

Kingston Connections

Summer 2009

The newsletter for disabled children, their families and carers.

From the Editor:

The summer will soon be upon us and the long weeks of the school holidays often raise a great deal of concern and stress for all parents but in particular for those with children who have disabilities.

Don't Panic! There are many activities and clubs that many of the children can access. Forward planning is the key and make sure you book early especially for the play schemes. For further info see the article on holidays on page 3.

If you are looking for activities for the whole family give the DCIAS a call. We have lots of information on specialist, accessible and inclusive activities for your family to enjoy.

We would love to hear from you about your experiences this summer so that we can share them with other parents in the next newsletter. The copy date for the Autumn 09 newsletter is Friday the 2nd of October.

You will find an evaluation questionnaire with this newsletter. Your views are really important to us and we would appreciate very much your responses. There will be a prize draw made from all the responses received.

Caroline Baxter

EnhanceAble, Kingston "I-Count" Register and the Team for Disabled Children distribute this newsletter.

The views, articles and suggestions in this newsletter are those of the individual contributors and are not necessarily supported by the Editor, EnhanceAble or the Team for Disabled Children. The Editor cannot accept responsibility for any goods or services mentioned or enclosed in the newsletter.

Contents:

Editorial	1
DCIAS news	2
Holidays	3
Invitation	3
Parent Partnership Service	4
Staff News update	4
Play cut and go	5
Activities for Under 5s	5-6
Twenty One & Co	7
Dates for Diary	8
SAVI events	8
Carers' Week 2009	9
Born Too Soon	9
Me too & Co	10-11
Active Kingston News	12

EnhanceAble Confidentiality Protocol:

EnhanceAble is a voluntary organisation that provides its clients with a guarantee of independent, impartial and confidential advice.

For more information see our website:
www.enhanceable.org

Kingston
Children & Young People's Trust
Making a Difference Together

EnhanceAble

Disabled Children's Information and Advice Service – (DCIAS)

On February the 7th EnhanceAble hosted a parents consultation day on the Aiming High for Disabled Children Agenda.

We were thrilled at the response to the day and the turn out. We want to take this opportunity to thank all the delegates for their time and input and all those who worked to make it such a success.

Working in partnership with RBK's Integrated Services for Disabled Children, voluntary sector colleagues, and local parents groups, the day was organised to hear the views of parents and carers from Kingston on how they want to see the funding, made available by national government, spent developing and enhancing local services for disabled children and young people.

The day was very well attended and the feedback received was excellent.

The delegates split into workshop groups to discuss topics including, childcare, therapies and equipment, access to the community, play & leisure, meetings & reviews, afterschool activities and working with schools.

Many great ideas were offered and parents clearly have a vision of how they wish to see services and opportunities develop in the near future.

There were many positive comments made about the current services but it

was recognised that there was an urgent need to extend these services. Portage, Yorda Adventures and The Kingston Holiday Club were particularly noted to be outstanding services that are available to families.

There were also many concerns raised most particularly in the area of therapies. Whilst parents were keen to say that the individual therapists were excellent the wait to see them was deemed unacceptable and the short-term therapy packages offered after such elongated waits needed to be addressed urgently.

A report has been written and should anyone wish to receive a hard copy of the report please call us on the usual number 020 8934 6378 or email us at:

children@enhanceable.org

You can also read the report on our website at **www.enhanceable.org** click on Children's Services.

There will be other events in the future and if you want to have a direct influence on the way that the services in Kingston are run and delivered please take part and have your views heard.

Should you be unable to attend events or have difficulties with completing questionnaires please call the DCIAS and we will be delighted to assist you to have your say.

The DCIAS will ensure all are kept informed of future events.

Holidays

Holidays away from home are often a real minefield and can be a cause of great stress for families who include a child or young person with a disability, especially if that child or young person has challenging behaviour. Other issues surrounding subjects like travel insurance for children with disabilities and medical needs also pose great problems for families.

We have been conducting some research and have found some organisations that could possibly provide a solution.

While we cannot specifically vouch for or recommend any one-organisation, parents who have accessed them in the past have suggested the ones mentioned below.

Should any of you take advantage of these suggestions or have any other ideas please do let us know. We are always looking to build up our database of information to share with families and personal recommendations are a very valuable resource.

The Calvert Trust – “Challenging disability through outdoor adventure”
www.calvert-trust.org.uk

The Thomas Centre - Lincolnshire near Louth. www.thethomascentre.co.uk
Phone no 01507 363463

Beamsley project – Yorkshire: www.beamsleyproject.org.uk

Happy kids holidays – holidays in France for families with children or teenager with ASD and Asperger's Syndrome - www.happykidsholidays.com

Information and Social Evenings

We have been running Information and Social Evenings for parents and carers on a termly basis – these have proven to be highly successful and you are cordially invited to the next one in July. See below for details.

Invitation

The DCIAS would like to invite parents and carers to our
Information and Social Evening
on Thursday 9th July 2009 between 7.30 – 9.30pm

The event will be held at EnhanceAble's head office,
The Geneva Road Centre,
Geneva Road,
Kingston KT1 2TW.
(The centre is fully accessible and parking is also available)
Everybody Welcome!!

RSVP: Tricia Farlow on **020 8934 6378** or
Patricia.Farlow@enhanceable.org

Parent Partnership Service

I'm about to celebrate six busy months in post. No two days are ever alike - to be expected, probably, given the variety of support I aim to offer parents and carers of children with special educational needs. I couldn't have realised just how wide-ranging, interesting, and rewarding so many of these days could be.

I've attended a range of meetings and training sessions, visited schools, met teachers, SEN Co-ordinators, and members of RBK's Assessment & Support for Learning Services team – but it's been clear from the first that it's my work with *you* that lies at the heart of my role.

If we haven't met yet, I hope that the months ahead will give us the opportunity. My experience of working with you, day by day, shapes my efforts to develop a friendly, positive and useful Parent Partnership Service.

It's important to me that we take a clear approach to considering your child's support requirements, and to building bridges between you and the professionals responsible for the quality of your child's educational experience.

I'm convinced that positive interactions between parents and professionals can set the stage for positive outcomes for children at school, the gateway to future life choices.

So if we haven't met yet, I hope you'll keep in mind to get in touch if I can be of service with advice or support. It's always a pleasure to “put a face to a name” and any opportunity to meet, even informally – such as DCIAS Social Evenings - smoothes the way for future work together.

Here's to the next six months!

Contact Details:

Anne Frayda
Parent Partnership Officer
020 8934 6378

E-mail:
Anne.Frayda@enhanceable.org

The Parent Partnership Service in Kingston offers impartial advice, information and support on educational matters to parents of children with special needs. It also works to strengthen relationships between parents, schools and Kingston Local Authority.

Staff News Update

There have been a significant number of staff changes since the last issue of this newsletter.

We have said goodbye and good luck recently to:

Tracy Beard - Manager of the Family Support Service has moved to Kensington and Chelsea to manage their disabled children's centre.

Lianne Smith - Social Worker, who has moved to Devon.

Welcome to the following at the Maple Children's Centre:

Melanie Price and Tarryn Poulton – Occupational Therapy Department.

Gareth Bloomfield and Gemma Ellis - Psychology Department.

Katie Williams – Speech & Language Therapy Department.

Dr Shirley Achara - Consultant Community Paediatrician (for 3 months only).

Plus, congratulations go to:

Dr Claire Scott – who gave birth to a son, Henry, in February.

Play cut and go

**At Warren Park, Kingston Hill, KT2 7LX
Hairdressing for special needs kiddies!**

10am till 1pm

Dates:

Sundays 31st May, 28th June, 19th July & 30th August 2009

Coffee and relaxed atmosphere with other parents

I'm Gina and have 24 years experience, plus I have a disabled child so I know how hard it is to take them to a salon and expect them to behave.

Kids are relaxed and respond well to Warren Park's playful environment, so give it a try - we don't bite!

(Only) £ 5.00 per cut

Any queries please call Gina on 07970-833652

Activities for the Under Fives

Tuesday Special club:

10am – 12pm
Warren Park, Kingston Hill, Kingston,
KT2 7LX

This is a group for parents and carers of children with special needs. Come and join us for a coffee and an opportunity to use a fantastic facility. Sensory room, ball pond, climbing frame, trampoline and arts and crafts. Sing and Sign at 11 am every Tuesday.

We run all year round (with the exception of this October half-term) and siblings are welcome during school holidays.

Just come along and join us or call
020 8547 6567.

North Kingston Children's Centre

Watch this space.....

As mentioned in the last Newsletter, we are still looking at the possibility of setting up a Stay-and-Play session on Thursday mornings for parents/carers of children under 5 with special needs at North Kingston Children's Centre at Latchmere School. This is likely to be up and running from mid-September but we will let you know just as soon as things are agreed. In the meantime, watch this space....!

Any queries, then please contact the DCIAS on: 020 8934 6378.

Norbiton Children's Centre

Stay and Play Session for children under 5 with Special Needs

Come along on a Wednesday afternoon between 1pm and 3pm
(term-time only) to enjoy an opportunity to meet other parents,

enjoy good facilities and have access to professionals

Who can offer support and advice surrounding
disability and additional needs.

Enjoy a relaxed atmosphere in excellent surroundings.

£1 per family – refreshments provided

Your children can have fun accessing:

Sensory Room

Sing & Sign Sessions

Outside Play Equipment

Arts & Crafts

Norbiton Children's Centre

The Mount Primary School

Dickerage Lane

New Malden

Surrey

KT3 3RZ

Tel: 020 8949 6065

Or contact the Disabled Children's Information and Advice Service

Tel: 020 8934 6378

Email: Children@enhanceable.org

Twenty One & Co

We are a charity called Twenty One & Co. We look after children with Down's Syndrome and their families. As well as our weekly social communication groups for children from 1 years old onward, we are now pleased to announce our new regular drop-in session. These sessions are for children with Downs Syndrome, their siblings and parents - but mums and dads are welcome without the kids for just a coffee and a chat too.

**Sessions are held on Fridays
from 9.30am to 11.30am
at Norbiton Children's Centre.**

Each session will have a host - so you will never be the only one there! We have a room with children's activities - toys, books, art activities - there is a small sensory room and an outside play area and tea and coffee can be made in an adjoining room. Parents are in charge of their own children at all times but it is (obviously!) child friendly and very secure. You'll be able to relax here and not worry about what your child is doing to someone's house!

Norbiton Children's Centre is in the grounds of Mount Primary School, Dickerage Lane, New Malden. Their direct phone number is 8949 6065.

As this session is at a Children's Centre which caters for under 5s, it is aimed primarily at our families with younger children but you will not be turned away if you come along on your own or with an older child. All our families are welcome and any other families you may know who have a child with DS and their carers (so nanny's, childminders, etc are welcome).

Parking is in surrounding roads - no charge - and you shouldn't have any problem parking close by as the start and finish times are outside of the busy times for the school. The entrance can be a bit tricky to find - they are working on improving the signage.

Getting in: Facing the school, look for a big red gate to the right of a small car park. There are two red gates - you want the one furthest right. Look for the buzzer and ring it to be let in through the gate. Follow the path to the end and just beyond the buildings on your right. Turn to your right and you will see the Children's Centre. Each family is asked to pay £1 each visit.

The dates for the Norbiton drop-in sessions for the next few months are:

**5 June
3 July
6 August
4 September**

For further information, please contact Katerina Bowman by email at:

tattyloulou@hotmail.com



Dates for your Diary

RBK Half-Term week: Mon 25th – Fri 29th May

Date	Event	Venue	Time
Sun 17 th May Sun 31 st May Sun 14 th June	SWAPS fun sessions (term time)- for parents/children. No need to book, just turn up. (Contact SWAPS for more info: Sian Palin 020 8241 8700)	Warren Park (next to Ladderstile Ride) Kingston Hill, KT2 7LX	3.00-5.00pm
Sun 21 st June	Annual Activity Fun Day for children with hemiplegia & their families (For further info and to register on-line: www.steppingstones.org.uk)	Farnham	10am- 4pm
Sun 28 th June	SWAPS fun sessions (Contact as above)	Warren Park (as above)	3.00-5.00pm
Thurs 9 th July	DCIAS Info & Social Evening (Contact: Tricia Farlow – 020 8934 6378)	Geneva Road Centre, Kingston KT1 2TW	7.30-9.30pm
Sun 12 th July	SWAPS fun sessions (Contact as above)	Warren Park (as above)	3.00-5.00pm



River Boat Trip on the Thames: Friday 29th May 2009

This is an opportunity for visually impaired children to spend the day on the Thames – there will also be an opportunity to drive the boat and to learn rope skills and all about the workings of the boat.

- When – Friday 29th May 2009
- Where – Barge Dock, Canbury Wharf, Thames Side, Kingston KT1 1PX.
- Times – 10am – 4.30pm
- Ages – 8 +
- Cost - £10.00 for Visually Impaired Children (to include one adult sighted support). £10.00 each for any extras up to a maximum of 4 per family.

**Contact Stella Black – tel: 01372 377701 or email: sblack@sa-vi.org.uk for an application ASAP
– very limited places.**

Spectrum Guildford: Saturday 6th June 2009, 5.30 – 6.30 pm

SAVI have hired the ice rink at Spectrum Guildford for our sole use (following the successful event last year). This is a wonderful opportunity for you to have a go at skating without sighted experts speeding around the ice.

£5.00 each – bring your family too. (Smallest boot size is children's 5)

Contact Stella Black soon to reserve your place (details as above).



Me too & Co
 CrossWay
 306 Richmond Road
 East Twickenham TW1 2PD
 Tel or Text: 07946 646033
 Email: info@metooandco.org.uk
www.metooandco.org.uk

Tuesdays 2.30 - 5.30 (term-time) & additional times...
Fridays 9 30am - 12 noon (term-time)
Play sessions for children with additional needs and their siblings

Me too & Co is an independent voluntary organisation covering Richmond and surrounding areas, including Kingston, which aims to help children with additional needs and their families.

Summer 2009	KIDS ACTIVITIES	TALKS, WORKSHOPS, CLINICS & THERAPIES
Tuesday 19 May 2.30 - 5.30 pm 6.00 - 7.00pm	Tim - The Music Man Art: Make your own Jewellery Music Club - Edison	Osteopathy Clinic
Friday 22 May 9.30 - 12noon	Tim, Miriam & Jane Sing-along & Storytime Art: Blue Day	NEW: Communication Group SEN Advocacy - Kelly Trevor Behaviour Clinic: Lynne Watson RELAX & RECHARGE DAY!
	Summer Half-term Me too & Co is closed!	
Tuesday 2 June 2.30 - 5.30 pm	Tim - The Music Man Art: Make your own Jewellery Music Club - Edison	Osteopathy Clinic
Friday 5 June 9.30 - 12noon	Tim & Kate - sing-along Art: Yellow Day!	NEW: Communication Group SEN Advocacy - Kelly Trevor Support Group - Girls Connect
Tuesday 9 June 2.30 - 5.30 pm	Art: All about the Sea Music Club - Edison	Osteopathy Clinic
Friday 12 June 9.30 - 12noon	Tim, Miriam & Jane - Show and Tell - Art: Shapes and Things	Carers Week NEW: Communication Group SEN Advocacy - Kelly Trevor Relax & Recharge Day! NAS - Support Group

Tuesday 16 June 2.30 - 5.30 pm	Tim - The Music Man Art: All about the Sea Music Club - Edison	Osteopathy Clinic
Friday 19 June 9.30 - 12noon	Tim & Kate - sing-along Art: Sensory Play	SEN Advocacy - Kelly Trevor Family Support Worker - Alice Talk: Cognitive Learning - Orly Cohen - 10.30 am
Tuesday 23 June 2.30 - 5.30	Art: Decorate your own biscuit! Music Club - Edison	Osteopathy Clinic
Friday 26 June 9.30 - 12noon	Tim, Miriam & Jane Art: Red Day	SEN Advocacy - Kelly Trevor Benefit Advice Surgery Behaviour Clinic - Lynne Watson RPCAG - 10.00 am
Tuesday 30 June 2.30 - 5.30	Tim - The Music Man Art: Decorate your own Biscuit! Music Club - Edison	Osteopathy Clinic
Friday 3 July 9.30 - 12noon	Tim & Kate - Sing-along -Show and Tell-	SEN Advocacy - Kelly Trevor Relax & Recharge Day Benefit Advice Surgery
Tuesday 7 July 2.30 - 5.30	Art: Finger Puppets Music Club - Edison	Osteopathy Clinic
Friday 10 July 9.30 - 12noon	Tim, Miriam & Jane - Sing-along Art: Finger Painting	SEN Advocacy - Kelly Trevor RPCAG - 10.00 am Dietician Clinic
Tuesday 14 July 2.30 - 5.30	Art: Finger Puppets Tim - The Music Man Music Club - Edison	Osteopathy Clinic
Friday 17 July 9.30 - 12noon	Tim & Kate - Sing-along Art: Sun, Sea and Sand!	SEN Advocacy - Kelly Trevor AGM
Friday 24 July	RPCAG Family Fun Event 9.30 - 12noon	
	Me too & Co is closed during The Summer Holidays!	

All Talks, Clinics and Surgeries need to be booked in advance, please call, text or email Me too & Co on info@metooandco.org.uk or 07946 646033.

* Carers' Week 2009 *

Saturday 6th June - Sponsored Thames Walk in London
to raise funds for Kingston Carers' Network. To register call 020 8547 1614

Tuesday 9th June - Parent Carer Picnic
12.30pm – 2.30pm Warren Park Children Centre, Kingston Hill
A chance for parents and families of disabled children to get together. Lunch provided
RSVP 020 8547 1614

Wednesday 10th June - Mental Health Carers BBQ
6 – 8pm, Roselands Resource Centre, 163 Kingston Road, New Malden
Live music and free BBQ for carers of people with mental illness and their families.
RSVP 020 8547 6124

Thursday 11th June - Young Carers Party
4pm – 6pm Early Years and Childcare Unit, Kingston Road, New Malden
A great way for young carers (under 18yrs) to meet others, eat & enjoy the entertainment.
RSVP on 020 8549 8933

Thursday 11th and Friday 12th June - Basic First Aid training for Carers
This two, short day course is specifically for carers of people in Kingston.
Bookings necessary on 020 8547 6124

Friday 12th June - Hampton Court by River Boat
For carers who have not had a trip before to come and relax for the day.
Bookings necessary on 020 8547 1614

Saturday 13th June - Health Checks, Money Matters and General Well Being
10am – 2pm, Surbiton YMCA, Victoria Road, Surbiton
Information and advice for all carers about health, social and voluntary services, support, benefits and
blood pressure checks plus free massage taster sessions for carers to come and enjoy.
For more info contact 020 8547 6124

[Weekly - Born Too Soon Parent Support Group](#)

Every Wednesday throughout the year. Welcare House, 53-55 Canbury Park Road, Kingston.

For families whose baby/babies have been cared for on the Neonatal Unit at Kingston Hospital. This Group is now in its 13th Year. Large Playroom, Garden and Kitchen. Siblings welcome.

For further details about the above events please contact:

Pauline Woods, Born Too Soon – Co-Ordinator.
Telephone 8974 9157 – Website www.borntoosoon.org.uk

[News from The Active Kingston Team](#)

Special Olympics Surrey – Kingston Sports Club

These sessions are open to anybody aged 8 to 80 with a disability and gives you the opportunity to play various sports such as: Basketball, Cricket, Tri-Golf, Short Tennis plus much more.

Dates of the 2009 sessions:

Monday May 18th

Monday June 1st, 15th & 29th

Monday July 13th

Venue: Richard Challoner Sports Centre, Manor Drive North, New Malden Surrey KT3 5PE

Time: 6.00pm to 8.00pm

Cost: £3.00 per session

There is no need to book; sessions are run on a fortnightly basis. For more information about any of these sessions please contact The Active Kingston Team on **020 8547 5207** or visit www.kingston.gov.uk/sport

Disability Ten Pin Bowling Tournament 2009

The 5th annual disability ten pin bowling tournament is taking place on Saturday 16th May 2009 at Charrington Bowl, Tolworth. 15 teams are taking part in this fantastic event. Teams from all over the South East region as well as local teams will be competing. Spectators are more than welcome to come along and show their support. The competition is open to all disabilities/ages and gender.

Active Kingston Card

The Active Kingston Card allows residents of the Royal Borough of Kingston upon Thames to enjoy discounts on a wide range of activities at Leisure Centres across the borough. To be eligible you must be:

- Aged 60 or over
- Receive Jobseekers allowance
- Receive income support
- Full-time student in further or higher education
- Receive carers allowance
- Registered disabled or receive disability benefit

Active Summer Brochure

Coming soon..... The Active Summer Brochure will be available FREE from your local library, leisure centre and school. This 24-page brochure is jam packed full of activities to do with your children during the summer holiday. To request a brochure please call the brochure hotline on **020 8547 5200**.