

contact a family

for families with disabled children

December 2010 - March 2011

Merry Christmas and Happy New Year



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News from the Office

Merry Christmas and Happy New Year!



Here's hoping that you have kept warm through this exceptionally cold snap and that you are geared up for the school holidays and all the merriment of the festive season!

Christmas can be quite a challenging time for many of our families so we have included a few tips on how to survive all the changes that may be happening.

We have welcomed a new member of staff to our team: Yinka Aina is working with us in Roehampton - she is available to you if you live in the Putney and Roehampton area and have a child under the age of 5.

The team here at Wandsworth continues to be very active, working directly with families who have disabled children. Our work though does not stop there. In addition, we provide activities and outings for families at a reduced cost and also put on workshops and support groups to enable families to get in touch with each other and hopefully form friendships. See inside for some more fun outings.

We will keep you informed about our future service. In the meantime, it is business as usual - you will see that the family work and our events programme continue to blossom with plenty of things to look forward to - be it an outing, support group or a workshop - there is something for everyone - just read ahead to see what is relevant to you and your family.

We look forward to hearing from you,

Ati, Elizabeth, Jan, Jill, Rosie, Suzanne and Yinka
020 8947 5260 wandsworth.office@cafamilly.org.uk

Christmas opening times:

The office will close on Tuesday 21st December reopening on Tuesday 4th January 2011

Season's Greetings to you All!

Workshops for Parents

Tuesday 1st February 2011 10.30 - 12.30

What makes a good statement?

Rina Patel the Manager of Wandsworth Parent Partnership Service will be providing information to parents on understanding the content of their child's statement.

For older children

Wednesday 9th March, 2010 10.30 - 12.30

Sexuality and Sexual Expression

A session for parents to develop a greater awareness and understanding of how to address and offer positive and safe support to their young people who are becoming aware of their own emerging sexuality.

This session will be run by Ruth Poyser, Training Development Officer and Catherine Keevil who is the Disability Co-ordinator for the Youth Service in Wandsworth Council.

Back by popular demand!

Robyn Steward - Being a young person with an ASD. A personal profile.

Evening workshop 7pm - 9pm

Robyn is an adult with Asperger's Syndrome and is a self-employed specialist Asperger's trainer and mentor. She is able to share many of her experiences of being an adult with Asperger's and answer some questions that you may have for her. We are waiting confirmation of the date for this session and will send out a flier when we know when it will be.

For more information and to book your place on any of these sessions, please call Jan McCarthy on **020 8947 5260**

2011 Year of Communication

Balloon launch at Wandsworth Museum on Friday 28th January 2011 at 11.00am
Wandsworth is starting the Year in January with a big balloon launch at the Wandsworth Museum with one of the stars of Downton Abbey sending the balloons off to see which word travels the furthest. For more info call Rosie on **8947 5260**

Autism Support Group for parents

My name is Jennifer Miles and I'm the Mother of Bryn who is nine years old and has been diagnosed as autistic since he was five. We've been in Wandsworth for two years and Bryn attends a mainstream primary school with an ASD unit. I'm a Parent Governor of the school with special responsibility for Special Educational Needs.

We want to start a coffee morning which would happen once every half term at the Early Years Centre at 1 Siward Road starting after Christmas. The first meeting is planned for

Friday 28th January 2011 to run from 10.00 - 12.00. Anyone with care of an ASD child from tiny or newly diagnosed through to late teens will be very welcome to come along

The idea is to create a friendly, relaxed forum hosted by Contact a Family where we can share information and experiences relating to our ASD children. This could be anything from diagnosis, getting a statement, choosing a primary or secondary school, sharing information on activities or clubs, discussing behavioural issues, transition into adulthood and so on. If you would like to register your interest, or if you have any questions or comments, please contact me on jen@jennifer-miles.com or get in touch with Jan at Contact a Family.

We very much hope to be meeting you next year!

Parent tips - please send in any for inclusion in the next newsletter

A parent had two boys, one aged 8 and one aged 10 who had autism. The 10 year old is an able, verbal autistic child but had problems with waiting for things and understanding the cost. Mum wanted to give her sons the idea of the value of money. She came up with the following idea which when she put it in place not only gave them an idea of the value of money but the concept of saving, thus waiting for a treat rather than throwing a tantrum when the 'treat' could not be delivered straight away.

She laminated Monopoly money which they had to earn by doing light chores around the house or using as a reward for behaving appropriately. She then drew up a list of treats - such as McDonalds (£2.50), Cinema (£10.00), Swimming (£3.00), A day out e.g Legoland (£50) By each 'treat' she set an amount and when they had earned enough money they cashed in their money for the relevant treat.

This list of treats is just an idea, you can put in whatever you like that suits your family's needs and your pocket. Make sure that the 'treats' are achievable and some quite easily otherwise the child will lose interest. By mum setting up the first set of 'treats' she had control over where they could go. Once the children had the idea of what the treat list was about they were able to suggest treats themselves.

Battersea Early Years' Team - News from Suzanne

I would like to start by saying a big "thank you" to everyone involved in making the monthly parents' groups and weekly lunch and play sessions a great success this term. They have been really well attended.

Please see below for the dates and topics for the monthly parents' group next year. The group will be held at Katherine Low Settlement, 108 Battersea High Street, SW11 3HP, from 10am until 12 Midday. Crèche places are available, but please do contact me in advance in order to arrange a settling-in session and to book a place at each session.

Friday 14th January - Healthy Eating and Tips for Fussy Eaters

We will be joined by Catherine Fogarty, a Community Paediatric Dietician at Queen Mary's Hospital, to talk to us about healthy eating. She will also be more than happy to offer tips and advice for children who are fussy eaters and answer any individual questions you may have about your child's feeding needs and habits.

Friday 11th February - Benefits

Philomena Murphy, from the Contact a Family helpline, will join us to talk about the benefits your family may be entitled to in relation to your child's needs and will update us on the changes introduced by the new government.

The weekly lunch and play session at **Somerset Children's Centre** (157-159 Battersea Church Road, SW11 3ND) will continue to run. After the Christmas break it will start again on **Thursday 13th January from 11.45 until 2pm**. If you have not been before, please call me before attending to check there is a place available. It would be great to have some new families there!

Look forward to seeing you again in the New Year! For any information on the above or for any advice or support on a range of issues relating to your child's needs, please do call me on **07831 725126**.

Blue Sky course - for parents with young children who have complex needs

Does your child have complex needs?

Karen Schumacher (Educational Psychologist) and Rosie Noble (Contact a Family) are delivering a series of parenting workshops which are looking at offering support and information to parents of a child with complex needs.

The first course was run at Waverton Children's Centre last term and was well received by the parents there. Next term will run on Monday mornings at Greenmead school starting on February 14th, we are aiming to run a course at Greenmead school on Monday mornings. Topics to be covered include:

Brain development in children, speech and language development in children, physical development in children, nutrition and diet tips, siblings, education issues.

The course is very parent friendly and informal with plenty of time for questions by the parents. A crèche is provided, and expenses can be covered.

If you are interested in attending the course please call Rosie on **020 8947 5260**

News from Roehampton and Putney

We are pleased to welcome Yinka to our team covering the post in Roehampton, based at the Surestart building 166 Roehampton Lane and can be contacted on 020 8789 0012 or 07971 324 901.

The weekly playgroup sessions run jointly with speech and language therapists at the Toy Library continue, on Tuesdays from 1.00pm - 3.00pm. If you would like to bring your child along please call Yinka to book your place.



Thinking about getting back to work?

Going back to work when you have a disabled child may seem daunting - but there are benefits too.

If you'd like to explore your options, either now or longer term, help is at hand from the Family Information Service (FIS) based at Wandsworth Council.

The FIS is running a pilot initiative between now and March 2011 offering parents the following:

Taster sessions on finding and choosing work to fit with your family needs, your rights at work as a carer and childcare options.

Individual coaching sessions to help you work on goals you will agree with your coach (sessions can be face-to-face or by phone).

Financial support in some cases, to help with some of the initial childcare costs on returning to work.

As part of this initiative, taster sessions are already scheduled at the Early Years Centre as follows:

2nd February (1.15-2.30) Getting into work 1

Who am I now and what sort of work would I like? - an opportunity to explore work options, what might help or hinder you and to draw from the skills and experience you have gained as a parent in preparing a CV

9th February (1.15-2.30) Getting into work 2

Finders keepers - Where to find jobs, communicating with an employer about your child's needs, flexible working and emergency leave - your rights at work

16th February (1.15-2.30) Getting into work 3

Childcare options; who pays?; back-up plans; making it work without losing the will to live. Refreshments will be provided and there will be a limited number of crèche places or help with the cost of childcare for those attending the above sessions. Please book your place in advance.

To find out more, or to book a taster session or coaching appointment, please contact the Family Information Service:

Tel: 020 8871 7899 or Email: fis@wandsworth.gov.uk

Dorchester hotel event

As a thank you to the parents in London who volunteer their support to us, Contact a Family held a celebratory event at the Dorchester hotel in November. It was a lovely occasion and Wandsworth was well represented by the steering group members. Two of the key speakers were also from Wandsworth. Hannah Otoo, one of our parents spoke about the inspiration she got from the support from Contact a Family which led her to set up a new venture for children in her home country, Ghana.

Rosie Noble also presented to the guests there about the value of the Family work that we undertake in London.

The event was made possible by the generosity of the Dorchester hotel and the Mercer's company.

Members of our steering group enjoying the event at the Dorchester.



News News News

Families with disabled children will be hit hard by housing benefit reforms

Contact a Family is concerned that families with disabled children will be disproportionately affected by changes to housing benefit due to be implemented in October 2011. Families already affected by existing unfair housing benefit rules and struggling to meet their housing costs could be forced into housing that is not suitable for their child.

Contact a Family has submitted a response to the Department for Work and Pensions Committee enquiry into the impact of the housing benefits.

To find out more: <http://tinyurl.com/26y9k3q>

Families with disabled children struggle to afford food and heating

In 2008 Contact a Family carried out a survey called Counting the Costs. This revealed some shocking statistics about the financial situation of families in the UK with a disabled child. In 2010, with the changes in government and cuts in benefits looking likely, Contact a Family wanted to highlight the devastating affect cuts to benefits could have on the families that we support.

Key findings revealed: Almost a quarter are going without heating (23%). Up from 16% in 2008. One in seven (14%) are going without food. Down from 16% in 2008.

More than half have borrowed money from family or friends (51%) to keep financially afloat or pay for essentials, such as food and heating. Up from 42% in 2008.

More than 40% have applied for a charity grant. Up from 25% in 2008.

Almost three quarters (73%) are going without days out and leisure time with the family. Up from 55% in 2008.

Srabani Sen, Contact a Family's Chief Executive, said: "Time and time again research shows that families with disabled children have an above-average risk of living in poverty. Steps must be taken to address this imbalance from the Government, from businesses and employers, from local authorities and the voluntary sector."

News News News

Support for deaf children in school

The National Deaf Children's Society has launched a report 'Hands up for help!' which highlights that deaf children in England do not have fair access to vital support from specialist teachers of the deaf. You can contact the Society to share your experiences or obtain a copy of the report:

http://www.ndcs.org.uk/about_us/campaigns/england/hands_up_for_help/

Contact a Family and The Children's Trust's Stop the DLA Takeaway

Contact a Family and The Children's Trust's /Stop the DLA Takeaway /campaign has attracted overwhelming support. The campaign has had over 1,100 e-mails of support. Of those e-mails, 1,060 were sent to the Department of Work and Pensions (DWP) consultation on welfare reform. Contact a Family and The Children's Trust are calling for the rules to be scrapped whereby a child's Disability Living Allowance (DLA) is stopped after 84 days in hospital. This is causing misery to hundreds of families at an incredibly stressful time.

We have submitted a response to the DWP's 21st Century Welfare consultation, which proposes significant reforms to the benefits system. The consultation has now closed and we hope that decision makers at the DWP have heard the /Stop the DLA Takeaway/ message loud and clear.

In the meantime, we are continuing to make noise about the issue. The campaign was featured on BBC Breakfast News, Radio 5 Live and BBC Radio 4. And now we are urging supporters to e-mail their local MP to tell them about the campaign and ask for their support. Support the campaign:

<http://www.cafamily.org.uk/campaigns/dlatakeaway.html>

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. Check out the new look, give it a go and make lasting friendships: <http://www.makingcontact.org/>

Keep warm for less

It's easy to forget that there are simple steps we can take to reduce energy consumption in our own homes.

Tip 1 - Insulation... wrap up You can lose up to 35% of the heat from your home through the walls and up to another 25% through the roof. Look into getting loft and cavity wall insulation it could save you up to £265 according to the Energy Savings Trust (EST). Most energy companies have discounts on these products and some schemes offer it for free.

Tip 2 - Heating... turn it down Turn down your thermostat by just 1°C and cut your fuel bills by up to 10% saving about £55 a year (EST). Keep furniture away from radiators so the heat can get out and consider using radiator panels behind your radiators. Turn radiators in unused rooms down.

Tip 3 - Hot water... use less Zipping up your hot water cylinder with a lagging jacket could save you £35 (EST). If possible have a shower rather than filling a bath as a five minute shower uses about 30% less water.

Tip 4 - Lighting... switch! Energy saving light bulbs last up to 10 times longer than ordinary light bulbs. One will save you around £40- £65 in its lifetime.

Tip 5 - Cooking... keep a lid on it - the saucepan that is! Use just enough water to cover vegetables, or use a steamer. Boil water for pans in a kettle (it's quicker and cheaper!). And chop it up... cooking smaller pieces of food is quicker and therefore cheaper.

Tip 6 - Washing... cooler Washing at 30°C uses about 40% less electricity than at a higher temperature because about 85% of the energy a washing machine uses goes into heating the water.

Tip 7 - Appliances... go 'A' rated Domestic appliances account for about 47% of households energy bills. Look out for the energy efficiency rating if you buy new ones. "A" rated appliances are the most efficient and cheapest

Tip 8 - Don't standby... switch off Appliances can use a shocking amount of their original energy consumption when on standby or left on charge, so get into the habit of turning them off. An average household can save £30.

Tip 9 - Curtains... draw them closed Shutting the curtains, especially lined ones, will stop heat escaping through your windows and doors after dark, but don't pull them over radiators or you'll lose heat.

Tip 10 - Get involved... it's a family affair Get the whole family involved in thinking about ways to save energy; they'll become very energy conscious and may well think of something we haven't!

Where to go, what to do - some ideas....

Enjoyable children's show - Peppa Pig

Peppa Pig the Live Show is perfect for children, offering a fun and imaginative series of short narratives that are just long enough to keep the attention, but long enough to make sure the children get involved with Peppa and her friends. There's plenty of audience interaction too, ensuring that children will be kept entertained throughout the show, complementing the live action and the live music impressively.

Peppa Pig Live at the Criterion Theatre, Piccadily Circus from Tuesday 30th November 2010 - Sunday 2nd January 2011.

To purchase tickets please call 0844 847 1707.

The Snowman. Peacock Theatre,

Portugal Street, London WC2A 2HT Showing: 1st December - 9th January

The stage version of Raymond Briggs' much-loved book continues to delight children everywhere as it returns this Christmas.

Tickets £12 - £32

For more information, call the box office on: **0844 412 4322**

The Snow Queen - Polka Theatre, Wimbledon

Once upon a time, there were two friends, Kai and Gerda. They did everything together and were inseparable. But, one cold, cold night, Kai falls under the spell of the evil Snow Queen and is whisked away on her sleigh to the icy palace far away. Join us this winter for an enchanting tale of friendship and discovery based on Hans Christian Andersen's classic story.

Tickets from the Polka theatre £10 - £16.

Autism Friendly performance Thursday 30 December at 11am

The Autism Friendly Performance for *The Snow Queen* will be on Thursday 30 December, at 11am. These performances are aimed at families whose children are on the autism spectrum or who have sensory sensitivities. The sound will be at a lower volume and the lights will be dimmed rather than a completely dark auditorium.

For more information call the Box Office on **020 8545 4888**.

Don't rush round too much at Christmas...

Song for a fifth child by Ruth Hulburt Hamilton

Mother oh Mother, come shake out your cloth
Empty the dustpan, poison the moth,
Hang out the washing and butter the bread
Sew on a button and make up a bed.
Where is the mother whose house is so shocking?
She's up in the nursery, blissfully rocking.

Oh, I've grown shiftless as Little Boy Blue
(lullaby, rockaby, lullaby loo)
Dishes are waiting and bills are past due
(pat a cake, darling, and peek, peekaboo).
The shopping's not done and there's nothing for stew
And out in the yard there's a hullabaloo
But I'm playing Kanga and this is my Roo.
Look! Aren't her eyes the most wonderful hue?
(lullaby, rockaby, lullaby loo).

**The cleaning and scrubbing can wait till tomorrow,
For children grow up I've learned to my sorrow.
So quiet down cobwebs. Dust go to sleep.
I'm rocking my baby and babies don't keep.**



EVENTS - thanks to Short Breaks funding:

Guildford Spectrum!

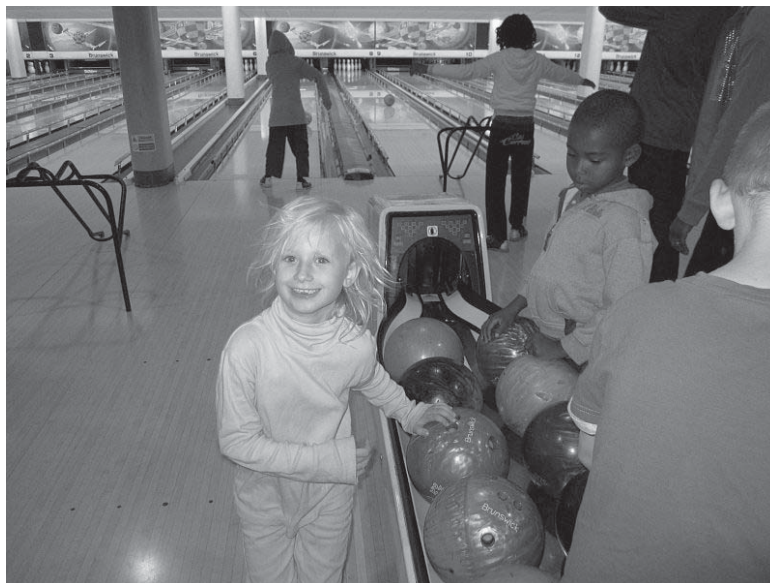
Back by popular demand!

When:	Tuesday 22 nd February 2011
Where:	Guildford Spectrum
Time:	10.00am - 4.00pm
Cost:	£8.00 per adult £5.00 per child



Come and join us at the Guildford Spectrum for a fun filled day of activities! We are planning to Ice Skate in the morning, have lunch and then head off to the ten pin bowling alley at 2pm. You'll need to bring your own lunch or use the facilities at the Spectrum. Swimming facilities are available but you will need to pay the venue on the day. We will provide transport from the Early Years Centre to and from the venue. Full information will be provided once your booking has been confirmed.

Please send the booking form by Friday 14th January 2011.



Half term treat - Disney's The Lion King!



We have managed to secure a limited number of tickets to watch Disney's award winning 'The Lion King' at the Lyceum theatre. This is a fantastic opportunity made possible by Wandsworth short breaks funding. Due to the limited number of tickets all names will be drawn out of a hat so make sure you get your forms in by Friday 14th January 2011! Please note this activity is strictly restricted to members of Contact a Family.

When:	Wednesday 23 rd February 2011
Where:	Lyceum Theatre
Time:	2.30pm
Cost:	£5.00 per person

EVENTS

Hand Drumming Workshop! Thanks to Big Lottery funding!

When:	Thursday 24 th February 2011
Where:	Early Years Centre
Time:	10.30am - 12.30pm
Cost:	£2.00 per child



Come and join us at this fantastic workshop organised in association with the Rhythmical empowerment group (REG). The morning is split into two sessions with a break in between. This hand drumming activity requires participants to develop a range of mental and physical skills that are transferable to other aspects of learning and they can have fun too!

The Wizard of Oz!!

When:	Sunday 10 th April 2011
Where:	London Palladium
Time:	3pm
Cost:	£12.00 per person.

You can follow the yellow brick road! Don't miss this fantastic opportunity to watch the Wizard of Oz at the London Palladium theatre! Due to the limited number of tickets all names will be drawn out of a hat so make sure you get your forms in by

Friday 14th January 2011! Please note this activity is strictly restricted to members of Contact a Family.



Meet the Family Workers!

Just a reminder on the first Friday of the month our experienced and friendly team of Family Workers- Jill, Jan, Suzanne and Yinka - will be available at the Early Years' Centre to meet with parents and have a cup of coffee and a chat.

These informal meetings are open to all. Individual concerns will not be discussed but we will all share information and advice with each other and you will be able to make an appointment to see the Family Worker at another time.

Friday 07th January 10.00am - 12.00pm

Friday 4th February 10.00am - 12.00pm

Friday 4th March 10.00am - 12.00pm

We will have tea, coffee, fruit and biscuits...so come along!

Time for you.....

Thanks to the Parenting fund to allow us to continue with the popular Relaxation sessions. We have opened up the diary for the following sessions all between 9.45 and 12.00 and all for 45 minutes.

If you would like to book a session at an unbelievable rate of just £5! Caroline Osland, a registered therapist in head massage, body massage and reflexology comes in on the first Friday of each month and the third Thursday.

The parents who have come to these sessions are always very keen to book again - so be sure to ring and book your appointment!

Call us on: **020 8947 5260**

Friday	07 th Jan	9.45am - 1.00pm
Thursday	20 th Jan	9.45am - 1.00pm
Friday	04 th Feb	9.45am - 1.00pm
Thursday	17 th Feb	9.45am - 1.00pm
Friday	04 th March	9.45am - 1.00pm
Thursday	17 th March	9.45am - 1.00pm



contact a family

for families with disabled children

Across the UK, a child is diagnosed with a severe disability every 25 minutes. Although some children need hospital care, 98% of disabled children live at home with a parent or other family member who may not have expected to be in this position but who has quickly had to become an expert.

When parents find out that their child is disabled they feel isolated and alone, because usually they don't know anyone else facing the same problems. They want contact with another family who've been through a similar experience and they want information about their child's disability.

Contact a Family is the **only** UK-wide charity providing advice, information and support to the parents of all disabled children - no matter what their disability or health condition. We also enable parents to get in contact with other families, both on a local and national basis. Each year we reach at least 275,000 families.

The Contact a Family National Helpline

Freephone 0808 808 3555

9.30am - 17.00pm Mon to Fri

- Give you **information on medical conditions and disabilities** affecting children, including very rare disorders. All the information is written by leading experts in the field, specifically for parents and families.
- Advise you about help which may be available, including **special educational needs assessments**, getting help to have a **holiday**, your rights to **benefits and tax credits**, and **services** for families with disabled children. We have a wide range of **free parent guides** on these issues which you can obtain from the helpline.
- Put you in touch with **UK-wide and local support groups**. Many families like to share experiences with others caring for a disabled child and find the support this can bring invaluable. If your child has a rare disorder and there isn't a group we might be able to **link you with another family** on a one-to-one basis.
- Tell you about any other specialist **voluntary organisations** which may be able to help.
- **Listen** - many parents simply wish to 'tell their story'.

EVENTS GENERAL TERMS AND CONDITIONS:

- These trips are for Contact a Family members who will be given priority on all trips. If you would like a non-member (i.e. a friend or family member beyond your immediate family) to attend, they will have to pay the full cost and cannot be guaranteed a place.
- Parents and carers are responsible for their children at all times.
- 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.
- 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.
- Parents and carers will be responsible for any damage they or their children cause on an event or activity.
- 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.
- Please note that Contact a Family cannot be held responsible for any items that have been lost or stolen during an event or activity.
- Under no circumstances will Contact a Family tolerate any acts of criminal conduct of any kind.
- 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.
- Under no circumstances should parents and carers behave in a way which could bring the organisation into disrepute.

**EVENTS BOOKING FORM - PLEASE DETACH AND POST / FAX
OR EMAIL TO US BY FRIDAY 14TH JANUARY 2011**

Event	Date	Time	Cost	No of Adults	No of Children	Ages of Children Wheelchair y/n
Guildford Spectrum	Tues 22 nd Feb 2011	10am- 3.30pm	£8.00 per adult £5.00 per child			
The Lion King	Wed 23 rd Feb 2011	2.30pm	£5.00 per person			
Drumming workshop	Thurs 24 th Feb 2011	10.30am - 12.45pm	£2.00 per child			
Wizard of Oz	Sun 10 th Apr 2011	3.00pm	£12.00 per person			

Adults full name	Children's full name	Contact number / email

Please indicate if you require assistance on the day or if your child is a wheelchair user so that we can accommodate your needs in advance.

I agree to abide by the rules set out (above) by Contact a Family, venues and transport and I will be responsible for children's safety at all times.

Signed: _____ (parent/carer)

Date: _____

Please detach and return the booking form either by post to Contact a Family 1 Siward Road, London SW17 0LA, by fax to 020 8947 9506 or attach to an email and return it to wandsworth.office@cafamily.org.uk

Closing date for applications: FRIDAY 14TH JANUARY 2011.