

GRAPEVINE

The paper for parents and carers of children with additional needs in Southwark

Autumn 2009

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contact a family

for families with disabled children

Incorporating

The Lady Hoare Trust

Southwark Office
020 7277 4436

Contact a Family at 30 – Our Big Day out



This young man had a great time at our birthday celebrations in Hyde Park.

Read more on page 6.

Becky is back!

Yes, our intrepid traveller, Becky, is back from Bolivia and once again organising our Events.



Caitlin and Becky at Hyde Park

Becky is combining work with a Masters Degree, so is only with us part time from October. She's keen to hear from you with ideas for Events and your comments. Ring her at the office or email: Rebecca.jones@cafamily.org.uk

News

PlayBuilder Funding - Nursery Row Park and Newington Gardens

Nursery Row Park and Newington Gardens have been allocated funding for new natural play features.

The Parks team have some draft ideas they want to share with local community and youth groups and get their input. You can see the plan in local libraries or on the Southwark Council website.

Initial consultation for the play project will continue until the end of September when a revised plan will be created. The projects will be complete by the end of March, 2010.

Key elements to the work are:

- Play features are aimed at 8-13 year olds
- The project must include consultation, and take into consideration young people with disabilities
- The style of the play is based on the concept of 'natural' play, in that the play is a unique design which compliments the existing layout of the park and encourages children to be imaginative with play.

Any comments or feedback can be sent to community outreach officer, Emma Longman at: emma.longman@southwark.gov.uk or phone her on: 020 7525 0879

Healthy homes - Handyperson Service

Small repairs and adaptations for those on Housing Benefit, Income Support, Council Tax Benefit or Disability Living Allowance.

£5 flat fee plus materials.

No charge for council tenants for works included in tenancy.

For further information or to arrange an appointment, please call the handyperson team on:
020 7525 1863

Your Health your way

Help for people living with a long term condition to take greater control of their health and lives

Your health, your way - a guide to long term conditions and self care sets out the support patients should expect from the NHS if they choose to self care. This will affect young people approaching adulthood.

The guide covers five key areas of self care support including information, healthy lifestyle, training, support networks and tools and equipment. It has been designed to empower people living with a long term condition to take a more active role in their care and exercise the choices available to them, ultimately improving their quality of life.

You can download the guide from:
www.nhs.uk/yourhealth

Healthy eating

Children's Centres guidelines

Next time you and your children are at a session in a Children's Centre, you might notice a change to the refreshments on offer.

New guidelines list acceptable foods that may be offered at sessions. Low fat toppings for toast etc are used as these are snacks not a main meal. Young children should have full fat foods in their normal diet.

Acceptable foods for snacks

- All fresh fruit
- All fresh vegetables
- Bread sticks, pitta bread strips, rice cakes, crumpets, toast
- Suitable toppings for toast, crumpets etc: low fat margarine, low fat cheese spread, yeast extract
- Drinks - water and milk only

Further details from session staff.

News

Contact a Family and Kids

Monthly sessions at Children's Centres

Contact a Family and Kids are joining forces to run monthly drop-in sessions at two Children's Centres. The sessions will be based round using the sensory rooms in the Centres and offer a chance for families to meet and use the equipment. Staff from both organisations will be on hand to offer information and support.

First Place	Dulwich Wood
Chumleigh Gdns	Lyll Avenue
2 October	1 October
6 November	5 November
4 December	10 December
8 January	14 January

No need to book but see the enclosed Events programme for details or ring Becky on: **020 7227 4436**.

Parent Carer Council (PCC)

The PCC goes from strength to strength



Alison Miles, Development Officer for the PCC, says: 'Our main aim is to represent the views of parents and carers in discussions with the local authority and, through this, to influence the way local services are delivered. We also want to play a more active part in service design and development by ensuring that the needs and wishes of our children and families are heard, and placed at the centre of these processes.'

The PCC now has a full complement of 15 members. There are about 65 other people interested in being part of a wider forum and Alison regularly sends information to about 200 parent/carers. Please see the website for more details: www.southwarkpcc.org.uk or call Alison on: **020 7277 4436**

Libraries, Books and Storytelling

John Harvard reopening

The John Harvard library is due to reopen after its complete refurbishment in early October. Come along to discover what they have on offer - including a cup of coffee!

Bookstart

Bookstart is a national programme giving packs of free books to every child to encourage parents and carers to share books with children from a very early age.

Parents usually receive the free Bookstart Baby Bag from their health visitor at their baby's 7-9 month development test.

Bookstart Treasure Chests are for children aged 3 and are given out at the child's nursery.

There are also Bookstart Plus workshop sessions available around the borough. For further information ring **020 7401 3382/3**

Storytelling sessions

Let our storytellers transport you and your family to magical lands and faraway places! There will also be games, arts and crafts as well as a friendly relaxed atmosphere where you can meet other families who are supporting a disabled child.

Staff of Contact a Family will also be there.

John Harvard Library (Children's Library)

The third Monday of every month

Starts Monday 19th October 2009, 1pm - 2pm

Age range: under 8 years

Peckham Library (Children's Pod)

The first Friday of every month

Starts Friday 2nd October 2009, 4pm to 5pm

Age range: 8 years and over

See the enclosed Events programme for details or ring Becky on: **020 7227 4436**.

What's On

Resources for Autism

Sundays in term time:

10am- 12.30pm or 1pm - 3.30pm

This autism specific service for children aged 8 years - 16 years, provides tailor-made activities for each child working closely with their families.

Staff are highly specialist and trained. They visit each child and make an assessment of the activities they would enjoy and the support which might be required. They can offer 1:1 and 2:1 and 3:1 support.

Resources for Autism are running two groups each Sunday in term time - 10am- 12.30 and 1pm - 3.30pm.

Parents and carers are required to transport the children to the venue and collect them at the end. It is based at:

Time & Talents Centre, The Old Mortuary
St Mary Church Street, Rotherhithe
London SE16 4JE

You can apply directly on line at:

<http://resourcesforautism.wufoo.com/forms/referral-form-for-services/>

ADHD Support Group

Fridays, 10.30 – 11.30
27 November and 11 December

Contact a Family will host two coffee mornings at their offices in Camberwell to follow on from the 7 week course for parents of a child with Attention Deficit and Hyperactivity Disorder. Parents will be able to meet, chat and share over a cup of coffee. Anyone with a child with or without a formal diagnosis is welcome to come along – whether you have been on the course or not.

Contact a Family will facilitate ongoing sessions including organising specific workshops as requested by the group.

See the enclosed Events programme for details or ring Becky on: **020 7227 4436**.

National Autistic Society

Monsters v Aliens

Saturday 17 October, 4pm
Harris Girls Academy

Autism friendly viewing of this fun film. See the enclosed flyer for full details.

Carers Groups and Drop-ins

Meet up with other parents and carers at:
The Roebuck Pub, Great Dover St , SE1 4YG

Wednesdays, 11 November and 13 January,
10 – 12 noon

Mondays, 12 October and 7 December
7.30 – 9.30pm

The Magnolia Pub, Lordship Lane, SE22 8HA

Wednesdays, 28 October and 25 November
7.30 – 9.30pm

Spa School, Monnow Rd SE1 5RN

Tuesday, 17 November and Thursday, 21
January, 10 – 12 noon

Dad's Club, InSpire at The Crypt, St Peter's
Church, Liverpool Grove, SE17 2HH
Tuesday, 10 November and Thursday, 11
February, 6 – 8pm

Ring Elaine Mulligan for full details of NAS
activities on: **020 304 98013**

Access 4 All – New! Free!

**Drop in sessions at Spa Gardens
Adventure Playground SE1 3UE**

Starts 2 November 2009

Exclusive access to indoor and outdoor facilities at the playground for all children and young people with Autism and related conditions and their families.

Every Monday from 3.45 – 6.45 in term time.
Play supports social, physical, intellectual, creative and emotional development. Mums and dads can meet other parents too.

For more information, call:

Mary on: **020 7358 4834 ex 220** or

Greta on: **020 7231 1356**

What's On



Southwark Guarantee invites you to a 14-19 One-Stop-Shop

**Monday, November 9th
2pm to 5pm**

**Illuminate at etc venue
Prospero House
241 Borough High Street, SE1 1GA**

Students aged 14 to 19 and their parents are invited to browse information from training providers, examining organizations and careers advice organizations. Students must be accompanied by an adult.

RSVP: 1419partnership@southwark.gov.uk

Please say if you will be coming with a young person.

Repaying the Kindness

Check out the activities aimed at carers held in lovely peaceful surroundings at

The Old Courthouse, 43 Renfrew Road, SE11 4NA

All events are free and include delicious vegetarian food.

On offer this autumn are:

Tuesday, 20 October, 10.30 – 3.30
Tai-Chi relaxation

Tuesday, 3 November, 10.30 – 3.30
Craft Day

Tuesday, 8 December, 10.30 – 3.30
Christmas Party

And at Southwark Carers, Camberwell Rd:

Tuesday, 13 October, 5.45 – 7.45pm
Bingo

Tuesday, 10 November, 5.45 – 7.45pm
Bingo

Please ring Bella for more details or to book on: 0207 820 9020

Cuming Museum Events

**Cuming Museum, Old Town Hall,
151 Walworth Road, SE17 1RY**

Suitable for families with children 7 and over. All children must be supervised by an adult.

Jewellery making workshop

Tuesday 27th October, 2.30pm - 4.00pm
Make your own piece of jewellery inspired by the Carnaval del Pueblo.

Cumbia dance workshop

Thursday 29th October, 2.30pm - 4.00pm
Learn some Caribbean dance moves from the AfroLatin tradition and dance along to the Afro drums.

Piñata workshop

Saturday 31st October, 2.00pm - 4.00pm
Find out about this famous Latin tradition and make your own piñata to fill with sweets.

Latin rhythm workshop (adults only)

Saturday 31, 11.00am to 1.00 pm
Have a go at playing some salsa music and learn about the roots and influence of Latin American rhythm with Colombian percussionist Roberto Pla.

For more information:

call 0207525 2332 or email
cuming.museum@southwark.gov.uk
www.southwark.gov.uk/cumingmuseum

Crawford Children's Centre Taster Day

13 November 9.30 – 11.30

Crawford Road, Camberwell, SE5 9NF

Children's Centres are a great way to access all sorts of local services for the under 5s.

Come and see what is on offer at Crawford. Contact a Family staff will be there. More details from Alice on: 020 7277 4436

No need to book – just come along.

Summer Events

The Big Day Out

Contact a Family celebrates 30 years of strengthening families – in Hyde Park

Contact a Family, the leading charity supporting all families with disabled children, held a Big Day Out party in Hyde Park to celebrate reaching the significant milestone for London families.

Srabani Sen, Chief Executive of Contact a Family, said: “We are thrilled that so many disabled children and their families have turned out today to help us celebrate our 30th anniversary and to have a good time.

“We know that it can be challenging for families to get out and about, so we wanted to break down some of those barriers, while at the same time putting on a party to celebrate the excellent work of Contact a Family over the last three decades.”

During the Big Day Out party picnic, children and families had the opportunity to meet other families as well as enjoy a number of entertainments from clowns, balloon artists and puppeteers. There was a demonstration of circus skills and everyone could have a go themselves. A team of face painters made sure no one had to wait too long to reinvent themselves as a butterfly, pirate or vampire. To crown it all, there was a spirited demonstration of Bollywood dancing followed by a less perfect, but no less joyous, joining in by everyone else.

The Big Day Out is one of a series of events planned throughout Contact a Family’s anniversary year.

Hyde Park



Grapevine Autumn 2009

Getting to grips with Circus Skills at Hyde Park



Ellen Brown Children’s Centre



We had great fun at this free Funday at the Ellen Brown Children’s Centre.



Summer Events

Surrey Docks Farm visit

Children love going to the farm and seeing the animals. Not sure real pigs would be so keen to have jockeys!

Our trip was before the recent E.coli infections from a similar farm in Surrey. We always advise parents to wash their children's hands after contact with animals and we take antibacterial hand gel too.

Surrey Docks Farm



Legoland

This summer's big trip was to Legoland near Windsor. A full coach load of excited children, parents and staff set off from Camberwell with the intention of having a fantastic day and so they did!



There was stiff competition between the staff to see who would go. As you can see Blagoje won the toss!

Places on a trip like this are always in demand so we make huge

efforts to make sure our allocations are as fair as possible.

Please help us to give as many families a chance as possible by letting us know if you can't come on a trip.

Mamma Mia

Not advertised in the last Events programme but organised by Becky as an extra, was this gathering at The Scoop for a showing of the hit film 'Mamma Mia'.

The Scoop is an outside space right by City Hall. Seating is on concrete steps in a sort of amphitheatre. There is no charge but no means of booking a seat either, so you need to get there early. Your hand is stamped as you go in. Once inside, you can mark your seat with a blanket and come and go as you please. Take a picnic or buy a burger and a drink there.

We went with 5 staff and 8 families and it was fantastic. Great atmosphere, lots of singing, very relaxed and the weather stayed fine! We will definitely do this again.

Money matters

Getting Out and About

Travel and mobility issues can stop you and your family from getting out and about and doing the things you really want to do. There are several programmes on offer which are there to help overcome these barriers:

The Motability Scheme enables disabled people to use their government-funded mobility allowances to obtain a new car, powered wheelchair or scooter. If your child receives the Higher Rate Mobility Component of the Disability Living Allowance then you are entitled to apply to this scheme. Through Motability, you simply turn part or all of that allowance into the car of your choice. Motability also provides grants for driving lessons and can help with adapting cars. To find out more, please call 0845 456 4566

Dial-a-Ride is a free door-to-door service for disabled people who can't use buses, trains or the Tube. You are automatically eligible for membership if you are a current member of Taxicard, have a child in receipt of the Higher Rate Mobility Component of Disability Living Allowance or are registered blind.

If you do not fulfil any of the criteria above, you may still be eligible for Dial-a-Ride but may have to provide further evidence of your mobility problems. To find out more please call 0207 394 5800

The Travel Mentoring Service offers free support to disabled Londoners who want to make use of the many mainstream accessible public transport options now available. This service is of particular interest to those of you whose children are reaching an age when they may be able to start travelling on their own. The service offers advice on planning a journey using an accessible route and they can also provide a mentor to travel with your young person for the first few journeys. To find out more please call: **020 7027 5822**

Child Trust Fund

Money for your child – don't miss out

Next year the government will pay £100 every year to the Child Trust Fund accounts of disabled children, with severely disabled children receiving £200 per year. To benefit from these payments a child must receive Disability Living Allowance (DLA) and have been born on or after 1 September 2002. The first payments are due in April 2010 for those in receipt of DLA at any point in 2009-10.

Contact a Family want to ensure all families whose children are seven and under in September 2009 make a claim for Disability Living Allowance now to ensure their child receives the significant annual payment to their Child Trust Fund. Contact a Family helpline staff wants all such families to ring them for a benefits check. Please be aware that not all children will be eligible for DLA.

Ring the national freephone helpline now to make sure you are receiving all the benefits you and your family are entitled to, and don't miss out on the Child Trust fund.

National freephone helpline number:

0808 808 3555 (10am -4 pm Mon-Fri, and Monday evenings 5.30-7.30pm)

Free courses

The autumn adult learning programme is out now. Free ESOL (English for speakers of other languages) classes as well as numeracy (using numbers) and literacy (reading and writing) are starting now.

To get advice and to enrol onto courses for reading, writing, maths, English and childcare you need to attend an advice and assessment session. Call 020 7358 2100 to make an appointment.

You can see the full brochure at:

<http://www.southwark.gov.uk/YourServices/educationandlearning/AdultLearning/>

Money matters

Debt Advice Foundation launches recession helpline

The Debt Advice Foundation has launched a new helpline for people who have been affected by the recession after reports showed existing services were struggling to cope with a rise in demand.

The foundation said Citizens Advice bureaux had reported a rise of 21 per cent in the number of cases they dealt with in 2008, with an average of more than 7,000 people asking for help every working day.

The new telephone helpline number is: 0800 292 2077.

Calling families affected by suspension of benefits when disabled child hospitalised

At present Disability Living Allowance (DLA) regulations state that if a child under 16 is in hospital for more than 12 weeks their DLA payments are suspended. For young people aged 16 and over this happens after only four weeks.

This can impact on a parent's entitlement to continue getting Carers Allowance.

Contact a Family thinks this is wrong and we are gathering evidence from families about the effect of this benefits rule, to highlight the issue and push for change.

Claire Pimm, Director of Policy and Communications, said: "Children who have long-term health needs are often in and out of hospital and this puts tremendous pressure on their families. It is wrong that they are financially penalised at such a difficult time."

Help us highlight this issue and encourage change in the regulations by telling us your story.

Telephone: Elaine Bennett on: 020 7608 8741 or e-mail: elaine.bennett@cafamilly.org.uk

Southwark EnergyCare launched

Concerned about your fuel bills or how you will keep your home warm this winter?

Southwark Carers are offering a new service that can help – Southwark EnergyCare.

This scheme has been set up to provide carers in Southwark with a range of services aimed at tackling fuel poverty and increasing knowledge and awareness of energy efficiency within the home. Carers are at higher risk of falling into fuel poverty (defined as occurring when a household spends over 10% of its income on energy bills) as they often they will have a lower income and spend a greater amount of time in their homes than non-carers.

Through Southwark EnergyCare you will be able to access:

- A free energy saver pack – filled with useful information, contacts and ideas that will help you to save energy and reduce your fuel bills.
- Free one-to-one advice sessions with the Southwark EnergyCare advisor who can help you to identify where you can save energy in your home and provide advice if you are struggling with bills
- A free podcast which explores the measures that can be taken within the home to reduce energy consumption.

These services will be available to carers from September 2009 onwards. The Southwark EnergyCare scheme also provides training to other carer organisations, giving them with the skills required to identify carers who may be finding it difficult to meet their energy bills or keep their home warm.

For more information about Southwark EnergyCare, please contact:

John Wyles on: 020 7708 4506

Look out for the linked workshop with Contact a Family in the Events programme.

Work, play and help!

Research uncovers problems for parents of disabled children in need of summer childcare

Nearly 70% of parents of disabled children are not satisfied with available summer childcare

“It is just brick wall after brick wall” (parent of a disabled child)

Working Families, the work-life balance charity, has carried out new research on the difficulties faced by parents of disabled children in finding summer holiday care. The research looked into whether parents were happy with the care that was available for their children during the summer and the effect on parents' ability to work. Members of the charity's UK-wide Waving *not* drowning network were contacted for the research.

Responses showed that only a third of parents surveyed were satisfied with the summer holiday care that was available for their children. Parents face a postcode lottery when looking for childcare and many find nothing that meets the needs of their children. Over half of respondents who had access to information about summer childcare said it was not helpful to them.

The problems are resulting in a serious impact on these parents' ability to work. A quarter of the parents took unpaid leave to cover weeks where there was no childcare available. Of those surveyed, 39% felt their responsibilities prevented them progressing in their careers or limited their ability to change jobs.

The research demonstrates the real strain felt by many families with disabled children. Over three quarters of parents said it was very difficult balancing work and care responsibilities in the summer. 3% had to leave their job because of lack of childcare during the summer holidays.

Parents who took part in the survey reported that they were limited in their choice of jobs and are forced to reduce their hours and miss out on income during the holidays.

Janet Mearns who co-ordinates the Waving *not* drowning network said: “Our network members had flagged up summer childcare as a problem area and we wanted to see exactly what the areas of difficulty were. Working Families wants to see better quality and quantity of childcare for disabled children so that both parents and children can make the most of their summer.”

Waving *not* drowning

The newsletter for parents of disabled children who work or want to work

The newsletter is free and keeps you up to date with news, support and ways to have your say. To check out your rights to parental leave, asking for flexible working and what to do if your employer is not cooperative, consult the factsheets in the 'Family Zone' of www.workingfamilies.org.uk

or call the helpline for a paper version to be sent to you.

The Working Families' Freephone Helpline is open Monday to Friday, 10am – 3.30pm on: **0800 013 0313**

You can write with your comments or experiences of combining paid work and caring to: Janet Mearns, Waving *not* drowning,

Working Families, 1-3 Berry Street
London EC1V 0AA

Or email:
janet.mearns@workingfamilies.org.uk

Don't forget:

You can have your say locally on any issue through the Parent Carer Council. Register via the website to join a forum or speak to Alison on: **020 7277 4436**.

Work, play and help!

Steering Committee Open Away Day 8 September '09



The Contact a Family Southwark Steering Committee held an Open Away Day for anyone interested in learning more about

the Committee and its work at First Place Children's Centre.

An independent facilitator, Abigail Tripp, led the group through a number of discussions.

Why people attended:

- > Develop confidence
- > Duty
- > Meet others
- > Meet the Steering Committee
- > Support the staff
- > Meet others in a similar situation
- > To get involved
- > To make a difference in decision making

What will the Steering Committee be doing in 5 years time?

- > Making Contact a Family the 'Charity of the Year' for local newspapers, radio stations, shops and businesses
- > Taking a leading role in organising and delivering events
- > Running Drop in's and workshops
- > Mentoring/supporting new families
- > Fundraising
- > Training to work with the Steering Committee and network on behalf of the organisation
- > Making Southwark Council listen to parents
- > Pushing for more workshops including mental health
- > Making sure schools staff have full knowledge of special needs and listen to parents

The morning ended with lunch at Chumleigh Gardens and lots of chatting. See the back page for details of the Volunteers Day.

'Without you we would be completely lost'

Ben Pretoru

Asperger Syndrome Conference - Free

24 November 2009
Central London

The prevalence of Autism is rising. Autism is now estimated to affect more than half a million people in the UK today; about 133,500 of them are under 18 (National Autistic Society). Children's, adults and transition teams need to provide appropriate support at the right time to ensure a better life for people with an Asperger syndrome.

Benefits of attending:

Understand the difficulties experienced by people with Asperger syndrome in different areas of their lives

Explore solutions for tackling the challenge of transition for young people with Asperger syndrome

Gain insights into Asperger syndrome and the criminal justice system

Hear personal experiences of living with Asperger syndrome

Contact a Family is willing to fund a parent to go to this conference and report back to us. All expenses will be paid. Please ring Naomi or Becky for more details on: **020 7277 4436**.

Salmon Youth Centre

the salmon youth centre 

The Salmon Youth Centre in Bermondsey offers clubs and multi-activities for young people between 6-25 years of age. They have excellent facilities including a sports hall, dance and music studios, social area and climbing wall, and within the next year a gym, training kitchen and bike workshop. For details of their 14+ disability club and their full programme please visit www.salmoncentre.co.uk

Please contact Miranda (Disability Youth Worker) for more details: **020 7237 3788**.

Back page – Want to help?

Volunteer Day

Thursday 15 October 10am – 1pm

Following on from the Steering Committee Open Away Day, Contact a Family would like to invite anyone interested in volunteering for us to come and find out what's involved.

Find out how you can be an ambassador for Contact a Family, parent/carers, children with disabilities and additional needs and families.

We'd like your ideas about what you can do in the time you have available that will benefit Contact a Family and yourself.

Volunteering is a great way to build up confidence, meet new people, add to your CV and make a difference to the lives of other families just like yours.

Contact a Family offers training, support, free CRB checks, endless cups of coffee and our gratitude. Other volunteers offer friendship, support and plenty of laughs along the way.

Our Volunteer Day will give you all the information you need to understand the work of Contact a Family nationally as well as in Southwark. We will support you to fill out the application form and complete the CRB procedure.

Ideas include:

Drop-in host/hostess

Grapevine stuffing co-ordinator

Collecting tin deliverer/collector

Ambassadors

So come along for an enjoyable and relaxed day. Crèche places are available if booked in advance and we will end the session with a tasty lunch.

See the enclosed Events programme for details or ring Becky on: **020 7227 4436**.

Grapevine is published 5 times a year by an independent editorial group based at Contact a Family, Walworth Methodist Church, 54 Camberwell Road, London SE5 0EN. Telephone: 020 7277 4436. Grapevine is printed by SGHMS.

The views expressed in Grapevine are not necessarily those of Contact a Family.

Please send contributions for the Christmas 2009 issue by 20 November or the Spring 2010 issue to the above address or by email to southwark.office@cafamily.org.uk by 11 December.

Festive Party 2009

90 Shopping days left!

Contact a Family will host a festive party again this year (see your Events programme for details). There are lots of things which can be done in advance that we would like your help with. If you can't come to the Volunteer Day (see left) but would like to know how you can help, please give the office a ring.

Here are some ideas:

Donations: food, small prizes for games, wrapping paper, contributions to a hamper

Make: Pass the parcels, wrap empty boxes as decorations, the hamper, and wrap gifts for Father Christmas to give out.



contact a family
for families with disabled children

National Freephone helpline

0808 808 3555 (10am -4 pm Mon-Fri, and Monday evenings 5.30-7.30pm)

Website: www.cafamily.org.uk

Registered Office - 209-211 City Road, London EC1V 1JN

Registered Charity No: 284912

Registered in Scotland No: SC039169

Stop Press Stop Press Stop Press Stop Press

A big **Thank you!** to the Liverpool Street branch of Lush, the fresh handmade cosmetics company, who have been very generous with donations of small, smelly gifts.

Email updates: Let us keep you up to date with news and offers inbetween issues with our monthly email updates. Just tell us your email address – and don't forget to check in case 'You've got mail!'