

**Music Therapy in Wandsworth**

Using Direct Payments one of our members accesses Music Therapy for her 20 year old son. Here is what they say:

*We are **Jacobus (aka Sjaak) van der Bent and Maria Radoje** and are currently working as Music Therapists within the Wandsworth Community Learning Disability Team. We are based at Church Lane Daycentre but also visit people at their homes. We would like to take this opportunity to introduce ourselves and to explain a little about music therapy.*



*It is important to respect and value people as they are in order to communicate in a way that is appropriate for them.*

*(Thurman et al 2003:84)*

Communication is essential and can take place in lots of shapes and forms, like, words, sounds, facial expressions, movement or body language. Not being understood can affect how we feel about ourselves and influence our behaviour.

For many people verbal communication is complicated and sometimes music can help to connect and express feelings.

Most people respond to music, regardless of physical or cognitive ability. Music therapy can provide emotional support in a similar way to counselling and can also help to develop skills. It offers a means of self-expression with or without words. Music therapy sessions are not like music lessons where the focus might be on learning a specific instrument. Instead music is used as a way of developing social interactions like turn taking or choice making, sensory exploration and exploring emotions. It might also benefit motor skills and coordination.

Music therapy is a client led activity where the therapist improvises music in response to the client's musical playing, singing, movements, breathing pattern or mood. Clients are given lots of time to initiate or respond to the music. This can create an experience of 'togetherness' and a sense of being heard and accepted. We are concentrating on the process rather than the end product. Music therapy may take place individually or in small groups.

**Music Therapy is:**

- ✳ a way of making and sustaining meaningful contact with others
- ✳ exploring our responses to others, trying out different ways of relating and becoming more aware of others and their responses to us
- ✳ being able to make choices developing confidence and self-esteem
- ✳ experience individuality and privacy without having to rely on verbal communication
- ✳ sharing feelings that cannot be verbalised; finding a way of examining feelings and attitudes
- ✳ a way to develop innate creativity and musicality, to encourage vocal and verbal expression
- ✳ developing motor/co-ordination and concentration skills

**Please feel free to contact us for more information.**

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or **Maria Radoje**  
Telephone: 0208 871 7779  
www.MRadoje@wandsworth.gov.uk

**Sports and Leisure**

Kay Swygart is Wandsworth's Disability Sports Development Officer and she wanted us to let you know about:

**NEW Dance sessions**

These are taking place at the Wandle Recreation Centre, for young people with Mild/Moderate Learning Difficulties. The sessions run from 11.30am to 12.15pm on the following dates:

<b>Sundays</b>	
14th June	28th June
5th July	12th July

There is a small charge and space is limited, so please contact Kay Swygart to find out more and to book.  
kswygart@wandsworth.gov.uk  
Tel: 020 8871 6857

**Get Active Wandsworth Festival**

Saturday 18th July, 12pm - 5pm

This free Festival is back for another year at King George's Park. There will be a number of inclusive activities for disabled people to take part, with organisations such as Disability Sports Coach and Wheels For Wellbeing already confirmed to attend. There will also be activities for all the family such as a free health check and a climbing wall.

Transport may be available for families with a disabled young person with pick up points likely to be at the Early Years Centre, George Shearing Centre and Roehampton Youth Centre. If you would like to use the free transport to attend the Festival please contact:

**Kay Swygart**  
kswygart@wandsworth.gov.uk  
or telephone: 0208 871 6857



**WE ARE MAKING A DIFFERENCE and YOU DO NEED YOUR INPUT TOO! PLEASE COME AND JOIN US**



**Positive Parent Action**  
for disabled children and young people in Wandsworth



**PPA Newsletter**

Summer 2015

**Welcome to the Summer 2015 PPA newsletter**

**As we start a new financial cycle we are taking the opportunity to look back at PPA's achievements in 2014/2015 and our plans for the coming year.**

**We have to report formally to the Department for Education, so in this issue we give a**

**snapshot of what we have been doing and explain our plans for the summer term. Also included is other local news which we hope is of interest.**

**We are really grateful to the following people for supporting our 2015/2016 DfE grant application:**

- Carol Payne  
*Head of Children with Special Needs and Disabilities Service*
- Susan Reid  
*Deputy Head of Early Years*
- Rina Patel  
*Manager of Wandsworth Information Advice and Support Service*
- John Beckles  
*Children's Commissioner Wandsworth CCG*

**Please get in touch if you have any ideas or you would like to know more about us: you can use our website, Facebook page, email or phone.**

**PPA is your forum**

We know we have said this before, but we thought it was worth repeating for the benefit of parent/carers new to PPA! Positive Parent Action is Wandsworth's forum for Parent/carers and we are part of the National Network of Parent Carer Forums (NNPCF). Our aim is to engage with and represent all families in the Borough who have a child with a disability or have special needs.

PPA is run by a steering group of parent/carer volunteers and is supported by a facilitator employed by Contact a Family. Some of our steering group members are also parent reps and Co-Chairs on the Council's workstreams that are implementing the Special Educational Needs and Disability (SEND) reforms in Wandsworth.

Membership is free and anyone who cares for a child or young person (0-25 years) with special needs in the Borough is welcome to join. We are increasing membership each year and are currently in contact with over 300 local parent/carers.

If you want to know more about PPA or make suggestions about how it could work better for you, please look at our **website/Facebook** or get in touch. Our work needs to reflect all your views, so please let us have your contact details if you haven't already - your email address would be perfect.

**SAVE THE DATES!**

We are sorry that some of the details are not yet finalised, but please do let us know if you are interested in any of these plans, so we can make sure you have full details nearer the time.

**Tuesday 16th June**  
Consultation with parent/carers on provision at Lady Allen. We would really like parent/carers to share their experiences of provision there - good or bad. *Location to be confirmed.*

**Wednesday 30th September 11.00pm - 2.00pm**  
Contact a Family and PPA are joining forces to deliver a: **Contact a Family Annual Meeting/PPA recruitment drive** - a chance to meet other families and hear about participation over lunch. The meeting will take place at the Kairos Centre in Roehampton. *Details to follow nearer the time.*

**First Tuesday of each month**  
*during term time, 10.00am - 12.00pm*  
Monthly PPA meeting at the Early Years Centre, 1 Siward Road. *Dates to be confirmed.*

Please let Elizabeth know if you would like to get involved in any of these events, so we can register your interest. *Details on back page.*

**PPA Contact details**  
**Elizabeth Nasse**  
Parent Participation Facilitator  
Available Term time:  
Monday, Tuesday and Thursday  
Phone: 020 8947 5260  
Email:  
[elizabeth.nasse@cafamily.org.uk](mailto:elizabeth.nasse@cafamily.org.uk)  
or:  
[positiveparentaction@yahoo.co.uk](mailto:positiveparentaction@yahoo.co.uk)  
Positive Parent Action  
c/o Contact A Family  
1 Siward Road London SW17 0LA

**We welcome new members . . .**  
Please get in touch if you would like to come to the next meeting  
Positive Parent Action c/o Contact A Family, 1 Siward Road, London SW17 0LA  
[www.positiveparentaction.org.uk](http://www.positiveparentaction.org.uk) and [info@positiveparentaction.org.uk](mailto:info@positiveparentaction.org.uk)

# Annual Report

A formal annual report will be up on our website soon, but here are some PPA facts and figures from 2014/2015

**£15,000 DfE Grant applied for**  
**Grant spent ... £14,950!**

- Members of the steering group 16.
- 10 - 14 Parent Co-Chairs and Reps on SEND workstreams.

• 10 PPA meetings.

• **Number of parent/carer events**  
2 coffee mornings in Battersea and Roehampton and 2 evening sessions at EYC.

• **Number of parent/carers on PPA's contact list - 300.**

• 40 parents trained on the law around SEND Code of Practice (by IPSEA).

• **50 new parent carers reached in the year.**

• 70 'likes' on Facebook - could be more, so please 'like' our page!!  
[www.facebook.com/positiveparentaction](http://www.facebook.com/positiveparentaction)

• **3 Newsletters sent out to over 1200 families/schools.**

Total number of Parent/Carer participation hours  
**100**



Council Meetings Attended  
**100**



## Local Support Groups

One of our aims for this year is to build links with other support groups in the Borough.

We know **Contact a Family** is in touch with hundreds of local support groups across the UK and they have recently launched a new map on their website: [www.cafamily.org.uk](http://www.cafamily.org.uk)

They say:  
*“We have details of 1,400 groups on our database and we are currently adding them to our UK-wide map*

*If you can't find what you're looking for or would like to add your own support group, contact:*



**Contact a Family**  
Local Group Manager Adele Meader at:  
[adele.meader@cafamily.org.uk](mailto:adele.meader@cafamily.org.uk)  
or **07920 655125**

## Participation

### Special Educational Needs and Disability Reforms

PPA's continued involvement has included:

- ✿ participating in meetings - giving a parental perspective
- ✿ reviewing documentation
- ✿ taking part in Education Health and Care plan Panel meetings
- ✿ attending conferences and training sessions
- ✿ holding SEND information coffee mornings for parent/carers

There are lots of places to find out more:

**Council for Disabled Children**  
[www.councilfordisabledchildren.org.uk](http://www.councilfordisabledchildren.org.uk)

**Contact a Family**  
[www.cafamily.org.uk](http://www.cafamily.org.uk)

**NNPCF**  
[www.nnpcf.org.uk](http://www.nnpcf.org.uk)

**IPSEA**  
[www.ipsea.org.uk](http://www.ipsea.org.uk)

**Special Needs Jungle**  
[www.specialneedsjungle.com](http://www.specialneedsjungle.com)

**Information, Advice and Support Services Network**  
(previously known as Parent Partnership)  
[www.iassnetwork.org.uk](http://www.iassnetwork.org.uk)

**Family Information Service**  
[www.wandsworth.gov.uk/fis](http://www.wandsworth.gov.uk/fis)

**Positive Parent Action**  
[www.positiveparentaction.org.uk](http://www.positiveparentaction.org.uk)

### Health

We are beginning to make links with Health and a new parent representative has recently joined the NHS South West London Children and Young People's Network. It is very early days for the network, but he has joined their 'Complex Needs' workstream and has been offering ideas on how to make the group as effective as possible. We will report back as things progress.

It has been a real commitment for parent/carers and they have received a small payment for their input. PPA will continue participating in Council meetings and need more volunteers to take on the role. Please get in touch if you are interested in finding out more.

### Passport Scheme

Wandsworth and NHS have published a 'My Passport' Document for use in schools, hospitals and other settings. The 'Passport' is for parents and young people and aims to provide a summary of the things that are important to someone with additional educational and health needs. They will be available from Wandsworth's Special Needs Assessment Section.

### Transport

We have met John Mukungunugwa, Wandsworth's new Transport Project Officer. He has been tasked with finalising Wandsworth's Transport Policy, so we are going to get together with him to find out more and to offer our views. He may wish to consult a wider group of parent/carers, so if you have an interest in Transport issues, please do get in touch.



## Linden Lodge Appeal

Linden Lodge School are fundraising for a new Family Centre.

*“Please help us raise vital funds to build a much needed state of the art Family Centre on the site of Linden Lodge School in Wimbledon”*

Follow the JustGiving Link to support our appeal:

[www.justgiving.com/Wandsworth-Sensory-Support-Service/](http://www.justgiving.com/Wandsworth-Sensory-Support-Service/)

There are many ways to get involved and show your support. Every contribution will make a difference - £10 will help us paint the walls, and larger donations will help build and furnish whole rooms.

The Family Centre will cost £1.2m and thanks to the generous support of many we have already raised £750,000. But we need to get the remaining £450,000 by this summer.

**So we urgently need your help**

You will find everything you need to make your fundraising run smoothly below and if you would like any specific materials, or to take part or help with any events please do get in touch with us on:

[fcappeal@lindenlodge.wandsworth.sch.uk](mailto:fcappeal@lindenlodge.wandsworth.sch.uk)