



## Summer is here!

(and we know what that means)

I'm sure you're all welcoming the gorgeous weather and letting it lift your spirits. But I can feel your anxiety from here, so let's just rip off the plaster and acknowledge it – the summer holidays are just around the corner, and we're all wondering how we're going to cope. I'm not going to insult your intelligence; things are easier said than done, but here are some of our top survival tips that some of you may find helpful:

### Summer Survival Tips

#### Try not to worry about it.

Very difficult if you suffer from anxiety anyway, but try to remember, if you're stressing yourself about something bad that could happen, you're essentially making yourself suffer twice and wasting valuable energy.

#### Make the most of your support network.

If you have family or friends that can help, brainstorm some ideas together and see if there's any activities or times they can help out, even if it's just chipping in while you're there so you can have 5 minutes with a cuppa. If you're offered a few hours off while your child goes to someone else's house, or if you get a respite package, take it. And don't feel guilty about needing some time for yourself.

#### Keep a routine if possible.

If you have set routines throughout the school year (breakfast, bedtimes etc), try and stick to them as much as possible. It will help your children settle quicker and ease transitions, both at the end of term and the start of next term. You could also ask your teachers about some school activities or routines that you can replicate at home.

#### Keep things simple.

Theme parks and day trips are all well and good, but they are expensive and often stressful and exhausting. You don't have to break the bank going to Alton Towers because you feel that's what a good parent does, when your child might be just as happy kicking a ball, playing in a park, or going on a car or bus ride. The same applies at home too. Whip out some board games, felt tips, or try to turn mundane chores like pegging out washing into a silly game. Pace yourself and don't pressure yourself into unnecessarily filling your days. And if you do venture out, check for discounts!

#### Pick your battles.

Having the kids at home full time is naturally going to increase the number of times you're going to say 'no' or struggle with meltdowns or other behavioural issues. You rightly don't want to be ruled by your child, but some things aren't worth ruining your day, your weekend, or the whole summer. Let things slide and be prepared to compromise as much as you can in the name of sanity.

#### Don't sweat the little things.

Don't waste your summer, and your energy, trying to maintain a showroom house, or keeping your kids clean and smart enough for a wedding photo. It's a fruitless and thankless task, and if it can wait, let it wait. Accepting the inevitable will help lower your stress levels.

#### Keep doing what works.

If certain activities are keeping your child occupied, content, and brings a little consistency, don't try to fix what isn't broken. Think back to last summer; what worked well and what didn't? You know your children better than anyone else, and you will have a better idea of what is likely to work, and what doesn't. Go at whatever pace suits you, and don't concern yourself with what others are doing.

And remember, **you're doing a great job!**

### About Us

**Doncaster Parents Voice**, formed in 2012, is Doncaster's participation forum for parents of children and young people (0-25 years) with Special Educational Needs and Disabilities (SEND).

Our purpose is to ensure SEND parents are adequately represented and consulted at decision-making levels, and to increase SEND parent participation in the development of services that could impact their families, ensuring that they are fit for purpose.

We are a volunteer-run group, all of whom are parents or grandparents of SEND children.

We are predominantly funded by the Department for Education but also receive occasional grants from Doncaster Council. DPV is a subsidiary of Doncaster Partnership for Carers.

### What We Do

We work closely with several teams across the spectrum of Local Authority, Education, Health, Social Care, Leisure, and other service providers to ensure that parents of SEND are consulted and actively engaged in the development of services so that SEND children and their families can aspire to the same level of opportunity as their peers.

We also:

- ❖ actively engage with parents to keep them up-to-date and reliably informed about the services and issues that matter to them.
- ❖ regularly collaborate with local professionals to deliver information workshops and training for parents on a variety of topics.
- ❖ provide platforms for SEND parents to meet and develop a network of peer support and friendship.
- ❖ provide help and support to SEND parents in any way they can, whether it be information, advice, signposting, or just a listening ear.
- ❖ provide an array of wellbeing sessions and activities.



# Summer Activities

Our provisional summer activity programme is now live! Dates and times are subject to change, and we are looking at adding more to our programme in the current weeks.

This Summer, we will be promoting and embedding the benefits of healthy eating within our activities programme. In addition to providing healthy snacks to children wherever possible, we will also be providing info packs outlining local information and support, along with some tasty recipes.

All enquiries should be made to [DPVEVENTS@DONCASTERCARERS.ORG.UK](mailto:DPVEVENTS@DONCASTERCARERS.ORG.UK)



**YORKSHIRE Wildlife PARK**

Come and enjoy a FREE family day at Yorkshire Wildlife Park

- **Tuesday 26<sup>th</sup> July 2022**
- **Tuesday 2<sup>nd</sup> August 2022**
- **Friday 12<sup>th</sup> August 2022**

**10:00 – 18:00**

Open to all DPV members – SEND child must be present.  
Limited places. Bookings are FCFS basis.  
Free Admission. Food court vouchers provided for children.  
To book, or for more info, call **01302 637566**  
or email [dpvevents@doncastercarers.org.uk](mailto:dpvevents@doncastercarers.org.uk)



**Free Arts & Crafts Sessions**  
**Thurs 28<sup>th</sup> July 2022 & Thurs 11<sup>th</sup> August 2022**  
**10:00 – 14:00**  
**Doncaster Carers Centre**  
*Healthy lunch provided for children*

To book, or for more info, call **01302 637566**  
or email [dpvevents@doncastercarers.org.uk](mailto:dpvevents@doncastercarers.org.uk)







# FAMILY PICNIC IN THE PARK

Thursday 4<sup>th</sup> August 2022

12:00 – 16:00

Parklands Sports & Social Club  
Wheatley Hall Road DN2 4LT

### FREE ACTIVITIES

- Live entertainment; Drama and dance performances
- Sporting activities; Fun games
- Bouncy Castles; Local mascots
- Sensory Area; Information stalls

### OTHER

- FREE Healthy snacks and food vouchers for children with DPV tickets
- Refreshments available to purchase from bar and tuck shop
- Additional activities with fees to aid fundraising for various local groups.

**FREE FAMILY TICKETS**  
 AVAILABLE TO **DPV MEMBERS!**  
 LIMITED AVAILABILITY  
 RESERVE YOURS BY CALLING **01302 637566**  
 OR EMAILING **DPVEVENTS@DONCASTERCARERS.ORG.UK**  
 STANDARD ENTRY **£4pp**



## FREE PRIVATE FAMILY POOL SESSIONS

**10:00 - 16:00**

- Tue 9 Aug 22
- Wed 10 Aug 22
- Thu 11 Aug 22
- Fri 12 Aug 22
- Wed 24 Aug 22
- Thu 25 Aug 22
- Fri 26 Aug 22

**1 HOUR PRE-BOOKABLE SLOTS**  
**1 FAMILY PER BOOKING**

**HEATHERWOOD SCHOOL**  
**LEDGER WAY DN2 6HQ**



TO BOOK, OR FOR MORE INFO, CALL **01302 637566**  
OR EMAIL **DPVEVENTS@DONCASTERCARERS.ORG.UK**



Limited availability. Priority booking policy applies (first PMLD and physical, then SLD, then MLD children respectively). Sessions are subject to change and/or cancellation without notice. DPV cannot guarantee presence of life guard or school staff. Parent carers are responsible for using specialist equipment and retain sole responsibility for their children at all times.



Come and enjoy some fun in the sun on our PMLD\* group's

# DAY-TRIP TO BRIDLINGTON

AUGUST

22



Monday 22 August 2022

09:30 departure from Waterdale  
(outside Ward Bros. or Council building)  
16:00 departure from Bridlington

Coach is fully accessible for wheelchairs and other equipment.

£5 for family of 4 ticket. Extra tickets £2.50 each, subject to availability and priority allocation policy.

For further information on eligibility, accessibility, booking etc. call 01302 637566 or email [dpvevents@doncastercarers.org.uk](mailto:dpvevents@doncastercarers.org.uk)

\*Profound and Multiple Learning Disabilities

\*\*Each child provided with £5 lunch allowance

FAMILY OF 4  
JUST £5!

KIDS EAT  
FREE\*\*



SEND

FAMILY

SCREENING

10:00 – 13:00

Thursday 11 August 2022

Monday 29 August 2022

at SAVOY Cinema Doncaster

DPV private hire of 60-seat screen

Supportive screening atmosphere  
(relaxed and SEND-friendly)

Fully accessible, with access to quiet room

Choice of movie\*

FREE to DPV members and immediate family  
(SEND child must be present)

To book, or for more info, call 01302 637566  
or email [DPVEVENTS@DONCASTERCARERS.ORG.UK](mailto:DPVEVENTS@DONCASTERCARERS.ORG.UK)

\* DPV can choose from a selection of movies on general release that day. DPV may offer parents opportunity to choose the movie via survey but ultimately retain the right to make all final decisions.





# Autism Workshops

We are incredibly pleased that the Autism Workshops, in partnership with the Doncaster ASCETS team, have been receiving overwhelmingly positive feedback, and we aim to use the feedback to improve our workshops further.

There won't be any workshops during the summer holidays but they will resume in September. All workshops will be repeated for any of you that couldn't attend first time around, as well as some brand new workshops still in production, covering a wider range of topics.

We are aware that there is demand for workshops outside of typical 9-5 work hours and we are exploring our options to see if this is feasible in the Autumn. During the summer, we will be looking at creating more digital online resources but the workshops will not be offered online as group interaction is a core component of the learning.

## AUTISM WORKSHOPS FOR PARENT CARERS

A DONCASTER PARENTS VOICE AND ASCETS COLLABORATION

07/06/22 AUTISM AND SOCIAL COMMUNICATION  
09/06/22 WHAT IS AUTISM?  
21/06/22 AUTISM AND SOCIAL INTERACTION  
05/07/22 AUTISM AND SOCIAL IMAGINATION  
07/07/22 ALL THINGS SENSORY

10:00 – 13:00  
DONCASTER CARERS CENTRE  
2 REGENT TERRACE  
DN1 2EE

TO BOOK, EMAIL  
[DPVEVENTS@DONCASTERCARERS.ORG.UK](mailto:DPVEVENTS@DONCASTERCARERS.ORG.UK)  
LIMITED PLACES. FIRST COME FIRST SERVE.



## Online Chat Sessions

### Autism Chat

An informal chat for parents of children or young people with Autism (no diagnosis needed).

Chats are online via Microsoft Teams.

Email [dpvevents@doncastercarers.org.uk](mailto:dpvevents@doncastercarers.org.uk) for an invite.

- ❖ Wednesday 6 July 2022 19:30 – 20:30
- ❖ Wednesday 10 August 2022 19:30 – 20:30



### Learning Difficulties Chat

Hosted by Tracy MacLaren, Nurse Consultant from the Children's Intellectual Disability Team.

A great opportunity to get advice or just chat with a LD professional, as well as other parents

Chats are online via Microsoft Teams.

Email [dpvevents@doncastercarers.org.uk](mailto:dpvevents@doncastercarers.org.uk) for an invite.

- ❖ Thursday 14 July 2022 Time TBC



## Coffee Mornings

Unfortunately, we cannot run these sessions in the summer holidays which means there is only one more coffee morning get-together left before September so please take this opportunity to join us.

July's coffee morning has been brought forward a week and will be on **Thursday 21 July 2022**, at the usual time and place.



## Parent Carer Coffee Mornings

10:30 – 12:00

Last Thursday of every month

Doncaster Carers Centre  
2 Regent Terrace, DN1 2EE

For more info, call 01302 637566  
or email [dpvevents@doncastercarers.org.uk](mailto:dpvevents@doncastercarers.org.uk)

Come and enjoy a cuppa and a biscuit with other parent carers who may have similar experiences and 'get it'.  
Make friends, seek help or advice, or even just vent!

Open to any parent carer of a child or young person with SEND, mental health issues, or long-term health issues.

## Discount cards

With the summer break around the corner, and the need to keep the family entertained on a budget, there's no better time to take advantage of the Max Card, only available through Doncaster Parents' Voice, to get discounted entry to attractions nationwide.

There is also the TIE Card, issued by the Doncaster Short Breaks team, and Purple Voucher books, found at many retailers.

And if your chosen attraction doesn't offer discounts through any of these suppliers, check their website as they may have their own concessionary rates or even queue jumps on offer if you can provide proof of disability.

## Get your **max** card today! only at Doncaster Parents' Voice

The Max Card is the UK's leading discount card for foster families and families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission.

To apply for your card and start saving,  
or for more info, call **01302 637566**  
or email [dpvoice@doncastercarers.org.uk](mailto:dpvoice@doncastercarers.org.uk)

Requires DPV membership (completely free).

Find attractions that accept max card  
at [mymaxcard.co.uk](http://mymaxcard.co.uk)



ONLY  
**£5**





# Health & Wellbeing Offer

All the Carers Centre health and wellbeing services will run as normal throughout the summer.



## Counselling and Befriending Services

part of the DPV Health & Wellbeing offer

A free service by trained staff at the Carers Centre to provide a friendly voice at the end of the phone or in person meetings for befriending, counselling, advice, or information. Counselling sessions are pre-bookable only.

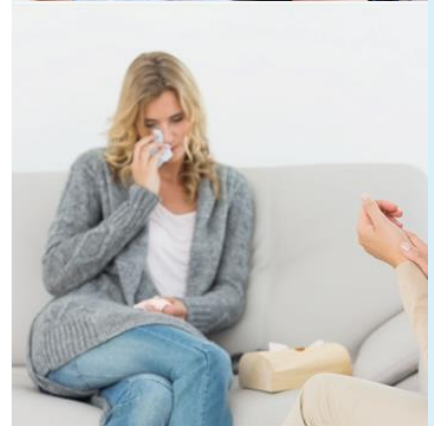
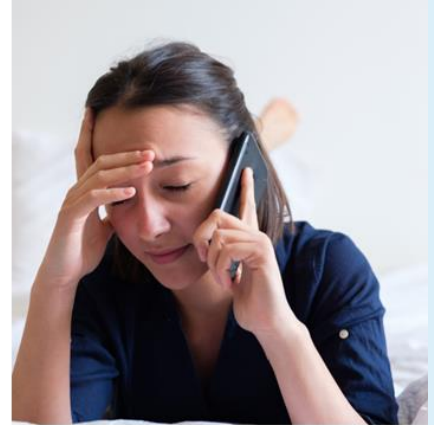
**Tuesdays & Thursdays**

**09:30 – 15:00**

Face-to-face  
Telephone  
Video Call (Teams)

Take that first step by calling

**01302 637566**



DPV Health & Wellbeing Service

## Free Therapeutic Massages

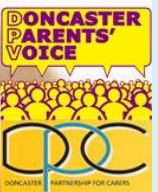
Hand | Shoulder | Head | Back |

30min sessions, pre-booking only – no walk-ins

Every Wednesday, 10:00-13:00

Doncaster Carers Centre, 2 Regent Terrace DN1 2EE

[dpvevents@doncastercarers.org.uk](mailto:dpvevents@doncastercarers.org.uk) or 01302 637566



# News, Information, and Signposting

## Kooth

NHS Doncaster CCG have teamed up with Kooth, a digital mental health service provider, to offer free 24/7 support to children and young people across Doncaster.

'With no waiting list or thresholds to meet, Kooth offers a safe and welcoming place for children and young people to get confidential and non-judgemental professional help for mental health concerns, as and when they need it. Once registered, the service can be accessed using any internet connected device such as a laptop, smartphone or tablet.' Visit [www.kooth.com](http://www.kooth.com) to get started.



## UK Government SEND Review

The UK Government is conducting a review into all aspects of SEND provision. The SEND Review Green Paper, published in March 2022, is a discussion document which sets out the government's proposals to improve the system.

The public consultation phase is due to end on 22 July 2022 so time is running out to have your say.

Special Needs Jungle, among others, are providing help by breaking down the proposals, analysing what they mean, and providing simple guides and forms to help you answer the consultation questions so that you can be informed and use your voice to hopefully shape the services in the near future.

Visit the Special Needs Jungle SEND Review page at <https://tinyurl.com/c6t45v93>



## Review of Doncaster Local Offer Web page

Doncaster Council and SENDIAS are reviewing the content and presentation of the Local Offer page on the DMBC website and are hoping to get feedback and suggestions from SEND parents and carers.

There is a public meeting scheduled for **10:00 – 12:00 on Thursday 14 July 2022** at **Doncaster Carers Centre**. If you are interested, but cannot attend in person, email [dpvevents@doncastercarers.org.uk](mailto:dpvevents@doncastercarers.org.uk) and we can arrange a Microsoft Teams video link.

**DONCASTER'S LOCAL OFFER**

Special Educational Needs/Disabilities

Provides information for children and young people with SEND and their parents or carers in a single place

[www.doncaster.gov.uk/localoffer](http://www.doncaster.gov.uk/localoffer)

The banner features a purple background. On the right side, there is a stylized illustration of a laptop computer. The laptop screen shows three icons: a person with a speech bubble, a person with a gear, and a person with a speech bubble. The text 'DONCASTER'S LOCAL OFFER' is in large, white, uppercase letters. Below it, 'Special Educational Needs/Disabilities' is in a smaller, white, uppercase font. The main text 'Provides information for children and young people with SEND and their parents or carers in a single place' is in a white, sans-serif font. At the bottom, the website URL 'www.doncaster.gov.uk/localoffer' is in a white, sans-serif font. On the left side, there is a small, tilted image of a document titled 'Local Offer - Special Educational Needs/Disabilities (SEND) Homepage'.





[Facebook.com/doncasterSENDIAS](https://www.facebook.com/doncasterSENDIAS)



**DICE Enterprise**

**Amazing events for disAbled people**



[diceenterprise.co.uk](http://diceenterprise.co.uk)



[facebook.com/diceenterpris](https://www.facebook.com/diceenterpris)



**CLUBDONCASTER**

**A Pan Disability Football Club providing access to football for male & female players aged 5 & over with a disability or any type or mental health condition (Deaf Friendly).**

**WE'RE RECRUITING!**

[www.clubdoncastertitans.com](http://www.clubdoncastertitans.com)



# Your Participation Matters

We Need

YOU!



It is through your feedback, suggestions, and your shared experiences that we can help to shape local services to benefit your SEND family so please don't hesitate to contact us, use our services, or attend our events.



We are also in need of volunteers to join our Steering Group and help out wherever possible with events, meetings, and outreach.

There's no pressure to take on more than you can handle, and Debbie does make a brilliant cuppa!

## Contact Us



Call **01302 637566**



For workshops, activities, and events,  
email **[dpvevents@doncastercarers.org.uk](mailto:dpvevents@doncastercarers.org.uk)**

For support or general enquiries,  
email **[dpvoice@doncastercarers.org.uk](mailto:dpvoice@doncastercarers.org.uk)**



Doncaster Carers Centre

2 Regent Terrace

DONCASTER

DN1 2EE



Search on **Facebook** for **Doncaster Parents Voice**

Or type **[facebook.com/parentforumdn](https://facebook.com/parentforumdn)**

