

Chat from the last Ribble Valley forum on the 9th November

We are a small and elegantly formed parent/support group and we would love for parents to drop in and say hello.

We had invited two guests to our Forum and after a bit of a gossip and a brew the first up was Bernie who talked to us about the benefits of Yoga for babies and children, these can include improving co-ordination, strengthening joints to help with hypermobility, as Yoga teaches controlled breathing this can help with relaxation and sleep. What is there not to like? Bernie is currently running sessions at Carers Link for young carers to attend and is hoping to start teaching and running sessions in some schools. We were all hoping for a demonstration but apparently the room was not big enough!

If you would like any more information you can email Bernie at yogawithbernie@gmail.com

Or visit her website <http://yogawithbernie.wixsite.com/yogawithbernie>

Our second speaker was Jo Barker from Welfare Rights a very informative chat regarding how the benefit system is changing and how parents and carers need to be aware of this to get when applying for benefits for themselves or their children.

It was obvious from listening to Jo that she and her team are passionate about helping people to get the benefit payments they are entitled to and she advised that anyone with children aged 16 and over to seek advice when completing benefit forms to get the best possible results.

After discussions in the group Jo took contact details of some of our parents so she could contact them directly to provide further support.

She also reminded us (and I did not know this) is that it may be possible to get Council Tax discounts if you are a carer for a child over 18

You can contact this team on 0300 123 6739

Or [Contact Welfare Rights Service - Lancashire County Council](#)

We had notice of a Christmas Fair fundraising event from the Play4uz2 fundraising group this will be on Saturday 25th November at Hyndburn Leisure Centre 10am - 3pm, all the usual suspects will be there, Santa, Games, Stalls, Face Painting and More.

I also passed round a factsheet on informal exclusions, what schools can and can't do, if anyone wants an electronic copy just email me and let me know

Looking forward to seeing you all at the next meeting 7th Dec, same time, same place

Give me a call if you have any concerns you want to raise or topics you would like me to find out about

Kim Campbell -Information, Advice and Support Liaison Officer

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