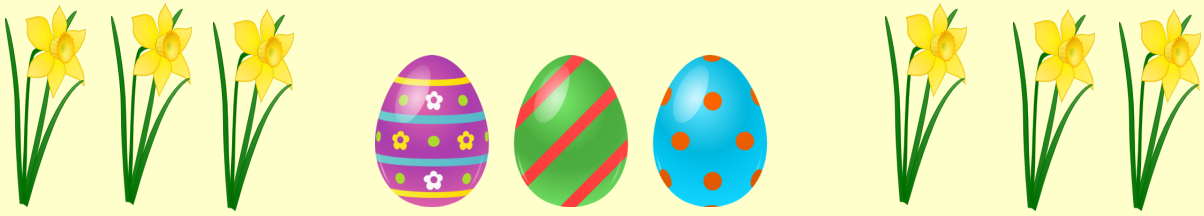
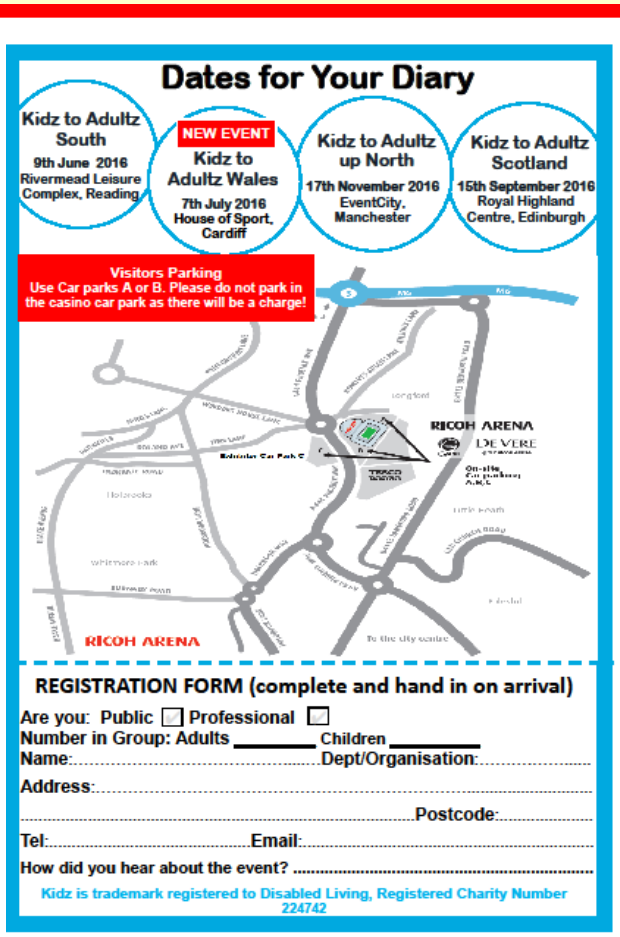
contact a family
for families with disabled children

Welcome to the e-bulletin for the West Midlands.

Find out about events and activities in your area





Newlife Foundation provides the free loan of specialist toys to children with disabilities anywhere in the UK.

Play Therapy Pods contain a collection of specialist toys and interaction ideas, selected and developed by Newlife's Play Specialist.

They can help distract from pain/discomfort, help focus during therapies, help develop skills/abilities, and help children to understand their feelings and the world around them.

Families have also told us that relationships and understanding of their child's needs have been improved through play.

Updated, simple application form and service leaflet are available at www.newlifecharity.co.uk/application. Please share them with families who may benefit from this service. No professional support is required to access this service!

Ongoing support during the loan period, regarding ways that these toys can be used, can be sought through our free national Nurse Helpline on 0800 902 0095 (free from UK mobiles & landlines).

To find out more about Play Therapy Pods and how to get specialist toys delivered, contact Newlife's Care Services Team.

Newlife Foundation for Disabled Children, Newlife Centre, Hemlock Way, Cannock, Staffordshire, WS11 7GF
0800 988 4640 (free from UK mobiles & landlines)

Free audiobook library memberships for children with an illness, disability or learning difficulty

Listening Books is a national charity that provides an audiobook library service to children and adults who struggle to read or hold a book due to an illness, disability or learning difficulty. They have recently received funding that means they are able to offer a number of FREE memberships to people living in the West Midlands who would struggle to pay the membership fee (ranging from£20 to £45 per year).

About the library - There is a huge range of wonderful fiction and non-fiction suitable for Children aged 7 upwards. The library also supports the Curriculum from Key Stage 2 upwards and has a large selection of educational titles and study guides, many of which are unavailable on audio elsewhere.

If you would like further information please contact **0207 407 9417**

Birmingham

Activities & Events and workshops.

CPSport
Cerebral Palsy Sport
England & Wales

Project supported by:
SPORT BIRMINGHAM
INVESTING IN ACTIVE LIFESTYLES

Making Fun Happen

Sportstart Day

Birmingham Schools:
Join us for a fun multi-sport taster event!

- **Date:** Friday 4th March 2016
- **Venue:** Nechells Wellbeing Centre, Rupert Street, Birmingham, B7 5TD
- **Time:** 9.30am – 12.30pm
- **Age:** 5 – 19 Years
- Please register by 26th February.

For more information contact
Cheyanne.haye@sportbirmingam.org
or call 07730 281710

Registered Charity No. 1088600

Visit www.cpsport.org | follow @cp_sport

SQUARE PEG
FOUNDATION

Square Peg Sensory was launched on January 10th in Sutton Coldfield in the West Midlands.

The mobile sensory room was officially opened by their patron Anna Kennedy OBE and TV star (and local resident) Alan Gardner.

Suitable from baby to the elderly it is a therapeutic environment for all.

They are now taking bookings for schools, clubs, events, private hire and birth-day parties.

For more details please contact Square Peg Foundation 07430756641 go to their website squarepegfoundation.org.uk

Birmingham

Events and activities

Free Workshop for Parents and Carers

Brothers and Sisters …

Juggling the needs of the family

Wednesday 16 March 2016

St Pauls Trust
73 Hertford St
Balsall Heath
Birmingham
B12 8NJ

This workshop will look at:

- Supporting siblings with their feelings
- Strategies to support communication
- The importance of talking about your child's disability
- Activities that may help

Start: **10.00 a.m.** - Finish **12.00 p.m.**

To book a place please ring **'Contact a Family'** on **0121 415 4624**

contact a family
for families with disabled children

birmingham carers hub

Birmingham

Activities & Events and workshops continued.

Birmingham

Activities & Events and workshops.

Bournville BookFest 2016

Birmingham's only children's book festival.

Bournville BookFest is back and it's bigger than ever!

This year we have a bespoke programme designed for children with special educational needs, which is completely free of charge.

More than 80 events will take place in 13 different venues across the city, from Bournville to Library of Birmingham, Longbridge, Yardley Wood and Shard End.

Authors, poets, illustrators, storytellers, actors, journalists, cartoonists, historians, dancers and performers will be inspiring youngsters to read, write and get passionate about stories.

New for 2016. FREE events for

children with special needs.

Storytime with **Guinea Pigs**, going on a picnic with

Peter's Trains and

telling tales with **Star Wars Lego** - all taking place at

Selly Oak Trust School – promises a day of

discovery and delight for

everyone.

If you would like to know more, contact Busy Parents Network at Bournville

Community Hub on 0121 4727989.

Follow us on Twitter: @B_villeBookFest

www.**bournvillebookfest**.com

Coventry

Activities & Events

Action For Autism Group (C.A.F.A.G.)

The Friends Meeting House, Hill Street, City Centre, Coventry, West Midlands
Contact details
Contact Mary
Tel 024 7622 2958
Website: Visit website

Overview
Coventry Action For Autism Group is a support group run by parents for parents.
They offer:

- A chance to meet other parents and look at issues and problems linked to Autism
- Information about help and support for Autistic children and their families
- Social activities for Autistic children and their families.

They meet every second month at the Friends Meeting House Hill St Coventry.
They also hold Coffee mornings from 10.00-12.00 on the 2nd Wednesday of every month, apart from school holidays.

Coventry Parent Carer Forum

One Voice

Do you live in Coventry and have a child with a disability? Would you like to meet other parents and work together with service providers to help shape services for disabled children? If yes, this is the group for you!

We are always keen to involve more parents – One voice starts a change but a group of voices 'Make' a change!

Everyone is welcome. If you would like to join us, give us a call!

Telephone: 078 7424 2733
Email: onevoicegroup@btinternet.com

Like us on facebook
www.facebook.com/CoventryOneVoice

Dudley

Activities & Events

Scope Face2Face Coffee Morning

Are you the parents/carer of a child that has an additional need or disability? Come along and join us

Stourbridge Children's Centre, Forge Road,
Stourbridge DY8 1XF

Tuesday 22nd March 2016 10 – 12 midday

For further information please call or email:
sarah.thompson@scope.org.uk
07436 805 494

Scope
About disability

Sycamore Stay and Play 2016

Are you the parents/carer of a child that has an additional need or disability? Come along and join other parents

Where: Sycamore Adventure Centre, Sycamore Green, Dudley, DY1 3QE

Easter Break
Thursday 31 March 2016 - 9.30 – Midday

Wednesday 6th April 2016 – 9.30 – Midday

To book places call or email:
sarah.thompson@scope.org.uk 07436 805494
georgina.homer@scope.org.uk 07767 111868

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Face 2 Face
Parents supporting parents of disabled children

Dudley Parent Carer Forum

working together for CHANGE
Dudley Parent Carer Forum

"Working for change – Dudley parent carer's forum is committed to engaging and empowering parents and carers of children with disabilities or additional needs so that they can influence decisions and improve changes to services delivery."

Members of the forum will work together as individuals, organisations and partners with the aim of ensuring that the voices of parent and carers are heard. They will ensure that all parents and carers in our borough are equipped with the knowledge and skills to influence change working within a framework of agreed values and principles.

For more details or to become a member visit their website: dudleyparentcarerforum.com or call

01384 573381

Emotional Resilience Workshop

Are you the parents/carer of a child that has an additional needs or disability?

The workshop will help you understand:

- what resilience is
- methods of developing resilience
- plus a personal resilience plan.

Session 1 – Thursday 3rd March 2016 - Stourbridge Children's Centre, Forge Road, Stourbridge, DY8 1XF

Session 2 - Thursday 17th March 2016 - Church in the Community, Turners Lane, Brierley Hill, DY5 2PG

Time 10.00 am – 1.00 pm

To book a place please call or email:
sarah.thompson@scope.org.uk
07436 805 494

georgina.homer@scope.org.uk
07767 111 868

www.scope.org.uk

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Scope
About disability

Face 2 Face
Parents supporting parents of disabled children

Herefordshire

Activities & Events

Sleep Support for Children with Autism and Their Families

FREE places on pilot project across Herefordshire, to support children with Autism get a better nights sleep, funded by NHS England.

Ross on Wye - **9th March**.
Penyard House, Weston-under-Penyard, HR9 7YH

Leominster - **7th March**
St Johns Ambulance Centre, Unit 6 Leominster Business Plaza, Leominster Enterprise Park, HH6 0LA

Please be advised places are limited. To book your place or for more information please email Kim via
info@thechildrenssleepcharity.org.uk or Helen on 07957 422 417

* if you would like to be kept informed of other training available on a national basis, please email
info@thechildrenssleepcharity.org.uk

PARENT CARER Support Groups

Groups meet during term time, at various locations across the county and provide a friendly atmosphere to give Parent Carers the opportunity to chat with others in a similar situation. All groups are for parents of children aged 0 – 25. **During term time only.**

Every Tuesday and Friday, 10am – 12noon Little Black Dog Cafe, 5 The Mews, St Owen Street, **HEREFORD**

2nd and 4th Wednesday of the month, **10am – 12noon** Weatherspoon's,

LEOMINSTER

Cathy Hayes Parent Carer Support Worker
07976 111 196

PARENT CARER Voice

The VOICE is Herefordshire's Parent Carer Forum captures the collective learning of local Parent Carers and gives their views a voice as well as improving the recognition and support of Parent Carers by informing and creating a dialogue with policy makers and professionals who are working with carers.

For more details contact 01432 356068 or email: help@herefordshirecarerssupport.org

Sandwell

Sandwell Parent Voice

The parent carer forum for families with disabled children up to 25 are holding a **Big Event!!**

We would like to invite you to our Big Event on 17th March at The Portway. The event will be to show what is available through the local offer in terms of services and re-sources, with free lunch and opportunity to meet Sandwell Parent Voice members. The event starts at 9:30 and will finish at 2:30.

Please contact the SENDIASS office on **0121 555 1821** if you are interested.

Sandwell Continued……

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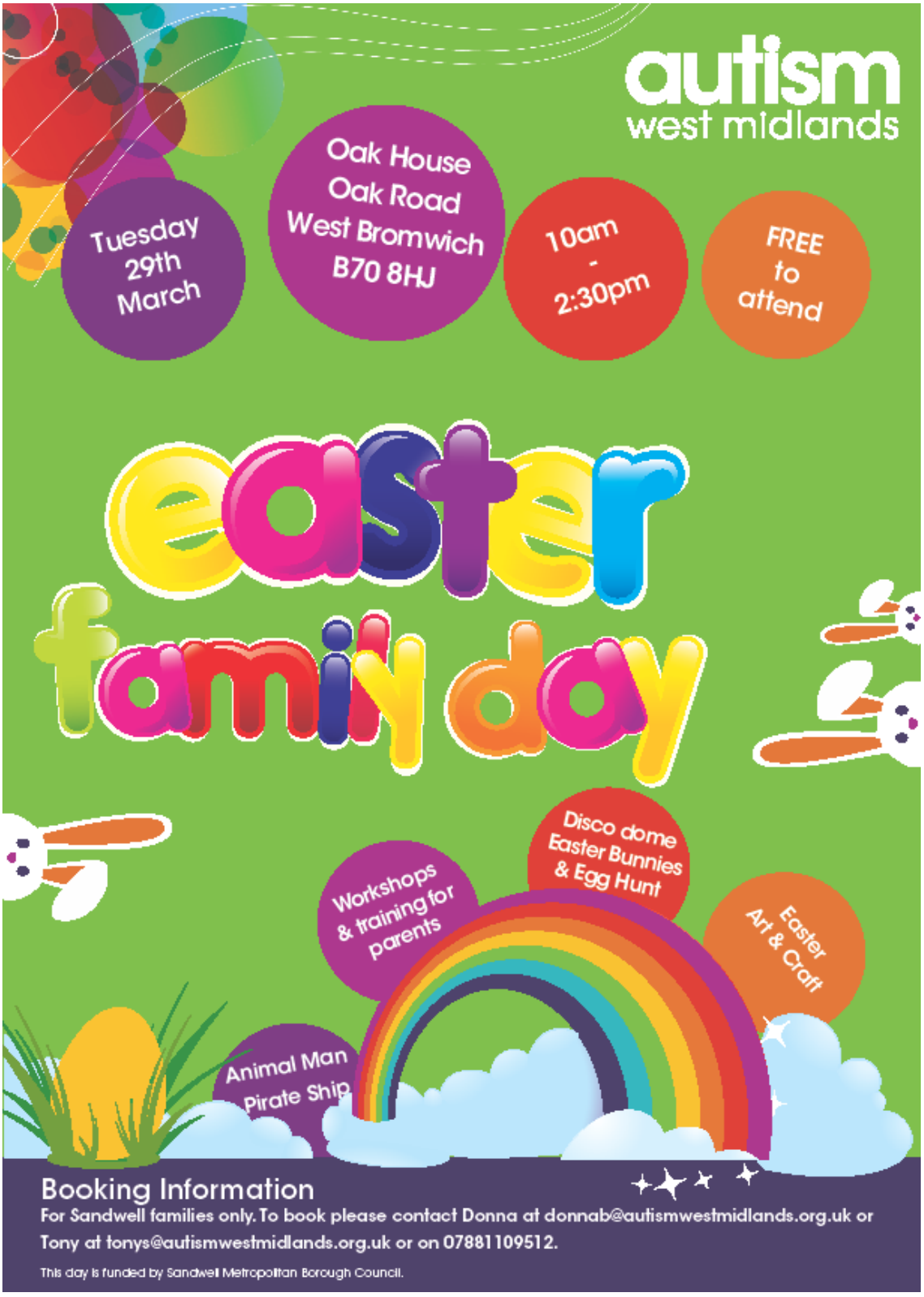
Activities & Events



Solihull

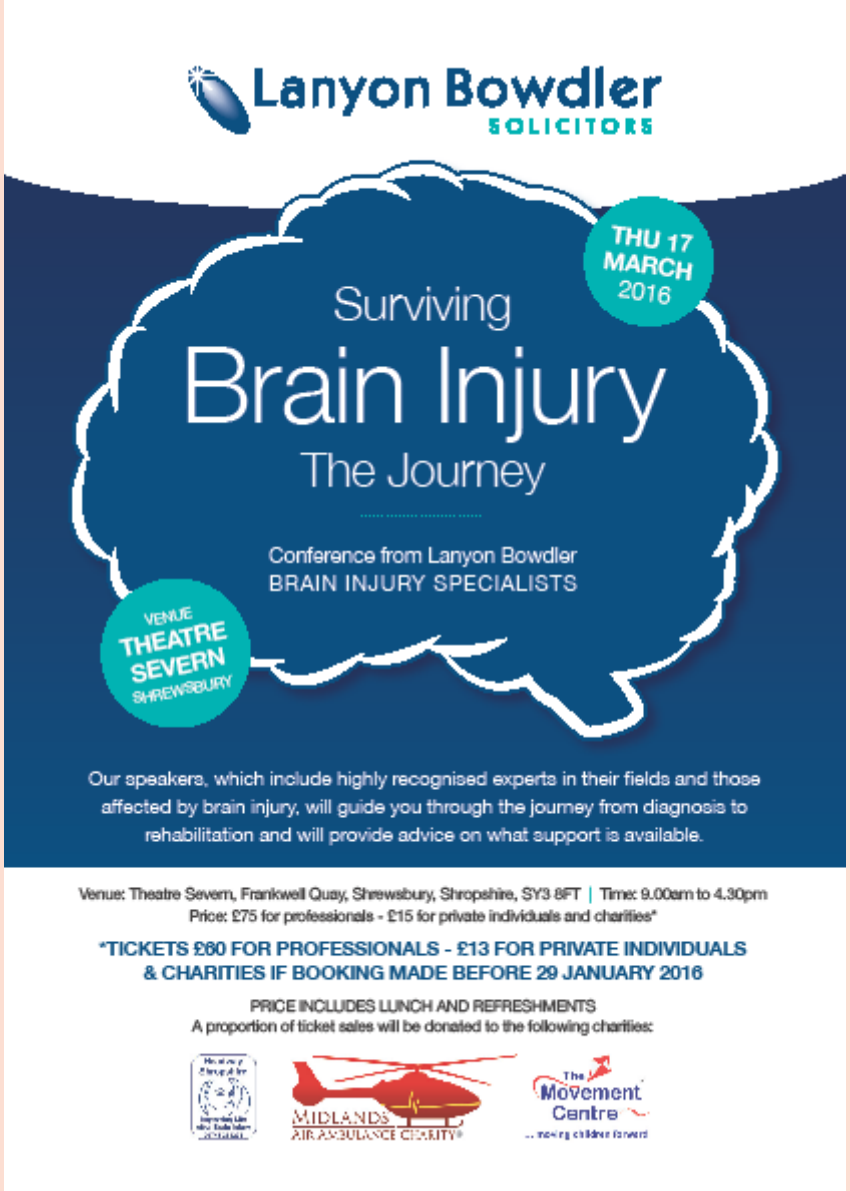
Activities and events

Willows Sensory Service

Provides Aromatherapy and reflexology for people with profound and multiple learning difficulty and severe learning difficulty. Also offers sensory dramas, sensory stories, songs, poems, sensory led sessions and hire of sensory room for children and adults with learning disabilities.
For a look around please call Sarah Hall 0121 243 4223 email sarah.hall73@virgin.net to arrange visit

Shropshire

Activities and events



Staffordshire

Activities & Events

Staffordshire Parent Action Network

S.P.A.N. Staffordshire Parent Action Network

Upcoming Events

Focus Groups—Wednesday 2nd March 2016

We will looks at asking the right questions and how to do so in a fun and accessible way. This last session will also focus on next steps in thinking outside the box to reach more parents and families.

All sessions will take place 10.00am—2.00pm at Rising Brook Church Conference Centre, Stafford. Book on individual sessions, or all three.

For further information or to book a place please contact Marie on 01785 356 919 or sfps@staffordshire.gov.uk

Golf Coaching & Activities

The Range, Wood Farm, Broad Lane, Essington

Provided by: The Golf Academy Address: The Range, Wood Farm, Broad Lane, Essington

Available to children with a disability aged 6 and over, parents and siblings welcome Please contact Craig to discuss individual needs .

Booking essential. Every Monday 5-7pm Every Saturday 3-5pm

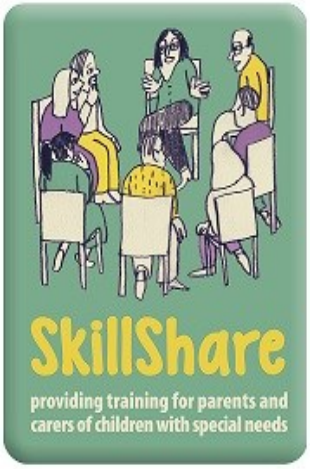
For session times or more information please contact:

Craig Thomas 07973 798483 or Email: info@thegolfacademy.co.uk

Staffordshire Continued.

Activities & Events

Upcoming Events



I'm not stubborn, I'm Tenacious

A one day workshop for parents and relatives/carers of children/young people who have Down syndrome who are interested in promoting positive behaviour or looking for information on responding to behaviour. The workshop will cover:

- Understanding how some features of Down syndrome play out in behaviour
- Functional Behavioural Analysis and how this can be used to plan effective behaviour management
- Opportunities to discuss your own experiences
- Practical strategies to help manage behaviour

The workshop will take place on **Thursday 3rd March 2016** at Uttoxeter Racecourse between **10:00am and 1:30pm** (followed by FREE lunch). Places are limited so booking is essential. To book contact Tracy Munday on 01785 356930 or email: skillshare@staffordshire.gov.uk

A.S.L.A.N

Autism Support Leek Area Network

ASLAN is a parent support group for families who have autism, Asperger's, traits of Autism and those who are undergoing assessment for ASD. We meet on a monthly basis in a support group.

For more information please contact: Ali Arnold

Email: a.s.l.a.n@hotmail.co.uk or visit their Facebook page.

Staffordshire Continued

Activities & Events

Inspire Disability Multi Sports Clubs

The Inspire Disability Multi Sport Club wants to invite you into its family. It is a fun, safe and enjoyable club that all of your family can be involved with. The club will give you and your family the opportunity to try a range of different sports and activities in a relaxed and informal environment with qualified coaches. The club is open to disabled children (5 to 18 years old), siblings, friends and parents. There will be a range of activities on offer such as multi skills, badminton, zumba, football, trampolining and many more.

The best thing about our multi sport clubs is that they are **FREE!** There are 'Inspire Clubs' all over the County so find one that is local to you and come and join the family fun.

For more details visit: **www.sportacrossstaffordshire.co.uk/abilitysport.**

Ability Sport

Inspire clubs Family Fun days

We have clubs all over the county.

East Staffordshire, Lichfield, Newcastle-under-Lyme, Stafford, Staffordshire Moorlands, Tamworth, South Staffordshire.

Details www.sportacrossstaffordshire.co.uk/abilitysport

Contact The Disability Sport Officer, Sport Across Staffordshire & Stoke-on-Trent, Staffordshire Borough Council, Civic Centre, Riverside, Stafford, Staffordshire, ST16 3AQ

Tel 01785619398 Email **disabilitysport@staffordbc.gov.uk**

Ability Sport E-News **FREE monthly newsletter email address above, or website**

FREE SNUG (Special Needs United Grandparents) Workshop

The Grand parenting Game. An informal workshop and get together where Grandparents of children with special needs will have an opportunity to share experiences and expertise and get some tips on how to better enjoy the game!

At Staffordshire SEND Family Partnership Offices
Eastgate House, 79 -79A Eastgate Street, Stafford, ST16 2NG contact Anne. Tel. 07471178128 or snugstaffs@gmail.com

Staffordshire Continued.

Information

Independent Supporters can be accessed through either Core Assets Children's Services or SEND Family Partnership.

How can an Independent Supporter help me?

- Act as a named contact person throughout the Education Health and Care (EHC) assessment and planning process.
- Help with the transfer from a statement of Special Needs or Learning Difficulty Assessment to an EHC plan. This is called a transfer review.
- Work with parents carers and young people if you are new to EHC referrals or if you have a Learning Difficulty Assessment under the old system
- Liaise across a range of local service and help you to gather the information required for an EHC plan.
- Provide you with information to help you understand personal budgets.

How can I get more information on the Independent Support Service?

- To speak to someone about getting help from an Independent Supporter you can call 0800 028 8455 between 9am and 9pm Monday to Friday, and 9am to 5pm on Saturdays and Sundays. If for any reason you are unable to speak to someone, please leave a message and they will respond to you as quickly as they can.
- Visit their website for useful and helpful information. www.coreassets.com/what-we-do/independent-support-service/
- Email: ISreferrals@coreassets.com

SEND Family Partnership also have trained Independent Supporters.

They can be contacted on 01785 356 921
Supporting Independence Service, Independent Futures
(Formerly Community Connect)

As well as helping young people and adults with learning disabilities access activities and employment etc. the new team can also undertake independence skills assessments. Referrals can be made by parent carers through ringing the contact centre on 0300 111 8000 or through your social worker if you have one.

Wolverhampton

Events and activities

Education, Health and Care Plan 'Chit Chat Wednesdays'

For parents, carers and young people;

Would you like to have an informal chat about Education, Health and Care-Plans?

Or perhaps receive some literature on the process or ask a question face to face?

Maybe you'd like to find out more about getting guidance from an Independent Supporter?

Why not arrange an informal visit to see Matthew our Independent Supporter at the Information, Advice and Support Service? Time-slots available from 1pm – 4pm every Wednesday at The Gem Centre. Call 01902 558401 or

e-mail Matthew.Mason@wolverhampton.gov.uk

Courses & Workshops

Our next Parent Information day 'Preparing for Adulthood' is on Wednesday 9th March

So if you are a parent/carer of a young person with additional needs in year 9 or above this event aims to help you find out more about the services and the range of choices to be considered; what happens in transition planning and who helps you and your child move forward. Call us on 01902 556945 to book your place or email ias.service@wolverhampton.gov.uk

Autism friendly cinema screenings

Dimension's innovative autism friendly screenings provide opportunities for people with autism or sensory sensitivity to enjoy a trip to the cinema. They work with ODEON Cineworld, Vue and Showcase to host Autism Friendly Screenings at over 250 cinemas nationwide.

On Sunday mornings throughout the month, films suitable for all audiences are screened in a sensory friendly and inclusive environment. Adjustments at the cinema reduce over-stimulation and create a welcoming place for people with autism to enjoy films with their families, friends or carers. To find out more and what films are showing please visit the website

What does the Care Act mean for carers?

The Carer Support Team at City of Wolverhampton Council is offering a training session about the Care Act and its impact on carers. This two hour session will set out a local authority's duties to carers under the Care Act in respect of:

Promoting well-being; Providing advice and information; Advocacy; Assessments; Determining eligibility for support; How support may be provided

Tuesday 26th January 2016 10.30am -12.30pm at Bob Jones Community Hub

Wednesday 3rd February 2016 10.30am - 12.30pm at Tettenhall Institute

Monday 15th February 2016 10.30am - 12.30pm at Wednesfield Community Hub

Places are limited so to book call 01902 553409, email

carer.support@wolverhampton.gov.uk or for more information and a booking form please view the pdf flyer available on our website

Wolverhampton

Activities, events and workshops continued

Upcoming Events at Tettenhall Wood School

Parent and Carer Coffee Mornings – No need to book

The coffee mornings are an opportunity for the parents/carers of children and young people with autism to meet and share similar experiences and gain information from experienced professionals. Just simply drop in for a chat any time during the session.

Your child doesn't have to attend Tettenhall Wood School to take advantage of this fantastic drop-in.

9.30am – 11.30am Tuesday 8th March 2016

9.30am – 11.30am Tuesday 12th April 2016

9.30am – 11.30am Tuesday 10th May 2016

9.30am – 11.30am Tuesday 7th June 2016

9.30am – 11.30am Tuesday 12th July 2016

Parent and Carer Workshops

Tettenhall Wood School also provides additional support to parents/carers through a range of popular

workshops. These are free to attend and take place at the school between 9.30am - 11am.

Booking is essential and this can be done by contacting the school directly.

Communicating with Pictures – Wednesday 16th March 2016

Using Social Stories at Home – Wednesday 20th April 2016

Supporting Sensory Needs – Wednesday 18th May 2016

Autism and Family Well-Being – Wednesday 15th June 2016

Makaton at Home – Wednesday 6th July 2016

Address: **Tettenhall Wood School, Regis Road, Tettenhall, Wolverhampton, WV6 8XF**.

Tel No: **01902 556519** Fax No: **01902 556520**

Wolverhampton

Events and activities

Consultation on Wolverhampton's Joint Strategy for Children and Young People with Special Educational Needs and Disability (SEND)2015-2020

Parent and Carer workshops—Preparing for Adulthood

Learn more about the process of moving from childhood to adulthood and the planning that takes place from year 9.

Wednesday 9th March 2016, Molineux Stadium, Wolverhampton 9.30am – 1.30pm lunch is included but please make alternative childcare arrangements.

Booking is essential, please call us on 01902 556945 or email ias.service@wolverhampton.gov.uk

Hidden Gem—Have you tried it yet?

Wolverhampton's wonderful sensory room creates a magical atmosphere through relaxation, sensory experiences, fun and play for children of all ages. The sensory room, designed with the help of our local parent forum Voice4Parents, provides relaxation, fun and play for children and young people with additional needs and their families.

Sensory experiences are created through projected images, bubble tubes, sound and lighting, tactile objects and a wide range of interactive games that create a magical atmosphere for all.

Why not book a session and see it yourself?. Take advantage of the free

The Sensory Room is located at Brickkiln Community Centre, Cherry Street, Pennfields, Wolverhampton, WV3 0QW.

The centre also has a fully accessible ICT Suite with adjustable desks, internet access and printing facilities.

There are fully accessible changing facilities with height adjustable beds and a portable hoist.

Prior booking is required.

To book or to find out more please telephone Rob Siarkiewicz 01902 557936 or e-mail Short.Breaks@wolverhampton.gov.uk

If you have an activity or an event that would benefit parents or carers of disabled children or children with additional needs and you would like to advertise them in our E-bulletin. Please send details to:

westmids.office@cafamily.co.uk

All information must be received by 15th of each month to be published in the next bulletin.

***The Editor retains the right to omit, or edit any contributions.**

The views and suggestions in this E-bulletin are those of the individual contributions and are not necessarily supported by Contact a Family. Contact a Family can not accept responsibility for any goods or services mentioned in or enclosed in this E-bulletin.

If you no longer wish to receive the E-bulletin by email contact us on westmids.office@cafamily.org.uk

Contact a family is the leading Uk-Wide charity providing advice, information and support to all families with disabled children, regardless of disability.

Freephone helpline: 0808 808 3555

Open Monday—Friday 9.30am— 5pm

The ContactAFamily Freephone helpline is an advice service for parents and family members caring for a disabled child. We also have a dedicated SEN (Special Educational Needs) service to advise families, on any aspect of their child's education.

email: helpline@cafamily.org.uk or

go to our website www.cafamily.org.uk

contact a family
for families with disabled children