CAKE SALE
Sunday 15 November
Walworth Methodist Church
1.00 to 2.00 pm

Our local steering committee will bake and sale cakes to raise funds for Contact a Family Southwark. You can help by donating cakes, or dropping by the venue to buy some.

To donate cakes and sweets, please call 020 7358 7799.

They ran to the beat!

The Southwark team took part in the Run to the Beat 10k run on 13th September aiming to raise £2,000 for Contact a Family Southwark. The increasing demand for our service means that we have to do community fundraising events so that we can provide the help many families need. If you are in a position to sponsor us, it will mean so much to many families who will benefit from our social events and training/workshops.

You can sponsor us by text: Text SFDO04 £10 (or any amount you want to donate) and send it to 70070.
Fun in summer

Over a hundred families (268 adults and children) enjoyed the fun-filled, exciting, and family-orientated events we held in Summer.

From over-looking the beauty of London from the London Eye, to walking along the sandy beach of Southend-on-Sea, the thrilling rides in Thorpe Park, and the captivating scenery in Kew Gardens, children and adults had a time of their life.

The cinema trip and swimming were also a hit to families, and of course our Burgess Park coffee afternoons which were enjoyed by parents and children.

Parents said that our social events are a good way of bringing them together so that they can share their own experiences whilst their children play with each other in a safe and conducive environment.

Contact a Family news

Changes in Contact a Family Southwark

Due to funding changes, Contact a Family will no longer provide information and advice starting November 2015.

This includes:
- DLA and PIP forms
- Carers Grants
- Other funding applications

The above will now be provided by Citizens Advice Southwark. See page 11 for more information.

Contact a Family will still continue to support you on specific and general Special Education Needs and Disabilities (SEND)-related matters. This includes:
- Training and workshops for parents
- Family/social events
- Peer support and coffee afternoons
- Signposting on various issues including housing, education, immigration, etc.
- Specialist advice via helpline 0808 808 3555.

All drop-ins will cease from November.
This includes the ones in Rye Oak Children’s Centre, Sunshine House, and Beormund Centre.

We still have a number of events and workshops in November and December, and early 2016. Please book as early as you can. See page 8 for more information.

I take this opportunity to thank you. I have enjoyed working with you and your family, and hope to see you again.

Natalia Sali
**SEND news**

**Tax Credits**

Make sure you let Tax Credits Office know if you have a 16-19 year old who is staying on in non-advanced education.

Every year many parents lose out, not realising that they need to tell the Tax Credits Office that their son or daughter will be remaining in non-advanced education.

If you haven’t told the Tax Credits Office yet then your payments are likely to be reduced and you will need to phone them as soon as possible to get these tax credit payments reinstated. More information on tax credits is available in our free Tax Credits guide from our website.

**If you need confidential, FREE, one to one advice on anything, do call our helpline on 0808 808 3555**

Contact a Family benefits advisers on our freephone helpline can make sure you know about all the different financial help available and give advice on claiming for it.

Our helpline can also put you in touch with local advice agencies who can help with one-to-one help, for example, form filling and with national condition support groups who often provide families advice on claiming benefits specific to their child’s condition.

We have lots of advice and information on our website including: benefits and tax credits; advice on managing debt; tips to keep fuel bills low and help to cover energy costs.

**Southwark Local Offer**

The Local Offer contains information on all services for children and young people with Special Educational Needs and Disability (SEND) available in Southwark. It provides information from birth to 25, including health, education, social care, activities outside of school and where to access advice, support and guidance.

It gives information on all of the changes happening locally such as how to apply for an EHC and Personal Budgets. Parents and Young People can provide feedback and help to shape the way we commission services in the council.

Parent carers can also leave comments and feedback so that the site can be further developed.

To see what’s out there, see this link:

http://localoffer.southwark.gov.uk/

**Carers’ Assessment**

The aim of the carers’ assessment is to look at what information, advice, and support may be available to help you maintain your caring role and to determine whether you can access a personal budget.

Southwark Council has now taken over the carers’ assessment from Southwark Carers for parents whose children are over 18 years old. You can contact Citizens Advice Southwark on 0300 330 1170 for referral for a carers assessment.

The other ways to contact Citizens Advice Southwark are on page 11.
It has been a delight to meet so many wonderful families in Southwark. The last three years I spent in Contact a Family had been enriching and fulfilling.

Effective 1st November, I will no longer be working in Contact a Family. However, you can still see me if you need advice and information in Citizens Advice Southwark.

Contact a Family will still be here to support you. If you need to speak with someone, call 020 7358 7799.

I take this opportunity to thank you all.

Elaine Mulligan

Black History Month Celebration

Author and musician Lorna Liverpool presents her unique mixture of African drums, dance, and storytelling. Children age five years and over and families are welcome.

When: Tuesday 27 October 2015
2pm to 3pm

Where: Camberwell Library
17-21 Camberwell Church Street, SE5 8TR

Telling African Caribbean Tales with storyteller Sandra Agard. Great stories, full of fun and laughter for all the family.

When: Monday 26 October 2015
10.30am to 11.30am

Where: Dulwich Library
368 Lordship Lane, SE22 8NB

For more information, please call 020 7525 3889

FREE Bookstart sessions from September in places near you

For children under 5, parents and carers.

To enable children to learn through play, stories and rhyme and encourage parents and carers to play with their child during the sessions.

Where: Albrighton Community Centre
37 Albrighton Road,
East Dulwich, SE22 8AH
Fridays, 10.30am to 12pm

Kingswood House
Seely Drive, SE21
Tuesdays, 10am to 11.30am

For more information, call 020 7525 2000

Chattertime Group at 1st Place

A supportive session for families with children with speech and language concerns. Come and meet the Speech and Language Therapist. Please also bring a fruit to share.

When: Mondays from 11am – 12:30pm
(term time only)

Where: 1st Place Children and Parents’ Centre
Chumleigh Street, Burgess Park
London SE5 0RN

For more information please phone the Speech and Language Therapist Teba on 0203 049 8682 or Outreach and Administrator Kim on 0207 740 8070.
Working for Contact a Family Southwark has been a great part of my life because I have met so many wonderful families. It is sad to be saying goodbye, but things have changed. With the change in service, it is inevitable for me and the rest of our team to transfer to a new organisation.

Contact a Family Southwark is not closing and will continue to serve families through peer support, training and workshops, and social events.

For help in filling out DLA/PIP forms and other advice you need, you can ring Citizens Advice Southwark. Please see page 11 for information on how to access their support.

If you need to speak to someone at Contact a Family, please call 020 7358 7799.

I take this opportunity to thank you for accessing our service. Please be assured that there will still be help available for you.

Yvonne Lubwama

Black History Month Celebration

Author and musician Lorna Liverpool presents her unique mixture of African drums, dance and storytelling. Children age 5 year and over and families are welcome.

When: Saturday 10 October 2015
11am to 12pm, and 1pm to 3pm.

Where: Peckham Library,
Peckham Hill Street, SE15 5JR

For more information, please call 020 7525 3889.

Triple P’s Parenting Course

An eight-week course for parents who need support and advice around managing children’s behaviour and developing effective relationships with their children.

Creche available by booking.

When: To be confirmed
Where: East Peckham Children’s Centre
Nell Gwynn Nursery School
Meeting House Lane, Peckham, SE15 2TT

For more information, call 020 7252 8265

FREE Bookstart sessions from September 2015 in places near you

For children under 5, parents and carers. To enable children to learn through play, stories and rhyme and encourage parents and carers to play with their child during the sessions.

Where: Ivydale School and Children's Centre
Ivydale Road, SE15 3BU
Tuesdays, 1.45pm to 3.15pm

Peckham Library
122 Peckham Hill Street, SE15 5JR
Wednesdays, 10am to 11.30am

Pilgrims Way Children's Centre
Tustin Estate, Manor Grove, SE15 1EF
Thursdays, 1.30pm to 3pm

Rye Oak Primary School
Whorlton Road, SE15 3PD
Fridays, 10am to 11.30am

For more information, call 020 7525 2000.
We are Elaine, Yvonne, and Ann, and we jointly supported families in this locality. We have worked with a number of new and old families, and enjoyed providing you with the service you needed.

Information and advice service will now be provided by Citizens Advice Southwark. Their contact details are on page 11.

Contact a Family will still run a number of activities including peer/support groups, training and workshops, and social events.

For any other help you need, contact:
Tel: 020 7358 7799

FREE Speech and Language Drop-in Advice Session
Drop-in session aimed for parents with children under five years old. Gain advice and information from a speech and language therapist.

When: Tuesdays, 15 Dec, 12 Jan, 15 March  
10am to 12pm
Where: Coin Street Children’s Centre  
108 Stamford Street, London, SE1 2NH

Just turn up. No need to book.

FREE Advice sessions on housing, benefits, and debts
One to one advice session available for problems with debt, benefits, and housing for parents with children under five years or under.

When: Fridays, 6 and 20 November; and  
Fridays 4 and 18 December 2015  
at 1pm to 4pm.
Where: Coin Street Children’s Centre  
108 Stamford Street, London, SE1 2NH

Advanced booking is required. For more information, contact 020 7021 1600.

FREE Cook and Eat Course
These six-week courses teach parents and carers all about healthy eating, including the eatwell plate, five-a-day, fat, sugar, and salt, PLUS practical cooking skills, shopping and budgeting, food safety and hygiene. The course is run by an NHS Early Years Community Food Worker.

When: Mondays, 10am to 12pm  
14th September to 19th October 2015
Where: Coin Street Children’s Centre  
108 Stamford Street, London, SE1 2NH

Advanced booking is required. Call 020 7021 1600.

FREE counselling session
Art therapy counselling service for mums, dads, grandparents, step-parents and carers of children under five years old. Every Wednesdays, 9am to 5pm.

Advanced booking is required. Creche is available. Also in Coin Street, see address above.

For more information and to book your place, contact Catarina Vasconcelos on 07850 651 200.
It’s been lovely meeting families over the summer. Our trips had been really enjoyable, and everyone had a great time meeting each other as they enjoyed fun activities. I will remember the times spent with families during such events.

Unfortunately, due to changes in funding, I will be transferred to Citizens Advice Southwark which will provide the information and advice service to families, including filling out DLA forms and other funding applications.

I take this opportunity to thank you and wish that you continue to get the help you need. If you need to speak with someone, please call 020 7358 7799.

Ann Laffey

**Something Special**

FREE confidential and specialist advice on benefits, housing, and general advice on accessing services, to be given by Ann Laffey.

**When:** Monday 30 November 2015  
12:00pm to 4:00pm

**Where:** Rotherhithe Children and Family Centre  
Southwark Park, Hawkstone Road, SE16 2PE

For more information please contact:  
Clair or Lisa on 020 7231 3755, 07429 857 927 or Ann on 020 7358 7799 Ext 2116.

**FREE Bookstart sessions from September in libraries near you**

For children under 5, parents and carers.

To enable children to learn through play, stories and rhyme and encourage parents and carers to play with their child during the sessions.

**Where:** Canada Water Library  
21 Surrey Quays Road,  
SE16 7AR  
Mondays, 10am to 11.30am

Ellen Brown Play Centre  
Spa Park, Grange Road, SE1 3BW  
Mondays, 1.45pm to 3pm

Blue Anchor Library  
Blue Anchor Market Place,  
Southwark Park Road, SE16 3UQ  
Mondays, 10am to 11.30am

For more information, call 020 7525 2000.

**Talk and Play sessions and Chattertime**

Speech and language information sessions for parents of children from 0 to 6 months; and 18 months to 4 years with language difficulty. Note different times.

**When:** 18 November  
12.00pm to 12.30pm for 0 to 6 months  
1.30pm to 3.00pm for 18 months to 4 years

**Where:** Rotherhithe Children and Family Centre  
Southwark Park, Hawkstone Road,  
SE16 2PE

For more information, call 020 7231 5687 or 020 7231 3755.
Following recent changes in funding, I find myself along with my colleagues moving on to pastures new in the borough of Southwark and beyond.

Upon reflection, it’s been a privilege to work with the many families that have attended one of my events or who have dropped in to the office over the years. It’s also been great to see many of the children attending events grow along with their parent carers, who have managed to dismantle the barriers originally faced such as isolation and confidence, particularly when taking their children to public attractions in London and further afield.

Luckily, Contact a Family’s inclusion program will remain an integral part of the service that Contact a Family still provide in Southwark. Whilst the details as to how the service will go on are still being finalised at the time of writing, I have confidence that Contact a Family will continue to provide the type of events that are wanted by our families with both younger and older children alike. Therefore, whilst it’s a goodbye from me, it’s a hello to a new chapter in all our lives and one which we should embrace with hope and optimism for a bright and successful future!

Ed Bywater

**DLA and PIP workshop**

Know useful information and criteria to claim DLA (for under 16s) and Personal Independence Payment (for over 16s).

**When:** Thursday 17 December 2015, 10am to 12pm
**Where:** Cambridge House
1 Addington Square, London SE5 0HF

To book, please fill out the booking form on page 10. Or call 020 7358 7799

**FREE Accredited Makaton Training**

Makaton is a language programme using signs and symbols to help people to communicate. It is designed to support spoken language and the signs and symbols are used with speech, in spoken word order.

**When:** Thursday 3 December from 10am to 3pm
**Thursday 10 December from 10am to 3pm**

**Where:** Cambridge House
1 Addington Square, Camberwell
London SE5 0NP

Fill out the booking form on page 10. Or call 020 7358 7799

**Coffee Afternoons**

We will send you a text message about the regular coffee afternoons in Burgess Park Café.

No need to book, just drop by, enjoy coffee or tea, and mingle with other parents and their children.
1. Parents and carers are responsible for their children at all times.

2. Families should be prepared for events, and bring appropriate clothing, footwear, spare money, bottled water, sun cream etc if appropriate. Families will be notified of any special requirements.

3. Under no circumstances will staff tolerate verbal or physical abuse from children, parents and carers or other relatives during family outings or other activities organised by Contact a Family.

4. The behaviour of children, parents and carers, or other relatives when attending an event or activity should not affect the Health & Safety or wellbeing of others.

5. Parents and carers will be responsible for any damage they or their children cause on an event or activity, either through negligence or deliberate action.

6. Under no circumstances will Contact a Family tolerate the consumption of alcoholic beverages whilst attending any events unless this is specifically agreed in advance as part of the activity e.g. a parents meal at a restaurant.

7. Please note that Contact a Family cannot be held responsible for any items that have been lost or stolen during an event or activity.

8. Under no circumstances will Contact a Family tolerate any acts of criminal conduct of any kind and will report criminal activity if necessary.

9. Contact a Family staff, and any organised transport, will not wait for families or individuals who are late and have been informed of the arrival and departure times.

10. Under no circumstances should parents and carers behave in a way which could bring the organisation into disrepute.

11. In exceptional circumstances it may be necessary to cancel an event at short notice. Families will be advised by staff of any changes to an event, and must follow appropriate instructions.

12. Families attending events must abide by instructions issued by Contact a Family staff and, in addition, adhere to any specific instructions relating to hired transport, such as use of car seats or seatbelts on coaches, consumption of food and drink etc.

13. Please note failure to adhere to the above could result in you and your family being sent home from the event and you incurring the transport costs to do so.

**Sign and return copy** (unsigned booking forms will not be accepted)

Parent/ Carer Name:____________________________________________________________

Email address (very important) __________________________________________________

Parent/ Carer Signature:_______________________________Date:_____________________

Autumn 2015
Booking form for events

Please complete all the information required below and sign the terms and conditions sheet. You must return these to us by **Friday 30th October 2015**.

Please also note that we provide a self-addressed envelope, however we no longer provide a stamp on these envelopes. You must ensure you place a stamp on your envelope before you post your booking form to us.

If you are successful in getting a place on one of our events, we will call or text you within five calendar days of the deadline. **We will not text you if you don’t get a place.**

Name of parent-carer(s):_________________________________________________________________

Address:______________________________________________________________________________

Email address: _________________________________________________________________________

Home Telephone:___________________________  Mobile:_____________________________________

What is your disabled child’s name: ______________________________________ Age: _____________

What is your child’s disability/additional need:________________________________________________

Does your child use a wheelchair? (Please circle)             YES           NO

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<thead>
<tr>
<th>Events/Workshops</th>
<th>Number of Adults</th>
<th>Children and their ages</th>
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<tbody>
<tr>
<td>FREE Accredited Makaton Training</td>
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<tr>
<td>Thursdays 3 December at 10am to 3pm at Cambridge House</td>
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<td>Facilitator: Mike Harris</td>
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<tr>
<td>FREE Accredited Makaton Training</td>
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<tr>
<td>Thursday 10 December at 10am to 3pm at Cambridge House</td>
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<td>Facilitator: Mike Harris</td>
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<tr>
<td>FREE DLA, PIP and Benefits workshop</td>
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<tr>
<td>Thursday 17 December, 10am to 12pm in Cambridge House</td>
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<tr>
<td>Facilitator: Kam Patel, DWP</td>
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**Please remember to put a stamp before you post your booking form.**
What’s on in Southwark

New Information and Advice

Citizens Advice Southwark will be providing the new information and advice service for all carers in the borough from 1 November 2015. The service aims to ensure that all your advice needs are met, and will be available through: face-to-face; telephone; and digital channels including email and online.

Help provided includes: filling in forms; advice on welfare benefits and community care; and referrals for a carers assessment.

The service will also be able to provide help from the other advice services offered by the team, including: debt and money advice; help in saving money through getting a better deal on your energy bills; and advice on more complex legal issues such as immigration.

Ways to contact us:

- By phone on 0300 330 1170 - Monday-Friday, 10am-4pm; and until 7pm on Tuesdays
- Regular drop-in sessions in Bermondsey and Peckham (times below)
- By email to hello@carersadvice.org.uk.

The service will also be available by appointment at other times, just give the team a ring or an email to book a time.

Mondays, Wednesdays, and Fridays 10am to 1pm
Peckham Bureau
97 Peckham High Street, SE15 5RS

Tuesday and Thursdays, 10am to 1pm
Bermondsey Bureau
8 Market Place
Southwark Park Road SE16 3UQ

Support groups:

When: Friday 27 November
10am to 12pm
Where: Alfred Salter Primary School Rotherhithe SE16

Join NAS’ Christmas party
When: Sunday 6 December 3pm to 5pm
Where: Goose Green Church Halls, East Dulwich
All family members welcome.

To book, email Southwark@nas.org.uk

Family Lives provides an Independent Support service in Southwark. They support young people with SEND and their parents/carers with Education, Health and Care (EHC) Plans.

Help provided includes: Providing information about EHC Plans, supporting you to request an assessment for an EHC Plan, helping you to fill out relevant forms, attending meetings with you about the EHC Plan, amongst others.

Get in touch with an Independent Supporter:

Telephone: 020 3131 3150
Email (parents/carers): parentssupportherts@familylives.org.uk
Email (young people): youthSEND@familylives.org.uk
About Contact a Family

Across the UK, a child is diagnosed with a severe disability every 25 minutes. While some children need hospital care, 98% of disabled children live at home with a parent or other family member who may not have expected to be in this position, but who quickly has to become an expert.

When parents find out their child is disabled, they feel isolated and alone, usually because they don’t know anyone else facing the same problems. They want contact with another family that has been through a similar experience and they want information about their child’s disability.

Contact a Family is the only UK-wide charity providing advice, information, and support to the parents of all disabled children, no matter what their disability or health condition. We also enable parents to get in contact with other families, both on a local and national basis. Each year we reach at least 340,000 families.

the helpline
free phone: 0808 808 3555
9:30am–5:00pm, Monday to Friday

for information: on disabilities and medical conditions
for advice: on assessments, breaks, benefits and finances
for signposting: to support groups, organisations and services
for linking: to other families
for listening

Contact a Family Southwark
Cambridge House
1 Addington Square
London SE5 0HF
Tel: 020 7358 7799
southwark.office@cafamily.org.uk

Data protection: Contact a Family is committed to the confidentiality of your personal information. Personal data will be held and used in accordance with the Data Protection Act 1998 and will not be shared with any third parties for commercial use.

Acknowledgements

Contact a Family Southwark would like to thank:

Park Life Café in Burgess Park
Peter Minet Trust
Southwark Council
Sunshine House
Zurich Community Grant Trust

Our fantastic volunteers Berta, Dalia, Dickson, Ged, Kehinde, Kemi, and Sophie, and session worker Margaret for helping out with office work and during our events.

Thanks also to the current Contact a Family Southwark champions Adriana, Herica, Kehinde, and Sophie for promoting the organisation in the community.