

Clasper Towers Adventure Club Gateshead

An exciting opportunity for Gateshead families with disabled children aged 8-11 years to take part in adventurous outdoor activities - siblings are welcome too!

The next date for this activity is Saturday 16th October 2010. The Adventure Club takes place at Clasper Towers Adventure Playground, Tyne View Children's Centre, Teams in Gateshead; booking is required.

To book a place or for more information please contact **Cheryl Appleby** on **0191 433 5081** or email **cherylappleby@gateshead.gov.uk**

GR84ALL Youth Club - North Tyneside

Pathways 4 All's GR84ALL clubs are now taking place twice a week at two new venues. These clubs are open to children and young people with disabilities/ additional needs and their siblings (All children and young people must be accompanied by a responsible adult)

The clubs now run every Monday from 5.30 - 7.30pm at the North Tyneside Adventure Playground. Brenkley Avenue, Shiremoor Cost £1.50 per child and every Wednesday from 5.30 - 7.30pm at Fuzzy Ed's Funhouse. The Magic Lantern, Preston North Road, North Shields £3 for first child £1.50 each for more.

For more information, please see the Pathways 4 All Facebook Page or website at **<http://www.pathways4all.co.uk>** or contact Lynn on **0191 2808163** or email **lynn4pathways@gmail.com**

Useful Vision Halloween Farm Visit Hall Hill Farm, Lanchester, County Durham

For families with children with a Visual Impairment this exciting Halloween Family Fun Day, with specially organised Useful Vision (UV) guided tours will include Feed and Stroke the animals; Pumpkin Lantern Making; Tractor & trailer rides; Scarecrow Making and Fancy Dress Competition



The visit will take place on Sunday 31st October from 11.00m-3.30pm

Entrance is free for all children of Registered UV families including 2 adults (Help with transport is also available).

To book and for more information, please contact UV on **0845 60 48 491** or email **georgie@usefulvision.org.uk**

Middlesbrough Family Fun Day

This day for Middlesbrough families with children with disabilities and additional needs is taking place on Thursday 28th October 2010 from 10.00 a.m. to 2.30 p.m. at the Rainbow Leisure Centre.

Activities include a bouncy castle, soft play, football, arts and crafts, trampolining and much more.

There is no need to book; families can just turn up on the day. For more information, contact Ailisa on **01642 354167**

Out and About



contact a family
for families with disabled children

Activities for All
Autumn 2010

Hi everyone, welcome to the Autumn 2010 edition of our insert. We hope you find some activities that your children can get out and enjoy. If anyone would like an activity listed in a future edition, please let us know.

NewcastleGateshead Branch National Autistic Society Ten Pin Bowling

This new Activities Club is for families who have children with an Autistic Spectrum Disorder. Their next activity date is taking place during half term on Tuesday 26th October 2010 and is Ten Pin Bowling for all ages from 6pm till game over.

This is taking place at Namco Funscape, Metro Centre Gateshead. The suggested donation is £1 per child and siblings are welcome to attend. (Booking is required).

For more details and to book your place contact **07920 086299** or email:
NewcastleGateshead@nas.org.uk



Ability to Play - Northumberland

For a number of years now Blyth valley arts and leisure have successfully coordinated a disability leisure inclusion project called ability to play in South East Northumberland. This project offers a range of play and sport activities both during term time and school holidays for children aged between 5 - 17yrs. With funding from Aiming High and in partnership with North Country leisure they aim to extend the ability to play programme to the West of Northumberland (Hexham and Prudhoe area) and the North of Northumberland (Berwick and Alnwick area)

The project provides activities on evenings and weekends normally lasting 1-2 hrs. Coaches at the session are experienced in working with disabled children and will tailor sessions to the needs of the child. Children requiring additional care needs such as toileting and tube feeding will need to supply this support themselves. Parents and siblings are welcome to join in activities to make the child feel more comfortable.

To answer any questions you may have on the project please feel free to get in touch. Contact Adam Dixon on **01670 542587** or email **adam.dixon@northumberland.gov.uk**

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

Issue 42

Autumn 2010



The Great North Children's Hospital

See page 3 for full details
of the new state of the art
hospital for the region.

THE
great north
CHILDREN'S HOSPITAL

The Newcastle upon Tyne Hospitals **NHS**
NHS Foundation Trust

Contents	Page
Contact a Family News	2
Great North Hospital	3
Brainbox	4
Daslne Update	5
Local News	6
Local Parent Participation	7
Email Bulletins	8

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**

Contact a Family & Grants

New and Extended Helpline Opening Hours

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. The helpline has access to interpreters in over 170 languages.

If you need advice on any issue about raising a disabled child, ring the Contact a Family helpline **0808 808 3555**, Monday to Friday 9.30am to 5pm.

Boparan Charitable Trust

The Boparan Charitable Trust is based in Birmingham, West Midlands. Their aim is to help children, up to the age of 18, across England and Wales who are disadvantaged through poverty, disability and terminal illness. They have only been up and running for a short while, fundraising hard to secure funds.

The charity is now in a position to start allocating funds to children and young people who may benefit from assistance. The trust is keen to hear from families who could genuinely benefit from their support.

For full information on what they will fund and who can apply, please see their website at **www.theboparancharitabletrust.com**

You can also download an application form from the website or you can call them for more detail on **0845 078 6634** or email **info@theboparancharitabletrust.com**

Grants

Contact a Family has a list of other charities that provide grants for families with disabled children, including those that fund holidays, specialist equipment and wish granting. If you would like a copy, please let us know by calling **0191 213 6300** or email us at **northeast.office@cafamily.org.uk**

Contact a Family North East 0191 213 6300

New Hospital Update

New Children's Hospital due for completion

The Great North Children's Hospital at The Royal Victoria Infirmary in Newcastle is due to be fully completed in autumn, bringing together the majority of children's services from The RVI, The Freeman Hospital and Newcastle General Hospital. The majority of the region's paediatric specialties will be together under one roof, including local general paediatric services. There will be one large Outpatient Unit dedicated to children and young people.

The new state of the art building will provide a vibrant and welcoming environment for all sick children, irrespective of their age and condition. There will be over 1,000 staff dedicated to providing healthcare services for children and young people, including medical, nursing, hospital play specialists, nursery nurses, dieticians, pharmacists, occupational therapy and physiotherapy staff.

The fantastic new facilities will include:

- 246 beds – 75% of them with en-suite facilities
- First class facilities for parents and carers to stay overnight
- Purpose Built Teenage Cancer Unit with its Penthouse
- Amazing Interactive 3D system in the Burns and Plastic Surgery Unit which aids distraction therapy and gives fun to children!
- A new updated facility for The Bridges School which includes a classroom to support education of children within the hospital environment

The spacious new hospital provides a welcoming and accessible environment for children and young people of all abilities and includes the nationally recognised Child Development Centre which helps children with neuro-disabilities.

The Great North Children's Hospital will provide rapid and efficient care from the new purpose-built building. Patients will have immediate access to the specialists they need for their treatment. All of the services will be focussed on the child's needs. There is also a special team of CANI nurses (Community Acute Nursing Initiative) which provide support to children and their families and carers, in their homes, following their discharge from hospital.

The Great North Children's Hospital will give children and young people access to the widest range of services for children in any hospital outside of London, for their on-going treatment and care. For further information please visit www.newcastle-hospitals.org.uk

Contact a Family North East 0191 213 6300

Brainbox - New Local Support



Brainbox is a new organisation (soon to become a charity) operating across the North East region for families with young people aged up to 25 who have an Acquired Brain Injury.

The organisation is the brainchild of parents including Julie Cordon and Alice Stewart, who has a child with an Acquired Brain Injury. Everyone involved with BRAINBOX is excited about the new service to assist and support families. From 1st October families will be able to ring a confidential freephone number and will get through to a dedicated support volunteer who will listen to their enquiry and assess how to take it forward. It could be that they just want to talk and the volunteer will provide that listening ear. If a more in depth level of service is identified, the caller will be offered access to the BRAINBOX counselling service, run by Alice Stewart.

Alice's 17 year old son, Jack, lives with an Acquired Brain Injury as a result of a fall he had aged 8. It turned the families' life upside down, and they are still working through it even now, but Alice and Jack are determined to help other families who find themselves in a similar position, and remember – this could happen to any family at any time.

BRAINBOX also pledges to help families with mediation, signposting, reducing social isolation and accessing other services. "We will be offering a bespoke service to everyone who contacts us. We are all individuals and no two situations are the same. BRAINBOX is acutely aware of this and promises to give the highest quality of care to all who dial that very important number. We know how crucial it is to have a warm, understanding voice on the end of the phone" says Alice.

If your child (BRAINBOX works with young people up to 25 years old to cover that all important transition period into adulthood) has an Acquired Brain Injury and you would like to know more you can contact Julie, Alice, Brainbox Chair John Davis and the volunteers by email at BRAINBOX.2009@yahoo.com or by telephoning **0798 5514419**. They will also be able to give you the freephone number when available.

Contact a Family North East 0191 213 6300

Daslne News

Daslne, the Database of Children with Autism Spectrum Disorder Living in the North East, is pleased to announce the launch of its new and improved website at www.daslne.org. The website includes an interactive section (message-board) where parents can share information on resources they have found useful.



There is also a section giving details about new research studies happening in the North East including:-

Transition - This study will be looking at the Life and Health of young people aged 14-21 years old as they move from children's health services to adult health services. The study is funded by the research arm of the NHS, called the National Institute for Health Research. The study involves the young person and their parents/carers completing questionnaires - there is an option to complete the questionnaires securely online.

Finding Out What Matters - The aim of this project is to see whether some existing Quality of Life questionnaires are suitable for use with children who have autism spectrum disorder (ASD). Making sure there are the right tools will help to improve research in the future. This research is being funded by Northumberland, Tyne and Wear NHS Trust.

Eye Gaze Aversion Study - The purpose of this research is to learn about the degree to which children with ASD look away while solving problems. The study promises to help understand whether certain behaviours (such as avoiding looking at the eye region of faces) that have been seen as dysfunctional may actually be beneficial in some ways. This research is funded by the Economic and Social Research Council.

If you would like more information, or wish to contact the researchers with questions about these studies, please look on the Daslne website or you can call them on **0191 282 1400** or email daslne@ncl.ac.uk

Contact a Family North East 0191 213 6300

Local Information

National Deaf Children's Society (NDCS)

Wendy Westgarth is the Family Officer for the National Deaf Children's Society (NDCS) and will be working to provide essential free support to deaf children and their families throughout North East. Wendy, who is based in the North East, will be on hand to provide information and support to all families with deaf children and urges people to get in touch with her, explaining:

"I am here to offer local families with deaf children practical and emotional support. 90 per cent of deaf children are born to hearing parents with little or no experience of deafness or knowledge of how to communicate with a deaf person. Without the right support many families struggle to communicate effectively with their deaf child. However, families are not alone. NDCS is here to support them and families can contact me for information with regards to education, benefits and a range of other issues relating to childhood deafness."

With all newborn babies now being screened at birth for any hearing problems, it is essential that families are given full and impartial advice on the decisions they will face. And it is important that this support continues throughout all the stages of their child's development. Wendy will also be able to signpost families and young deaf people to other support groups and organisations.

Wendy can be contacted via the NDCS Helpline **0808 800 8880** (voice/text) or by emailing helpline@ndcs.org.uk

National Autistic Society Help Programme Events

A three session help! Programme is taking place in Ashington starting on Friday 5th November 2010 for parents/carers of children aged between 5 and 11 years and who have received a diagnosis of an autism spectrum disorder (ASD) within the last 2 years

There are also two Help2 parent seminars taking place at Morpeth Rugby Club. Common Toileting Difficulties will be held on Tuesday 23rd November 2010 and Meeting Your Child's Sensory Needs on Wednesday 8th December 2010.

For more information and to book places, please contact Jan Fuller at NAS on **0191 5680732** or email Jan.Fuller@nas.org.uk

Contact a Family North East 0191 213 6300

Local Parent Participation

Autumn Conferences

A number of parent conferences are taking place across the region over the Autumn. These include:

Sunderland Parent Carer Forum on Thursday 7th October 2010 at Seaburn Marriott Hotel, Sunderland. The theme is 'Celebrating success and planning for the future'. There will be presentations & workshops for you to share your ideas and experiences. Contact Sunderland Services for Disabled Children for more information or to book your place on 0191 566 2190

Learning to Change Cumbria Conference on Monday 11th October 2010 at Castle Green Hotel, Kendal, Cumbria. The fourth friendly conference organised by parents, for parents with children with additional needs and/or disabilities. Guest speaker will be Helen Wheatley from the Council for Disabled Children and Every Disabled Child Matters campaign

Parents 4 Change Middlesbrough Conference on Wednesday 13th October 2010 at the Riverside Suite, Middlesbrough Football Club. This is Middlesbrough's fifth conference organised by parents, for parents with children with additional needs and/or disabilities. The conference will run in two sessions, a day time event from 10.00 to 2.30 p.m. & an evening session from 5-8.00 p.m.

Places for the Cumbria and Middlesbrough conferences must be booked through Contact a Family North East. So give us a call on 0191 213 6300 or email us at northeast.office@cafamily.org.uk

Making Changes Together VI County Durham Conference on Tuesday 9th November 2010 at Hardwick Hall Hotel, Sedgefield. Durham's sixth conference organised by parents for parents of children with additional needs/disabilities from County Durham. Places should be booked through Ann Connor, County Durham Parent Partnership Service on 0191 5873541 or e-mail ann.connor@durham.gov.uk

Small Steps = BIG CHANGES Redcar Conference on Friday 12th November 2010 at Gisborough Hall Hotel. Redcar's fourth conference organised by parents for parents with children with additional needs or disabilities. For more information or to book places, contact Stuart Myers on 01642 771645 or email Stuart_Myers@redcar-cleveland.gov.uk

Contact a Family North East 0191 213 6300

E-mail Bulletins

We receive a lot of information in between these newsletters, especially about local events and leisure activities taking place in the region. To make sure you do not miss out on hearing about these, if you have an email address, please sign up to our e-mail bulletin list by dropping us a line at northeast.office@cafamily.org.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 Representatives

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

As featured in the last edition of In Contact, **Jo Barron** will be covering Middlesbrough & Redcar & Cleveland. Her contact details are still to be confirmed so in the meantime, if you would like to make contact with Jo, just let us know at the North East office.

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 **Winter 2010**

The views and suggestions in **In Contact** are those of individual contributors and are not necessarily supported by Contact a Family.

Contact a Family cannot accept responsibility for any goods or services mentioned in or enclosed in **In Contact**

Registered Charity No. 284912 Company Limited by guarantee No. 1633333