



Welcome to the latest edition of the Face 2 Face Network newsletter!

We would love to know what you think of the newsletter – email us with your comments.

We will continue to produce the newsletter quarterly and would welcome information about network events, websites and news for inclusion, please email face2facenetwork@scope.org.uk with any information you would like to share.



Network News

New telephone number!

The Face 2 Face Network now has a new contact telephone number which is **0844 800 9189** and a member of staff is available to take calls during normal working hours. This number is now our main contact telephone number and could we please ask everyone to take a moment to check and update their records, literature and websites.

Welcome to Juliet!

The Face 2 Face Network is pleased to announce that Juliet Blackburn has recently joined our team as Network Liaison Officer. Juliet's role will include supporting the Online Co-ordinator with the continuous development of our online service, production of the Face 2 Face newsletter, discussion forums, together with various other responsibilities. Juliet has many years' experience in administrative roles and we are delighted to welcome her to our team.

Nikki jets off on a big adventure!

The Face 2 Face Network said a sad farewell to Online Co-ordinator Nikki Cull in November as she embarked on her adventure to Australia. Nikki and her family plan to live in Australia for a year initially. Nikki has been with Face 2 Face for many years, joining as local co-ordinator for Bath and North East Somerset and progressing to the role of Online Co-ordinator and then Training and Development Co-ordinator. The Network wishes Nikki all the best and hopes to hear about her big adventure very soon.

Online Befriending Service

As Nikki jets off to Australia, the Face 2 Face Network welcomes Marianne Simpson to the team as Online Co-ordinator. Marianne is responsible for the running of the service including handling referrals and supporting the online befrienders.

Nikki's departure has meant the official launch of the online service has been delayed and we now hope this will take place next spring.

For further information on the online service please contact the Face 2 Face Network on 0844 800 9189 or email online@face2facenetwork.org.uk

Further information is also available on our website <http://www.face2facenetwork.org.uk/about/Onlinebefriending.htm> and parents can refer themselves to the online service by completing the online referral form.

Un exito para Face 2 Face / A success for Face 2 Face

Face 2 Face has recently been awarded a grant to work in partnership with ASPACE, a Spanish organisation supporting disabled people and their families. The funding was awarded by the British Council under the Leonardo programme, which is a European funding stream aimed to encourage exchanges of best practices in the area of training and education.

Funding will enable Face 2 Face to send four trainers to our partner in Spain in order to share knowledge and experience of training and supporting parents of disabled children. The ultimate goal of the project is to design a tool-kit that could be used by organisations wishing to set up equivalent to Face 2 Face across Europe.

This project is a fantastic opportunity for Face 2 Face. It will enable the Network to gain some valuable experience of developing trans-national projects which will be key to gaining access to future EU funding. It will also allow Face 2 Face to test its training programme with parents who are not English. This will inform the trainers on how to best meet the needs of parents from a different cultural background who live in this country. Finally, it is an exciting and innovative piece of work for all those parents and trainers who will be involved through visits and participation on the Steering Group.

Well done Face 2 Face! Felicitaciones Face 2 Face!

NOTE

A mention of any product, treatment, therapy, web link or event does not constitute endorsement.

Face 2 Face website

For further information on Face 2 Face including more news please visit our website www.face2facenetwork.org.uk

Our website includes a general introduction to Face 2 Face, provides information on the befriending process, details how to become a befriender, provides network funding information, questions and answers, news, contact details for local schemes and details on our online and telephone befriending service.



Scheme News

Face 2 Face Cornwall Services (formerly known as Parent to Parent Cornwall)

Newquay Zoo was again the venue for the Face 2 Face Cornwall Services summer fun day. Despite the weather, over 100 parents and children attended. The day was supported by The Children's Fund, which provided mask making and musical instrument activities throughout the day.



The fun days are an opportunity for the volunteer befrienders and their families to get together and for the service to thank them for their support throughout the year.

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All volunteers are themselves parents of disabled children. Each volunteer completes a 40-hour training course and receives regular support through monthly meetings. The aim of the service is to provide emotional support, information and signposting for parents at the time of their child's diagnosis or at any time when they feel that they would benefit from being put in contact with another parent who has had similar experiences. The service is available to any parent who feels that they may benefit and is not dependent upon children having formal diagnosis or receiving disability benefits or services.

The last year has been particularly busy for Face 2 Face Cornwall, which has secured funding to extend the service across the whole county and will be running training for volunteers in the Caradon and Plymouth areas this autumn. This is in addition to their rolling programme of refresher and top-up training across the county. Over the last year they have gone from two staff to nine, with groups in Barnstaple and Plymouth also becoming part of the service.

They are keen to hear from parents who would like more information about becoming a volunteer or being supported by a befriender. Please contact Face 2 Face Cornwall Services on 01209 210660 or by email to tamsin.coade@scope.org.uk

Training Co-ordinator Anna Walker would like to congratulate the following people who have completed the befriender training and adds, "It's been an absolute pleasure!"

Congratulations to:

- | | |
|-------------------|-----------------|
| * Louise Terry | * Mandy Rust |
| * Andrea Richards | * Louise Andrew |
| * Mark Goldie | * Lynne Green |

Welcome to the family!

Face 2 Face Exeter, Mid and East Devon – new scheme!

For the last two years a group of people has been working together to make the idea of a Face 2 Face scheme in their area a reality. They have formed a charity called A Brighter Tomorrow and are working in partnership with the Face 2 Face Network to establish and sustain this much-needed service.

In September, A Brighter Tomorrow appointed Trish Oliver (right) as Face 2 Face scheme co-ordinator to oversee the local service. Trish's background includes psychiatric nursing and teaching in an inclusive primary school.



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Trish says "I am proud to work for Face 2 Face and A Brighter Tomorrow. I also embrace working in partnership with Devon Primary Care Trust and Devon County Council."

The scheme has recently recruited parent volunteers to train as befrienders and the response has been excellent. Twelve potential volunteers will be interviewed during November and the first training course will commence in January. Taunton's Parents for Parents Co-ordinator and Trainer, Zenah Rowe, will conduct the training.

A Brighter Tomorrow is planning to officially launch the service in April 2007 and further information will be available in due course. There is also a waiting list for a second training course, which we hope will run in late 2007.

For further information on this Face 2 Face scheme please contact Trish Oliver on 01392 219950 or 07786 531735. Alternatively email patriciajoyoliver@hotmail.com

South Essex Face 2 Face

Two volunteers had the pleasure of attending the Royal Garden Party this year and as it was a 'once-in-a-lifetime experience', one of the volunteers' husbands arranged a chauffeur-driven car so they could arrive in style! They did see the Queen (from a distance) but being such a gloriously sunny day, it would have been too hot to stand in line, waiting to meet her officially. The food was lovely and they even managed to take some wrapped Royal Windsor biscuits home for the children! Cameras were not allowed but they did get a couple of sneaky shots on their camera phones!



Bath and Wiltshire Face 2 Face

In September three parents successfully completed the Bristol Half Marathon to raise funds for our local group. This event gave some welcome publicity to the project, whilst at the same time collecting a total of £1,300!

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NE Lincs Face 2 Face

A Christmas party is planned for all volunteers, their partners and children, together with the families they are supporting. 'Poncho Pete' will be providing the entertainment and Santa is rumoured to be making an appearance too!

A new team of volunteers has been recruited who will begin training in the new year. A men's breakfast is also being held in January with a view to recruiting and/or supporting more dads. Jacqui Wood would like to say a personal 'thank you' to all the Face 2 Face volunteers for doing such a brilliant job and added, "I love them!"

Somerset Parents for Parents

Zenah Rowe has the good news that five more parents are being trained by Somerset Parents for Parents and was pleased to comment that, "The Scheme should be up to well over 20 soon."



Strengthening Families Project Update

The Strengthening Families training package is about to go to print. After months of research and liaising with other organisations, the materials were trialled successfully in Stoke on Trent during October. Feedback was very positive with participants stating how important they felt the training was for those working with families of disabled children. Several Face 2 Face befrienders have contributed to the pack, writing honestly about what day-to-day life is like.

Strengthening Families has recruited 30 trainers to roll out the programme. They will be trained in January and February. If any organisations are interested in receiving the training at a discounted rate for a limited period please contact Vicki at vicki.hill@scope.org.uk

The project is also generating interest in Northern Ireland and Scotland where organisations are keen to work with the network.

Vicki Hill attended a conference in Hull during September to speak about the work of Face 2 Face. She was joined by Tina Blanchard, a befriender from NE Lincs. Tina spoke about her experience of being a befriender and her input was very well received. In fact, Tina was inundated with people congratulating her on her efforts after the conference. Her input was incredibly valuable to the presentation. Vicki is attending the Kidz Up North conference on 30 November and is again speaking alongside a befriender.

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Sleep Solutions – New Project!

Children who have special needs often have serious sleep problems. They may not settle in the evening, wake very early in the morning or wake several times throughout the night. Until fairly recently little information was available about sleep problems and ways to resolve them. Often parents believe these difficulties are part of their child's condition and have to be tolerated, yet sleep deprivation can have a huge impact on both the child and their family, affecting their ability to function during the day and often being the cause of family break-up. There are many things that parents can do to develop a regular bedtime routine and settle their child to sleep using specially adapted behavioural techniques.

A charity called Sleep Scotland has been training and supporting sleep counsellors since 1998 to work with parents who are experiencing difficulty with their child's sleep behaviour and patterns. The outstanding success of this service means that sleep counsellors are now widespread throughout Scotland, working with parents of children with special needs, funded by the Scottish Executive and local authorities.

The Face 2 Face Network would like to offer this service to parents in England, recognising that this is a great unmet need. Our aim is to secure funding to enable professionals/parents experienced at working with parents of children with special needs to complete Sleep Scotland's training programme and then offer the service within their local area. Sleep counsellors usually work in pairs to make sure a sleep problem is fully assessed and understood. The service is free and confidential.

Face 2 Face has two trained sleep counsellors working with parents in the Bath and Wiltshire and Somerset areas. To make a referral or to find out more information please contact:

Juliet Blackburn
Sleep Solutions
PO Box 452
Bristol
BS32 4WT

Telephone: 0844 800 9189

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Scope Response is the new information, advice and support service for disabled people and their families. For information on cerebral palsy, disability issues and all services, Scope Response is your first point of contact. You can get in touch by letter and email or if you would prefer to talk to someone please call the response team on 0808 800 3333 – they will work with you to find the information you want, 9 am–7 pm weekdays and 10 am–2 pm on Saturday, closed on Sundays and Bank Holidays. A phone message can be left outside of these hours but please leave full contact details including your area telephone code. All calls are free in the UK. If you prefer to write, the address is: Scope Response, PO Box 833, Milton Keynes, MK12 5NY. Please include SAE for a reply.

Email: response@scope.org.uk or visit www.scope.org.uk/response/index.shtml

In The Picture Project

There have been some exciting developments within the In The Picture project over the last couple of months.

The story so far...

A conference was held in London in October with over 70 delegates attending from the world of children's books, libraries and organisations working with young disabled children. The conference rounded off a successful first year for the project and was chaired by Tara Flood, Director at the Alliance for Inclusive Education. The day contained a series of thought-provoking presentations from a range of speakers. A full conference report will soon be available on the In The Picture website.

Quentin Blake, the much-loved illustrator best known for his work with Roald Dahl, has shown his continued support for the project by donating three unique illustrations. Inspired by photographs and images of disabled children provided by the project, Quentin drew three lively illustrations that he hopes will inspire other illustrators. You can see them at:

<http://www.childreninthepicture.org.uk/QuentinBlake.htm>

The Children's Gallery has continued to grow with children sending in their paintings and drawings – many inspired by the project's work with the national Big Draw campaign. If you know any children who would like to send their pictures in to the project to be displayed in the children's gallery please contact us at: inthepicture@scope.org.uk

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Events

Foot Anstey Medico-Legal Information Day - in conjunction with the Scope Inclusion Team based in Saltash

This event is being held between 9.30am and 12.30pm on Saturday 9 December 2006 at the Foot Anstey office, Derry's Cross, Plymouth and is aimed at parents with disabled children, disabled adults and professionals alike. They hope to provide interested parties with a background in pursuing a claim in clinical negligence, together with information on education disputes, 'best interest' issues and the role of the Court of Protection. Speakers will include

- Mr Michael Powers QC, editor of Powers & Harris, Clinical Negligence
- Denzil Lush, Master of the Court of Protection
- Andrew Mullen, Head of Service, Scope Inclusion
- Clinical Negligence Solicitors from Foot Anstey

Entry and refreshments will be free of charge. It is a disability-accessible venue and limited parking will be available, as well as limited crèche facilities.

To confirm your attendance please contact Jessica Harries at Foot Anstey Solicitors – tel: 01392 685343
email: Jessica.harries@foot-ansteys.co.uk



Websites, Books and Resources

The Complete Guide to Asperger's Syndrome

Written by Tony Attwood

The definitive handbook on Asperger's syndrome by the world's leading expert on this condition. To order a copy visit <http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=422&a=11214>

Make It Work For You – New Guide for Working Parents of Disabled Children by Working Families

Based on interviews with the experts - parents who already successfully combine working and caring - Make It Work For You

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looks at why work is so important for parents of disabled children and gives practical advice on how to make the inevitable juggling act work for families. Price £5.50 (post free) for parents, £15.50 for others.

https://www.workingfamilies.org.uk/asp/family_zone/f_publications.asp

Grandparents and the extended family

The role that grandparents can play is immense if, of course, the bond has not been severed by family break-ups. In the UK nearly five million grandparents each spend the equivalent of three days a week caring for their grandchildren and since the 1930s the percentage of children receiving some care from their grandparents has jumped from 33% to 82%. Grandparents Plus and Understanding Childhood has been designed to help strengthen those bonds. To download a copy of the leaflets visit

www.understandingchildhood.net/leaflets.html

and www.grandparentsplus.org.uk

STEPS

(Special Toys Educational Postal Service) provide adapted battery-operated toys and switches for disabled children, 16 years and under, free of charge and on long-term loan anywhere in the UK.

For information contact: STEPS tel: 01803 311322 email:

stepsorg@fsmail.net or visit <http://www.stepscharity.org/>



Christmas Wishes!

The Face 2 Face Network would like to wish everyone a very Merry Christmas and Happy New Year!

Many developments have taken place during this last year, including: new local schemes starting up; development of the Strengthening Families Training Package; Sleep Solutions project. The Face 2 Face Network would like to thank everyone who has contributed to our work.

The Face 2 Face Network would also like to extend a special thank you to all the parent volunteers who deliver the befriending service and are pivotal to the quality of service new parents receive and for their invaluable input into the development of the service.

Thank you and Merry Christmas!

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Message from the Network

The Face 2 Face website and [newsletter](#) belongs to the network and the people that use it.

[Please contribute](#) to this newsletter with your news, events, sponsors, fundraisers, websites, recommendations and anything else you feel may be of benefit to Face 2 Face.

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Telephone	0844 800 9189

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