

# contact a family

for families with disabled children

Lambeth Contact a Family Newsletter

Issue 9, Summer 2011

## Are you confused by the benefits changes? Contact a Family can help

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*.

Derek Sinclair, Senior Welfare Rights Specialist at Contact a Family, said: "The recently announced benefits changes amount to the biggest shake up to the benefits system in generations.

"Changes include replacing means tested benefits such as income support with a new 'universal credit', major reform of Disability Living Allowance and cuts in housing benefit."

The changes will impact on all families with a disabled child. While some of the changes will not take affect 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 positive reform being made in April will allow children aged three or above who have a severe visual impairment to

qualify for the high rate of Disability Living Allowance mobility component.

For your free copy of *Future Benefit Changes*, call the Contact a Family Helpline now on 0808 808 3555. Alternatively, you can email [helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk)

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Registered charity number 284912

### Government publishes its plans for disabled children and their families

The new Government consultation paper, *Support and Aspiration: A New Approach to Special Educational Needs and Disability*, sets out plans to reform health, social care and education for children with Special Educational Needs and disabilities in England.

Srabani Sen, Chief Executive of Contact a Family, said: “there are questions that need to be answered on how these proposals would work in practice.

“We welcome, for example, plans to give families greater control and co-ordination of their child’s care through personal budgets. However we need to see if enough funding will be available to families through personal budgets to meet the needs of their child.

“The Green Paper is not clear about where responsibility lies to ensure that a joined up package of support is delivered for disabled children and their families, and that those carrying out assessments have the right skills and knowledge.

“Professionals must be made accountable if they do not deliver and there is no clear indication of how this would work in the Green Paper. Our own research in *What Makes My Family Stronger* found that 60% of families have a poor or unsatisfactory experience of being listened to by the professionals involved in their child’s care.

“We applaud the government’s continued commitment to funding parent forums which play a vital role in shaping services to meet the needs of families with disabled children.”

### Our ‘Stop the DLA Takeaway’ campaign gathers momentum: help us to keep it going

**Some of the UK’s most severely disabled and sick children and their families are being denied financial help when they need it most**

Contact a Family and The Children’s Trust are continuing to campaign to Stop the DLA Takeaway and, thanks to your help, we now have several supportive MPs on board.

Graeme Morrice MP for Livingston has tabled an Early Day Motion (EDM) in support of the campaign and to raise awareness of the issue politically. We are calling for your help to ensure as many MPs as possible sign the EDM and show their support for the campaign.

Currently, a child’s Disability Living Allowance (DLA) is stopped after 84 days in hospital and subsequently the parents’ Carer’s Allowance is suspended. The regulations are penalising vulnerable families at one of the most distressing times of their life and Contact a Family and The Children’s Trust are calling for them to be scrapped.

**If you think these rules are unfair, please email your MP to ask them to sign the EDM Disability Living Allowance for children in hospital: number 1520.**

Contact a Family always advises families to tell the authorities of any change in their circumstances. If you need advice about DLA and Carer’s Allowance, please call our freephone helpline on **0808 808 3555**.

### The Family Fund

The Family Fund helps families with severely disabled or seriously ill children and young people aged 17 and under to have choices and the opportunity to enjoy ordinary life.

Grants can be for household things such as washing machines, but The Family Fund have also given families money for driving lessons, computers and holidays.

Your household income must be less than £28,000 and you need evidence of entitlement to one the following: Child Tax Credit, Working Tax Credit, Income based Job Seeker's Allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit and Pension Credit. For more information go to [www.familyfund.org.uk](http://www.familyfund.org.uk)

If English is not your first language and you need help filling out the Family Fund form, call our freephone helpline on 0808 808 3555 and we can arrange for an interpreter to assist.

Our Helpline Team can also tell you about other grants that may be available for families with disabled children and children with additional needs.

### Energy company priority schemes

If someone in your family relies on electric equipment (nebulisers, ventilators etc), for health reasons, ask your energy providers if they offer priority service options. Benefits of these schemes include informing you in advance of planned supply interruptions.

### Merlin's Magic Wand

Merlin's Magic Wand is a charity that provides outings at Merlin Group attractions. The Charity are happy to receive applications on behalf of seriously ill, disabled or disadvantaged children aged 18 or under.

Merlin's Magic Wand usually limit a family to five tickets per year (for the child and immediate family members) for a day out.

Days out for all the family available from Merlin Group include Thorpe Park, Chessington World of Adventure, Alton Towers Resort and LEGOLAND Windsor. For more information about Merlin's Magic Wand, go to [www.merlinsmagicwand.org](http://www.merlinsmagicwand.org)

### The Cinema Exhibitors' Association Card scheme

This national card that verifies that the holder is entitled to one free ticket for a person accompanying them to the cinema.

To apply, you need to show that you are in receipt of Disability Living Allowance, Attendance Allowance, or are a registered blind person. There is a processing fee of £5.50 per card and the card is valid for one year from the date of issue.

Application forms are available from cinemas across the UK that support this card (including Odeon Streatham). You can download an application form and find more information at [www.ceacard.co.uk](http://www.ceacard.co.uk)

### Affected by the cuts? Lambeth LINK wants to hear from you

Lambeth LINK wants to highlight the impact of the spending cuts and changes to the health service on individuals and groups and to feed this information to their statutory partners.

Part of an independent network of local people and organisations created by the Department of Health in England, Lambeth LINK give everyone the chance to say what they think about their local health and social care service.

Lambeth LINK is independent of statutory authorities such as the NHS Lambeth and Lambeth Council. If you and your family are affected by the spending cuts and changes to the health service, telephone the LINK Team on 020 7274 8522, or you can email: [waiha@ageuklambeth.org.uk](mailto:waiha@ageuklambeth.org.uk)

### Kidz South exhibition

**9 June 2011, 9.30am – 4.30pm**  
**Rivermead Leisure Complex**  
**Richfield Avenue, Reading, RG1 8EQ**

Kidz South is one of the largest, FREE UK exhibitions totally dedicated to disabled children, their families and carers and the professionals who work with them.

You'll find Information on mobility, seating, beds, communication, education, toys, transport, sensory, sports, leisure and there will be free seminars throughout the day.

[www.kidzupnorth.co.uk/kidzsouth.php](http://www.kidzupnorth.co.uk/kidzsouth.php)

**Whippersnappers** held a launch party at the beginning of April to celebrate the opening of their new home, situated at the College Lodge in Dulwich Park, SE21.

The building has been converted into a specialist inclusive centre for children and adults with disabilities and has been funded by Southwark Council and the Southwark and Lambeth Aiming High for Disabled Children Programme.

Downstairs there is a fully accessible kitchen, a dining area, reception, shop and an accessible washroom. People can access upstairs via a stair case or lift and upstairs there is a multi-functional workshop space, an arts and crafts room and a fully accessible bathroom with an adult size changing bed and hoist.

Whippersnappers aim to provide a diverse cultural platform from which children and adults of all ages, needs and backgrounds can express and educate themselves through music, sports and the arts.



### Celebrating Carers at the House of Commons

A Celebrating Carers event was held on 5 April at the House of Commons. The evening was organised by Lambeth Carer's Hub and Chuka Umunna, MP for Streatham. It was the first of what is hoped will become an annual event.

Speakers included Tony Baldry MP, Emily Thornberry MP and Chuka Umunna MP.

### Relate support for families with disabled children

Relate, the relationship-support charity, has received extra funding from the Department of Education to help support families with a disabled child.

The Charity is able to provide up to four free or subsidised sessions of family or relationship counselling in your local area.

Families with disabled children are often under enormous pressures and the strain can affect couple and family relationships.

Relate says that having extra support can really help to strengthen family or couple relationships.

For more information, call the Relate helpline: 0300 100 1234.

Contact a Family has produced a guide about *Relationships and caring for a disabled child*. For your free copy and further information, telephone the Contact a Family helpline: 0808 808 3555.

### Are you having trouble paying your energy bills?

A new energy advice project supported by energy supplier EDF is based at the Brixton Advice Centre (BAC). The Project aims to help people who are in fuel debt, in arrears with their energy supplier or who find paying their fuel bills difficult.

The energy advice project can help you by making charitable applications to Energy Trust funds to get debts cleared or reduced, provide energy efficiency advice to help reduce your bills and negotiate with energy suppliers.

The Energy Advisors can also give advice to help you with budgeting.

For information or an appointment to see an Energy Debt Advisor, call Pete Turner on 020 7095 5908, email [pturner@brixtonadvice.org.uk](mailto:pturner@brixtonadvice.org.uk), or drop into the Brixton Advice Centre at 167 Railton Road, Brixton.

### Help CONTACT A FAMILY and get fit at the same time!

**Organisers of the 2012 Olympics have set up The Gold Challenge to raise money for charities and Contact A Family is one of the organisations involved.**

The Gold Challenge offers individuals and teams an opportunity to try different Olympic events by participating in 5, 10, 20 or 30 sports at venues across the country. It is open to everyone over 16 and is irrespective of ability. In May, they will also launch the junior version for 7 – 15 year olds. Contact a Family has 100 adult and child places so why not get the family or work colleagues together and participate in some fun leisure activities, try a new sport or push yourselves in an old sport plus support Contact a Family at the same time. Find out more at the Gold Challenge website [www.goldchallenge.org/contactafamily](http://www.goldchallenge.org/contactafamily) or call Lisa in our Events Team on 020 7608 8731.



### Lambeth ACTIVE! Parent and Carer Forum launched in February

A new forum set up by the Parent Representatives of the Lambeth Parent Advisory Group (PAG) was launched in February with a fantastic day. Nearly 100 parents (some of whom brought their children) and lots of local professionals and voluntary organisations attended.

The event started with an introduction from the parent representatives who shared their vision for the forum and a talk from Micheline Mason, a Disability Equality Trainer, poet, and writer who inspired everyone with her talk about the changes that have happened in the lives of disabled people since she was a child in the 1940s.

Chuka Umunna, MP for Streatham, came and explained the role of the local MP and how parliament could be used by parents to make their views known and change policy. Chuka Umunna then did a question and answer session where parents spoke about the lack of support they received and ways in which policies could be improved to help families.

In the break, everyone was treated to dozens of delicious homemade cakes made by parents, washed down with fresh coffee, kindly donated by Starbucks in Brixton. Everyone was so busy sharing experiences, information and ideas, or looking at the range of information stalls, that it was hard to get people back into the hall to hear the rest of the morning's presentations.

Once back, it was worth it. Sandra Morrison, a Director from the Children and Young People's Service at Lambeth Council gave an honest update about the budget cuts and what impact that could have for families.



Chuka Umunna MP, with parents

Last, but by no means least, was Harry Tuck the Programme Manager, Children with Disabilities Team at Lambeth Council, who gave parents an update on the future of short breaks.

Workshops were planned but the talks were so useful these had to be postponed until a later date. The day ended with a lovely buffet meal supplied by Abbevilles.

If you would like to join the forum, get to meet other parents, find out what is happening and get involved in shaping future local services, please do get in touch. You can:

- \* call Contact a Family on 020 7326 5270,
- \* or email the PAG Parent Reps at: [pagparentrepresentatives@gmail.com](mailto:pagparentrepresentatives@gmail.com),
- \* or join the facebook page: Lambeth ACTIVE! Parent and Carers.

## Mary Sheridan Centre

Wooden Spoon House, 5 Dugard Way,  
Off Renfrew Road, London SE11 4TH

**Wednesday's 1.15 - 3pm,**  
**Stay and Play Drop In.** This is an inclusive play group for all children 0 – 5 years old in Lambeth.

**Thursday's (term time only) 9.45 - 11.45am**  
**Stay and Play** for children under five with Autism/behaviour issues. This group is run by Anna Day and Sam Morris.

Please note that children should be accompanied by a responsible adult at all times whilst they are at the Centre.

For information, phone 020 3049 4005.

## Jubilee Children's Centre

Tulse Hill London SW2 2JE

**Thursday 9.30 - 11.00am**  
**Wriggle and Rhyme**, (term-time only). Interactive story and song time for children aged 0-5 and their parent/carers led by our outreach worker Lisa. Speech and language and family support is available during this activity. Due to popularity, please arrive by 10am to ensure entry to the session.

**Friday 1.00 - 3.00pm**  
**Speech and Language Group.** This is a referral-only group but if you would like support or advice regarding your child's speech and language, please contact the Children's Centre who can offer advice and make a referral to the team on your behalf if needed.

**Friday 1.15 - 2.15pm**  
**Baby Signing Classes.** Please contact the Children's Centre 020 8678 9160 to book a place.

## The Maytree Children's Centre

Glenbrook House, 55 Clarence Crescent,  
London, SW4 8LN

**Sign, Wriggle and Rhyme!**  
**Thursday's 1 - 2pm**

The Maytree Nursery School and Children's Centre have just launched their new 'Sign, Wriggle and Rhyme!' sessions for children under five years old with additional needs.

Come along and join in with singing, music, instruments, puppets and props, movement, as well as sensational sensory play.

Phone for more information: 020 8671 3298.

**Do you know what services your local children's centre offers parents and carers with disabled children?**

**Just drop in and ask for a copy of their latest schedule.**

## Relaxation for parents and carers of disabled children

### Free massage for carers Hanna Semere

Thursday 5 May 10.30am – 12pm

Tuesday 7 June 10.30am – 12pm

Tuesday 5 July 10.30am – 12pm

Tuesday 2 August 10.30 – 12pm

Hanna offers FREE massage and back massage for carers. With a Bsc/BA in Psychology and Sociology and an Itec Diploma in holistic massage, Hanna's treatments encourage deep relaxation.

And, thanks to The Body Shop in Brixton, we are now offering goody bags to parents and carers to take home with them after their massage.



Appointments last for 45 minutes each. Hanna's massage sessions are popular, so book early to avoid disappointment. For more information and venues, call Contact a Family Lambeth on 020 7326 5270.



### FEELING STRESSED AND NEED SOME TIME FOR YOUR SELF?

**FREE relaxation taster classes at Brockwell Lido**



**Repaying the Kindness  
Respite for Carers**

Repaying the Kindness, Brockwell Lido and Contact a Family have organised some relaxation taster sessions for parents and carers of disabled children in Lambeth at the Lido.

Take some time out and come to one of these special sessions, try out some relaxation techniques in the beautiful studio rooms of the Lido and have fun with other parents. No previous experience necessary!

Phone Contact a Family Lambeth on 020 7326 5270 for details or to make a booking.

**Mon 9 May 11.00am – 12.30pm  
Introduction to Meditation**

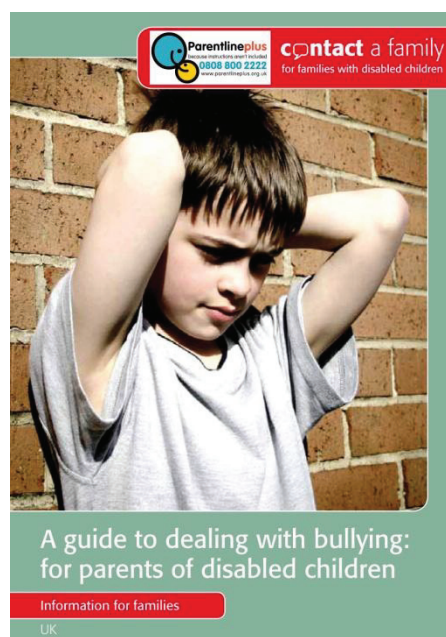
**Mon 23 May 11.00am – 12.30pm  
Introduction to Yoga**

**Mon 6 June 11.00am – 12.30pm  
Introduction to Tai-chi**

### ***A guide to dealing with bullying: for parents with disabled children***

Contact a Family with the support of Parentline Plus have produced a guide about bullying for parents with disabled children.

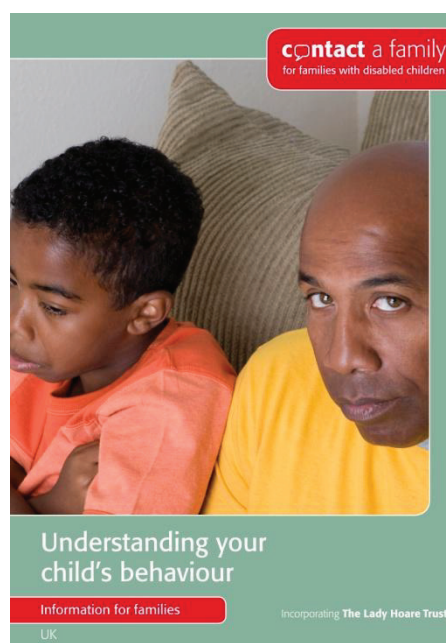
Disabled children can be more vulnerable to bullying for a number of reasons, but often this happens because of a lack of understanding about disability. Our information guide contains advice about how to spot signs of bullying, action parents can take, information about children's rights and stories from other parents.



### ***Understanding your child's behaviour***

Contact a Family has just produced a revised version of the popular guide *Understanding your child's behaviour*.

*Understanding your child's behaviour* contains practical, useful advice for parents and carers and has a resources section with contact details of organisations that can help families with disabled children. The guide was contributed to and the content checked by The Challenging Behaviour Foundation and the Royal College of Psychiatrists' Child and Family Education Editorial Board.



**If you would like a copy of these or any other Contact a Family guides for parents with disabled children, download them from our website or call our freephone helpline 0808 808 3555.**

Contact a Family Lambeth day out for families with disabled children

# HORNIMAN MUSEUM

**FREE Contact a Family Lambeth day out at the Horniman Museum on 15 April 2011**

During the Easter holidays, come and spend the day with other families with disabled children at the Horniman Museum.

- 9.45am – meet at Lambeth Accord, or
- 10.30am – meet at the Museum
- 11am – hands on session with Zoe Carmichael.
- 11.45am – visit the Aquarium
- 12.30 – 1.30 – lunch time (a room has been booked for us).

In the afternoon, there will be time to explore the Horniman Museum galleries and award-winning gardens. Set in the heart of south London, the Horniman Museum Gardens are a green oasis, with breathtaking panoramic views out over the city.

The Museum and Gardens are both wheelchair and pushchair friendly with accessible toilets. A lift gives access to all the exhibition areas. Baby changing facilities are available in Gallery Square.

Horniman Museum & Gardens, 100 London Rd, Forest Hill, London, SE23.



## Hands-on session

11am with Zoe Carmichael

The selection of objects that we will be able to handle and try on, include musical instruments, masks and puppets as well as clothing from around the world.



Places will be allocated on a first-come-first-served basis. Don't delay booking, as places are limited and will go fast! Fill out the booking form on the back page and send it to Contact a Family Lambeth. **The deadline to receive forms is 11 April.** Those who are successful will be sent more information.

**10 Contact a Family Lambeth 020 7326 5270**

## THE LONDON EYE

Visit the London Eye with Contact a Family Lambeth on 2 June 2011

We have 50 tickets available for Lambeth families with disabled children



See London from a new perspective from the London Eye, with streets, churches, palaces and monuments spread below in a panoramic scene. On a clear day, views stretch on for 25 miles, so you might even be able to see Windsor Castle.

The London Eye is fully accessible for wheelchair users. Buggies and pushchairs cannot be taken onto the London Eye but may be left with London Eye staff and a complimentary baby carrier can be provided.



Tickets will be allocated on a first-come-first-served basis, so, don't delay! Read the terms and conditions, fill out the booking form on the back page of this newsletter and send it by post to Contact a Family Lambeth.

The deadline for bookings will be 18 May 2011. Those who are successful will be sent more information with their tickets.

## Easter activities for families with young children

### Easter cycling with Wheels for Wellbeing

**Bikes in the Park** runs every Friday from 10am to 12.30pm on the All Weather Pitch near the Lido in Brockwell Park. So, why not take your child cycling during the Easter Holidays (15 & 22 April) or Royal Wedding Bank Holiday (29 April) in Brockwell Park?

There is a charge of £3 and new cyclists need to complete a registration form at their first session. For more information, visit [www.wheelforwellbeing.org.uk](http://www.wheelforwellbeing.org.uk)



### FREE DOWN'S SYNDROME SATURDAY PLAY GROUP

Saturday 2 April  
Saturday 7 May  
Saturday 11 June  
Saturday 2 July

From 10 am to 12pm at the Chandlers Hall,  
15 Lambeth Walk, London, SE11 6DU.

Sessions are open to all parents and carers of children with Down's Syndrome. Just turn up, have a tea/coffee and stay for as long or as little as you wish.

Siblings are very welcome and the group aim to have a range of toys and activities for children of all ages.

Sessions are FREE (kindly funded by the China Walk TRA and Ethelred Family Centre).

For more information, contact Richard Hurry, (parent of Amy, aged 5) on 07970 418199  
Email: [richard.hurry@infocorp.co.uk](mailto:richard.hurry@infocorp.co.uk)

### Oasis Children's Nature Garden Easter 2011

Gardening, games, den building, pond dipping, cooking, arts and crafts, treasure hunts nature trails and lots more!

Children of 5 – 16 are welcome (younger children must be accompanied by an adult). Take a packed lunch if you hope to stay all day. Places are limited to 25 children and children with disabilities are welcome.

It is free (suggested donation £2 per child).  
11 – 21 April, Mon to Fri, 10am – 3.30pm.  
Phone: 020 7498 2329 for information., or visit [www.oasisplay.org.uk](http://www.oasisplay.org.uk)

### Inclusive swimming in Brixton

Brixton Recreation Centre is now offering "inclusive" swimming lessons (for up to five children with their carers) as part of the London Swim School Programme.

Lessons will be 30 minutes long on Wednesday's at 5pm and run in blocks of 10 weeks. Classes cost £3.75 each.

For more information, call Brixton Recreation Centre on 020 7926 9779



### Brixton Inclusive arts

#### **Are your children and teenagers interested in learning drama, music and dance? Would they like the chance to learn British Sign Language? (BSL)**

Brixton Inclusive is a Lambeth-based performing arts organisation for 7 – 18 year olds. Their inclusive workshops aim to cultivate creativity and encourage young people to work together no matter what their impairment, disability, race, or gender.

Brixton Inclusive aims to increase participation, promote personal and social development and nurture young talent, particularly amongst young people who are often excluded or who struggle to engage with 'mainstream' arts activities.

The drama, dance and music sessions are run by a team experienced in inclusive practice and techniques that supports individuals' needs.

Taking place on the 3rd Tuesday of the month at Lambeth Accord, 336 Brixton Road, Brixton, the next session is 19 April 2011.

6.00pm – 7.00pm Children's Theatre,

7.30pm – 8.45pm Youth Theatre

Workshops cost £1.50 per session (extra donations gratefully accepted) and refreshments are provided.

For more information, or to book a place, phone 07709 773 885 or 020 7274 7133.  
Email: [info@brixtoninclusive.org](mailto:info@brixtoninclusive.org)

Visit [www.brixtoninclusive.org](http://www.brixtoninclusive.org) to find out more about Brixton Inclusive in Lambeth.

#### **New peer group for visually impaired youth in Lambeth**

The Royal London Society for Blind People is starting a new social and peer group in Lambeth for visually impaired young people aged 11– 19 years. This is an opportunity to meet other young people, have training days and social outings, and receive one-to-one mentoring.

There is space for 12 members and the first meeting will be on 9 April.

For more information, contact Kirsty Palmer, Community Support Worker, on 020 7808 6111 or email [kirsty.palmer@rlsb.org.uk](mailto:kirsty.palmer@rlsb.org.uk)

To find out more about the Royal London Society for the Blind, visit [www.rlsb.org.uk](http://www.rlsb.org.uk)

#### **Candoco Dance Company**

Candoco run two Youth Dance groups for disabled and non-disabled young people aged 14 – 25 years old. They are an opportunity to try contemporary dance.

Classes are on Mondays 5.30pm-7.30pm and cost £5 per class for a whole term, or £5.50 for a drop-in class.

No previous dance experience is necessary. Phone Sarah on 020 7704 6845 for more information, or email [youth@candoco.co.uk](mailto:youth@candoco.co.uk), or visit [www.candoco.co.uk](http://www.candoco.co.uk).

Classes take place at Siobhan Davies Studios, 85 St George's Road, London, SE1 6ER

### How Contact a Family helps

**Contact a Family's national freephone helpline is open Monday to Friday 9.30am to 5pm**

Freephone Helpline 0808 808 3555. Textphone 0808 808 3556

The helpline is staffed by a team of friendly, expert parent advisors who provide 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 has access to interpreters in over 170 languages.

If you are a Lambeth resident and have a child aged 0-5, please contact your local Lambeth Office for advice and information.

The Lambeth Team works in children's centres in the Borough providing a range of activities and support to families to use the centres.

We organise a range of workshops, drop-ins, pamper sessions and seminars for parents. We also provide one-to-one advice and information.

We also support parent participation and consultation. We work with the local Parent Advisory Group to support parent carers in Lambeth to influence services for disabled children and their families.

### Guides and other publications

We produce a range of practical guides for families with disabled children on benefits, special educational needs, holidays, play, equipment, adaptations to the home and early years. We also provide guides on involving parents in developing services and every aspect of setting up local support groups.

### Information Online

Our award-winning website [www.cafamily.org.uk](http://www.cafamily.org.uk) hosts our unique *Directory* – the ultimate guide to medical conditions and disabilities, support groups across the UK, and information for professionals.

### Contacting other families

We put families in touch with other families by signposting them to national and local parent support groups and directly with each other through our linking service and online network at [www.makingcontact.org](http://www.makingcontact.org) – this means we can put UK families caring for children with rare disorders in touch with others anywhere in the world.

### Contact a Family online

Contact a Family has profiles on Facebook, and YouTube. We're using these sites to help parents of disabled children to make contact and share information. Contact a Family staff contribute regularly to them, posting practical and helpful information, podcasts and links to information on all aspects of caring for a disabled child.

[www.facebook.com](http://www.facebook.com)  
(search for 'Contact a Family')

[www.youtube.com/user/cafamily](http://www.youtube.com/user/cafamily)

## Terms & Conditions on Contact a Family events and activities

**If you would like to come along to either the Horniman Museum and London Eye trip please read these terms and conditions and complete the booking form on the other side.**

1. Parents and carers are responsible for their children at all times.
2. Families should be prepared for events, and bring appropriate clothing, footwear, spare money, bottled water, sun cream etc if appropriate. Families will be notified of any special requirements.
3. Under no circumstances will staff tolerate verbal or physical abuse from children, parents and carers or other relatives during family outings or other activities organised by Contact a Family.
4. The behaviour of children, parents and carers, or other relatives when attending an event or activity should not affect the Health & Safety or wellbeing of others.
5. Parents and carers will be responsible for any damage they or their children cause on an event or activity, either through negligence or deliberate action.
6. Under no circumstances will Contact a Family tolerate the consumption of alcoholic beverages whilst attending any events unless this is specifically agreed in advance as part of the activity e.g. a carers' meal at a restaurant.
7. Please note that Contact a Family cannot be held responsible for any items that have been lost or stolen during an event or activity.
8. Under no circumstances will Contact a Family tolerate any acts of criminal conduct of any kind and will report criminal activity if necessary.
9. Contact a Family staff, and any organised transport, will not wait for families or individuals who are late and have been informed of the arrival and departure times.
10. Under no circumstances should parents and carers behave in a way which could bring the organisation into disrepute.
11. In exceptional circumstances it may be necessary to cancel an event at short notice. Families will be advised by staff of any changes to an event, and must follow appropriate instructions.
12. Families attending events must abide by instructions issued by Contact a Family staff and, in addition, adhere to any specific instructions relating to hired transport, such as use of car seats or seatbelts on coaches, consumption of food and drink etc.

**Please note failure to adhere to the above could result in you and your family being sent home from the event and you incurring the transport costs to do so.**

## Event booking form

EVENT	DATE	TIME	COST	No OF ADULTS	No OF CHILDREN	AGES OF CHILDREN
Horniman Museum	15 April 2011	To be confirmed	FREE			

ADULTS FULL NAME	CHILDRENS FULL NAME	CONTACT NO / EMAIL

*(As we have a limited number of places, spaces will be allocated on a 1<sup>st</sup> come 1<sup>st</sup> served basis).*  
**I have read and understood the terms and conditions on p15 and I will follow them at all times during Contact a Family events.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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EVENT	DATE	TIME	COST	NO OF ADULTS	NO OF CHILDREN	AGES OF CHILDREN
London Eye	2 June 2011	To be confirmed	FREE			

ADULTS FULL NAME	CHILDRENS FULL NAME	CONTACT NO / EMAIL

*(As we have a limited number of places, spaces will be allocated on a 1<sup>st</sup> come 1<sup>st</sup> served basis.)*  
**I have read and understood the terms and conditions on p15 and I will follow them at all times during Contact a Family events.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please return to: Contact a Family, Lambeth Accord, 336 Brixton Road, London, SW9 7AA