

in **contact**



The newsletter of Contact a Family North East

www.cafamily.org.uk/northeast

Issue 43

Winter 2010



On Your Bike

Pictured left is Isaac Cain aged 10 enjoying a bike ride with his dad Ged.

See page 7 for details of Gateway Wheelers including news of their new base in Darlington

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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



Contact a Family News

Meet the parents

Contact a Family's very own social networking site for families with children who have disabilities and rare conditions - MakingContact.org - has been given a facelift!

Making Contact allows parents to securely email other parents whose children have the same condition to share their knowledge and experiences.



The makeover of the site includes a brand new look and some added features to make it easier for parents to find other families locally and closer to home.

If you haven't visited before or have but not recently then why not take a look at <http://www.makingcontact.org/>

Volunteer Parent Representatives

You will have seen from recent previous editions of our newsletter that Jo Barron was due to be our Volunteer Parent Representative for the Teesside region but unfortunately, she is now no longer able to take up this role.

We do have a brand spanking new representative in Cumbria; Jackie Bell will be taking up this role in Furness and we will include more information including her contact details in the next edition of our newsletter.

Leisure Inserts

Because we are now producing regular e-mail bulletins in between newsletters, we have decided to stop the leisure inserts that we had been including in these newsletters for parents/carers. This is because we can include more information on a more frequent basis in the bulletins.

We apologise to any one who does not have access to a computer but we hope that as many of you as possible have signed up for our bulletins. If you haven't but would like to receive these, please drop us a line at

northeast.office@cafamilly.org.uk

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Local Grant Opportunities

Grants for Families

In the last edition of **In Contact**, we featured details of Contact a Family's national list of Grant Giving Charities that families could apply to for funds. In this edition, we are featuring a selection of North East based charities that may be able to help too.

County Durham Community Foundation - Hylton House Fund - Grants of up to £500 are available for people and carers of people with Cerebral Palsy who live in County Durham, Darlington, Gateshead, South Shields, Sunderland or Tees Valley. See their website at www.cdcf.org.uk or call Jacqueline Cooke, Grants Administrator on **0191 378 6346** or email jaqueline@cdcf.co.uk

Davison Trust - The Davison Trust for Children can help children living in Middlesbrough who are sick, convalescent, disabled or infirm. The Trustees can make grants of money, purchase goods or services, or provide finance to others who will provide services or support. Application forms are available through the Disability Team, Family Information Service, Unit 10, Middlesbrough Bus Station. Tel: **01642 354201**

Evening Chronicle Sunshine Fund - This is a specialised fund in the North East of England that aims to enhance the lives of local disabled children and their families through the provision of essential equipment, learning aids and custom built apparatus. Families who live in Tyne & Wear and Northumberland are eligible to apply. For more information contact Caroll Pattison on **0191 201 6289**, email her at caroll.pattison@ncjmedia.co.uk or see their website at www.eveningchroniclesunshinefund.org.uk

Hope 4 Kidz - Hope 4 Kidz provides medical, learning and leisure equipment for children and young people who suffer from a severe illness or disability. Beneficiaries of previous grants have included both individuals and groups. For full information, please see their website at www.hope4kidz.org.uk, email them at info@hope4kidz.org.uk or call **0191 5347788**

Smile for Life - A charity dedicated to enhancing and enriching the lives of children. Their mission is to assist children who are unable to get all the funding they require from the larger national charities and other organisations. For more information, please see their website at www.smileforlife.org.uk, email them at info@smileforlife.org.uk or call **0191 2844166**

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CHILD Deaf Youth Project

CHILD Deaf Youth Project

CHILD Deaf Youth Project is a registered charity, working for the benefit of all Deaf and hard of hearing children and young people across the **Tees Valley**. They help reduce isolation and encourage self-esteem and independence, facilitate and develop communication skills and provide positive Deaf male and female role models. Their aim is to empower Deaf young people to make informed and positive decisions about their future. (CHILD is always expressed in capital letters as it stands for: Child Hearing Impairment & Language Development.)



Who can access CDYP?

CDYP is registered with OFSTED to include under 8's so they help people from the age of 5 up to 25 years. Their service is offered to families of Deaf and hard of hearing young people in the Tees Valley area. People find out about them through a variety of sources: their website address is **www.cdyp.co.uk** and there is no particular referral route, just contact them for a registration form to join!

What does CDYP offer?

CDYP activities include: youth clubs, summer schemes, short residential breaks, a Deaf School Leavers' Course, a Befriender Service, an 18 – 25 Years Group and a Parent Support Group. All their activities take place outside school hours. CDYP aims to improve Deaf and hard of hearing young people's quality of life by giving them opportunities to develop skills and reach their full potential. The activities take place in a safe, relaxed and friendly atmosphere where young people can interact with each other under the guidance of Deaf male and female role models: using their preferred communication methods whilst at the same time developing new skills and enjoying a positive experience.

How to Contact CDYP:

CDYP Project Coordinator, Gill Adams **g.adams@cdyp.co.uk**

Youth Leaders: Angie Beckett **a.beckett@cdyp.co.uk** and Lyndsey Zayas-Slater **l.zayasslater@cdtp.co.uk**

CHILD Deaf Youth Project, Middlesbrough Deaf Centre, 3, Park Road South,
Middlesbrough TS5 6LD

Tel. Voice/Fax **01642 852165** Text/SMS **07940369617**

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United Response

United Response

United Response is a charity that supports young adults from 16 in their move from school life to adulthood, whether this is towards college, supported employment, independent living or community day services. The support they provide ranges from 24 hour care to a few hours of support a week.



Their aim is to work with young people and the people closest to them, to support them to fulfil their aspirations and live more independent lives. They aim to provide a seamless and individualised support service to make sure the transition to adulthood is as smooth as possible. Most importantly, they keep the individual involved every step of the way.

Each person they support has a person centred plan which maps out their likes and dislikes, interests and long and short term ambitions. These plans help people to be more in control and make choices, giving them a greater sense of independence, establishing relationships and ultimately achieving a more meaningful life. They can start to develop support plans with people from 14 years old.

One of the key projects United Response has been involved in creating, alongside other organisations, is Making Money Easier. As a teenager setting up your own bank account can be hard enough. However being a teenager with a learning disability or a mental health need, money can seem a little more bewildering.

Making Money Easier is a set of five guides aimed at people with learning disabilities (although they are equally useful to anyone who finds themselves lost in banking jargon) to help with choosing and opening a bank account. It also includes a guide to help people plan for their future and explains what it means and what is involved in living more independently.

You can preview these guides online at: www.making-money-easier.info and also at: www.unitedresponse.org.uk/your-money-your-home/index.htm

If your child is reaching the age of 16 and you would like to find out more information about the services United Response can offer you then please contact Amie Dobinson by telephoning **07875278045** or emailing amie.dobinson@unitedresponse.org.uk

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Local Information



D1GITS



Darlington's 1st Group Init Together Support. A user lead group for all Parent/ Foster/Carer's of children with a disability and/or additional needs aged 0 to 19. The group will run as a weekly drop in every Tuesday from 10.00 am to 12.00 pm at DAD, Enterprise House, Darlington. So why not 'drop in' to relax, chat and make new, like minded friends.

For directions or more information, please call Di on **07929908702** or email **digits.digits@virginmedia.com**

PAADS

PAADS are a group of parents who have adopted a child with Attachment Disorder and complex needs (no age restrictions). They meet on a weekly basis to share experiences, have a moan, chat and to support each other, whilst drinking lots of coffee and nibbling on biscuits (usually chocolate).

The group meets at Riverbanks Children's Centre, Thornaby, Stockton on Tees on a Tuesday morning from 10.00am till 12.00pm. They organise weekly activities including soft play, swimming lessons and art and music workshops.

They have a website which is full of lots of useful information and includes a message board. Please visit this at:

www.parentsforadoptionandattachmentdifficultiessupport.co.uk

If you would like more information, see the website or give Jan Edwards a call on **07930405274**

Cerebra Christmas Party at the Alan Shearer Centre

Join Cerebra for fun in the Sensory Rooms, the Ball Pool and the Wii Room Have a dip in the Hydrotherapy Pool (this MUST be pre-booked); Have your Face Painted; Do some Balloon Modelling and Meet a Very Special Guest. Oh and enjoy a FREE Buffet Lunch too!

The party is on **Saturday 18th December 2010** at 2.00 p.m. Places are limited so please book early! Contact Shona Chambers on **0191 230 8036** or e-mail **Shonac@cerebra.org.uk**

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Local Information

National Autistic Society Groups

NAS are running two Youth Groups for children with an Autistic Spectrum Disorder (ASD). One group is for 8-13 year olds and is held on a Tuesday evening and the other is for 13-16 year olds and held on a Thursday evening. Both are based at Thomas Bewick School, Newcastle Upon Tyne and run from 5.30-7.30 pm. Three Social Groups are also held one evening a month for adults (over 16's) with an ASD.

- Newcastle Social Group meets the first Wednesday evening of every month. at Newcastle College Autism Base Room
- Durham Social Group meets the last Monday evening of every month at Bearpark Community Centre
- Sunderland Social Group meets the last Wednesday evening of the month at ESPA's The Croft Centre

For more information about any of these groups, please contact Charlie Kennedy on **0782 519 7244** or email charlie.kennedy@nas.org.uk

Gateway Wheelers

As pictured on our front page, Gateway Wheelers' aim is to enable people with disabilities to cycle. They organise regular bike rides in Chester-le-Street, Lockhaugh Farm and they now have a new base in Darlington.

This is at the Eastbourne Sports Complex in Darlington. There is also an accessible play area, climbing rock and zip wire! They have a range of cycles available to hire so that you and your children can all enjoy a cycle ride together.

For information about forthcoming rides, contact Gateway Wheelers on **0791 3905422** email officegatewaywheelers@yahoo.co.uk or see their website at www.gatewaywheelers.org.uk

St Chad's Club

St Chad's 14+ Club offers free after school social activities for disabled young people aged 14-17 years. All places must be booked in advance. The club is held every Wednesday and Friday during term time from 3:30-6:00pm at St Chad's Community Project, Bensham, Gatshead. To book places or for more information, please contact Val Leonard at St Chad's on **0191 490 1035** or email valleonard@stchadscommunityproject.org

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The Carer-Van

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 in Berwick Holiday Park, Northumberland.

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.

For further information and bookings, please telephone **01896 668 961** or email **baagsmail@yahoo.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 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**

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 **Spring 2011**

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