

contact a family Ealing for families with disabled children

newsletter

March 2011

Welcome to the first issue of the 2011 Contact a Family Ealing Newsletter. On the 14th of March, Contact a Family Ealing held its annual conference. To coincide with this, in this issue, we will be looking at the previous year and all the wonderful things Contact a Family Ealing has achieved.



Down on the farm. Having fun on our trip to the farm, last Summer

Meet the team

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Heather



Q: How did you end up working for Contact a Family?

A: I heard about Contact a Family when my own son was falling behind at school and we were struggling to have his needs met. I was doing a computer course at the time, and when a job teaching computers to parents came up the staff encouraged me to apply. I really enjoyed doing this and 60 parents on the project got back into training or work.

Q: Do you work directly with families now?

A: Yes, I run events and workshops with the help of volunteers. I also attend meetings as well as doing 1:1 work with the families. I also do the managerial duties, which involves doing strategic work across the borough, representing the needs of the families and giving them a collective voice.

Q: What do parents find most helpful?

A: When we ask parents this, they tend to say that meeting and talking to other parents who have had similar experiences and discovering that they are not alone.

Anne



Q: What is your role within the team?

A: I am the Events and Administration Co-ordinator. I plan and organise family events. I support the Manager in administration. I also support parents, volunteers and students who come into the office to gain administration experience and to support the organisation.

Q: How did you end up working for Contact a Family?

A: I joined Contact a Family in April 2010 as a volunteer one day per week. I now enjoy working two days per week (Monday and Tuesday) and have been doing this since October 2010.

Future Benefit Changes: Free guide available

To help parents make sense of the recent welfare reforms announced by the Coalition Government and what the changes will mean for them, Contact a Family has produced a free guide to Future Benefit Changes.

The changes will impact on all families with a disabled child. While some of the changes will not take effect for a year or two, others will start to impact from this April - including changes in housing benefit for many private tenants, and a number of tax credit cuts including reduced help with childcare costs. While many of the changes proposed will mean cuts in financial help – there is some good news. One of the changes being made in April will allow children aged 3 or above who have a severe visual impairment to start qualifying for the high rate of the DLA mobility component.

for your free copy call:
020 8810 8151

Meet our Parents and Volunteers

Joanne's Story

Joanne lives in Greenford and joined Contact a Family in September through information she received from the Contact a Family Southall office. Joanne has a six and a half year old son who has a physical disability:

"Myself, my husband and my three daughters are affected by this. It's good to know there is an organisation that cares. When I go to events; it feels like I am part of a unit and I feel I can cope better".

Since joining Contact a Family, Joanne and her family have attended a number of groups and events set up by the charity.

"I came to the new parents lunch, it was good, lots of information". Joanne also said that the event gave her a chance to meet other parents.

She also talked about the Christmas party and Christmas Pantomime:

"There would not have been a chance to take him out otherwise and people are sensitive to his needs. He was excited about father Christmas."

Joanne attended the Christmas Pantomime with two of her daughters : "it was an eye-opener for my daughters because they didn't know that there were people out there who can help their brother".

Joanne has recently started volunteering at the Contact a Family Ealing office, she said that volunteering "helps me build my confidence and gives me the chance to be around people – I feel better for life".

Lisa's Story

Lisa is a new member and lives in Ealing, she has a 6 year old son who is autistic.

Lisa says Contact a Family Ealing are a very useful source of information and the activities they organise get her child involved.

Lisa attended the 10 week Triple P Stepping Stones Parent Course – "it helped parents talk about their difficulties, experiences and it's a chance to build friendships".

Lisa also took her son to the Contact a Family Ealing Christmas Party; "my son was very happy at the party and of course liked meeting Father Christmas".

Lisa now volunteers with Contact a Family Ealing.

Our 2010 Outings - Highlights

The London Eye

This was a beautiful sunny day so the families had a fantastic view from the London Eye. The children were very excited to be so high up and they kept looking down as the capsule rose and pointing out things they could see across London.



Tharini:

"I have lived in the UK for 15 years and we never went on an outing like that. It was good value for money. Thank you for all your support"

Woburn Safari

The children had a fantastic day at the park and got to see Lions, Tigers, Elephants and Zedbra. Some of the children had never seen these animals in real life before. On the foot safari the children saw Wallabies, Penguins, Sheep, Goats and Monkeys. The children were also able to watch the animals at feeding time, it was very exciting.

Chessington World of Adventure

The children really enjoyed it, they went on so many rides. There was such a buzz of excitement as the children were talking about the day on the way home on the coach.

Varlene:

"A brilliant day out"



Brighton

For some of the children this was their first trip to the seaside, it was a warm and sunny day. The children liked the pebbles and shells on the beach and even took some home.

The children also took off their shoes and were dipping their feet in the water and running in and out with the tide. They had fish and chips for lunch and ice cream afterwards.

Mena

"The children really had a very good time"



Odds Farm Park

At odds Farm the children were able to feed the chickens and collect the eggs, they were also able to go up and down the fields in the tractor. The children were very excited as this was something they had not experienced before.

Richmond Boat Trip and Nature Safari

This was a fantastic adventure as some of the children had never been on a boat before. The staff kept the children informed and entertained with activity sheets to help spot and record wildlife and river features. On the Nature Safari the children did activities such as a scavenger hunt, nature palettes and bark rubbings. The children also went hunting in the long grass of Richmond Hill catching grasshoppers and other creepy crawlies.

Lynette:

"The children had a wonderful time"



Dates for your Diary

25th March 10:30am - 12:30pm
 (also 1st April, 8th April & 15th April)
 Carers Central. Drop in and make connections over coffee and cake
 Carers' Centre, 46 South Ealing Rd, W5 4QA
 for additional dates visit: www.ecil.org

31st March 2pm - 4:30pm
 (also 7th April)
 Mencap at the Carers' Centre. Drop in for info and advice on learning disabilities
 Carers' Centre, 46 South Ealing Rd, W5 4QA
 drop in or call the below number on the day:
 tel: 020 8840 1566
 for additional dates visit: www.ecil.org

26th March 2pm - 4pm (Monthly Term Time)
 Downs Group Get Together
 Activity & Resource Centre, 24 Stockdove Way, Perivale, UB6 8TJ
 email: ealing.office@cafamily.org.uk

26th March 11am - 2pm
(also 9th April & 7th & 21st May)
Community Advice Program (Legal Advice)
The Lido Centre, 63 Mattock Lane, W13 9LA
tel: 020 8579 3861
email: ealingcap@msn.com

29th March 10am - 12pm
(also 24th May & 5th July)
Parentlink
Grange Children's Centre, Ealing, W5 4HN
If you wish to attend any of the Parent Link meeting, please fill out the form below and return it Ealing Contact a Family.

29th March 09:30am - 12:30pm
 FREE Law for All legal surgery - advice on housing, family, benefits, debt and employment
 Carers' Centre, 46 South Ealing Rd, W5 4QA
 To make an appointment:
 tel: 020 8840 1566
 email carers@ecil.org

30th March 10am - 1pm
 (also 6th April)
 FREE Counselling for Carers - talk in confidence to a trained counsellor
 Carers' Centre, 46 South Ealing Rd, W5 4QA
 To make an appointment:
 tel: 020 8840 1566
 email: carers@ecil.org

To Ealing Contact A Family

I _____

Wish to attend the Parentlink meeting on the 29th March / 24th May / 5th July (circle the meeting you wish to attend).

Contact me on:

Tel: _____

Email: _____

Alternatively call 020 8810 8151 or email office.ealing@cafamily.org.uk

Dates for your Diary

2nd April 10:00am - 11:30am
(also 7th & 21st May)

Multi-sports (Boccia, New Age Kurling, Table Tennis & polybat, Basketball)

Extreme Ability

Sports and Activities for people aged 14+ with disabilities & additional needs

West London Academy Community Sports Centre, Bengarth Rd, Northolt, UB5 5LQ
Activities may vary on actual day

2nd April 10:00am - 11:30am
(also 9th April & 7th May)

Indoor Wall Climbing

West London Academy Community Sports Centre, Bengarth Rd, Northolt, UB5 5LQ
Fully Qualified climbing instructors available
This activity is not currently accessible for wheelchair users

2nd April 1pm - 2:30pm
(also 9th & 30th April)

Swimming

Gurnell Leisure Centre, Ruislip Road East, Ealing, W13 0AL
Must be water confident and familiar with public swimming pools

13th April 10:30am - 12:00pm
(also 9th April & 7th May)

Multi-sports (Tennis, Kwik Cricket, Basketvakk, Target based games)
Twyford Sports Centre, Twyford Crescent, Acton, W3 9PP
Activities may vary on actual day

To enquire about any of the Extreme Ability sessions listed or to find out about other Extreme ability sessions contact: Pete Shears on 020 8326 7030 or pshears@brentfordccst.com

Saturdays 12pm - 1pm

(Every Saturday except Easter weekend)

Wheelchair Basketball

West London Academy Community Sports Centre, Bengarth Rd, Northolt, UB5 5LQ

Please contact Alan Carroll: 07786 317931 for further information

Parents/ siblings/ friends welcome - there are a few spare wheelchairs for participants to use

2nd April 11am - 3pm

Windmill Park Children's Centre & Windmill Park Under 5's

Open Day

1 Tulip Close, Southall, UB2 4UZ

6th April 12:30pm - 1:30pm

(also 27th April & 4th May)

Gentle Keep Fit, drop in for gentle exercise & socialising

Carers' Centre, 46 South Ealing Rd, W5 4QA
£1 per session

for additional dates and locations visit:

www.ecil.org

6th May 10:30am - 12:30pm

ECIL's Independent Living' Surgery with Councillor Hitesh Tailor, Cabinet Member with responsibility for Housing.

Carers' Centre, 46 South Ealing Rd, W5 4QA

For an appointment:

ring: 020 8840 8573

fax: 020 8840 6598

text: 07887 757228

or email: info@ecil.org

If you would like to advertise a group or event in the next Newsletter email: office.ealing@cafamilly.org.uk

National Charities and organisations

Education Legal Advice Service

Legal advice as part of the solution

The London Law Centres Education Legal Advice Service delivers legal advice and representation around the following issues:

- Exclusions - fixed term and permanent
- Special educational needs – the statementing process, SENDIST (special educational needs and disability tribunal) appeals, annual reviews, transport requests
- School admissions and appeals
- Bullying
- Complaints to schools, Colleges, Universities, Local Education Authority
- Further and higher education matters, i.e. Education Maintenance Allowance (EMA), withdrawals from course, eligibility as home students

Law Centre Advisers offer advice and representation, explain the processes to young people / parents / carers, coordinate referrals to other specialist support agencies, and train other youth services.

Appointments are offered at local Law Centres, but advisers can carry out home visits for those with mobility issues.

If you, your child, or someone you know needs legal advice around education, please contact your nearest participating Law Centre for an appointment.

Nearest Service Centre:

North Kensington Law Centre, 74 Golborne Rd,
London, W10 5PS.

020 8969 7473

info@nklc.co.uk



Call the helpline or visit the website for advice on dealing with disabled children.

Or if you are concerned about an older child, get them to call the Childline.

CARERS UK
the voice of carers

www.carersuk.org



Waving not drowning

www.workingfamilies.org.uk

0800 013 0313

Helping parents and carers of disabled children achieve work-life balance.
Visit the website for more information

Shelter

Freephone: 0808 800 4444



Free legal advice on:

- Family
- Benefits
- Employment
- Education
- Money
- Housing

www.communitylegaladvice.org.uk
0845 345 4 345

Visit the website for free or call the number (4p/min)

Gingerbread
Single parents, equal families

Freephone helpline:
0808 802 0925

Local Charities and organisations



Drop-in-services offering free advice concerning debt, benefits, housing, family and employment.
Tel: 020 8600 3100

Ealing: Meeting House, 17 Woodville Road, Ealing, W5 2SE
Tuesday & Thursday 09:30 - 12:30 & 1:30 - 5:30

Hanwell: The Salvation Army, Leeland Road, W13 9HH
Monday, Thursday & Friday 09:30 - 12:30 & 1:30 - 5:30
Tuesday 09:30 - 12:30

Northolt: Viking Community Centre, Radcliffe Way, Northolt, UB5 6HW
Monday, Tuesday & Thursday 2:00 - 5:30
Friday's 09:30 - 12:30

Southall: Southall Day Centre, 20 Western Road, Southall, UB2 5DS
Monday, Tuesday, Thursday & Friday 09:30 - 12:30

Acton: 191 The Vale, Acton, W3 7QS
Monday, Tuesday, Thursday & Friday 09:30 - 12:30 & 1:30 - 5:30



Family Information Service

Tel: 020 8825 5588
9am - 5pm Mon - Fri

Or search for:
'Family Services Directory'
on the Ealing Council website



www.ealinghelp.org.uk
supporting families of children with disabilities

3C's Counselling Service



Free & confidential counselling service for families with children with special needs.

Email:
3cs.counselling@ealingmencap.org.uk
Tel: 07968 871 459 or 07813 095 383




Working with 0-5's with additional needs and their families

www.pests-ealing.org.uk
020 8571 9994



www.continyou.org.uk/cepps
tel: 020 8280 2251
Advice, assistance & support for Ealing's parents of children with special educational needs




Kids Young Carers Project
If you are under 18 and caring for someone, we are here to help you:
tel or text: 07891 941478
email: sarahc@kids-online.org.uk

Local Charities and organisations

South Acton Children's Centre
 (open 8am - 6pm)
 We Offer ALL Acton Residents with children under 5...

Antenatal Support
 Postnatal Support
 Baby & Toddler Care
 Childcare
 Special Needs Support
 Family Learning
 Adult Learning



SACC, Castle Close, South Acton, W3 8RX
 tel: 020 8993 4049
 web: www.southactoncc.com



Tel: 020 8728 7000
www.corsroads.org.uk

SAFE - Supportive Action for Families in Ealing
 A service that helps family before they reach crisis point.

SAFE 0 - 12 (children 12 and under)
 Acton, Central Ealing and Hanwell - Tel: 020 8825 7819
 Northolt, Greenford and Perivale - Tel: 020 8842 0220
 Southall - Tel: 020 8825 9800



SAFE 12 - 12
 tel: 020 8825 5080 or email:
safeadolescentservice@ealing.gov.uk



BAN
 Black & minority ethnic Advice Network
 Delivering Advice, Information and Legal Representation Services

www.bmeadvicenetwork.org.uk

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| WC2 - Notre Dame Refugee Centre (French)
020 7440 2661 | W6 - Iraqi Association
020 8741 5491 |
| W1 - Chinese Community Centre (Chinese)
020 7439 3822 | W6 - Kurdish Association (Kurdish)
020 8563 7918 |
| W3 - Tallo Information Centre
020 8993 3187 | W6 - Iranian Association
020 8741 2304 |
| W3 - Armenian Information & Advice
020 8992 4621 (Armenian) | W6 - Eastern European Advice (Polish,
020 8741 1288 Czech, Russian, Slovak) |

ECIL Ealing Centre for Independent Living

Carers Connect: A consortium of Ealing Center for Independent Living, Ealing Mencap, Ealing Crossroads & Ealing Alzheimer's Concern. Visit www.ecil.org for more information and the Carers Connect newsletter.

Contact us

Ealing Contact a Family
St Andrew's Church Centre
Mount Park Road
Ealing
W5 2RS



ealing: 020 8810 8151
helpline: 0808 808 3555



ealing.office@cafamily.org.uk

Contact a Family Ealing supports families with disabled children/ additional needs aged 0-19

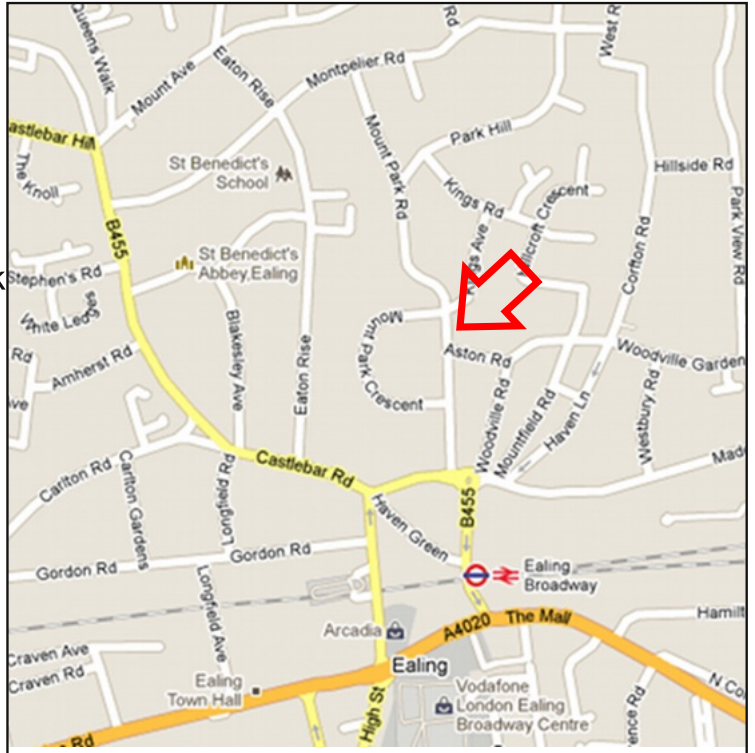
We:

Supply advice and information

Provide links to more specialist support

Give parents a voice

Bring parents together for mutual support and to socialise



Contact a Family
Registered Charity No. 284912
Company Limited by Guarantee No. 1633333
Registered Office:
209/211 City Road, London, EC1V 1JN
Tel: 028 7608 8700