPA can contribute to these celebrations would be greatly appreciated.

Has the work of the Coalition benefited your life? ..Have you become more empowered or confident and why...in what way have they helped you?
Please email your thoughts to Ann Young
ann.young@ncodp.org.uk

Dad's can't win...



Got my son an **iPhone** for his birthday the other week and recently got my daughter an **iPod** for hers.

I was dead chuffed when the family clubbed together and bought me an **iPad** for Father's day.

Got my wife an **iRon** for her birthday.....



Our newsletter and website are our ways of telling you what NDPA is doing to support disabled parents in Norfolk, and we hope you'll use them to contact us and other parents with your ideas or concerns.

Have you found a way to solve a problem that other parents would find useful? Do you want to get something off your chest about your experience of being a disabled parent?

Do you have a success story to tell about being a disabled parent?

We would like your contributions and questions, however small. Jokes and recipes or something completely different other disabled parents might be interested in..

Your contributions to 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**