

ANNUAL REPORT 2020/2021



Parents and carers from all walks of life, walking together
Because together, there's a greater chance for things to get better and brighter

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BOARD OF DIRECTOR'S UPDATE

North Somerset Parent Carers Working Together was formed in October 2017 and changed status to a CIC in September 2020. This change meant that rather than being run by a committee it is now formed of a trio of directors, members of staff, parent reps and a steering group. The reason behind becoming a CIC was to ensure we as a forum are more sustainable and stable to ensure the best provision is available for parent carers in the North Somerset region. We continue to work with our strategic partners in both the local authority and health in order to affect change, improve provision and services for children and young people with SEND and alleviate the worry for their parent carers.

During the past year, we have struggled and been affected by the COVID-19 pandemic as everyone else has been, however, it has unfortunately become clear that parent carers of those children with additional needs and disabilities have been adversely affected by the lack of services and support during the various lockdowns. We quickly became accustomed to the online world and started to offer online Zoom links for parents. These included our chance to chat coffees to allow parent carers some adult interaction with those who were facing the same kind of challenges, as well as wellbeing sessions, coping with anxiety sessions, multi-professional sessions to give parents a platform on which to ask questions of those in charge of services and provisions.

In a small way, we are proud to know we have helped a small number of parent carers to feel less alone and more supported, and we are looking forward to growing our reach within the community of parent carers in North Somerset to continue to support and to share their voices with those able to facilitate change.

Kenton, Hayley and Angie



CEO UPDATE

With the challenges faced from covid, and the impact this has had on some of the most vulnerable in our community, it is more important than ever to ensure Parent Carers are effectively represented locally if we are to see the much-needed improvements across local authority, health and education provision for them and their children and young people. I would like to thank Quartet for their grant funding, which has helped us make significant progress and continue our support for parent carers when it has been most needed, along with the LA and CCG for their long term commitment to ensure our sustainability at this crucial time. We are passionate that we help grow a supportive community for parent carers in North Somerset in addition to representing their collective voice.

Kenton Mee CEO

"Kenton leads a truly formidable team who have worked tirelessly to offer invaluable support to families over a time when they have needed it most. Incredibly, they have also found time to develop and expand the forum and have kept pushing the SEND agenda forwards, ensuring that the voices of parents and carers in North Somerset are well and truly heard. You are all to be congratulated."

Sarah Bishop – Supportive Parents



MEET THE TEAM

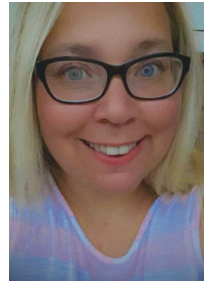
We would love to introduce you to our team



Kenton Mee,
CEO and director



Hayley Lewis,
Engagement Manager
and Director



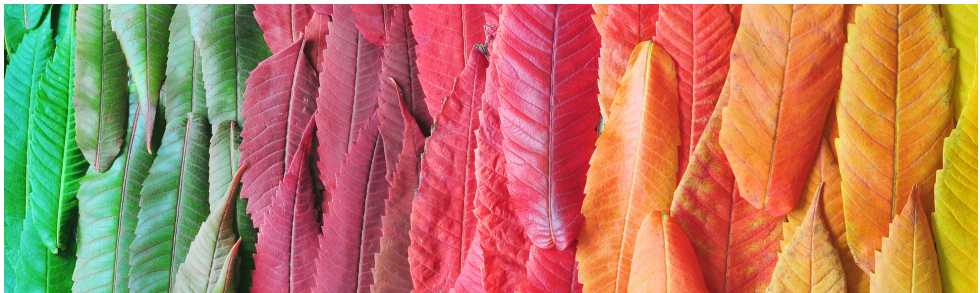
Angie Griggs,
Project Manager
and Director



Laura Shaw
Training Co-ordinator



Francesca Betts
Media and Marketing
Administrator



SNAPSHOT OF OUR YEAR

Our reach

Email subscribers

269

Website visits

2100

Facebook followers

848

Twitter followers

193

Instagram followers

85

Support and Participation

Online sessions

33

Parents reached

270

Meetings attended

78

Local authority meetings

46

Health meetings

28

Parent carer voice

It has been a pleasure to ensure the forum has reached as many parent carers as possible during these difficult times. We responded to parent carer requests for training, needing time to talk to other families, reducing isolation and ensuring the parent carer voice to be heard. The transition to the virtual world has been positive and we have managed to create a steering group of parent carers along with parent rep recruitment to support us in the forum, thus supporting more parent carers in North Somerset as a whole. We have made great links with professionals and continued to build our relationships with them encouraging many joint events to occur for the benefit of parent carers and their children and young people. We have gathered fantastic feedback from our community and will continue to provide opportunities for parent carers to be heard both face to face and virtually over the coming months.

"Thank you for tonight, it has been our first time meeting new people, we are new to this area and haven't found any support yet. This has been really helpful. It was great to be able to separate and talk to the professionals individually."

Virtual coffee event with:

Anthony Webster - send team manager

Huw Thomas-Jones - Home to school transport manager

Sarah Bishop - Supportive Parents

"Found this training really useful, not only for my children but for myself, especially separating the worry from the person. We talked about how we need to make more time for ourselves and those tokens and how we need to take some of those for ourselves."

Training event with Dr Karen Treisman

Clinical psychologist and best-selling author

Parent carer voice....

"It was lovely to see you all in the zoom meeting today, it was a very interesting presentation from Debbie and great to hear other peoples perspectives on sensory issues."

Virtual sensory talk with
Debbie Meinjities - Occupational therapist
Alyson Harris - Therapies manager

It opened up lots of channels of communication between parents and councillors, it helps being able to put names to faces, and it helps the councillors be able to know exactly where Sen parents are struggling with their fights for their children.

Meet your councillors event

Well done to you and the team for another well organised and really helpful event - I know you and your team is small but they are definitely high quality! Some powerful stories which are often very difficult to listen to but absolutely necessary for everyone to hear. I always come away from events like that thinking I've met some really lovely people.

Meet your Health Commissioners event

Parent carer voice....

It was a fantastic idea, was great to be able to voice concerns, experiences and be able to put all that together for other parents and carers to be able to access resourceful information more efficiently knowing there are support groups available.

Chance to chat and steering group recruitment event



"Since becoming lead Member for Children's Services in May 2019 I've had the opportunity to see all the amazing work that the parent carers forum (NSPCWT) does. It's been a privilege to take part in the "Meet the Councillors" events and to have heard first-hand of your members' experiences, which is invaluable. You have my support and admiration, and by working together, we are all committed to getting the best possible outcomes for the children and their families."

Councillor Catherine Gibbons

UPDATE ON SUPPORT

We were extremely lucky to receive a grant from Quartet to expand our training offer to parent carers within our community. After doing a comprehensive gap analysis to identify what was lacking across the area and a comprehensive plan of training has been put in place for the year 2021/2022. Below is a snapshot of what we have done so far and what is still to come.

Mindfulness taster for parent carers

Supporting children and ourselves with feelings of anxiety, stress, fear and worry

Looking after our wellbeing at christmas

What is social thinking and how can we support this?

IPSEA Training

Fussy eating

Sleep seminar - strategies to help

Supporting siblings of children with neurodiversity

Issues with continence

Managing difficult behaviour

What we have done so far....

What's coming up.....

Parenting tips for parents of children with ADHD

Understanding autism in girls

Makaton for early years

Support your young person with self esteem

Support your young person to build healthy relationships

Training around dyslexia, dyscalculia and dyspraxia

and many more.....

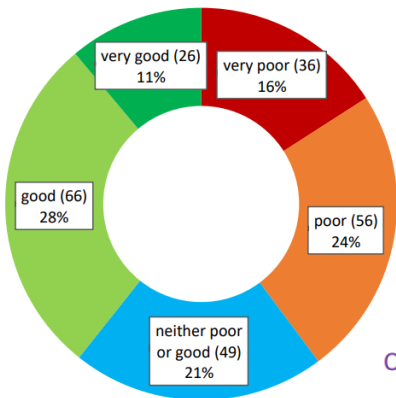
SURVEY STATISTICS

This year we put a very comprehensive parent carer survey together, it ensures we are constantly representative of the community we serve and helps to affect change with our strategic partners. As always we ensured it highlighted parent carer views on Education, Health and Social care in North Somerset. Below are some of the key findings of the survey, however the full version can be found on our website.

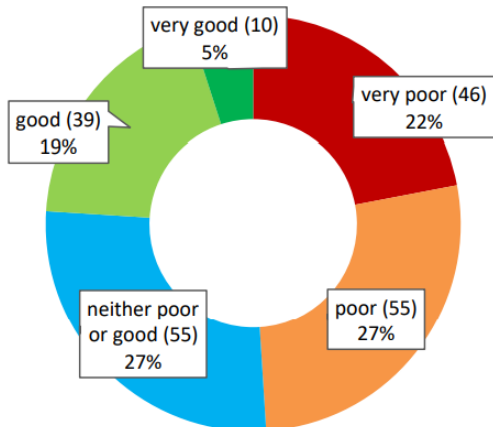
233 parent carers responded to our survey declaring that they have a child aged 0-25 and has any additional need or disability living in North Somerset.

We would also like to say another big thank you to everyone who took the time to complete it, as we know how valuable your time is.

Q2. How do you rate services/provision in North Somerset for children and young people (aged 0-25 years) with additional needs and/or disabilities?

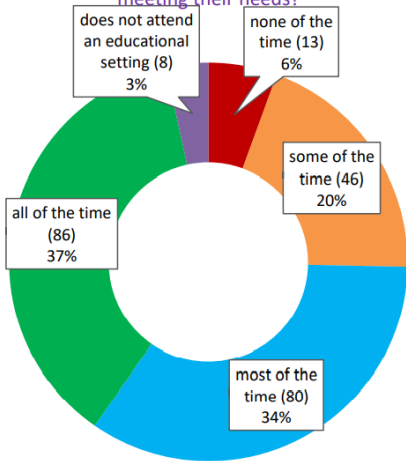


Q6. What is your experience of telling your child's story as few times as possible?

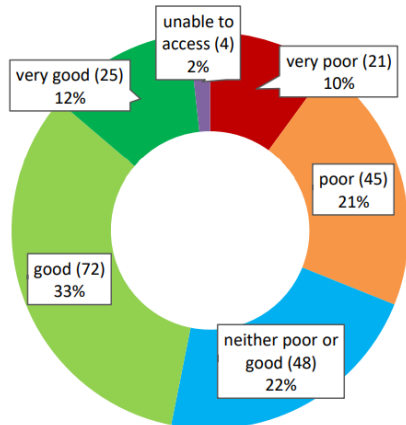


SURVEY STATISTICS...

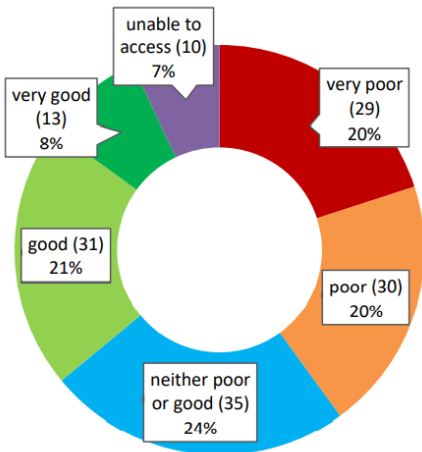
Q3. Do you feel your child's educational setting is meeting their needs?



Q4. How do you rate health services your child accessed?



Q5. How do you rate social care services your child accessed?



FINANCE UPDATE

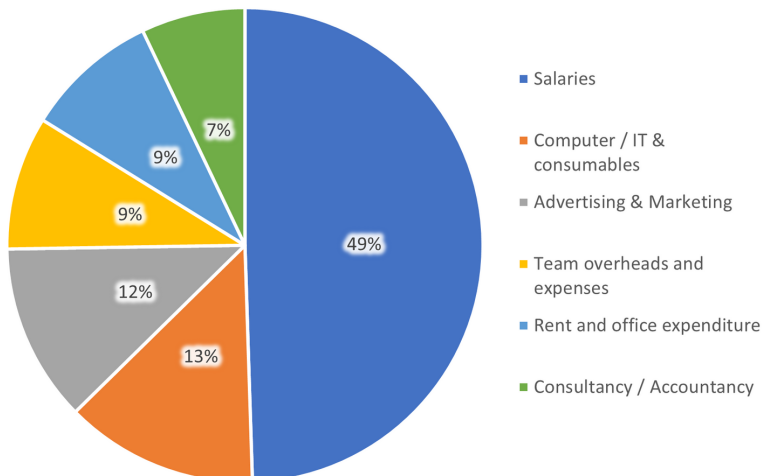
NSPCWT's accounts are independently examined, and a financial statement produced by Godfrey Wilson Limited, Chartered Accountants & Statutory Auditors.

Almost all our funding has been received from Grant funding this year with our core participation grant from the Department of Education of £15,000 along with a further £10,000 discretionary grant. £5000 from North Somerset Council and £10,000 from the CCG was received to support the forum during Covid with a further £32,200 grants via Quartet for forum development and parent carer training.

Total income for 2020/21 £56,210, in addition to this we have deferred income of £28,718 for use in 2021/22 (This includes a Training Grant of £11,680 and NHSE resource development held on behalf of 3 parent carer forums, NSPCWT, Bristol & South Glos, £7,038)

The CIC incurred costs totaling £55,575 leaving a pre tax surplus of £635.

NSPCWT - how we spent our money:



NEXT YEARS PLANS

For the year 2021/2022 we have four areas on our work plan that we address at a strategic level using full input from parent carers to drive the need for change. These are identified high priority areas from our annual survey. The areas we are working on this year are:

- Covid-19 response
- Education
- Health with a focus on CAMHS
- Social Care

Alongside our very comprehensive training package which will be running throughout the next 12 months, we also have 4 large scale events. These are run in partnership with other agencies within North Somerset and allow parent carers to talk to multiple professionals in one day. They are:

- Local offer event, showcasing all that is on offer in the area 29/09/2021
- Meet your Councillors and Health Commissioners 07/10/2021
- Transitions event, from 0-25 including preparing for adulthood 10/11/2021
- Social communication and Autism fayre - March 2022 (date tbc)



FUTURE PLANS

The forum's long term aim is to become a sustainable, inclusive and non-judgmental space to offer a wide range of support for our parent carer community. We are extremely passionate and driven and hope to open two resource centres within North Somerset in the future to ensure we have the ability and capacity to build our community and ensure everyone's voice is heard.

Initially, we will set up a hub in Weston-Super-Mare, to facilitate our office requirements along with providing a hub for parent carers. Hubs will feature a safe, relaxed space where parent carers can receive informal support through coffee events, learn about support that is available to them to help them to make informed choices, along with facilitating more formal support through workshops and training. The hub will be used as a resource for the community with the expectation that it will be used by all stakeholders and other voluntary organisations in providing information and support to our community.

We also feel there is a huge need to develop some parent carer peer navigators to help the navigation through what is often a maze of support, benefits and forms. We would be keen to explore how this role could be developed and offer additional benefits around the personalisation and social prescribing.





Thank You!



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