

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

Issue 30

Winter 2007



Get Informed

Pictured here are Alison Gallimore with her daughter Shanice aged 4 and Catherine Munsey with her son Jack Abbott aged 3.

They visited the Contact a Family stand at the recent DNEX Exhibition to pick up some information - see Page 3 for details of updated factsheets now available.

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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

Drawing Competition Winners

All Smiles with Shearer!

Children from Abbey Hill School & Technology College in Stockton-on-Tees and Durham Trinity School were the winners of the recent Children's Tea Towel drawing competition organised by Disability North and Contact a Family and kindly sponsored by Easiaccess/bathe and Todd & Cue Ltd.

Alan Shearer presented the prizes at the DNEX Exhibition held at the Newcastle Metro Arena and here he is pictured below with Joanne Pye, trustee of Disability North, representatives of the sponsors and of course, the proud winners.



There were some fantastic pictures so it was really hard to choose the winners. Well done to everyone who took part.

Regional Email Bulletins Reminder

Because of timing, we often can't include details of all the events we know about in these newsletters so we send details of these in our North East e-mail bulletins.

If you have not signed up for these already, but would like to start receiving them, please just send us an e-mail to northeast.office@cafamily.org.uk and we will add you to our list (please include your full name and postal address too).

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Contact a Family News

Publications News

Contact a Family have now updated more of our factsheets. They are

- **Holidays, Play and Leisure**
- **Disabled Children's Services in England and Wales** (the new name of the Guide to Assessments factsheet).
- **Preparing for adult life and transition** which explains the Transition Plan and aims to identify the main areas that parents and young people need to think about in planning for the future.



We also have a new version of our **When Your Child has Additional Needs** booklet available now.

If you would like a copy (single copies are free) or a complete list of all the publications we produce, please just get in touch on **0191 213 6300** or e-mail us at **northeast.office@cafamily.org.uk**

Copies of our factsheets can also be downloaded from our website at **<http://www.cafamily.org.uk/factsheets.html>**

Help for Families with Tax Credits

Contact a Family has been working with Her Majesty's Revenue and Customs (HMRC) to improve the accuracy of tax credit calculations for families whose child gets DLA. Many families have not realised that they need to tell HMRC if their child is awarded DLA, but in fact their tax credit calculation can be more generous if they have a disabled child.

HMRC are planning to double check that everyone with a disabled child has been awarded the right tax credits, but this will take some time and many families might be missing out in the meantime. Contact a Family helpline is happy to check your tax credits for you to make sure that you have been awarded the correct amount - just give us a call on our National Freephone Helpline on **0808 808 3555** open from Monday to Friday 10.00 a.m. to 4.00 p.m. and on Monday evenings from 5.30 - 7.30 p.m.

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Whoops Project



The Whoops! Child Safety Project, founded in 2000 as part of The Children's Foundation, delivers unique, tailor-made training packages to health professionals, parents/carers and children. Their hard-hitting visual materials and techniques ensure maximum impact on injury prevention. They work in partnership to share knowledge, resources and expertise to build capacity and cascade messages throughout the entire community.

They have a range of *Child Safety Basics Training* which, as well as being tailored to the audience, covers a wide range of topics such as Home Safety; Burns and Scalds; Toy Safety; Choking and Poisoning and Road Safety.

As part of their Professional Development Programme, they can deliver Accredited Paediatric First Aid and, as a charitable organisation, all proceeds are returned directly to North East communities to enable them to reach the hardest to access children, parents and carers.

Their innovative, accredited, volunteer training programme has proved very successful. Written in 2003 by Whoops! the 10 week programme teaches volunteers about various aspects of Home Safety and volunteering, as well as equipping them with the skills and confidence to take the training and deliver it in their communities. Please visit their brand new website at www.whoopschilddafety.co.uk for more information, safety fact-sheets and a full downloadable copy of their brochure.

The Whoops! Child Safety Project is passionate about their road, cycle and pedestrian programmes that are available to schools across Tyne & Wear. We cannot escape recent events around the heartache of children who are killed and injured on our roads each year - nor must we ignore it. Their intervention on this topic is a whole school approach, involving children, staff and parents to promote safety in an attempt to stamp out accidents to our children

During the winter months their messages to children include
“be safe – be seen”

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Child Brain Injury Trust

Child Brain Injury Trust in the North East

The Child Brain Injury Trust (CBIT) supports families affected by childhood acquired brain injury. CBIT's Child & Family Support Project North East, funded by the FINE Partnership, is now running and helps families in the North East of England.

The project aims to provide a tailor made service to families affected by childhood acquired brain injury and can provide support to families when they need it. This can include:

- Meeting families in hospital and attending discharge planning meetings with them
- Supporting families as they return home from hospital
- Attending school meetings with children and their parents/carers
- Putting families in touch with each other



CBIT also provides social opportunities for children and young people, training for parents/carers and professionals, information leaflets, booklets and other resources, twice yearly newsletters and an associate scheme for professionals. For more details see their website at www.cbituk.org

The North East project manager is Julie Young who can be contacted by telephone on **0191 281 9506** or by e-mail at julie.young@cbituk.org

The project is based c/o Percy Hedley Foundation, Northern Counties School, Tankerville Terrace, Jesmond, Newcastle upon Tyne NE2 3BB

February Event

CBIT in the North East of England are teaming up with Chase Park Residential Unit in Whickham, Gateshead to hold a Pamper Day on **Wednesday 13th February 2008** from 12.00 - 6.30 p.m. This will be the first planned event of the New Year and they hope for a good turn out from the families and carers of young people with acquired brain injury and also, of course, the young people themselves.

So if you fancy a swim followed by a beauty treatment and hairdo in time for Valentines Day, please email julie.young@cbituk.org for more information.

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Free Film Fun & New Group

Free Film Fun for Christmas

Duncan Scott, the manager at the Empire Cinema at the Gate in Newcastle has once again kindly organised a free cinema screening for families to be held on **Sunday 16th December 2007 at 10.30 a.m.**

Places will be available on a first come, first served basis and the booking line will open on **Tuesday 11th December 2007 at 10.00 a.m.** We will know the film that is being shown at the time of booking so can give you the details then.



If you haven't been with us before, why not come along. It's a great way to see if your child would enjoy the cinema experience without paying for tickets so if they only last a short time, you can leave without the worry of all that expense. If they do enjoy it, you'll know you can go along in the future to enjoy a film.

Remember, you can bring siblings, grandparents and friends along too so come and start the festive season off with some film fun. We look forward to seeing you there.

Gateshead Cerebral Palsy Group

A new local network of parents and carers of children and adults with Cerebral Palsy has formed in Gateshead and the surrounding areas. The aim of the group is to provide and share information, experiences and offer each other mutual support. The group want to reduce parents/carers' feelings of isolation and create opportunities for social interaction, recreation and respite.

Three meetings are already planned for the new year on the 8th, 15th and 22nd January 2008 between 10.00 a.m. and 12.00 p.m. at Gateshead Carers' Association at 11 Regent Terrace, Gateshead (opposite the Civic Centre).

If parents/carers can't make the meetings but would still like to be involved and find out more about what the group has planned, then please get in touch.

The group's contact email is gatesheadcerebralpalsygroup@yahoo.co.uk or you can telephone Joanne Watson on **0191 410 0412**

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Local News

Gateshead Network News



There is a new face in Gateshead's Network of Children with Disabilities. Tom Elms has been seconded into the post of Network Co-ordinator, which was vacated by Jessica Moore some time ago. Tom will be reinstating the network newsletter Information Exchange with the next issue due out before Christmas, and promises to be a regular attendee at disabled children's events in the future.

Tom can be reached on telephone **0191 4332249** or by e-mail at **TomElms@gateshead.gov.uk**

Whizz-Kidz Regional Events

Whizz Kidz have two events taking place in February 2008. These are

Wheelchair Training Scheme from Monday 18th - Thursday 21st February 2008, 1.30 - 4.00 p.m. in Durham (venue to be confirmed).

A four day programme designed to ensure that disabled children and young people get the most out of their mobility equipment. It's suitable for both manual and powered wheelchair users and teaches vital skills using a combination of games, sports and group activities.

Manual and Power Chair Information Day on Friday 22nd February 2008 at Oxclose Community School in Washington. An exhibition day for families and professionals to view different types of manual and powered wheelchairs and gain impartial advice from Whizz-Kidz therapists and equipment providers.

Places for both of these are free but limited and must be booked in advance.

Please contact Whizz Kidz on telephone

0191 2136770 or by e-mail at **newcastle@whizz-kidz.org.uk**

Whizz-kidz
move a life forward

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Bridge Cards

Bridge Card Scheme

Nexus, in partnership with 5 local authorities in **Tyne & Wear** have introduced the Bridge Card to help anyone who may need additional support whilst travelling on public transport. When the card is shown to transport staff, they can help provide support in many ways including counting out change, checking that you know where you are getting off, telling you information about your journey rather than give you written information.

This could prove really helpful to young disabled people who would like to access public transport and become more independent. Bridge Cards are available from Nexus Travelshops and Libraries – you don't have to register for any scheme, just carry the card with you when you travel.

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 Website - www.cafamily.org.uk/northeast

The next edition of **In Contact** will be circulated **Spring 2008**

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**

Winter

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Footy and Fun Websites
Winter 2007

Hi Welcome to our 21st Leisure Insert. Overleaf, we have focused on the new football opportunities that are available for children and young people with disabilities in the North East and below, we feature details of some of the fun websites out there for kids and young people.

Winter Surfing

Whizz-Kidz

The whizz-kidz website features a whole parent-free zone specifically for children and young people where they can join up, be given a password, then have access to loads of great pages. These include "Your Shout" where they can share views, stories and comments with other young people.

www.whizzkidz.org.uk/kidzzone

Every Disabled Child Matters

A section of this website is for children and young people to sign up to the campaign and get involved. There are stories and links to other websites too. This can be found at www.edcm.org.uk or direct at

<http://tinyurl.com/3c7pd9>

Help and Advice. There are a number of websites which will give you and your children help to use the internet safely. Think U Know has specific sections for different age ranges and for parents/carers too.

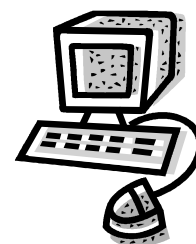
www.thinkuknow.co.uk

Children's Society - Askability

Askability was inspired by The Children's Society Solihull branch in the West Midlands to help children with special needs and learning disabilities understand current affairs and local news stories. It is presented entirely in symbols and also features sections on games, jokes and stories.

The what's on sections feature places in the West Midlands but the news sections etc would be interesting for all young people to find out what's happening the world.

www.askability.org.uk



For Siblings

These are two websites which have loads of information for the Siblings of disabled children. Children and young people can read stories from others in similar situations, share information and get support and advice.

www.youngcarers.net

www.sibs.org.uk

North East Junior Ability Counts Football League

Across the region, there are now a number of football clubs involved in the Junior Ability Counts League and a number of football festivals have also been arranged. There are teams for boys and girls and for both under 12s and under 16s.

If your child would like to take part then why not get in touch with your local club? The details of those participating are:

Teesside Athletic

Redcar (Tees Valley). Contact Kevin Fryett on 01642 470963 or e-mail kevfryett@hotmail.com

Middlesbrough Soccability Club

Eston (Tees Valley). Contact Brian Agar on 01325 311235 or e-mail agar833@btinternet.com

Stockton Sports Ability Club

Stockton (Tees Valley). Contact Chris Homer on 01642 872267, 07933 319329 or e-mail christopherhomer@hotmail.com

Kirkleatham Hall School

Redcar (Tees Valley). Contact Chris Foster on 07980 098345 or e-mail kiltonthorpe_special_school@redcar-cleveland.gov.uk

The Dazzlers

Northumberland. Contact Mark Fenton on 07877 607844

Blyth (Northumberland)

Contact Adam Dixon on 01670 367286 or e-mail adixon@blythvalley.gov.uk

The football festivals that have been arranged over the next few months are:

Sunday 13th January at Soccarena in Durham.

Sunday 13th February at the JJB Soccer Dome in North Shields.

Sunday 2nd March again at Soccarena in Durham.

Sunday 6th April at Teesside Athletic, Redcar.



If your child would like to take part but there are no teams in your area, then there still may be opportunities as there are more teams joining the league and taking part all the time.

If you would like more information about the league, the teams or the football festivals, then please contact:

Paul Kreczak

Girls & Disability Football Development Officer,
Tees Valley Region

Tel **01642 342287**

Email p.kreczak@tees.ac.uk

To make sure you don't miss out on any leisure opportunities that we hear about in between newsletters, if you have an email address then sign up for our North East E-Bulletins by e-mailing us at northeast.office@cafamilly.org.uk