

contact a family

for families with disabled children

Southall & Ealing Newsletter Summer 2011

Welcome to our first Southall and Ealing office joint newsletter, summer issue.



We have joined forces for the summer and have arranged our summer trips together this year. We will prioritise all trips in the usual way and will inform all families of their allocations after the closing date. Please do go through the booking form, tick your preferences, your pickup point and return the booking form back to the Southall office as soon as possible.

Please note the addresses of both our offices for the coach pick up and drop off points.

Southall Office,
St Georges Community Centre, 8-12 Lancaster Road, Southall UB1 1NW
020 8571 6381

Ealing Office,
St Andrews Church Centre, Mount Park Road, Ealing W5 2RS
020 8810 8151

Please do not hesitate to contact the Southall office if you have any queries regarding these trips.

We look forward to seeing you all at the trips and hope you have a great summer.

Heather, Asha, Raj and Yasmin

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Contact a Family Southall

St Georges Community Centre, 8-12 Lancaster Road, Southall UB1 1NW
Telephone no. 020 8571 6381 Email : southall.office@cafamilly.org.uk Website : www.cafamily.org.uk
National Freephone Helpline 0808 808 3555 Monday to Friday 9.30am – 5.30pm

Contact a Family incorporating The Lady Hoare Trust Registered Charity no. 248912
Registered office 209/211 City Road, London EC1V 1JN 020 7608 8700

News from the Southall Family Worker

Hello! hope everyone is keeping well

Please see the information below on the different things that are running in our office, and if you are interested in any of these or need more information please do contact me on **020 8571 6381**. In case of no answer please leave a short message with your name and number and I will get back to you on my return.

Carers Groups

Runs every other week on a Thursday, term time only

7th July	Dental Hygiene Workshop	10.30am till 1.30pm
21st July	Aromatherapy massage Speaker to be confirmed	10.30am till 1pm

SUMMER HOLIDAYS

8th Sept	Eid celebrations, Aromatherapy Speaker from Home-start organisation	10.30am till 1pm
22nd Sept	Counselling Workshop Learn breathing and relaxation techniques	10.30am till 1.30pm
6th Oct	Bowling and Pizza at Feltham	11.15am till 2.30pm
20th Oct	Managing difficult behaviour and stress workshop	10.30am till 1.30pm

Induction Day For New Families

Runs every 6 weeks

This is a fairly new thing we have started for all new families that join us. The induction day gives them a chance to come in and see the office and meet the staff and find out about our services.

Carers Walk In Sessions

Runs every Wednesday Mornings from 10.30am till 12pm (last slot time 11.45am)

This is a pop in surgery where you do not need an appointment and will be seen for 15 minutes for short and quick issues that could be to chase up of benefits, explanation of letters, quick phone calls, Please book an appointment for issues that require a longer time.

Appointments and One To One Sessions For Carers

If you require longer appointment and need to see the family worker in confidence please phone the office and book a appointment on **020 8571 6381** with Yasmin. In case of no reply please leave a short message with your name and contact number. The appointments are mostly aimed to be booked within 3 weeks Please note home-visits can be made for families who find it difficult to come in to the office.

Hope to see you soon

Yasmin

Contact a Family Southall : 020 8571 6381

Food Carving lessons

Thursday 11th August - Southall members

If you would like to give your family and friends an extraordinary Eastern experience when they next dine with you then come along to these food carving lessons to learn how to transform your dining table.



Watermelons, turnips, pineapples and many other fruits and vegetables can be carved and combined into either elegantly simple or very elaborate centre pieces or accents for your picnic table or indoor party decorations. The art of carving foods is an Eastern custom that has been adopted by creative food preparers around the world.

We have planned 3 sessions to be held at the

Dormers Wells Children's Centre, Dormers Wells Lane, Southall UB1 3HX

We will meet you at the Dormers Well Children's Centre for your food carving lesson at one of the following times, once you are allocated a place

9.30am food carving 1st session

11.30am food carving 2nd session

1.30pm food carving 3rd session

Charges for Adults and Carers £2, Children between 5 to 14 years old £1, not suitable for under 5 year olds

Special Children's Day at ZSL London Zoo

This year Special Children's Day at ZSL London will take place on the weekend of the 10th & 11th September. Additional events including a 'Discovery Zone' – the whole of our Education Centre will be open for 'hands on' activities, storytelling, live animals, crafts, face painting etc. This will be an exclusive zone for attendees of Special Children's Day only.

Additional facilities such as; changing tents, this year for the first time they will have a hoists onsite within the changing tents, also portable disabled toilets are being brought on site and set up in exclusive areas for the first time with respite areas for the families.

Live – The Dixie Swing Band! Unique 'touch tours organised for children with sight impairment, 10% discount vouchers for each family on food and retail purchases. Animal walks, free animal displays and feedings throughout the day. Extended rides on our carousels and discounts on face painting.

And of course last but not least the whole of London Zoo to explore and enjoy at your own leisure with the largest collection of animals anywhere in the UK. And all this set in a stunning 36-acre surrounding in the heart of Regents Park!

'Tickets for Special Children's Day at ZSL London Zoo will be available to purchase from the website shortly'.

All children up to 18yrs: £8.50 (Normal price for child £16.40, up to 16yrs only)

One Carer per special needs child: FREE (must be over 18yrs)

Additional Adults: £12.50 (Normal price to Zoo £20.50)

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Autism Group Meeting

You are invited to the Autism group meeting

On Tuesday 5th July 2011 – 10am to 12 noon

at Grange Children's Centre, Church Gardens, Ealing, W5 4HN (beside Grange School)

The Group is run by parents of Autistic children and facilitated by Contact a Family Ealing. If you'd like to book a place, please email or call us :

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

Email us at ealing.office@cafamily.org.uk or Phone on **020 8810 8151**

This is an opportunity for parents to get to know and support each other. Come and join us on the last meeting before the summer for refreshments and a chat.

Every Disabled Child Matters meeting

Friday 1st July from 10am-12noon

Here's your chance to be among the first to hear about Ealing's Disability Strategy and Action Plan from Debbie Grey and Ghazala Sheikh Joint Assistant Directors of ESCAN and to give your feedback.

Also the Ealing Parent & Carers' Forum website will be launched on the day. In addition, you'll have the chance to see the new improved Ealing HELP website managed by Ealing MENCAP, which is packed with useful information. Enjoy a free lunch and the opportunity to chat to other parents.

There will be a Creche for under 5's Advance booking essential for Creche please call 07837 185 907 to reserve a place.

Venue: St Andrews Church, Mount Park Road, Ealing W5 2RS

Family First Nights - Theatre tickets

Family First Nights Theatre - Mon 25th July - Monday 29th August

Bring your family to the theatre for just £5 a ticket

Mousetrap Theatre Projects invite you and your family to take part in FAMILY FIRST NIGHTS this summer. You can enjoy one of 18 great theatre productions across London with tickets for just £5 per person. And this year they are excited to be offering family workshops: attend with your family and gain an insight to the show before you see it and make the most of your day out!!

Families can include parents, grandparents, aunts uncles guardians and Carers but half the group must be young people between 3 and 16.

Maximum 6 people in each family.

For brochures and more information please contact the
Ealing office 020 810 8151 or Southall office 020 8571 6381.

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Chessington World of Adventures and Zoo trip

Monday 1st August

There is so much to do at this theme park for all ages and a children's zoo. Mini adventurers area for the tiny tots, Junior adventures area for the Young ones and separate areas rides for families and experienced adventures. Attractions include carousel rides, Roger the dodger's dodgems, Berry bouncers, canopy capers, Griffin's galleon, run-away train, dragon falls, safari skyway, Rameses revenge, vampire, peeking heights, Seastorm, rattlesnake to theatre shows and big roller coasters.



In the Zoo you will see live shows of Penguins, Sealions, monkeys, Capybara and many more. You will also get a chance to feed the animals and visit the education centre and the creepy caves.

Charge for Adults and Carers - £8, All children under 14 - £6

Southall pick up point

parents to meet outside Southall office at 9am, Coach departs at 9.15am

Ealing pick up point

parents to meet outside the Church/office at 9am, Coach departs at 9.15am

Return departure for Southall & Ealing coaches, meet up at 4pm, Coach departs at 4.15pm

Windsor Big Wheel trip

Thursday 4th August



We will start with the Big wheel experience in the morning. You will be able to soar over 50 metres into the skies above historic Windsor, with breathtaking views over the Castle battlements, the River Thames, Eton College and the stunning countryside beyond. On a clear day or night you can even see as far as the gleaming arch of Wembley Stadium and the glittering skyline of Central London. Featuring the cutting edge in Observation Wheel technology, Windsor Wheel offers an unforgettable and awe-inspiring experience for everyone.

A relaxing day in Windsor with loads to do, relax in the park with a picnic or visit Windsor castle, enjoy a boat cruise, visit the town centre and lots of restaurants, all within walking distance.

Charge for Adults and Carers - £6, All children under 14 - £4

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London Eye and Aquarium experience trip

Monday 8th August

A visit to the London Eye. Ingredients of the wheel are simple - a universal desire to see the earth from a great height and the natural human fascination with scale, daring structure and beauty.

Followed by a visit to the London Aquarium, one of Europe's largest displays of aquatic life and home to over 350 species in over 50 displays, from sharks, stingrays and clownfish, to moray eels, lionfish and sideways walking crabs. Witness the spectacular Atlantic feed where the team of divers hand feed rays and native British sharks

Charge for Adults and Carers - £6, All children under 14 - £4

Southall pick up point

parents to meet outside Southall office at 8.45am, Coach departs at 9am

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parents to meet outside the Church/office at 8.45am, Coach departs at 9am

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Southend on Sea Seaside trip

Sunday 14th August



A fun packed day for all the family with the joys of the seaside.

Other places of interest at the seaside: an Adventure Island Theme Park packed with over 40 rides and activities for all ages. Amusement Centres. Restaurants and shopping centre.

Charge for Adults and Carers - £4, All children under 14 - £3

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Brighton Seaside and Sealife experience trip

Wednesday 17th August

A fun packed day for all the family with the joys of the seaside.

Sealife experience, there are more than 40 fascinating displays, from shrimps to sharks, octopus to eel, housed in a magnificent Victorian aquarium. It also boasts England's longest walk-through underwater observation tunnel. Youngsters can enjoy close encounters with various species in the touch pools, while all the family can sit at the edge of a diving hatch to hear the story of captain Nemo and the Nautilus. Full programme of feeding demonstrations and a captivating collection of seahorses, one of the ocean's most fragile and endangered species.



Charge for Adults and Carers - £6, All children under 14 - £4

Southall pick up point

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Ealing pick up point

parents to meet outside the Church/office at 8.45am, Coach departs at 9am

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Woburn Safari Park trip

Friday 19th August



The coach will drive through the reserves. You'll experience the thrill of being right alongside White Rhinos, Tigers, Lions and Giraffes to name but a few. On the Navajo Trail you'll encounter bears and wolves running together, just as they would have in Britain around 1000 years ago. We will also drive through Europe's most diverse primate reserve, spotting three different types of Monkey. The safari Reserves, with their wide open spaces, provides the perfect habitat for the park's animal to roam freely and behave naturally.

After the drive we will also visit the Wild World Leisure Area and see some more animals. You will get a chance to have a ride on the Great Woburn railway train and go on a paddling boat ride. Also meet the keepers and learn more about the life at Park. A full programme of feeding demonstrations will be available on the day. Restaurants and picnic areas.

Charge for Adults and Carers - £6, All children under 14 - £4

Southall pick up point

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Terms and Conditions for outings

These rules are put in place for the safety of everyone travelling with us and to ensure that all trips run smoothly.

- Contact a Family members must return the completed booking form to the office by date stated on the booking form, to book their places.
- Extended family and friends (non members) will be invited at full cost if there are vacancies and may call the office.
- All payments are to be made by the date stated on forms in full. Anybody who has not paid will lose their place. Refunds will only be available in case of emergencies and upon receipt of doctors note.
- We can only allocate a volunteer to provide a respite break to parents who are traveling on their own with their special needs child.
- We cannot allow any last minutes changes and refunds for cancellations.
- Families cannot travel independently on any Contact a Family coach trip.
- Please note that no alcohol beverages are allowed during the coach journey.
- Parents/Carers are responsible for their children's behaviour on the coach and at the venue.
- Parents/Carers are responsible for their children's health and safety at all times and for any damage caused by their children.
- Families are expected to abide by our Equal Opportunities Policy: abusive language and behaviour of any sort will not be accepted and families may find themselves excluded from future outings.
- Coach journey, this can take 1 to 2 hours. All children must sit in their own seat and wear a seatbelt. Travel sickness may occur, please ensure your child has the appropriate medication to prevent this.
- The coaches will depart at the exact time stated on the trip information schedule. Any family being delayed must call the staff to inform them that they are running late. The coach will wait maximum 15 minutes from time of arrival for coach.
- On the return journey anyone being delayed should call the staff and let them know. However the coach will wait for a maximum 15 minutes. Anyone who misses the coaches will have to find their own way back. Staff will make everyone aware of public transport routes on time of departure.
- Allocation of seats during our coach trips, front seats are to be kept free for families whose children have mobility problems and back seats for those whose children are in wheelchairs using the tail lift.

Please note that in buses, coaches and minibuses with seat belts fitted, the law states that passengers aged 3 years and above must use them. Please also note that the new law relating to the use of booster seats which came into effect on 18th September 2006 only applies to cars, vans and goods vehicles - it does not apply to buses, coaches and minibuses.

Coach companies do not therefore provide booster seats and if parents provide their own then this may mean that the coach company is not longer liable in respect to the safety of that child.

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