

**Information for parents who have
children with disabilities/additional needs**

January/February 2012

❖ February Half term activities:

- ❖ Potty Art Play Days for children with disabilities: Arts and Crafts for children to make and take home. 14th of February: Trevu Children's Centre, Camborne, 15th of February: Delabole Children's Centre and 17th of February: Activity Centre, Mevagissey. Cost £5, ages 6 plus, 9.30am until 12.30pm. Call Family Information Service to book a place: 0800 5878191
- ❖ Bollywood dance and crafts: for children with disabilities. Learn a Bollywood dance and make some Indian jewellery and decorations. Malabar Children's Centre, Truro. 15th February. 10 until 1pm, ages 6 plus. Bring a snack and drink. Cost £5. Ring FIS to book a place: 0800 5878191
- ❖ Table tennis: for children with disabilities. 13th February, Tregorrick Park, St Austell and 16th February, Penryn College. Both days between 10.30 am and 12.30pm. Free, ages 8 plus. Ring FIS to book a place: 0800 5878191
- ❖ Free Family Ice Skating session: for children with a disability and their families. Eden project. 15th February at 4pm. This is a closed session and places must be pre booked. Call FIS: 0800 5878191.
- ❖ Horse Riding taster session: for children with disabilities and their families. A chance to try horse riding in a small, private group. On the 14th of February: near Liskeard and near Penryn, 15th of February: Camelford and near Penzance and 16th of February: St Agnes. Various times available. Ages 5 plus. Call FIS: 0800 5878191.
- ❖ Calvert Trust, Exmoor. Activity breaks for children with disabilities and their families. 30th March until 2nd April: £40 per person and Monday 2nd until Friday the 6th April: £80 per person. Please call Calvert Trust on 01598 763221 to book places.

The Big Brown horse centre: family pony sessions for children

with disabilities and their families. Free session, up to 2 ½ hours. Grampound. Ages 5 plus. Please ring 01726 884027.

- ❖ Starstruck event: One day Arts workshop for young people with disabilities: come and create an exciting piece of musical theatre! Newquay Young People's Centre, Cornwall's Got Talent! 14th February, 10am until 3pm, 11 to 19 years.
- ❖ Free Cinema Trip. The Muppets at the Regal cinema, Wadebridge, 16th February. Film starts at 10am (please arrive before this). Child with disability and one carer free, additional seats £2 per person. Seats must be booked and paid for in advance, please ring: 01208 814980.
- ❖ Muddy Shorts: build your own den, cook around an open fire and lost more activities. Cotehele, near Saltash, 15th February, 11am until 3pm. Booking is advisable: 01566 86873. Other Muddy shorts days coming up soon.

Other events/activities coming up

- ❖ Free winter activities for the brothers and sisters of children with disabilities age 7+: at the Burrows Centre, Par, PL24 2DD. To book either of the below please call Arts for Health Cornwall: 01326 377772 or email gill@artsforhealthcornwall.org.uk
- Get Creative and Active Saturdays! "Lots of fun including drama, creative arts, film and games." 1pm until 5pm. Lunch not included. Dates: 11th February and 10th March.
- ❖ ADHD support group: meet other parents facing the same challenges in a friendly environment, in various locations, 10- 12pm. The closest are: Newquay One Stop Shop: 29th February and 30th May and Malabar Children's Centre, Truro: 29th May and 17th July and St Austell Fire station: 25th April and 18th Jul. Please contact Julie Atwell-Cook 07837311505
- ❖ Information evening: "let the children play while you talk to the professionals, including the social work team and the Family Information Service." Gather information about services for your child with a disability and their siblings. From 5pm until 7pm, free event.

Various locations but closest are: Dairyland, Newquay: Tuesday January

31st, Kidzworld, St Austell: Tuesday February 7th, Playbarn Crealy, Padstow: Thursday February 9th and Chez Playzone, Truro: Tuesday March 6th. For more information and to book a place call Family Information Service: 0800 5878191

- ❖ Caring for the Carer: "are you a carer? Do you want to learn skills to help you in your caring role? Develop coping strategies, understand codependency and how to nurture yourself."

PCDT are running a free 3 day course in venues across Cornwall: Bodmin: 6,7,8th of February, Penzance: 14,15,16th of May, Camborne 16, 17, 18th of July. Lunch, travel costs, small contribution towards caring costs and course handbook are included. Please ring for enquiries and to book a place: 01736 332772

Organisations that provide support:

- ❖ The Includer Service: call family Information Service, 0800 587 8191
Uses trained Teaching Assistants to support disabled children in activities during school holidays. These include any organised activity and parents/carers can self refer or ask your PSA to refer on their behalf.
- ❖ Specialised Brokerage Workers: call Family Information Service, 0800 587 8191
This can include: individual face-to-face, information, advice and support, assistance in helping you find registered childcare, access to a directory of services setting out both local and national information, supporting you to access other services and facilities, providing information on available benefits and additional financial support.
- ❖ SCOPE: 01752 840059.
Sitting service for children with disabilities: an experienced person can look after your child at home or take them out to activities, for a few hours a week, over several weeks.
- ❖ Parent Carer Council for Cornwall: "Parent carers working together to have a united voice. Do you want to help to change and improve services? Would you like to be kept informed of events and activities county wide? Why not join the PCCC and receive a free newsletter, take part in consultations and meet other parent carers." Ring Cathy Clarke: 07814831323

- ❖ Cornwall Parent Partnership Service: provide information, support and training for parents and carers of children with Special Educational Needs, to make informed choices about their child's education. Ring: 01736 751921
- ❖ Contact a Family: 08088083555 (free phone helpline Monday to Friday 9.30am until 5pm)
A National organisation providing advice, information and support, to families where a child has a disability. Have a range of booklets covering various topics. Will do home visits and support parents to complete DLA forms.
There is a new Special Educational Needs advice service (same phone number), a one stop shop for parents and other family members caring for a child, on all education issues.
- ❖ Face2face: 01872 271721 Offer a 'befriender' service to parents with a child who has a disability. 'Oasis' groups: support groups for parents with a child who has a disability. Newquay Children's Centre, second Friday of each month, 10.30 until 12.30.
- ❖ National Autistic Society: <http://www.autism.org.uk/>
Information and support for parents with a child with ASD.
West Cornwall Branch of NAS: anyone affected by Autism in welcome to join us. You can find information and details about joining on the website or by phone: 07901103351.
- ❖ Dyslexia association helpline: 01872274827, For information about dyslexia
- ❖ Frank Buttle: <http://www.buttleuk.org/>White goods for families in need that have a child with a disability

Family Fund: 08451304542 Yearly funding available to families where a child has a disability.