

contact a family

for families with disabled children
dèan ceanglaichean le teaghlaichean

incorporating
The Lady Hoare Trust

in **contact**



The newsletter of Contact a Family Scotland

www.cafamily.org.uk/scotland



Tony Kane, age 9, and his dad enjoy the flying elephant at M&D's theme park.

Inside:

Ideas for support group funding, get creative for our art exhibition, planning for the future, fSDC's Diary Project, and much more....

Autumn 2010

Contact a Family Scotland

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web: <http://www.cafamily.org.uk>

Freephone Helpline 0808 808 3555

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The Language Line interpreting service is available for those whose first language is not English.

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email: ellenor.anwyl@cafamily.org.uk
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Jacqui Law,

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email: jacqui.law@cafamily.org.uk
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Volunteer Parent Representatives

Our Volunteer Parent Representatives are all parents of disabled children who offer information and support to other parents in their area.

Borders, Frances Teckkam, Tel: 01450 379 081,

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263 563, email: jacqui.law@cafamily.org.uk

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Contact a Family News

Welcome to the Autumn issue of In Contact!

Hi everyone. The summer hols have flown by and here we are approaching the Autumn.

We hope the families who recieved the free passes we issued in the Summer for M&D's and the National Trust managed to enjoy a day out, and that some of the suggestion for activites were useful.

In this issue we have quite a lot of information in our Groups and Resourses section, including a new ADHD support group Bright Days and the fantastic Ambassador Clubs.

If you are a parent support group or professional working with families, you will have received a poster with this newsletter. Please put the poster up somewhere visible and help us reach more families. And if you'd like more posters just give us a call.

Happy reading!

Prize Draw £50 voucher!

How would you like the chance to win a £50 voucher? To be in with a chance all we ask is that you consider receiving our Newsletter by email instead of post. The benefits of this is cutting down on the amount of paper we use and the costs of postage, but also means we can keep you updated with our regular e-bulletin of current information we feel may be of interest to you throughout the year.

If this is something you would be interested in please email us at scotland.office@cafamily.org.uk including your postal address to enables us to update our records.

Requests received by the 1 November will be entered into our prize draw and the first name out of the hat will receive a £50 gift voucher for a major retailer of their choice.

Contact a Family News

BRILL-ART

Are you, or do you know a disabled young person or child living in Scotland who has outstanding artistic talent? Michael McMahon MSP, Convener of the Cross Party Group in the Scottish Parliament on Disability, has kindly offered to host an exhibition of creative art by Scotland's disabled children at the Scottish Parliament next year, on behalf Contact a Family.



We are therefore on the hunt for art works to go into the exhibition. These could be paintings, sculptures, poetry or anything else artistic and creative. The aim of the exhibition, which will be displayed in the MSP's exhibition area, is to show case to MSPs the wonderful contribution our disabled children and young people make to Scotland's cultural life. We hope work from children from across Scotland will be displayed. We also hope to secure a venue so that the exhibition can be available to the public, after it has been displayed at Holyrood.

If you know of any young artists or poets whose work should be considered for display, in the first instance, please email a photo of the work (or email the work in the case of poetry) to scotland.office@cafamily.org.uk by 1st November 2010. Please include contact details, plus the child or young person's name, age and location. If you don't have email give us a call on 0131 659 2930.

Can you help us find sponsors?

We are always delighted to talk to companies who might consider supporting Contact a Family. The more money we receive, the more families we can help.

Do you know someone working for a company who could provide us with the name and job title of the person we should contact for possible support? If so, please contact Peter Herbert, head of Corporate and Major Donor Fundraising, on 020 7608 8733 or by email: peter.herbert@cafamily.org.uk

New and extended helpline opening hours

0808 808 3555

Contact a Family's freephone helpline will now be open Monday to Friday 9.30am to 5pm.

Staffed by a team of friendly, expert parent advisers, our helpline provides advice, information and support to families on any aspect of raising a disabled child. The helpline also provides information to professionals working with families.

The helpline will no longer be open on Monday evenings, but will instead have extended hours throughout the week. This will help us to increase the number of calls we answer and advise more people. Our helpline advisers can help with:

- benefits or tax credits issues, including a full benefits check for your family
- assessments and educational needs
- details of local parent support groups
- details of Contact a Family services in your area
- information about your child's condition
- how to access help with getting a break from caring
- details of charities which give grants to families with disabled children
- advice and information on any other aspect of caring for a disabled child.

The helpline has access to interpreters in over 170 languages.

Counting the Costs 2010

Contact a Family's latest research report finds some families with disabled children are going without food and heating. The survey, a repeat of one carried out in 2008, asked over 1,100 UK parents caring for a disabled children about their current financial situation. To read more visit the Contact a Family website at www.cafamily.org.uk or call the office on 0131 659 2930 to receive a copy of the report.

Guardianship, Power of Attorney and Wills

Planning for the unexpected

When much of your time is spent caring and making decisions for relatives with additional needs, it is easy to avoid thinking about what would happen if you were to lose the ability to make your own decisions through accident, illness or simply old age. It may never happen, of course, but what if it does? Having a Power of Attorney in place would save your family a huge amount of anxiety in that scenario, by avoiding a lengthy and expensive application for Guardianship. More importantly, it's all about maximising choice and minimising external intervention; you get to nominate the people you would trust to act on your behalf in connection with your welfare or financial affairs.

Today's child = tomorrow's adult

A child's 16th birthday is cause for celebration in any family, but it can also bring anxiety about the future. One inevitable consequence of your child becoming an adult – which, in Scotland, simply means turning 16 – is that you lose the blanket authority you previously had to make important decisions regarding your child's health, care and finances. If the nature of the condition means that your child lacks enough insight to make such decisions personally, or to grant a Power of Attorney, you potentially face a period after your child has turned 16 when no one is legally entitled to make decisions on his or her behalf. Fortunately, a recent rule change means that it is now possible to apply for a Guardianship Order a few months before your child's 16th birthday, so you may be able to avoid this "authority vacuum" if you start the ball rolling early enough.

Where do you start?

- How do you grant Powers of Attorney, and what do they cost to set up and operate?
- How can you support vulnerable individuals and make best use of the options available under the Adults with Incapacity (Scotland) Act 2000?
- What steps should you take to manage your child's transition to adulthood?
- How can you secure financial and welfare Guardianship for adults who are incapable of granting Powers of Attorney?

Where there's a Will ...

In Scotland, only a minority of people get round to signing a Will, but have you considered the consequences if you don't bother? Firstly, your own wishes will be ignored and your estate will be distributed according to complicated rules of 'intestacy', which could lead to some unexpected and unwelcome results: You might create an unnecessary Inheritance Tax ('IHT') bill; Part of your estate might end up passing to your siblings or parents, rather than to your spouse / civil partner; or, even more importantly if you have young children, you would have no say in who should care for them or look after their inheritance after you are gone.

Although the right type of Will may help to reduce the IHT consequences for your family, this is unlikely to be the only issue. A well-drafted Will should also give you peace of mind that the individual circumstances and needs of your chosen beneficiaries have been taken into account.

- You may, for example, wish to provide for vulnerable relatives, without jeopardising existing care packages or benefits to which they are entitled.
- What steps can you take to protect the family home and minimise the impact of future care fees?
- It might be necessary to arrange for a child's inheritance to be managed until he or she is mature enough to receive it.
- If you have your own business, you may need to plan and implement a successful handover.
- Second marriages present their own complexities, especially where step-children are involved, so expert advice is crucial if you wish to make suitable provision for each family.

If you already have a Will, you may be uncertain whether its terms are still appropriate or whether you ought to make changes in light of recent developments. By understanding your present situation and aspirations for the future, a good solicitor should be able to help you relax in the knowledge that your estate will pass efficiently to the right people at the right time.

Seminars

Donald Winskill is an Associate with Edinburgh solicitors Gillespie Macandrew LLP, and is accredited by the Law Society of Scotland as a specialist in Incapacity & Mental Disability Law. He and Elspeth Paget, a Partner in the firm's Private Client Department, will explain your options and answer your questions in two upcoming seminars, see below.

Free seminars for parents

Wills and Estate Planning
Wednesday 13th October 2010,
Edinburgh

Guardianship and Power of Attorney
Thursday 4th November 2010,
Edinburgh

Contact a Family Scotland, in partnership with Gillespie Macandrew LLP, are running two free half-day seminars for parents on these important topics this autumn in Edinburgh.

Both events will be hosted by specialist advisors giving advice on planning for the future and participants will be entitled to a free 1 hour consultation with a representative of Gillespie Macandrew at a later date by appointment.

The seminars are geared to parents and other family members, for example grandparents and godparents. Professionals may be able to attend but priority will be given to family members.

Both events are free and include lunch and refreshments. Places are limited so book early. For further information call 0131 659 2930 or email: Scotland.office@cafamily.org.uk

Museum Survey



Have you ever visited the National Museum of Scotland, in Chambers Street, Edinburgh?

Christine McLean is Community Engagement Manager at National Museums Scotland and is keen to hear from Contact a Family service users about their experience of visiting the museum.

This is just one of six national museums managed by National Museums Scotland. You may have visited one of these:

- National War Museum Scotland at Edinburgh Castle
- National Museum of Flight at East Fortune (East Lothian)
- National Museum of Rural Life, East Kilbride
- National Museum of Costume near Dumfries
- National Museums Collection Centre in the north of Edinburgh

Christine explains "At National Museums Scotland we want to meet the needs and interests of different groups around Scotland, offering wider access to our objects and museums. We are working with Contact a Family to find out more about the specific needs and interests of parents and carers of children with any special need or disability."

The Community Engagement Team have put together an online questionnaire for Contact a Family and would like as many people as possible to respond to this (by 1 October). The survey can be accessed at

www.surveymonkey.com/s/contactfamilymuseumquestionnaire

If you don't have access to the internet but want to take part call Contact a Family Scotland on 0131 659 2930 and we'll post you a paper copy.

Groups and Resources

The Carer-Van

The Border Aspergers & Autism Group Support (BAAGS) has been able to purchase with help from various funding sources a luxury 8-berth caravan situated at Berwick Holiday Park. The Carer-Van is available for short breaks, respite and holidays for the use of individuals, and the families of those, with an Autism Spectrum Disorder.

The Carer-van is fully equipped with microwave, fridge, TV/DVD, cooker, travel cot and special needs pushchair. Some of the on-site facilities include heated indoor & outdoor pool, adventure playground, supermarket, restaurants, daily entertainment and much more. For further information and bookings telephone 01896 668 961 or email baagsmail@yahoo.co.uk.

Rackety's

Rackety's is an online clothing business that provides high street quality clothing adapted to suit the needs of disabled adults and children. They consult with families and disabled children and adults on the design and suitability and to help with ongoing research they have an online survey that customers can complete to help them decide what to develop next.

Rackety's have helped thousands of families to enjoy a more comfortable lifestyle across a multitude of disabilities, ages and locations all around the world. An example of some of the clothing they provide is age appropriate bibs, swimwear that is designed to go on, stay on and remove easily, popper pyjamas, zip backed pyjamas and popper vests, bodies or onesies for all needs, even g-tubes.

They fully understand that working out the correct size or if the product will work for you at all, can take a bit longer than usual. Because of this they are happy to exchange or refund any product as often as it takes to get it absolutely right for you.

To find out more about the Rackety's and their products visit their website www.disabled-clothing.co.uk or if you would like to contact them direct email info@rackety.com or telephone 01538 381430.



Epilepsy Scotland has a free confidential helpline, providing information and emotional support to anyone touched by epilepsy. We help people who have epilepsy, their friends and family, work colleagues, employers and other professionals. We produce information guides on a variety of different topics that we send out free of charge. We also have story books for younger children and a guide for teenagers.

Calls are free from UK landlines and UK mobiles. You can also text or send an email. The helpline is open Monday to Friday from 10am to 4.30pm and 10 am to 6pm on Thursdays.

Telephone: 0808 800 2200
Text: 07786209501
Email: enquiries@epilepsyscotland.org.uk
Web: www.epilepsyscotland.org.uk

Scottish Epilepsy Initiative TEA Room

The Teenage Epilepsy Agenda (TEA) Room is an innovative online forum for young people to interact with their peers, gain support and share their experiences of epilepsy in a safe and supportive environment.

They can provide IT equipment for young people age 13-19 who are undergoing diagnosis or who have been diagnosed to allow them to access the TEA Room. To apply to this fund download the application form and the "Information for Parents" document from the website www.scottishepilepsy.org under appeals and The TEA room or Telephone 0141 248 9972 for more information. To join the forum sign up at www.thetearoom.org.uk

Groups and Resources

Foetal Alcohol Syndrome Aware UK Glasgow support meeting

Foetal Alcohol Syndrome (FAS) Aware UK is an awareness raising and support network for families affected by Foetal Alcohol Syndrome. Although based in Wigan, they are aware of the need for support in Scotland and are planning to hold a meeting in Glasgow in November. If you'd like to attend the meeting contact Gloria Armistead at FAS Aware UK on Tel: 01942 223 780, email: fasawareuk@blueyonder.co.uk For more information visit www.fasaware.co.uk

Another important change to the Family Fund!

The Family Fund has recently introduced a further change to its income eligibility criteria. From 16th August 2010, any family caring for a severely disabled child where household income is less than £28,000 will be eligible to apply for a grant. The income limit of £28,000 has now been set as the same for the whole UK. The limit has increased in Scotland so many more families will be eligible. For further information visit the Family Fund website at www.familyfund.org.uk or call 0845 130 45 42



Brighter Days is a support group for families and carers living with ADHD in Edinburgh and the lothians. It's a group of people who either have ADHD children or who have ADHD themselves. They meet up once a month to talk, share ideas, literature and new information and most importantly to support each other. Each month they highlight deeds and achievements. They also organise outings.

Brighter Days support group was founded by Avril Sinclair a parent of a child who has ADHD because she saw a need for support for ADHD children and their families and to help raise awareness of the condition.

To find out more information about this support group telephone Avril on 07813 107969 or visit the website www.brighter-days.com

Rights to Reality

The Rights to Reality (R2R) project aims to give young disabled people more choices and greater control over their lives. Aimed at young disabled people aged 16 to 30 years old and living (or at school/college) in Glasgow and the surrounding area the project offers free and accessible learning opportunities and aims to build self esteem, skills and confidence to challenge barriers. It also provides opportunities to meet other disabled people, have fun and support each other, as well as the chance to meet positive role models and learn from their experience. As well as training and learning opportunities, participants will be offered the chance to learn about self-directed support and have a go at working with personal assistants.

R2R is all about fulfilling potential and helping young disabled people live the life of their choosing. It is about having the skills and confidence to know what your rights are and make these a reality.

Information and training is also available for parents, carers, teachers and other professionals so they can support young disabled people in a more effective way.

The project is jointly run by Glasgow Disability Alliance (GDA) and the Glasgow Centre for Inclusive Living (GCIL). Both organisations are run by disabled people and do all they can to remove barriers to make sure everyone can take part. This includes providing all information in a variety of formats, plus organising and funding transport and personal assistance.

Marianne Scobie, the project's Development Co-ordinator, says "I have been disabled since I was a young child so I have personal experience of the barriers young disabled people face as they become teenagers and young adults. I understand the difficult transition from children's to adult services."

For more information about R2R contact Marianne on 0141 556 7103, text 07909 160 788 or e-mail: R2R@gdaonline.co.uk
Web: www.gdaonline.co.uk

Groups and Resources

Fun and friendship clubs empower young disabled people

Whizz-Kidz is a national charity, established in 1990, which aims to give disabled children and young people independence to support an active childhood – at home, at school and at play. They do this by providing them with mobility equipment such as powered and manual wheelchairs. In fact, Whizz-Kidz is the largest provider of young people's mobility equipment outside of the NHS.

But providing the right wheelchair is only the start of a life journey to independence. Whizz-Kidz decided to start providing a series of innovative 'Life Skills' services to young wheelchair users.

To make this possible Whizz-Kidz developed a network of young disabled people around the UK called 'Ambassadors'. The aim of the network is to give young disabled people a voice on a regional and national level - as well as providing young disabled people with spaces to learn new skills, make new friends and have fun.

Ambassador Clubs are the places where young disabled people can meet regularly and get involved in lots of exciting projects, training and activities as well as making new friends. One of the main objectives of the clubs is to train older members to become leaders and then for them to run the clubs themselves assisted by volunteers and Whizz-Kidz staff.



Whizz-kidz
move a life forward

What happens at a club?

Ambassador clubs give young people with mobility needs a space to meet new friends, have fun, and learn new skills which will increase their confidence. The clubs run from 10am – 3.30pm and take place during school holidays and on Saturdays. There are lots of exciting activities to take part in; such as our accredited Skillz for Life programme, learning how to campaign, playing disability sports, making short films, getting involved in drama, art and music sessions and much more.

Listen to someone who's been there

Lucy, 16: "You guys have helped to open up a whole lot more opportunities to me, just when I'd started to think that nothing could help me. I really enjoyed taking part in all the fun activities and the Skillz for Life sessions are fab! For the first time I don't care what other people think of me, I think that's probably why I had the most fun I've had for a long time!"

With over 500 young people taking part in Whizz-Kidz Ambassador Clubs so far this makes us the biggest network of young disabled people in the UK. Come and join the fun!

Your nearest club:

There are two existing clubs in Scotland in Aberdeen and Glasgow, and one is starting in Perth in October!

The next club in Glasgow is on 9th October. at Gorbals Leisure Centre, 275 Ballater Road, Glasgow G5 0YP.

The next club in Aberdeen is on 16th October. at Beach Leisure Centre, Esplanade, Sea Beach, Aberdeen AB24 5NR

For more information about all the Scottish Ambassador Clubs please contact Tom Lyon, Ambassador Club Coordinator (Scotland) on 07826 556 166 or email t.lyon@whizz-kidz.org.uk

Funding for Groups

Looking for funding to support your group's activities? Here are a few ideas.

Two small grants schemes from the Big Lottery

Glasgow is hosting the 2014 Commonwealth Games and the Big Lottery Fund Scotland wants to ensure that they are providing support to groups who want to benefit from this once in a lifetime opportunity for people and communities across Scotland. **2014 Communities** is a new micro grants programme offering local sports clubs, voluntary and community organisations, community councils and schools grants of £300 to £2,000 to support and stimulate more involvement in sport and physical activity. Target groups include disabled people, young people and those from minority ethnic communities. For more details telephone 0870 240 2391 or e-mail: enquiries.scotland@biglotteryfund.org.uk

Awards for All gives grants of between £500 and £10,000 for people to take part in art, sport and community activities, and projects that promote education, the environment and health in the local community. To see if your group is eligible telephone 0870 240 2391 or e-mail: scotland@awardsforall.org.uk

You can also find further information about both of these grants online at www2.biglotteryfund.org.uk/funding-uk

The Rozelle Trust

The Rozelle Trust has been established to support a wide range of charitable activities, reflecting the interests of the Trustees. Priorities include children and young people, and people with disabilities. There is no minimum or maximum grant.

To be eligible your group must be a registered charity. The Trust will generally support smaller charities, especially those working at grass roots and local community level where the funds will be able to make a significant difference; hence large national charities will not be considered.

Ideally, the Trustees will be looking to form long term relationships with organisations funded, to allow the Trustees to fully understand and support the activities of the organisation.

Further information is available from their website: www.rozelletrust.org or by writing to the Trust at: The Rozelle Trust, PO Box 11318, Paisley, PA1 1AQ

Community Chest

The Community Chest, managed by the Voluntary Action Fund (VAF), is aimed at smaller community groups and voluntary organisations across Scotland. It will provide grants of up to £1,000 and free training to groups with an annual income under £25,000.

Groups can apply for funding for a wide range of activities or operational costs. However VAF are particularly keen to fund activities that will help build and develop strong organisations, for example; training for committee members and volunteers; visits to other organisations and conferences or professional support and consultancy.

In addition, they are also keen to fund groups who meet any of the following criteria:

- Are based in South Lanarkshire, North Ayrshire or West Dunbartonshire
- Work with disability or health related issues
- Whose beneficiaries are excluded due to their ethnicity, disability, gender, or sexual orientation
- Provide childcare

Deadlines for the next two rounds of the Community Chest are 30 September 2010 and 7 January 2011. Groups wishing to apply for a Community Chest grant can download the application form and guidance notes from the VAF website at www.voluntaryactionfund.org.uk. Alternatively contact Patricia or Chris at the Voluntary Action Fund, either by telephone on 01383 620780 or by e-mail at patricia.mckibben@voluntaryactionfund.org.uk

Contact a Family produces a guide for groups on fundraising. You can download it from our website at www.ca-family.org.uk/parents/supportinggroups/groupactionpack.html Alternatively give us a call on 0131 659 2930 and we can post you a copy.

fSDC's Diary Project takes off!

The for Scotland's Disabled Children (fSDC) diary project is up and running with our first participants scribbling away. We've now got half the participants and families we need but there is still room for more to join in. See the article on the next page for more information on what the project is about and who to get in touch with, if you are interested.

We've just held our first get-together for participants. And it was great for them all to get to know each other better, as well as iron out any queries they had about the project. We also had some other diary equipment for them to try – cameras, Dictaphones – so they know they can change the way they record their views and experiences. One participant has already decided to record their experiences in song so that will be exciting!

The diary project is already starting to achieve what we hoped: families feeling empowered by sharing what goes on in their lives – and in turn, encouraging other families to feel that they are not alone; participants too getting the chance to show that above all else, they are parents and children first, who have the same good and bad everyday experiences as others. It's great too to be hearing the voice of children directly and all of it will help raise awareness and change attitudes.

You can visit all the blog diaries at www.fsd.org.uk In the meantime, here are some excerpts from Magali's blog, which has been charting the countdown to five year old Gaelle starting school, and Jacqui's Blog Off - who new strawberry shortcake had such comedy potential?

Magali's Blog - Gaelle's first day at school: stress related eczema

"My little Gaelle started school on Friday last week! She looked amazing in her smart uniform, so grown up and yet, she is definitely still my baby!... All had gone well, of course but what a shock when I undressed Gaelle before lunch for her second 'creaming session' of the day! Her eczema had flared up on her legs and arms and on the side of her chest. Her neck was a mess too. These areas were dry, red, spotty and terribly itchy. We tried to think of some possible triggers in the classroom but the eczema strategies are already in place and I really couldn't reach any conclusion. Finally, John and I had a bit of a revelation: could this be due to her high emotions that morning? Stress-related eczema is extremely common and powerful in both adults and children, but we have never seen any obvious evidence of it in Gaelle so far. Until last Friday!... Gaelle's teacher is very nice and we met with her the same day to make sure she understands Gaelle's needs and that everything discussed at the transition meeting in May this year is actually happening. PE time was changed to the last hour of the day so that any extra care can be done at home without missing any class time, creams to be applied at lunch time and our little traffic light system will come in handy when communicating with school. There will also be some medical topics discussed with the pupils this year in order to increase their awareness of skin conditions."



Gaelle's first day

fSDC's Diary Project takes off!

Jacqui's Blog Off

"As I type this Sarah is standing beside me telling me about Strawberry Shortcake (oh trust me you really don't want to know - but at some point I will inflict this on you). Those of you who have a son or daughter on the spectrum may be smiling, shaking your heads or just nodding. Because you will already know that I have been hearing the same few sentences for some time tonight. It probably isn't politically correct to want to string Strawberry, Lemon Meringue, Blueberry Muffin, Raspberry Torte and the rest of them, yep even the wee pup and kitty cat - up by the nearest tree, but come on - how many of us really really enjoy watching Thomas the bleeping tank? Where was I? Oh yes, the fact that I am typing, repeating the sentences back to my girl, trying to encourage eye contact and not lose the will to live all at the same time. We really all do take multi-tasking to a whole new level don't we?"



Jacqui and Sarah

Would you like to take part in the diary project?

The diary project aims to enable families, especially parents and carers to open up and share their views and experiences of raising a disabled child in Scotland. The diary will also give young disabled people the opportunity to talk about their experience of growing up in Scotland. for Scotland's Disabled Children (fSDC) aims to use the diary feedback to address and achieve its parent engagement programme called "Three years to make a difference".

We want to know about diary participants' lives - the trials and tribulations of family life, the problems and issues when trying to access services and support, and the highs and lows that ordinary family life entails. Similarly, the diary will capture the experiences and thoughts of young disabled people. Participants will be encouraged to choose the diary method that best suits them: whether it be blog, paper, visual or audio diaries. Training, mentoring and support will be provided throughout the project lifetime.

Participants will be expected to keep their diary over a period of time, up until December 2011.



Anonymous highlights from the diaries will be published throughout the project. Findings and recommendations will be shared with key decision makers in government at central and local level to influence the change process at the heart of fSDC's liaison project work.

We are trying to pull together a representative sample of families from different areas and backgrounds, for example we're particularly keen to hear from families in rural areas.

Indigo Project Solutions Ltd has been employed to manage the project. If you are interested in taking part or have any questions regarding the diary project or what would be required of you please contact Stephanie at Indigo, email: stephanie@indigops.com or tel: 0131 452 2031

To find out more about fSDC, and to become a supporter, go to www.fsd.org.uk/join or email us at info@fsdc.org.uk or call 0131 659 2939.

What's on?

Towards 21st Century working practices in Early Childhood Intervention

A lecture and discussion by Peter Limbrick, originator of the 'Team Around the Child' System.

Monday 15th November 2010, 10.30 a.m. - 12.30 p.m.
(Reception at 10.00 and lunch at 12.30)

Holiday Inn Edinburgh, 132 Corstophine Road,
Edinburgh, EH12 6UA

In this lecture Peter Limbrick will argue that radical change is needed in the working practices of both teachers and therapists, and in how they work together:

- as an essential part of modernising early childhood intervention / early support
- to make the best use of resources at a time of severe cuts in finances

From this change will come a 21st Century system that reduces the potential for stress and strain on children, saves families' time, money, energy and spirit, and makes far better use of practitioners' time.

Cost (to include light vegetarian lunch): £45.00. There are some **free** places for parents of children with additional needs.

To apply for a place, please e-mail: p.limbrick@virgin.net or Tel: 01497 831 550 Web: www.icwhatsnew.com

Parents Together Information Events

Saturday 2nd October 2010
Merkland School, Kirkintilloch

Friday 12th November 2010
St Mark's Church Centre,
Perth

Enable Scotland have organised these two information events for parents of children with disabilities and additional needs. You can drop in between 10am and 3pm to ask questions, get useful information and chat to other parents. Both events will cover topics from birth to adulthood.

For more information contact Jane Colvil at Enable Scotland on Tel: 07799 232 684 or email: jane.colvil@enable.org.uk

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Contact a Family Scotland, Craigmillar Social Enterprise
& Arts Centre, 11 Harewood Road, Edinburgh EH16 4NT