

# in contact

The Contact a Family newsletter

## Lambeth

### Inside

- New service in Lambeth ..... 1
- Local news ..... 2
- Workshops and events  
update ..... 2
- National Indicator survey on  
disabled children's services ..... 3
- Contact a Family on social  
networking sites ..... 3
- Contact a Family 30 year  
anniversary ..... 3
- Links with other organisations .. 4
- Mailing list ..... 4



*Aminda (left) and Roxanne (right) inside the Lambeth office*

## New service in Lambeth

Welcome to the first newsletter for the new Contact a Family service in Lambeth

### Local office

#### Contact a Family Lambeth

Lambeth Accord  
4<sup>th</sup> Floor  
336 Brixton Road  
London  
SW9 7AA

Tel: 020 7326 5270  
e-mail: [lambeth.office@cafamily.org.uk](mailto:lambeth.office@cafamily.org.uk)  
Web: [www.cafamily.org.uk](http://www.cafamily.org.uk)  
Helpline: 0808 808 3555

We are a local project working with families who have a child up to five years of age with any disability or additional need living in Lambeth.

We deliver a service across several children's centres in the borough and can introduce you to your local centre and support you with accessing their services.

Your local children's centre offers a range of services for under 5's. These include family support services, childcare, health services

and employment advice. We will also be running regular workshops and pamper sessions for parents.

We have recently moved premises and are now based at Lambeth Accord on Brixton Road and therefore our landline number has now changed.

We look forward to meeting many more parents over the upcoming months!

*Aminda and Roxanne*

### Drop-in session

We run advice sessions for parents and carers across the borough at the following children's centres. Please contact the office for further details.

#### The Mary Sheridan Centre

Tuesdays 10am-12pm, 5<sup>th</sup> May and 2<sup>nd</sup> June.

#### Woodmansterne Children's Centre

Fridays 9am-12pm, 1<sup>st</sup> May and 5<sup>th</sup> June.

#### Maytree Children's Centre

Wednesdays, 10am-1pm, Fortnightly from 25<sup>th</sup> February – 1<sup>st</sup> July.

### Young Lambeth Website

To access information on local services visit the new, improved Children and Young People's Service Directory online. It provides information on local services, organisations, activities and events for children, young people and families in the borough.

Web: <http://www.younglambeth.org>

### Free Down's syndrome Saturday playgroup

The sessions are open to all parents and carers of children with Down's syndrome and are run as 'informal' drop-in sessions. It will run on the following Saturdays: 9<sup>th</sup> May, 6<sup>th</sup> June, and 11<sup>th</sup> July 2009, at the Chandler's Hall, 15 Lambeth Walk, Kennington, SE11 6DU. For further information, please contact Richard Hurry, e-mail: [richard.hurry@infocorp.co.uk](mailto:richard.hurry@infocorp.co.uk) or Tel: 07970 418199.

## Contact a Family Lambeth workshops and events update

We had two workshops this year – a first aid course at Brixton Children's Centre and a Stress Management Workshop with Ci Ci Collins at Stockwell Children's Centre.

Feedback from both courses was very positive.

Parents gave the following feedback: "This is my third first aid course and it always shows me something new", and "They had learnt useful techniques for managing stress and the course exceeded their expectations".

We also had a stress busting pamper session with our massage therapist at the Weir Link which was well timed to run just before Christmas.

### Forthcoming events

On Tuesday 9<sup>th</sup> June Contact a Family Lambeth will be having a Pamper Session and Open Day at Coin Street Children's Centre. A creche will be available.



*First aid course*

Further details will be sent out by post to all families on our mailing list or Tel: 020 7326 5270.

We want to ensure our workshops are relevant and meet the needs of our parents and welcome any feedback and ideas for future workshops. Please contact us with your ideas.

### Service evaluation questionnaire

Look out for our service evaluation questionnaire. Returned forms will be entered into our prize draw with a chance to win a £10 Marks and Spencers voucher.



*Stress management course*

# Look out for new National Indicator survey on disabled children's services

This spring the government will be sending a survey out to a sample of parents of disabled children to ask for their views on the services they receive. Answers will be used to develop a National Indicator for disabled children, which will measure the performance of each local authority's disabled children's services.

This is the first time there has been a specific indicator for disabled children's services. Local areas will be able to see how they are performing and compare with others. Areas that perform badly will be expected to improve their services and are likely to channel money and resources into meeting National Indicators where they are underperforming.

### What is a National Indicator?

In April 2008, a new system was introduced to measure and compare the performance of each local authority in England. Every local authority will now be measured against 198 National Indicators, to see how well they are serving their local community.

### What difference will it make?

One National Indicator says that patients should be referred to a health specialist within 18 weeks of being referred by a GP – the introduction of this National Indicator has significantly reduced patient waiting times.

### If I receive a survey, why should I complete it?

The Disabled Children's Services

National Indicator is a key tool to ensure services improve in your local area. It will focus education, health and social care's attention on services for disabled children in a way that hasn't been seen before.

Your experiences are crucial in measuring local services for families of disabled children. The survey is a unique chance to have your say – if you get the opportunity to take part, please do, and encourage other parents to do the same. If you, or anyone else you know about has any problems filling in the survey there will be a phone number clearly marked on the questionnaire that you can call to get assistance.

## Contact a Family on social networking sites

Contact a Family has created its own group or profile on a range of popular social networking websites such as Facebook, Twitter, MySpace 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. We are also one of the first UK charities to open an advice centre in virtual world Second Life where a trained parent adviser is available to answer your queries every Wednesday from 10am-4pm.

**MySpace**, Web: [www.myspace.com/contactafamily](http://www.myspace.com/contactafamily)

**Bebo**, Web: [www.bebo.com/contactafamily](http://www.bebo.com/contactafamily)

**Facebook**, Web: [www.facebook.com](http://www.facebook.com)

and search for 'Contact a Family'  
**Twitter**, Web: <http://twitter.com/contactafamily>

**YouTube**, Web: [www.youtube.com/user/cafamily](http://www.youtube.com/user/cafamily)

**Second Life**, You can find our Contact a Family virtual advice office in Second Life on Aloft Island 19.40.22 (PG) or visit <http://tiny.cc/P9A5I> to teleport there directly.

## Contact a Family 30 year anniversary

This year marks the 30<sup>th</sup> Anniversary of Contact a Family. Soon we will be celebrating with a series of events (national, regional and local), research documents, policy reports and media stories throughout the year. We will keep you updated on how you can get involved.



**30 years of strengthening families with disabled children**

## Links with other organisations

### Lambeth families' information service

A general service for families in Lambeth offering free advice and information on childcare and education, parenting health and family support, sports leisure and play activities, training/working in childcare, help with childcare costs special needs, services and activities for young people.  
Tel: 0845 601 5317

### Autism friendly screenings

Ritz Cinema in Brixton hold regular Autism-Friendly Screenings for children and adults with autism and their family, friends or carers. At these screenings the soundtrack is turned down a little and the lights are low as some children and adults with autism have sensory sensitivities to sound and light. It's

also fine if your child makes a noise or moves around during the film. After the film they also provide some free tea, coffee, juice and biscuits and an opportunity to meet other people with autism, their family members and cinema staff. For more information or to receive e-mail updates on forthcoming screenings please Tel: 020 7326 2615 or 07967 047401, e-mail: [alice.w@picturehouses.co.uk](mailto:alice.w@picturehouses.co.uk)

Autism-Friendly Screenings were set up in association with Lambeth Autism Group,  
Web: <http://www.ukacl.eclipse.co.uk>  
National Autistic Society,  
Web: <http://www.nas.org.uk>

### Lambeth Home-Start

Lambeth Home-Start is a service that offers support and friendship

through a home visiting service with trained volunteers. They work with families with children aged 0-5 years old, and also organise specialist groups and social events for parents.

They also facilitate family support groups in several children centres in the borough. For further information contact their free information line on Tel: 0800 068 6368

### Free London Eye tickets for families

The London Eye has kindly donated free tickets for our families. If you are interested please contact our office to arrange to collect tickets for you and your family.

For further information on the London Eye, Tel: 0870 990 8883.  
Web: <http://www.londoneye.com>



## Mailing list

### Are you reading someone else's copy of *in contact*?

To receive your own copy please complete the following details and send to us at the address below. Pass it on! If you already get your own copy please pass it on to a friend once you have read it.

I would like to be added to your mailing list and receive the Contact a Family Lambeth newsletter (free of charge).

Please remove me from your mailing list

Name

Organisation (if applicable)

Address

Postcode

Tel

Email

**Please detach and return this form to:**  
**Contact a Family Lambeth**

Lambeth Accord, 4<sup>th</sup> Floor, 336 Brixton Road, London SW9 7AA  
Tel: 020 7326 5270  
Freephone helpline: 0808 808 3555

I am:  a parent/carer  
 a parents' group contact  
 a professional

Registered Office: 209-211 City Road, London EC1V 1JN. Registered Charity Number: 284912. Charity registered in Scotland No. SC039169. Company limited by guarantee. Registered in England and Wales No. 1633333. VAT Registration No. GB 749 3846 82. ® Contact a Family is a registered trade mark. Although great care has been taken in the compilation and preparation of this newsletter to ensure accuracy, Contact a Family cannot take any responsibility for any errors or omissions. Contact a Family cannot accept responsibility for any goods or services mentioned in or enclosed with this newsletter.