

The London Network of Parents with Learning Difficulties



We are a group of parents with learning difficulties and workers. We work together to improve outcomes for parents with learning difficulties and our families.

We want parents and children to stay together and get the right support.



We have been meeting for nearly 10 years.

The London Network of Parents with Learning Difficulties

We meet in different boroughs around London.

We talk about ways we can make things better for parents with learning difficulties.

We have a website where we want people to send us useful information



We go to partnership board meetings

We speak at conferences

Terms of Reference

- To find out what goes on in other boroughs
- To let people know what it is like to be a parent with learning difficulties and disabilities
- Share ideas between workers and parents
- To help parents groups in other boroughs



- To help services offer the right support
- To campaign and raise awareness to make change happen
- Support each other
- To share parents experiences
- Make our voices more powerful

- Learn from each other and identify areas that need changing
- Discuss issues and feed back to

Working Together with Parents Network



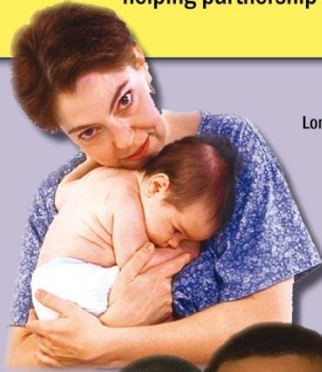
**Working Together
With Parents Network**
Supporting professionals working with
parents with learning difficulties

The Mellow Reference Group

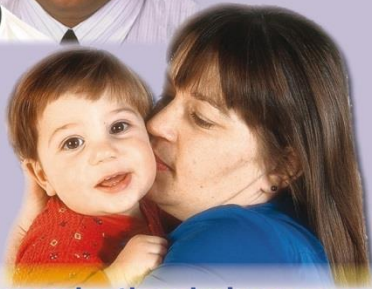


Parenting Toolkit:

helping partnership boards meet the needs of people
with learning difficulties



London Network of Parents with Learning Difficulties
Elfrida Society
Valuing People Team



supporting us to make the choices we want

The Parenting Toolkit

Four year ago the London Network made the Parenting Toolkit

It is an important book for local authorities to use

It will help them to find out how good their services are at supporting us



We hope the toolkit will help adult and children services to work together



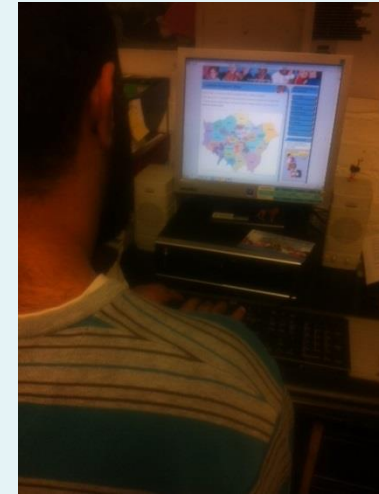
It was made by parents with learning difficulties



Because we are the experts!

What next for the London Network of Parents with Learning Difficulties?

We want to update the website



We want to update

the Parenting Toolkit

Pregnancy and birth
Getting ready for the baby



- 2 How often can we get midwife checkups through pregnancy?
What **special support** is there at checkups? (Extra time, easy information, trained staff)
- 3 How do you make sure we have the **same midwife** through pregnancy?
- 4 What **antenatal classes** do you offer, and do you offer **easy information** on pregnancy and birth?
- 5 How do you include **fathers** in your care and support?
- 6 What help do you offer us to write a **birth plan**?
- 7 What choices do you offer about **home birth** and **pain killers**?
- 8 What **easy information** do you offer about these?
- 9 What choice do you offer us as new parents? (Support worker, adult placement scheme, parent baby unit etc)

We want new members and new places to have our meetings



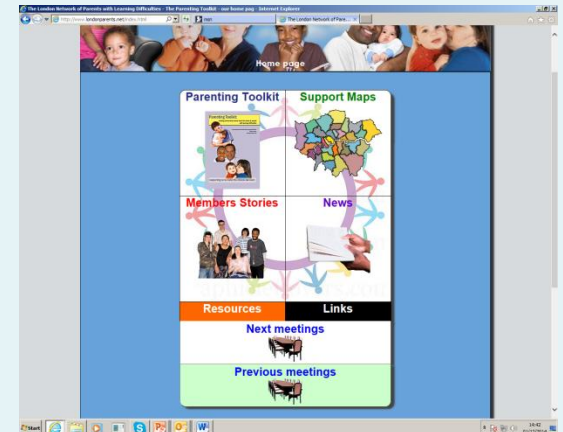
You can find out more about the London Network from the website www.londonparents.net



You can send us information about services



You can download helpful documents and our membership form



The London Network of Parents with Learning Difficulties

Thank You for listening



Nabeel, Murat and Diane from the London Network of Parents with Learning Difficulties

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