

**contact** a family  
for families with disabled children

incorporating  
**The Lady Hoare Trust**

in **contact**



**The newsletter of Contact a Family North East**

[www.cafamily.org.uk/northeast](http://www.cafamily.org.uk/northeast)

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Autumn 2007



### **Brothers and Sisters**

Pictured right is Brynley, getting to grips with his sister Kelsey.

See page 5 for news of Siblings Workshops and to read Kelsey's poem about her brother.

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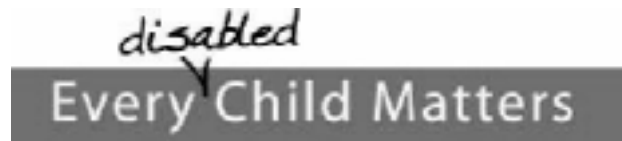
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Contact a Family would like to thank Northern Rock Foundation, Big Lottery Fund and the Freemasons Grand Charity for their continued support of the North East Office



# EDCM Parent Event

## Making Every Disabled Child Matter - Parent Event



“Positive day - good to meet other parents from different areas”

“Very positive, helpful information. Lovely to meet like minded people. I feel quite uplifted. Hope I can help the campaign”

These are just some of the comments from those who attended one of the recent Every Disabled Child Matters campaign workshops for parents organised by the campaign team and Contact a Family.

Further parent events have now been planned across the country. These events will provide an update on the work of Every Disabled Child Matters (EDCM) and information on how parents can support the campaign and use it to further their own involvement work; they will be informative but relaxed.

The event in this region is being held on **Thursday 4th October 2007** from 10.30 a.m. to 3.00 p.m. at County Hall in Durham (a light lunch will be provided).

Parents can come along to meet other parents, share successes and find out what's happening in your local area. Professionals are also welcome to attend the morning session for each workshop. This is a free event, but we ask for a £5 cheque returnable deposit to secure your booking. If you book and then find you can't attend, please let us know and we will return your deposit and offer your place to someone else. For further information and a booking form, please contact Liz Ranger, Contact a Family's Parent Participation Manager on **020 7608 8784** or email [liz.ranger@cafamily.org.uk](mailto:liz.ranger@cafamily.org.uk) You can also read more on the EDCM website at <http://tinyurl.com/39lc85>

## Disabled Children and Child Poverty - new campaign briefing

This new EDCM briefing highlights the additional costs and income penalty facing families with disabled children and calls for specific action by Government to end child poverty for families with disabled children. EDCM wants all supporters to take part in the Campaign to End Child Poverty by emailing the Prime Minister - and include the demand for a DLA take-up campaign.

More information can be found on their website at <http://tinyurl.com/3aw2ng>

**Contact a Family North East 0191 213 6300**

# Contact a Family News

## Goodbye Francine

Contact a Family's Chief Executive, Francine Bates OBE, has been appointed as Special Adviser to Ed Balls - the new Secretary of State for Children, Families and Schools.

This has meant that she has had to resign from Contact a Family with immediate effect. Although this is sad news for us, we feel sure that parents, and those working with them, will join us in wishing Francine every success in her new role.

Contact a Family's Chair of Trustees, Rosey Foster commented, "This is a wonderful opportunity for Francine, who will be able to use her expertise at the heart of Government." Rosey and the Senior Management Team will be holding the fort until a new Chief Executive is appointed later this year.

## Publications News



Contact a Family have produced a new fact sheet entitled **A Guide to Claiming Disability Living Allowance**. You will find this helpful if you are thinking of applying for DLA for your child for the first time or if you are already getting DLA and want to check if they are entitled to a higher rate. The fact sheet also includes information about challenging a decision if you are unhappy with the outcome.

We have also produced new versions of our factsheets on **Working** and on **The NHS and Caring for a Disabled Child** which are available now. Other publications, including our **Holidays** factsheet and the **Guide to Assessments** factsheet, are currently being updated and will be available later this year.

For a copy of the complete list of publications produced by Contact a Family, or if you would like a copy of any of those above, please give us call on **0191 213 6300** or e-mail us at **[northeast.office@cafamily.org.uk](mailto:northeast.office@cafamily.org.uk)**.

You can also download copies from the Contact a Family website at **<http://www.cafamily.org.uk/factsheets.html>**

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# Cerebra

## Cerebra - Positively Different

Cerebra is a national charity that provides help & support to families of children with any Neurological or Brain-related Disorder, Learning Difference or Developmental Problem including Down Syndrome, Cerebral Palsy, Autism, Epilepsy, ADHD, Behavioural & Emotional Problems, Developmental Delay and others.



Their Parent Support Network offers **FREE** information & advice services including:

- Parent to parent contact
- A quarterly newsletter to keep you informed of latest developments
- Specialist legal services
- Telephone Stress Counselling & free Stress Management book
- Research into specific queries that you raise
- Information about benefits including a guide to applying for DLA for under 16s
- A Grant Scheme to improve the quality of life of children & young people affected by conditions as described above
- A postal lending library of books, tapes, videos and DVDs relating to the care of children plus sensory toys designed for tactile, audio and visual stimulation
- Free use of a holiday home in Pembrokeshire for families (fully booked until the end of 2008 - applications for 2009 will be taken from January 2008)
- Help in producing a Personal Portfolio (or “passport”) designed to help anyone with communication difficulties tell others about themselves. It is useful in any situation where you are meeting people for the first time. Cerebra helps you decide on the content & provides full colour printed copies plus a CD version
- A Sleep Service to provide help with children’s sleeping problems. Individual sleep plans can be created using a diary kept by parents & advice can be given by telephone, post or e-mail. Home visits may be arranged in more complex cases

You can contact Cerebra’s Parent Support on their free Helpline **0800 328 1159** or via e-mail at [info@cerebra.org.uk](mailto:info@cerebra.org.uk) or by post at Parent Support, Cerebra, Freepost SWC3360, Carmarthen SA31 1ZY

Cerebra also supports clinical & academic research that is concerned with all aspects of brain injury in children & young people and have also recently launched a free e-learning (computer based) course for families, parents & carers

For full details of all services, see the Cerebra website at [www.cerebra.org.uk](http://www.cerebra.org.uk)

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# Siblings

## Brothers and Sisters Are Special Too

We are organising two free workshops for parents and professionals who are supporting siblings of children with disabilities & special needs. The workshops will be taking place mid October; one will be held in Redcar & Cleveland and the other in the Middlesbrough/Stockton area. Lunch and refreshments will be provided (and financial help towards travel and/or childcare costs is also available).

If you would like a booking form for one of these workshops, or if you would like more information on dates, venues etc , please give us a call on **0191 213 6300** or e-mail us at **[northeast.office@cafamily.org.uk](mailto:northeast.office@cafamily.org.uk)**

**Calling all support groups, parent support workers and other professionals, if you would like Contact a Family North East to run a Siblings workshop for your group, we would be happy to arrange this. Just contact us on the number above to discuss this further.**

Remember, one of the factsheets produced by Contact a Family focuses on Siblings issues. If you would like a copy, please just give us a call at the North East office.



## A Sibling's Thoughts

This edition's cover features Kelsey and Brynley Davis. Kelsey wrote this great poem about her brother which we thought we would share with our readers:

My brother is a cuddly teddy with white lovely fur.  
He uses his hands to speak to me.  
And sits in peace and calm.  
He's a big grumpy giant with huge lazy feet.  
He's a small greedy dog with a slavery face.  
He's a fan of football and wishes he can play.  
He's a beautiful little quiet mouse.  
He's small like a frog.  
He signs to me about a cat and follows me around.

*Kelsey*

Thanks Kelsey for letting us include this in our newsletter.

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# Local News

## Local Events

### **Whizz-Kidz Power Chair & Switches Exhibition**

Thursday 21st November 2007, 10.00 a.m.- 3.00 p.m. at Whizz-Kidz Regional Mobility Centre, The Dene Centre, Newcastle upon Tyne.

A power chair and switches exhibition day offering families and professionals the chance to view and try a wide range of equipment from different dealers, with the impartial advice and guidance of Whizz-Kidz mobility therapists. Please contact Whizz-Kidz to book your place on this free event, Tel: **0191 2136770** or e-mail them at **[newcastle@whizz-kidz.org.uk](mailto:newcastle@whizz-kidz.org.uk)**

### **National Autistic Society Two Day Help! Programme for Parents/Carers**

This programme runs for 2 sessions and is for parents/carers of children aged between 5 and 11 who have an Autistic Spectrum Disorder (ASD). The sessions do not include an overview of ASD and it is recommended that parent/carers wanting to attend already have some prior knowledge of ASD.

The first seminar will take place on Thursday 18th October 2007 and is a practical session focusing on understanding challenging behaviours and developing positive management strategies. The second seminar is on Thursday 1st November 2007 and is an Introduction to Writing Social Stories. Both seminars will take place at the Toby Henderson Trust in Northumberland. They are free for parents/carers and a buffet lunch will be provided. To book places or for more information, call Jan from NAS on **0191 5680732** or Wendy from NAS on **0191 5680731**.

### **Understanding Autism Life & Learning Seminar**

Friday 19th October 2007, 9.30 a.m. - 3.00 p.m. Middlesbrough Teaching & Learning Centre, Middlesbrough.

This seminar has been organised by the Main Project and will be presented by Wendy Lawson, an adult with Autism Spectrum Disorder. The aim of the presentation is to portray how autistic thinking impacts upon the individual with ASD and also upon others around us. The cost for attending is £90 for professionals and £20 for parents/carers (including lunch and refreshments).

For further information, contact Anna Wood, Tel: **01642 277450** or you can book via their website at **[www.themainproject.co.uk](http://www.themainproject.co.uk)**

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# Local News

## Easington District Carers

Janette Browell has recently been appointed as Parent Carer Support Worker at Easington District Carers in County Durham. Janette is really keen to make contact with local parent carers and is also looking at setting up a support group in the near future.

If you are interested in joining a group or would like more information about the support and services available for you, please give Janette a call on **0191 5869134** or you can e-mail Janette on [janette@easington-carers.org.uk](mailto:janette@easington-carers.org.uk)

## Newcastle Special Needs Network (NSNN)

NSNN became an independent charity in June 2007 and they have recently moved to new premises. Their contact details are now:

Newcastle Special Needs Network

Tankerville Terrace, Jesmond,

Newcastle upon Tyne NE2 3BB

Phone: **0191 281 2255/2485**

E-Mail: [admin@nsnn.org.uk](mailto:admin@nsnn.org.uk)

Website: [www.nsn.org.uk](http://www.nsn.org.uk)



## Support for Young People who Self Harm

Northumberland Self Harm Support is a group for parents who have children or young people up to the age of 25 who deliberately self harm. The group meets monthly at Wansbeck Young People's Centre in Ashington.

It is an informal group where parents and carers can meet and will be offered support and information around coping and staying safe.

For more information and meeting times, contact Sue Cullingworth on **01670 857816** or email [susan.cullingworth@nch.org.uk](mailto:susan.cullingworth@nch.org.uk)

Remember, if you would like to promote your support group and/or activities through this newsletter, please just give us a call on **0191 213 6300** or e-mail the details to us at [northeast.office@cafamilly.org.uk](mailto:northeast.office@cafamilly.org.uk)

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# Get Connected

## Connected

Connected is Contact a Family's national quarterly magazine giving news and up-to-date information about a wide range of issues of interest to parents of disabled children.



For a limited period the subscription fee for 1 year has been slashed from £10 to £5 for parents and family members subscribing for the first time. For a free sample copy, ring the helpline on **0808 808 3555**.

## Family Support Service

**Mishy Holt** is our Family Support Worker covering the Teesside area. She can provide information on local services and support and explore opportunities available; help families access benefits and other sources of financial help; offer emotional support and help to link families to other families.

For more information, give Mishy a call on **01642 785745** or e-mail **mishy.holt@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 10.00 a.m. to 4.00 p.m. (& 5.30 - 7.30 p.m. Monday)

The textphone 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](mailto:northeast.office@cafamily.org.uk) Website - [www.cafamily.org.uk/northeast](http://www.cafamily.org.uk/northeast)

The next edition of **In Contact** will be circulated **Winter 2007**

The views and suggestions in **In Contact** are those of individual contributors and are not necessarily supported by Contact a Family.

Contact a Family cannot accept responsibility for any goods or services mentioned in or enclosed in **In Contact**

# Autumn



**contact** a family  
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Sports & Activities  
Autumn 2007

Hi Welcome to our 20<sup>th</sup> Leisure Insert. Well that was summer then! Pretty disappointing weather wise but hope you managed to enjoy some of it. Thoughts turning now towards Autumn Activities so hopefully you'll find something here for your kids to try.

## Youth Club for Young People with Disabilities North Ormesby, Middlesbrough

This youth club offers various activities and residential. It runs every Thursday from 6.00 p.m. to 8.00 p.m. at North Ormesby Youth Club, Derwent Street in Middlesbrough.

The club is open to young people aged 11 to 25 (with the majority of people attending aged 13-19). Membership is £2.00 per year and there is a door fee payable of 50p for non-members and 30p for members.



Also at this venue, the Child and Junior Deaf Youth Projects meet regularly too.

For more information on any of these clubs, please call **01642 243581**

## Association of Wheelchair Children (AWC) Training Course

A two day manual wheelchair training course is taking place on 24<sup>th</sup> and 25<sup>th</sup> November 2007 at King James Comprehensive School in Bishop Auckland, County Durham.

This free course will teach children useful, practical skills, empowering them with the ability to assess risk and to move safely and confidently about their homes and neighbourhood.

It will include fun activities and games to help children develop their mobility skills.

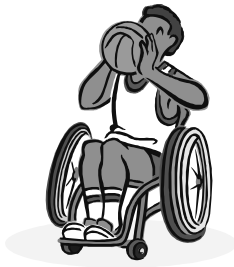
For more information please contact Roy Wild, Head of Training - Northern Team on Telephone: **0870 121 0055** or by Email: [northteam@wheelchairchildren.org.uk](mailto:northteam@wheelchairchildren.org.uk)

Remember to regularly check the Local Events page of our website for details of other events. You can find this at <http://www.cafamily.org.uk/northeast>

## Redcar & Cleveland Sportsability Club

The Redcar & Cleveland Sportsability Club is a multi sport club that offers regular structured sporting opportunities for young people within Redcar & Cleveland aged 8-16 with physical and learning disabilities.

The club offers various sports and activities, the sports range from giant floor games like snakes & ladders to football, netball, basketball and many more. Activities range from swimming to ten pin bowling and indoor rock climbing.



The Sportsability Club is run from Redcar Leisure Centre every Saturday morning between 10.00 a.m. - 12.00 p.m. The cost for each session is £2.

For any enquiries please contact Neil Young on **01642 496428**

## Jaynell Gymnastics Club GMPD Newton Aycliffe Leisure Centre

Gymnastics and Movement for People with Disabilities runs every Sunday from 9.30 a.m. to 10.30 a.m.

Children aged 4 and over are welcome to attend, whatever the disability you can come along and have some fun.

All coaches are qualified through the British Gymnastics Association. For more information, please call **01325 319262**

## North East Disability Sports

A range of sports and events are planned over the next few months, including the following:

### Sportsmatch and npower programme

Taster Sessions:

27th September - Athletics in Northumberland

30th September - Archery in Hartlepool

3rd October - Athletics in Tyne and Wear

28th October - Archery in Berwick-upon-Tweed  
(These are just **some** of the many taster sessions taking place across the region)

The Sportsmatch & npower programme enables new opportunities for individuals of any age or disability to try a new activity.

### Girlsport

Girls, with any impairment, are invited to attend Girlsport events which include:

17th October - Girlsport Rugby Activity Day and

5<sup>th</sup> December - Girlsport Gymnastics both at Gateshead International Stadium

### Wanderers

The wanderers have both junior and senior events, for boys and men, primarily for those with learning disabilities; however all are welcome to enquire about participating. Their events include:

10<sup>th</sup> October - Soccer event at John Spence Community College, North Tyneside and in

December there will be a Basketball event at Temple Park Leisure Centre in South Shields

For more information about any of these events, please contact the North East office of English Federation of Disability Sport on **0191 334 7208** or **0191 334 7210** or email them at **northeast@efds.co.uk**

You can also see full details on their website at **<http://tinyurl.com/2tlqqe>**