

contact a family

for families with disabled children

May - July 2010
Summer is here!



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Wandsworth Contact a Family 1 Siward Road SW17 0LA Tel 020 8947 5260
Wandsworth.office@cafamily.org.uk Charity number: 284912
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News from the office

Hope you are all enjoying the spring - and looking forward to summer. We had a very successful Easter holiday with full coaches for outings to Bocketts Farm and Chessington World of Adventures. The junk rock music workshop was a great hit with everyone and 40 people got to see 'Grease' in the West End. Thanks to Ati for her excellent organisation of all the events and to the rest of the team for their enthusiasm in helping out on all the outings.

And now...summer time approaches so more activities have been planned - see inside for details and send in your booking forms so we can allocate the places. As ever, we will prioritise the new families first followed by families who have not been on recent events; if you have been on recent outings, do still apply as we do keep waiting lists and very often we are able to give places out nearer to the time as people do drop out - it also gives you priority for the next holiday opportunities.

On May 29th we will be manning a stall at Ham House for the Nightingale Walk - when local people who frequent the Nightingale pub in Balham get together for a sponsored walk from Hampton Court to Putney along the river Thames. We really could do with help from some people on the day - it's from 11am - 2.30pm and involves giving out food drink and encouragement to all the people walking the 20 miles - in return the charity gets a percentage of the money raised - please call us if you can spare a couple of hours to join us.

We are delighted to welcome Elizabeth Nasse who has been appointed as the Parent Participation Facilitator. Elizabeth will be heading up the Positive Parent Action group. She has been a very active volunteer member of this group so we are really pleased to have her on board. See inside for her introduction.

We continue to offer support to families across the borough - see inside for one parent's account of how we have been able to help. Do let us know the issues which most affect you and your children so we can get your views across at all the meetings we attend.

And finally we rounded off the 30 year anniversary year with a grand reunion of founder members and other parents of youngsters who are past 19 now. We had a party at the George Shearing Centre which was attended by the original director of social services; Ted Higgins now aged 95, as well as the original Chief Executive, Noreen Siba (Miller) and the deputy mayor of Wandsworth Councillor Jane Cooper. It was a really heart warming day to see how the organisation has grown since its inception in 1979. It will be our turn for a reunion in 2030 - now there's a thought!!

Rosie, Claire, Ati, Jill, Roxanne, Suzanne, Alex and Elizabeth.

News from the Children's Centres

Battersea Early Years' Team - News from Suzanne

Many thanks to those who attended the Parents/Carers' groups over the last few months. It was nice to see some new faces at the last session, when we were joined by Rina Patel from Parent Partnership and Caroline Lacey, from the Special Educational Needs Department. We hope to provide a follow up to this session over the coming months to talk in a little more detail about getting the right support for your child in nursery or school, so please keep an eye out for further information on this!

IMPORTANT CHANGES - Please note that for May, June and July, the Parent/Carers' groups will take place on the second FRIDAY of the month, instead of the Monday. So, dates to keep in your diary are:

Friday 14th May, Friday 11th June and Friday 9th July

The group will still be held at the Katherine Low Settlement, 108 Battersea High Street, London, SW11 3HP, from 10am until Midday.

On Friday 14th May, the topic will be Play Opportunities in Wandsworth. We will be joined by Pippa Bruce, who will be available to talk you on a 1-1 basis about the play opportunities offered for your child by Wandsworth Play and Extended Services, and information about requesting extra support if needed. Please call as soon as possible to book a time to chat with her. We will also be joined by Eleanor Thain, Aiming High for Disabled Children Information Officer, who will bring information about services, support, and other play/childcare opportunities for children with special needs in the local area.



At the next three sessions, we will also be joined by Ariela Cravitz, Parental Involvement Coordinator for the Battersea Early Years Team. She is coming to meet with you all, to talk to you about her volunteer project and about how you can be more involved in activities and forums in Battersea.

Please do call for further information and/or to book a place at the session. My phone numbers are **020 7622 1619 ext 112** and **07831 725126**.

Parent Page.

My experience with Contact a Family

'When my daughter was 4 she was diagnosed with a brain tumour and had an operation. They put a shunt in her brain to drain the liquid and control the tumour. When she came out of hospital I was put in touch with a Contact a Family Support Worker. That was Suzanne. She helped fill out disability forms. She also helped write letters to solicitors and the housing department. That was because myself and my wife have 5 children in total, and we were living in overcrowded conditions in a 2 bedroom property. Not only that, but the house was damp and filthy - very bad conditions. Three of my daughters and my son also had eczema because of the damp and the conditions. We have now been rehoused after a 5 year wait.

Suzanne also helped write a letter to get a House Grant, which is specifically for people who are moving house and have a disability. It helps to buy furniture. She also contacted the house safety department at the Council, who came to make sure there were fire alarms, fit locks, and to check the gas - generally to make sure everything was safe. And they talked us through what to do if there was a fire. Suzanne also contacted the Family Fund to apply for money for a washing machine and a cooker. Suzanne knew all the places where we could get financial support which people on Income Support with a disabled child are entitled to.

I also attend meetings which Suzanne organises. At these meetings there are other parents, from many different cultures, different countries - all of them have children who are under 5 and either have a disability themselves, or else have older siblings with disabilities. These meetings are good because you get to meet other parents and share experiences. There are also speakers who talk about different things, such as one time they talked about healthy eating - vegetables and fruit, etc. Contact a Family has meetings across the borough - sometimes they are in Battersea, sometimes Tooting, sometimes Roehampton, sometimes West Hill. This is good because you get to meet more parents around the borough. There are refreshments at the meetings. They have also organised a trip to a farm for the whole family.



Suzanne has been working with me for about one and a half years. She has been very helpful; she contacts people by phone and e-mail to help with my situation. She has supported me so much with the safety, helping in the process of getting my family re-housed, making the garden safe, liaising with Wandsworth education about schools.

And Suzanne also helped so much because I had a stroke, and it affected my speech, so people couldn't understand me when I spoke, so she could make phone calls and speak to people for me.

A Battersea Dad

This interview took place with the Parental Involvement Coordinator for Battersea.

Tooting Locality

Jill Caterham Mon-Fri based at Smallwood Children's Centre
07508 734 333

Roxanne Hunte Thurs -Fri based at Early Years' Centre
07951 531 596

We continue to support families who live in the Tooting locality and have children aged 0-5years. We continue to run a playgroup session at the Early Years' Centre to give parents the opportunity to meet up and talk and share information in a welcoming environment where their children can play safely. The family workers are on hand to offer advice and support. Do come and join us at the following sessions:

Friday 21st May 2010 10am - 12pm

Friday 11th June 2010 10am - 12pm

Friday 25th June 2010 10am - 12pm

Friday 9th July 2010 10am - 12pm

If you would like to receive information on other activities running throughout the Tooting locality - especially during the summer holidays, please contact Tooting Locality Early Years Team, on 020 8767 8672

Roxanne and Jill



News from Roehampton

News from Alex based at 166 Roehampton Lane Mon - Fri

Tel: 020 8789 0012 and
07971 324901

Spring has certainly sprung in Roehampton, and I have been busy meeting with families old and new! Thank you to all for making me feel so welcome in my family support role and bearing with me whilst I have been getting to grips with the job!



It has been great to see those of you who have been attending the Play and Development group on a Tuesday at Roehampton SureStart. The session runs between 1.00 - 3.00, and is a fantastic opportunity for children and parents/carers alike. Please contact me if you would like to find out more about the group.

A new Play and Development group for children with additional needs has started at King George's Park One O'clock in Wandsworth. The playgroup has wonderful facilities, indoor and outdoor, and is the perfect space to play now that summer is on its way! At the moment the group is only run on the first Tuesday of every month, but if it proves popular, plans may be made to extend this.

The next play session will be on the 1st June 2010 between 10.00 am and 11.30. Please contact me if you would be interested in attending.

My contact numbers are above - do get in touch

Hope to see you soon!

Alex

Alex.tongue@cafamily.org.uk



News from Claire

Hello! I hope that everyone has had an enjoyable Easter and managed to get out and about during the holidays. Many thanks to those of you that came along to last term's set of workshops, it was great to see so many of you there! Also thanks to the speakers: Miranda Parrot from SIBS who worked with parents around being the sibling of a child with disabilities and Tina Melvin who looked at practical and emotional ways to care for *yourself* as a parent of a disabled child. Those who attended gave very positive feedback for these sessions.

We have an ASD specialist occupational therapist coming along to speak on

Sensitivities and Autism.

**Thursday 13th May from 10.30am-12.30pm
at the Early Years' Centre,
1, Siward Rd, SW17 0LA.**

Thanks to **Robyn Steward** for delivering another thought-provoking presentation about her experiences as a person with Asperger's Syndrome. After such an incredible turn out at Robyn's evening workshop, where 23 mums, dads and carers attended, we have arranged for another similar presentation to be held on

Robyn Steward

**Monday 7th June 2010 from 7pm - 9pm
at the Early Years Centre,
1, Siward Rd,
SW17 0LA.**

Robyn's presentations are always slightly different and you may wish to bring new questions for her, so feel free to come again if you attended last time. Please book to avoid disappointment!! Robyn also welcomes young people to come and hear her experiences, although some content may not be appropriate for younger children. Please call or email me to discuss this.

Robyn is also exhibiting some of her artwork in a local restaurant called ACE fusion, 110 St Johns Hill in Battersea. This collection of stories and paintings were created by Robyn around the subject of autism and communication and is entitled 'FLAP'. She has recently been interviewed by CNN about the exhibition and you can watch this online at <http://tinyurl.com/26nkdvj>.

Bradstow school

Bradstow School - 34 Dumpton Park Drive
Broadstairs
Kent
CT 10 1BY



Thanks also to Claire Walker for coming all the way from Broadstairs in Kent to speak at two of the workshops. Claire Walker works at Bradstow School, Wandsworth's residential school for children with autism. She has many years' experience of working with children on the spectrum and shared some useful ideas with parents at the workshop. Some parents expressed an interest in arranging a small trip to visit Bradstow School for parents/carers who may be considering residential school for their child. **If anyone would like to have a look around the school, please let me know and we shall arrange a date after half term.**

Junk Rock was Fun!!



Please contact me, as far in advance as possible, to make an appointment if you need some support.

Contact details: email claire.cox@cafamily.org.uk or call 020 8947 5260 or 07532 082 436.

Positive Parent Action News - Acting for children with special needs in Wandsworth

The Wandsworth parents' forum, 'Positive Parent Action' is a group of parents and carers of children who have a variety of special needs. Working with Wandsworth Council, we are aiming to improve provision for all disabled children across the Borough. We hope that, by acting as a collective voice, we will have real power to improve services/outcomes for everyone.

What have we been doing?

Contact a Family has appointed a part-time Parent Participation Facilitator:

To help improve the function of the PPA forum, Elizabeth Nasse has been acting as co-secretary of PPA for the last 12 months and will now administer the forum, 3 days a week, from Contact a Family's base, at the Early Years Centre, 1 Siward Road SW17 0LA.

Wandsworth Borough Council Short Breaks Steering Group:

We continue to have two parents on the Council's Short Breaks Steering Group, which meets quarterly. We are able to present parents' views directly to the people who are responsible for commissioning Short Breaks. We have recently been asked to comment on their draft documentation for administering short breaks. It is important that you give us your views, so that we can feedback to the Council. If you would like to be part of this process, please contact us.

Parent Participation Conference - Westminster March 2010:

Two parents attended this conference. Speakers included Ed Balls, Srabani Sen (Contact a Family's Chief Executive) and representatives from other parent forums from around the country. Through workshops and presentations we gained an understanding of how forums work in different ways and how to create an effective, supportive and sustainable forum.

Parent Coffee mornings:

One PPA parent attended a Women from Wandsworth (W.O.W) Mums coffee morning in Battersea last month to raise an awareness of PPA for parents of children with disabilities. W.O.W Mums is a group run by mothers for mothers with children over 5 years of age. W.O.W Mums have welcomed PPA's initiative to provide a voice for parents of disabled children.

We were invited to a coffee morning at The Harris Centre (part of Linden Lodge School). It was an opportunity for us to meet parents and staff and introduce PPA and its aims. As many of their children are approaching nineteen, their main concerns regarded transition from children's to adult services. If you are having any problems relating to transition it would be great to hear from you too.

Assertiveness Training:

A group of parents attended assertiveness training, held at the Early Years Centre. We discovered how often we undermine ourselves when we make requests; using inappropriate body language, using phrases such as "can I just ask" or apologising unnecessarily. Through role-play we acted out scenarios in which we may find it difficult to be assertive. We were able to pinpoint where we often let ourselves down and re-frame our requests in a more assertive manner. The assertiveness training was very informative and will be particularly useful in helping us to deal with the stressful situations we encounter because of our children. Learning to deal with these matters without losing our tempers or getting overly emotional was of great importance.

Wandsworth Carers:

Two PPA parents have become involved in Wandsworth Carers. They felt that parent carers were often overlooked, but should be given the same access to services available to other carers. The Council wants carers to know that their own needs can be assessed and provided for, not just for the person they're caring for. This issue is now also on the agenda for children's social services and they will be offering this service in this new financial year. The parent carers attend meetings at Wandsworth Carers every two months. If you'd like to know more, please contact PPA

What are our future plans?

Website - we are having an interactive website designed.

Fun-day/launch - we are planning a launch event

Quarterly news - we will keep you updated with PPA news

Training - four parents will be doing computer training in May. Another group of parents will complete Assertiveness training in April. We will continue to identify and address training needs, as the year progresses.

Finally:

The way in which disabled children are being provided for is changing and, as parents, we now have a real opportunity to shape that change and to make it last. So, we are really keen to hear your views at any time. You don't need to commit to joining our forum, but you can help in all sorts of ways e.g stuffing envelopes, talking to other parents and most importantly giving us feedback. If you would like to join us our meetings are held monthly, alternately during the day and in the evening.

Contact us:

You can currently contact us for more information at

positiveparentaction@yahoo.co.uk

If you don't have access to a computer you can write to us at Positive Parent Action c/o Contact A Family, 1 Siward Road, London SW17 0LA.

We are really hoping to make a difference and we need your input too!

Meet the Family Workers!



Just a reminder on the first Friday of the month (except June when it is the second one!), our experienced and friendly team of Family Workers- Jill, Alex, Claire, Suzanne and Roxanne - 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.

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

Friday 07th May 10.00am - 12.00pm
Friday 11th June 10.00am - 12.00pm
Friday 2nd July 10.00am - 12.00pm

Time for you.....

The Relaxation sessions continue to be popular and we would welcome you 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 (Note exception for June) so we have opened up the diary for the following sessions all between 9.30 and 12.30 and all for 45 minutes:

Thursday	May 20th
Friday	June 11th
Thursday	June 24th
Friday	July 2nd
Thursday	July 22nd

The parents who have come to these sessions are always very keen to book again - so be sure to ring and book an appointment for you! Call us on: **020 8947 5260**



News News News

Dust off those running shoes and come and join Contact a Family with a run to suit all in 2010!

Give yourself a new challenge and raise some valuable funds by signing up today to a range of Contact a Family running challenges including the BUPA London 10,000 (Monday 31 May), British 10k London run (Sunday 11 July), Adidas Women's 5k Challenge (Sunday 5 September) or even the Adidas Silverstone Half Marathon 2011!

All runners receive dedicated fundraiser support, a fundraising pack, running t-shirt, training and nutrition advice and on the day support.

To find out more visit our website by using the following web link: <http://bit.ly/1aa10Q> or contact Lisa Hemsley, Contact a Family Events Fundraiser, on 020 7608 8731.

National Framework for Children and Young People's Continuing Care

On 26th March 2010 the Department of Health published the final version of the National Framework for Children and Young People's Continuing Care.

A continuing care package is put in place when a child or young person has needs arising from disability, accident or illness that can't be met by existing services alone, and is led by the Primary Care Trust (PCT).

If you want to see what is in the framework please use the following web link: <http://bit.ly/b8hzQL>

Fair Access to Care Services (FACS) - updated for 2010

The Social Care Institute for Excellence (SCIE) has published updated guidance on the Fair Access to Care Services (FACS), first introduced in 2003.

FACS is a framework to help local authorities determine eligibility for adult social care services, but contains guidance on transition for children with disabilities to adult services as well as the rights and needs of young carers as children and young people.

The 'Carers' section in FACS 2010 identifies the need to take account of support from carers, including parents caring for a disabled child, and the sustainability of their caring role.

To read the guidance and access information booklets please use the following web link: <http://bit.ly/bsHcrf>

New resources for families

Changes in carer's benefits rules will help more families with disabled children

From 12th April 2010 Carer's Allowance, the only state benefit specifically aimed at carers, will be made available to a greater number of those who are working. Carer's Allowance cannot be paid to a carer if they work and earn more than a set amount. The earnings limit will be raised from £95 to £100 after tax deductions - the first time it has been changed since 2007.

If you would like to find out more please use the following web link:
<http://bit.ly/cGP1qA>

Family Fund changes income criteria to help working families on lowest incomes

The Family Fund, the largest charitable grant-maker for families with disabled children, has changed the way it looks at income to help more families on the lowest of incomes.

From 1 April 2010, the Family Fund will consider a grant application where a family's total income from all sources, including net income and benefits, is below £25,000 in England and £27,000 in Northern Ireland, Scotland and Wales.

First-time applicants to the Family Fund can't apply online as the form requires a lot of information. So, if you are a first-time applicant, call the free Contact a Family helpline on 0808 808 3556 and we will send you an application form.

If you would like to see what you can apply for please use the following web link:
<http://bit.ly/cQL18B>

Free Caring with Confidence courses in England

Caring with Confidence is a free knowledge and skills based programme on offer from the National Extension College. The course aims to help carers make a positive difference to their lives and the lives of the people they care for.

The programme is available to carers in three formats: Local Group Sessions, Online Sessions and Self Study Programmes.

For more information about the courses please use the following web link:
<http://bit.ly/aNt669>

Independent Living Fund rules to change in May

The Independent Living Fund (ILF) is an independent body set up by the Government to help fund packages of care for severely disabled adults. In order to apply to the ILF you must be:

Aged 16 - 64; and in receipt of DLA care component at the high rate; and have less than £23,000 in capital; and have been assessed as needing a package of community care services that would cost between £341 and £815 per week.

Social services must agree to fund the first £340 per week of a care package (or the first £500 if the disabled person is not working) with the Independent Living Fund meeting the balance.

To find out of the changes will affect you please use the following web link:
<http://bit.ly/byp3cK>

New guidance for supporting children leaving hospital

The Council for Disabled Children has published new Guidelines on the discharge from hospital of children and young people with high support needs. It covers children who need an extensive package of support during the day and night to maintain their health, for example, children who need long-term ventilation.

For more information on these guidelines please use the following link:
<http://bit.ly/acgYqS>

Blue Badge reform - England only

The government is consulting on improving the Blue Badge (Disabled Parking) Scheme in England. In particular, the proposals are about improving the enforcement regime where Blue Badges are used fraudulently; extending the eligibility criteria; and funding to help local authorities to establish independent medical assessments. The consultation closes on 2 July 2010.

To read the consultation please use the following link:
<http://bit.ly/9zm9PQ>

Contact a Family will be responding to this consultation, so if you have any views or experiences to contribute, please email una.summerson@cafamilly.org.uk or call 020 7608 8742.

Cash Counts

In 2008, Contact a Family asked families about their finances and the results were shocking, with one in six families reporting that they were going without food and heating. Now, two years on, we would like to ask families about their finances again so that we are able to demonstrate if and how things have changed. There is a lot of talk that the economy has turned a corner and things are beginning to improve. But we would like to know what the experience of families with disabled children is. Please fill out our five minute online survey, to access please use the following link: <http://bit.ly/9IsnC3>

More than £165m to Support Home Adaptations for Disabled People (England)

The Government has granted over £165m to help local councils pay for adaptations that will enable disabled people to live comfortably and independently in their own homes.

The Disabled Facilities Grant programme will help around 40,000 people with disabilities make improvements to their homes, thereby improving their everyday lives and allowing them to avoid the turmoil and costs of moving house. The grant can be used for a wide variety of adjustments that will make life easier for disabled people. Acceptable types of work include: widening doors and installing ramps providing or improving access to rooms and facilities - for example, by installing a stair lift or providing a downstairs bathroom; adapting heating or lighting controls to make them easier to use; improving or providing a suitable heating system; providing suitable bathroom or kitchen facilities and improving access to and movement around the home to enable individual to care for another person who lives in the property, such as a child.

For more information please use the following web link:
<http://www.communities.gov.uk/news/corporate/1527555>

Your local office needs you!

Contact a Family has just celebrated its 30 year anniversary. The national organisation started here in Wandsworth with a group of parents who were dedicated to getting better services for their disabled children. Wandsworth Contact a Family still has a steering committee of local parents who meet every two months to discuss the services we are providing for families. We need you to join us and continue the good work.

Some of our committee members have been attending for several years. We are really keen to get some new faces and have recently welcomed Tracie Brooks and Justine Colburn.

Our other parents include Senia Dedic, Harriet Jackman Smith, Annie Scott, Judi Gasser and Lynda Ruff. Between them they have children who have disabilities such as physical disability, autism, and profound and multiple disabilities and who all attend Wandsworth schools.

Our meetings are held during the day at the Early Years' Centre and the agenda is about what Contact a Family is doing locally and nationally. It is a great opportunity to meet other parents, meet our team of workers and to offer ideas and suggestions about improving the way we are working. We welcome your input as we really want to hear from parents what services we should be providing. Please call us and we will put you in touch with a parent who can tell you more about what we do.

Annual Meeting

Our annual meeting will be held on **Monday June 28th** from **11.00am - 1.30pm and will include lunch.**

We are going to invite the three newly elected MPs, local councillors and officers from the team for children with special needs and disabilities to come along to hear our views about the services we would like to see in Wandsworth for disabled children and their families.

We need as many parents as possible to join us at this meeting. Positive Parent Action will also be in attendance and we would like as many other parents as possible to come along and have their say!

**Lunch will be provided! Please call to confirm your attendance -
020 8947 5260 wandsworth.office@cafamily.org.uk**

The Contact a Family National Helpline Freephone 0808 808 3555

10.00 – 16.00 Monday to Friday and 5:30 – 7:30 Monday

- 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 fact sheets** 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'.

Contact a Family is a founder member of Every Disabled Child Matters, fighting for rights and justice for every disabled child. To join the campaign please visit <http://www.edcm.org.uk> - and ask everyone you know to do the same!



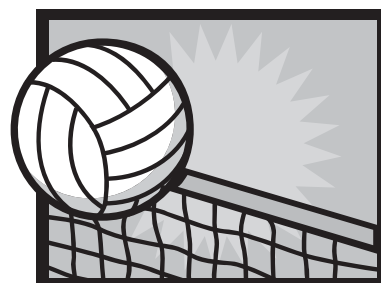
Sports Activities in your Area

Sports Activity opportunities for disabled children

Wandsworth Council in partnership with DC Leisure provides seven quality facilities that offer discounted single visits, pool usage, monthly and yearly memberships to all potential customers with a registered disability. To avoid constantly having to produce disability documentation to receive these free rates a free Centre Membership Card can be used to eligible customers.



The following items of identification have been chosen to provide clarity and understanding throughout all Wandsworth Council and DC Leisure sites to improve communication channel to customers: Evidence of receiving Disability Living Allowance, Freedom Pass or Blue badge.



For more information, contact your local centre:

Balham - Elmfield Road SW17 8AN	020 8772 9577
Latchmere - Burns Road SW11 2DY	020 7207 8004
Putney - Dryburgh Road SW15 1BL	020 8285 0388
Roehampton - Laverstoke Gardens SW15 4JB	020 8785 0535
Tooting Bec Lido - Tooting Bec Road	020 8871 7198
Tooting Leisure Centre - Greaves Place SW17 ONE	020 8333 7555
Wandle - Mapleton Road SW18 4DN	020 8871 1149

Wandsworth Arts Festival 2010

Date: 1st May 10 - 23rd May 10

Location: Across the borough

Cost: Varies

Wandsworth Arts Festival 2010

A range of events, including outdoor arts, film, music and dance.

Go to www.wandsworth.gov.uk/artsfestival for details.

Contact a Family Summer Events!!

A TRIP TO THE LONDON EYE AND RIVER BOAT CRUISE!



We are planning a trip to the London Eye followed by a River Boat Cruise around the Thames.

The tickets are a bargain at £8.00 per person! We will meet outside the London Eye at 11am. This will be followed by a 40 minute excursion on

the River Boat. You can bring your own lunch or buy something to have on the boat which we will embark on at 11.45am. Full information will be provided once your booking has been confirmed. Please send the booking form by Monday 24th May.

When:	Tuesday 27 th July 2010
Where:	London Eye and River Boat Cruise
Time:	10.45am - 1pm

A DAY OUT AT LEGOLAND

We will be spending the day at Legoland! This is a popular event so please apply by sending the booking form by Monday 24th May. We will not be able to reserve your place over the telephone; we must receive the booking form. Priority of places will go to families who have not had the opportunity to attend previous theme park trips.

Tickets cost **£10.00 per child (£5.00 under 3)** and **£12.00 per adult**. You'll need to bring your own lunch or use the facilities the Park. We will provide transport to and from the venue. The coach will collect us from the EYC, 1 Siward Road.



When:	Wednesday 25 th August 2010
Where:	Legoland
Time:	9.30am to 5.00pm

Full information will be provided once your booking has been confirmed.

A DAY OUT AT THE GUILDFORD SPECTRUM

When: Wednesday 4th August 2010
Where: Guildford Spectrum
Time: 10.00am - 4.00pm

Back by popular demand! 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.

The tickets are a bargain at £8.00 per person for all activities! You'll need to bring your own lunch or use the facilities at the Spectrum. We will provide transport to and from the venue. Full information will be provided once your booking has been confirmed. Please send the booking form by Monday 24th May.



A DAY OUT AT HEVER CASTLE AND GARDENS

Come and join us for a day trip to the beautiful Hever Castle and Gardens. You can explore the Maze, splash about in the fountain, **(you will need to bring towels and spare clothes for the children)** walk around Hever Lake and explore the Adventure playground not to mention take a look in the castle and see the Tudor portrait collection! Tickets are £8.00 per adult and £5.00 per child! We will provide transport to and from the venue. Full information will be provided once your booking has been confirmed. Please send the booking form by Monday 24th May.

When: Tuesday 10th August 2010
Where: Hever Castle and Garden
Time: 10.00am - 5.00pm



A DAY TRIP TO BRIGHTON

Tickets cost **£5.00 per person**. We will provide transport to and from the venue. The coach will collect us from the EYC, 1 Siward Road. Full information will be provided once your booking has been confirmed. Please send us your booking form by Monday 24th May.

When: Thursday 19th August 2010

Where: Brighton Beach

Time: 10.00 to 4.00pm



SUMMER FUN MORNINGS

When: Wednesday 28th July
Tuesday 03rd August
Thursday 12th August
Wednesday 18th August

Where: Early Years Centre,
1 Siward Road SW17 0LA

Time: 10.30am - 12.00pm.
Light refreshments provided

Age: Under 8's

Please complete and post the booking form by Monday 24th May.

EVENTS NOTICE

WE MUST RECEIVE YOUR BOOKING FORM FOR ALL EVENTS. WE WILL NOT BE ABLE TO RESERVE YOUR PLACE OVER THE TELEPHONE. FAMILIES WHO HAVE NOT HAD THE OPPORTUNITY TO ATTEND TRIPS BEFORE WILL TAKE PRIORITY WHEN WE ALLOCATE PLACES.



Variety Club Opportunities

Please note these events are not organized by Contact a Family

VISIT TO HARBOUR PARK SEA FRONT, LITTLEHAMPTON, SUSSEX
Saturday 12th June 2010

PLEASE NOTE CHILDREN SHOULD BE FROM 3-12 YEARS ONLY



Do you fancy a day at the seaside together with complimentary passes to go on all the rides at Harbour Park amusements? And a free ice cream!

Please note there is no transport for this event.

If you would like to see more, go to www.harbourpark.com the website for the funfair. Rides will open at 12 noon but the Harbour Park is right on the beach so is

very popular with the children. Courtesy of Gary Smart, each child will receive vouchers to ride on all of the attractions free of charge.

Please call us on **020 8947 5260** by **Friday 21st May** if you are interested in going so we can book your place on your behalf.

AMAZING GREAT CHILDREN'S PARTY



Wednesday 30th June 2010, Battersea Park
10.30am - 3.30pm

PLEASE NOTE CHILDREN SHOULD BE FROM 4-12 YEARS ONLY

It's that time of year again...A wonderful day out for young guests at the largest annual event of its kind. Snack packs and barbecue bites are provided to each child (although not

adults!) on arrival and then they are free to tour the site, have a go on the fairground rides, meet costume characters, magicians and clowns, listen to music and it's all FREE.

Call us on **020 8947 5260** to book your place - we need to know by the **Friday 21st May** if you would like us to apply for tickets on your behalf.

EVENT BOOKING FORM

*Please do not send any money with this form Please detach and fax or post this page
by Monday 24th May*

We will contact you to confirm your place and discuss payment

Event	Date	Time	Cost	No of Adults	No of Children	Ages of Children
London Eye and Cruise	Tues 27 th July 2010	10.45am - 1pm	£8 per person			
Guildford Spectrum	Wed 4 th August 2010	10am - 4pm	£8 per child £12 per adult			
Hever Castle	Tues 10 th August	10am - 5pm	£8 per adult £5 per child			
Brighton	Thurs 19 th August	10am - 5pm	£5 per person			
Legoland	Wed 25 th August	9.30am - 5pm	£12 per adult £10 per child £5 under 3			
Fun Mornings Please tick which next to the date you'd like to attend	Wed 28.07.10 Tues 03.08.10 Thurs 12.08.10 Wed 18.08.10	10.30am -12pm	£1 per child			

Contact information:

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

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.

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: MONDAY 24TH MAY 2010.