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## Rochdale Parent Carers Voice Newsletter: October 2021

On Monday 20th September, some of our lovely forum members took part in a focus group held by the Educational Psychology team. The group was set up to make sure parent carers' lived experience fed into the design of Educational Psychologist reports for Educational Health Care Plans (EHCPs). The challenge is to write clear concise reports that describe the child or young person and that are written in a way that makes it easier for the EHC team who put the plans together.

It was also a chance to discuss our own personal experiences of working with Educational Psychologists when applying for EHCPs over the last few years. Some of the feedback included

- It feels like too much emphasis is put on the Educational Psychologist report during the EHCP application process
- The Educational Psychologist doesn't spend enough time (or any time during Covid-19) with the child or young person yet is expected to write a full report about them
- Can a report be amended after it's been written, and if so how?
- Could a parent carer contribute part of the report themselves?
- The reports can be repetitive and the reader might gloss over parts because of this

The Educational Psychology team are currently writing up the feedback from the focus group and making sure it feeds into their new report design. A big thank you to the members who took part!



Time to Talk is a new service for young adults with additional needs aged 16-25 years who are feeling anxious, isolated and lacking motivation as a result of the Covid-19 pandemic. You can fill in an online form and speak with one of the trained Supporters who can meet you for an introduction and find out what will be most useful to help you move forward. This could be through peer support sessions, activities/contacts in your local area or providing you with individual sessions to build your confidence and explore next steps to suit you.

Find out more at: <https://www.ndti.org.uk/projects/time-to-talk-next-steps>

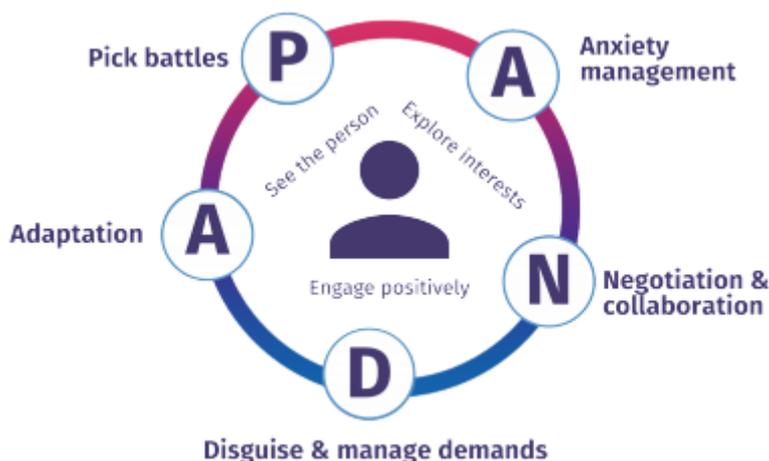
## NHS 111 survey

Please can you fill in this quick survey about using the NHS 111 service: <https://www.surveymonkey.co.uk/r/YSH5GPC>

## SUGGESTION BOX

What would you like to see more of? What things should we be looking into?

Email us at [RochdalePCV@outlook.com](mailto:RochdalePCV@outlook.com)



### Jargon buster: Pathological Demand Avoidance (PDA)

A PDA profile of autism means that individuals share autistic characteristics:

- currently defined as “persistent difficulties with social communication and social interaction” and “restricted and repetitive patterns of behaviour, activities or interests” present since early childhood to the extent that these limit and impair everyday functioning
- often including a different sensory experience in relation to sight, smell, taste, touch, hearing, vestibular, proprioception and interoception.

... and in addition:

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enjoy) to an extreme extent

- tend to use approaches that are 'social in nature' in order to avoid demands
- present with many of the 'key features' of PDA rather than just one or two
- tend not to respond to conventional parenting, teaching or support approaches

Text taken from <https://www.pdasociety.org.uk/what-is-pda-menu/about-autism-and-pda/>



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