

contact a family
for families with disabled children

incorporating
The Lady Hoare Trust

in contact



The newsletter of Contact a Family North East

www.cafamily.org.uk/northeast

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Summer 2011



THE KAYAKS

Pictured left are young people from THE KAYAKS Group in South Tyneside enjoying a recent weekend at Kingswood Activity Centre.

See page 6 for full information about THE KAYAKS and Friends of Bamburgh.

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Kathy Rist & Sarah Lewis
Contact a Family
The Dene Centre, Castle Farm Rd
Newcastle upon Tyne NE3 1PH
Tel/Fax 0191 213 6300
Email
northeast.office@cafamily.org.uk
National Freephone 0808 808 3555

Contact a Family would like to thank Northern Rock Foundation for their continued support of the North East Office



**northern rock
foundation**

Your Views & Publication

We Need You!

We have set up a very short survey so that we can find out what you think about the information we provide to you. We appreciate that you are always being asked to complete questionnaires and evaluations but it is really important for us to get your views so we can provide the information you need. The survey is really short and takes about **5 minutes** to complete.

As well as driving the work of the North East office forward, gathering your views on the information we provide also helps us with funding applications, so please do take part if you can.

You can access this online at

<http://www.surveymonkey.com/s/3WGHBR>



If you do not have access to a computer or would prefer a paper copy of the survey, please contact us on **0191 213 6300** and we will send you one in the post.

The closing date for returns is **Friday 1st July 2011**.

Thanks a lot for taking time out to do this - we really do appreciate it.

My Rights, Your Responsibility

'My Rights, Your Responsibility' is an information pack for parents of disabled children from the Council for Disabled Children (CDC). It gives information on your child's rights to access activities, community facilities and other services. So often disabled children are told they can't join in because of health and safety and their impairment. The pack gives information on what needs to be done to make sure children can safely join in. The pack will also be helpful for service providers as it also shows how an organisation providing an activity should meet their responsibilities in terms of health and safety.

There are five basic leaflets and eight web-based information sheets. Hard copies of the leaflets can be ordered by emailing data@mdsltd.uk.com or calling **020 8676 9989** or you can download or view the web based information at <http://tinyurl.com/5ttvbaj>

Contact a Family North East 0191 213 6300

Barnardos DAISS

Barnardo's Disability and Inclusion Support Service currently provides a number of services for disabled children and their families across the North East.

Gateshead

Parent Partnership – support for parents/carers of children with Special Educational Needs

Young People's Forum - a decision making forum for young people living in Gateshead which meets on a weekly basis

PA services – short breaks and family based activities

SPLASH – Jewish out of school club

Newcastle

Community Short Breaks Service – intensive family support to initiate change and develop strategies to support the family, referral via Children with Disabilities Team and Hospital Social Work Team

Sunderland

Youth Group - every Wednesday during term time from 5.30-7.30pm at Pallion Action Group Community Centre.

Darlington

Holiday Scheme – group based activities for disabled young people and their siblings aged 3-19 years old held during school holidays

Redcar and Cleveland

After school and weekend youth groups – Monday for young people with Autistic Spectrum Disorders, Saturday for young people with complex health needs and Wednesday is about learning and developing social skills

PA service – short breaks and family based activities

Durham

Personalisation Innovation – working with families going through transition to provide support around personal budgets

Coming Soon

North East region wide Personal Assistant (PA) agency

For any further information please contact Barnardo's Disability and Inclusion Support Service on **0191 4784667**

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PAWS & Calvert Trust

PAWS (Parents Autism Workshops & Support) has grown from the work of Dogs for the Disabled, an innovative charity that has developed the training of assistance dogs to work effectively with children with autism. Workshops are designed to provide parents with the information and long-term support for sourcing, choosing, handling & training a pet dog specifically to benefit a child with autism & the family.

Through practical demonstrations, discussions, hands on learning and course handouts, the workshops will cover a variety of topics, from practical ways in which the dog can help the child's development, to selecting the right dog for the family. Following the workshops, the PAWS team will offer ongoing support to families, through a variety of media, from telephone support to an online forum and family support network.

The PAWS Project is open to parents of children aged between 3-16 years, with a clinical diagnosis of autism. Families may or may not have a pet dog within the household, workshops are open to all. Families may be required to contribute information to the 3 year research project.

To make sure they can equip parents with all necessary information, they require parents to come along to all three workshops. Locally, these will take place on **Tuesdays 6th September, 4th October & 8th November 2011** (10am start, 3.00pm finish approx) at Dogs Trust Rehoming Centre, County Durham. A one off payment of £30 is required. All workshops, refreshments, lunch, resources and PAWS Pets membership aftercare support is included in this fee. For more information or to book places, please contact them on **01295 759836** email **PAWS@dogsforthe-disabled.org** or see their website at **<http://paws.dogsforthe-disabled.org>**

Calvert Trust Taster Days - Northumberland

Throughout the Summer, Calvert Trust in Kielder are running taster sessions to enable families to try outdoor activities to see if they like them. Every Monday from 11th July to 29th August you can try a 30 minute session of canoeing for £5 per person and every Friday from 15th July to 2nd September (except 29th July) you can try King Swing and Climbing for £5 per person, per activity (2 King Swings and 2 Climbs). Sessions run from 10.00am to 4.00pm.

Suitable for the **whole** family, why not go along and give something new a try, if you like it, you can always go back for more! Booking isn't required, just turn up and pay on the day. Telephone **01434 250232** or view **www.visitkielder.com** for details.

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Gen'd Up? Workshop

Gen'd Up? Children's & Young People's Experiences of Genetics

When a child is seen as having something different about them, they may be invited to be seen by a paediatric geneticist to explore if this difference may be found within the child's genes, which may or may not be inherited. Sometimes this leads to diagnosis, sometimes not.

This is advance notice of a workshop that will take place on **Friday 28th October 2011** (half term week) from 10.00am to 1.00pm at the Great North Museum, Newcastle upon Tyne.

This workshop will draw from an in-depth study undertaken over the last 3 years by Newcastle University, in order to think about what it is like for families, including children and young people (those referred and their siblings), to get involved with genetics. The study was funded by the Economic & Social Research Council.

The workshop provides an opportunity – for families and practitioners interested and/or involved in genetics - to find out what children and young people, and their families, think about the experience of being seen by Paediatric Genetic Services, what is important to them, and what effect it has had on their lives.

The workshop will include a presentation of the research findings; discussion groups for attendees to participate in and feedback and displays of children's pictures and text.

This is a free event and children and young people are welcome; there will be an entertainment area provided by Sensory Spaces and refreshments and a buffet lunch will be provided. **Pre-Booking is Essential**

The workshop will be of interest to: parents, carers and children who have been seen by, or could be seen by Paediatric Genetic Services in the future; medical professionals working in genetics; paediatric medical professionals (general/specialist/community) and other professionals (voluntary / statutory / academic).

The workshop is being organised by the researchers, Janice McLaughlin & Emma Clavering from Newcastle University. Discussions will be facilitated by representatives from Contact a Family North East and Unique

If you have any queries or would like a booking form, please contact Emma Clavering by email at e.k.clavering@ncl.ac.uk or call **0191 2083259**

Contact a Family North East 0191 213 6300

Local Information

Friends of Bambugh - South Tyneside

As featured on our front cover, South Tyneside's Kids & Young Adults Klub - Special Needs, or "**THE KAYAKS**" as they prefer to be known, is a weekend, voluntary run play session and support group provided by the "Friends of Bambugh" team.

Their aim is to provide a fully supervised, safe friendly environment where special needs young people, their siblings, parents or carers can interact and enjoy activities. The range of activities vary each week but will usually include the following leisure activities:- Bouncy castle, Go-Karts and scooters, Sports hall for football/basketball etc. Outdoor sandpit, Musical instruments, Wii console, Playstations, Rock Face climbing wall and more.



The club meets at Mortimer Community Association, Reading Road, South Shields every Saturday afternoon from 1.00-4.00pm

Friends of Bambugh also run a **Pre-School Drop In** session for parents and carers of pre-school age children with special needs held at their resource room, Bambugh School every Wednesday from 1.30-2.30pm

The group have also received big lottery funding for their "F.I.R.S.T." (Family Information Resource Support Time) room too at Bambugh school. The idea of this resource is to give parents/carers and students access to information, books, publications and DVDs etc on a wide range of issues ranging from medical conditions, diagnosis, help organisations, benefit advice and so much more.



For more information, you can call Malcolm (Chair) on **07724162980**, Jill (Secretary) on **07934827775** or Julie (Treasurer) on **07507115943**
Or you can see full details on their website at <http://www.thekayaks.webs.com/>

Parent Support Advisors (PSAs) - County Durham

PSAs are workers in your child's special school who are there to support you. They can support you around issues such as behaviour, time for you, attendance, meeting other parents and changes in family life. For more information or details of your local PSA, please contact Jayne Price, PSA Coordinator for Special Education on **07500037764**

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Local Information

Gateshead Inclusive Fun Day

The fun day is free, friendly and relaxing in an enjoyable atmosphere, where parents can have various holistic therapies, gather information and hopefully learn something new that will benefit their families. Children and young people can try new things, play games and have fun like their able bodied peers.

This year's event takes place on **Thursday 25th August 2011** at Gateshead International Stadium from 11.30am-3.30pm.

Attractions include: Animals from Bill Quay Farm, Bike Rides with the Gateway Wheelers, Fairground Rides & Bouncy Castle, Balloon Man, Activities & Games, Emergency Service Vehicles, Sports, Tombola, Raffle, Sandpit & Play Area, P.A.T. Dogs, Face Painting, Gymnastic Display, African Drums, Climbing wall, Mix It Music, Automotive Group, Gateshead Thunder, Trampolining, Archery, Sensory Room & Chill Out Area

If you need any further information, please contact Gillian Newman, Children's Involvement Worker by email at **GillianNewman@Gateshead.Gov.UK** or call **0191 4335144**

Beamworks

Beamworks provide fully interactive music and visual sessions for children in their own homes using a variety of accessible music technology, Soundbeam movement sensors and traditional instruments. Free advice is available on suitable equipment for individuals to work with in their own time or with family members.



Beamworks is led by Stuart Freeland. Having worked with children with varied physical and learning difficulties for over 10 years, Stuart has developed a great deal of knowledge and understanding of what can be achieved in the sessions

One to one lessons using the Soundbeam equipment are available, or fully interactive sensory sessions may be deemed appropriate for those with more complex needs. For more information, contact Stuart on **07951223363** or email **stuart@beamworks.co.uk** or see their website at **<http://www.beamworks.co.uk/>**

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Aycliffe ADHD Support

Aycliffe ADHD Parent Support Group, County Durham

This new parent support meets on the last Thursday of every month and holds fortnightly drop in sessions. They offer a friendly, non judgemental environment, support and have a close relationship with their local Citizens Advice Bureau. The group will be holding outreach sessions in the future on issues such as behaviour management techniques and general information on ADHD.

For more information, please contact Nicola Minnes or Lauren Randall by telephone on **07809549988** (Nicola) or **07714215805** (Lauren). You can also email them at **Aycliffeadhd@hotmail.co.uk** or see their website at **<http://aycliffeadhd.co.uk/>**

Contact a Family North East & Cumbria Local Contacts

Family Support Worker for Cumbria

Debbie Armstrong is our Family Support Worker in Cumbria. Debbie can provide one to one support & help with lots of information about local services etc. You can contact her on **01228 550069** or by email at **debbie.armstrong@cafamily.org.uk**

Volunteer Parent Representative

Bob Mitchell is in Northumberland and is happy to help local parents & professionals who would like more information about Contact a Family. You can contact him on **07532450218** or by email at **bob.mitchell@cafamily.org.uk**

National Freephone Number - 0808 808 3555

Contact a Family's **National Freephone Helpline** for parents of disabled children is open from Monday to Friday 9.30 a.m. to 5.00 p.m.

The text phone number is **0808 808 3556** and Language Line is available for parents whose first language is not English

If you did not receive this newsletter at your own address and would like to be added to our mailing list, please give us a call or write to us at Contact a Family, The Dene Centre, Castle Farm Road, Gosforth, Newcastle upon Tyne NE3 1PH.

Tel/Fax - 0191 213 6300

E-mail - northeast.office@cafamily.org.uk Website - www.cafamily.org.uk/northeast

The next edition of **In Contact** will be circulated **Autumn 2011**

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