The newsletter for disabled children, young people their families and carers.

From the Editor:

What a pleasure it is to be writing this with the sunshine pouring in through my office window. The winter finally seems over thank goodness.

Don’t forget that now is the time to start planning activities for your children and young people for the long summer holiday which will be upon us very soon. Most specialist groups are booked up incredibly fast so start your planning early.

Many mainstream services are very happy to support children and young people with additional needs and disabilities you just need to talk to them early and should they have any extra support requirements they can make applications via various pots of funding. Don’t be afraid to ask.

L.E.A.D Kingston the local parents forum have launched their new website, go and have a look as there will be some holiday activity suggestions and feedback on experiences that could be of help when it comes to planning your summer break.

www.leadkingston.org.uk

Please do send in your holiday ideas for the next issue of this newsletter so to give others ideas, hints and tips for the next holiday period.

Caroline Baxter
Editor
The Information Service can provide you with up to date information on a wide range of topics related to children and young people with disabilities or additional needs.

If you have a question on accessing benefits, leisure activities, support groups either locally or nationally or just want to talk through the options that you and your child have please do not hesitate to contact us.

We would be happy to talk to you on the phone, email or to meet with you either at our office at Moor Lane or we could meet you at your home.

Please contact either Caroline Baxter or Stella Tomkins at EnhanceAble Children’s Services on 020 8547 6200 or email: children@enhanceable.org

I don’t know about you, but I like to focus on the positive.

So, first of all, keep in mind that while the Children and Families Bill progresses through Parliament, all legislation and the SEN Code of Practice remain in force through to Autumn 2014 at the earliest.

And, let me remind you that, as ever, you hold the key to ensuring your child gets the right support at school.

I’ve been reflecting on cases of the past year, struck by how many of them owe a successful outcome to parents’ and carers’ attentiveness.

It’s clear to me that as long as you aim for clear dialogue with school (or the Local Authority), focussed on “the facts of the matter” of your child’s progress and support requirements, you can’t go wrong.

So, are you aware of RBK’s SEN Policy? Very important reading if you want to get a sense of how you can expect Kingston to support your son or daughter.

http://www.kingston.gov.uk/browse/education/sen/council_sen_policy.htm

And, have you read your school’s SEN Policy? This should be on the school’s website, or you can request a copy. It will give you a clear picture of how the school supports children with special educational needs – the professionals involved, and how they will work with you – for example, the frequency of meetings, such as to review an Individual Education Plan (IEP).

These two documents will give you an understanding of the support entitlements of a child in a Kingston school – a very good starting point for any parent or carer.

And you can also equip yourself with helpful information, written in Plain English, from the gov.uk website, such as an overview to SEN:

https://www.gov.uk/children-with-special-educational-needs/overview

and a guide to children’s pathways to SEN support:
The aim of Parent Partnership is to support you to maintain focus on your child’s requirements, and to keep the pathways to support as smooth as possible - now, and over the years ahead. Whatever changes the future may hold!

Kind regards,

Anne

Anne Frayda
Parent Partnership Officer
☎ 020 8547 6203
✉ anne.frayda@enhanceable.org

Kite and Ribbons

EnhanceAble were delighted to have been awarded continued funding from Kingston Aiming High for our Kite and Ribbons groups until at least April 2014. The groups which are for children and young people with a diagnosis of Asperger’s Syndrome and High functioning Autism have now been running successfully for the last few years.

The groups offer afterschool support the children and young people who attend the groups to develop their social skills and communication through structured activities, play but most of all fun.

Kite is for young people of secondary school age and the activities we access are very broad ranging from drug and alcohol awareness discussions to fun and games at Laserquest. Kite Club runs every other Tuesday and during these sessions we focus on independence skills such as learning to cook, iron, travel training, assertiveness and personal safety. Kite Community sessions run every fortnight too and we go out on a broad range of visits to bowling, cinema, restaurants, the aforementioned Laserquest as well as having themed parties like our recent Valentines Masked Ball.

Ribbons offer weekly afterschool sessions at our Geneva Road Centre for primary school aged children. Again we offer a broad range of activities all designed to encourage and support the development of social skills and communication. The groups run on Mondays for 5-8 year olds and on Wednesday and Thursdays for 9-11 year olds.

If you would like further information on either Kite or Ribbons please contact either Britain Stelly the Kite and Ribbons Coordinator or the EnhanceAble Children’s Services office.

Britain.Stelly@enhanceable.org or by phone 07984 572480
children@enhanceable.org or by phone 020 8547 6200
**Sensory Saturdays at EnhanceAble**

**What:**

Sensory Saturdays is a new service for young people aged **16-25** on the Autistic Spectrum or for those with Complex Learning Difficulties that is being delivered by EnhanceAble.

We expect this project to be used by young people who require high staffing levels and can find other activities difficult to access.

There are lots of different activities available:

- Music and “i-technology”
- Sensory Room
- Art
- Trips out
- PECS
- Makaton
- Intensive interaction
- Life Skills
- Sensory Stories
- Outdoor activities

**Where and when:**

Sensory Saturdays are based at: **The Geneva Road Day Centre, Geneva Road Kingston KT1 2AA**  **Time:** 10am until 6pm.

Young people can attend for either the whole day or half day sessions.

**Costs:**

The cost for each individual is dependent upon need.

If you require 1:1 support the cost for the whole day is £160 if you are able to share a member of staff the cost will be £85.

**How to access:**

Booking in advance is essential and every young person will have an assessment before attending sessions.

**Contact Julie Hagarty on 07960 031075** or by email:

julie.hagarty@enhanceable.org or jina.glashier@enhanceable.org
FLYERS

The new after school club for children with complex health and/or physical disabilities in Years 1 to 6

Every Tuesday 3.45 – 5.15

At: The Geneva Road Centre

For more information and to find out if this group might be an opportunity for your child, contact:
Julie Hagarty 020 8547 3014 or

julie.hagarty@enhanceable.org
EnhanceAble celebrates 60th Anniversary

In 1953 the charity EnhanceAble was born! Now, with 60 years’ experience of supporting disabled people to live their lives the way they want to, we are celebrating our diamond anniversary.

Our 2013 campaign ‘EnhanceAble Sparkles’ gives everyone the opportunity to dazzle and shine in celebration of our work - past, present and future.

We’ll be showcasing the best of EnhanceAble through people, words, images, objects, sounds and touch using art, music, technology, photography, drama and much more all year long.

For more information about what’s on at EnhanceAble throughout the year look at www.enhanceable.org or contact Carrie Tierney, Marketing and Operations Manager at EnhanceAble carrie.tierney@enhanceble.org T: 020 8546 7350.
Kingston Aiming High Short Break Programme

**Short Breaks for 2013/14**

The Kingston Aiming High Strategic Group has allocated their funding for short break activities for the next year. There are a couple of new projects; EnhanceAble’s Flyers Group and Richmond Aid’s Buddy Scheme.

The full details of all the activities and how to access them can be found in the leisure directory within the RBK Short Break Services Statement on the RBK website.

**Annual Family Merlin or Hobbledown Passes**

We are offering families the chance to apply for an annual family Merlin or Hobbledown Pass again this year. Information was sent to families and schools at the end of March and the closing date was 26th April 2013. It is expected that approximately 60 families will benefit from the fantastic activities offered by Merlin and Hobbledown.

**Moor Lane Centre Playground**

The first fully accessible playground opened on 1st September 2012 is at the rear of the Moor Lane Centre for all disabled children and young people to enjoy.

The opening times of the playground are:
9am to 5pm Monday to Friday
9am to 12.00 on Saturdays

**“I Count” Register**

Don’t forget: If you have moved or changed contact details, please update the team by contacting Register Services as follows:-

I Count Registers
Learning Difficulties & Disabilities Service
The Tweeddale Centre
Tweeddale Road
Carshalton
Surrey
SM5 1SQ
Tel: 020 8436 1742
Email: icountregisters@sutton.gov.uk

If you would like information on how to register your child or if you have any questions about how the register works please do not hesitate to contact Caroline Baxter or Stella Tomkins at EnhanceAble Children’s Services on 020 8547 6200 or email: children@enhanceable.org

The website contains the new application form in a downloadable format and also answers are available to Frequently Asked Questions.
OCCUPATIONAL THERAPY

Hi All

Please find the link for anyone wishing to sell second hand equipment for children with disabilities.
http://fledglings.org.uk/docs/pdf/second%20hand%20page

Best wishes
Catherine Johnson

TRANSITION FAIR

I would like to send a big thank you to all the staff and volunteers involved in the Transition Fair. We are hailing it as a success with over 47 stall holders and 57 visitors - largely parents and all the adult workshops were fit to bursting.

Thank you for marketing it on our behalf. The Moor Lane Centre seems to be the ideal venue according to feedback and Saturdays are also a preferred date. We may just need to change the time of year to be guaranteed some warmer or drier weather.

Best wishes
Joy Irwo
 Relationship Manager - Transition to Adulthood
Moor Lane Children and Young People’s Development Service
The Moor Lane Centre Moor Lane
Chessington KT9 2AA

Main office: 0208 547 6527
Direct line: 0208 547 6216
Fax: 0208 391 0034

Email: joy.irwo@rbk.kingston.gov.uk
The Social Skills Group is a club for children with Autism attending mainstream school. The children are all aged between 8 and 12.

There are two groups which run on a Tuesday after school at the Moor Lane Centre. For further information please email tracey.barnes@rbk.kingston.gov.uk or contact Stella Tomkins on 0208 547 6202.

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There is currently a waiting list for places. It is best to add your child’s details to the list as soon as possible, even if they are not yet eight. Please send to Tracey Barnes, Social Skills Group, The Moor Lane Centre, Chessington, Surrey, KT9 2AA or email to tracey.barnes@rbk.kingston.gov.uk
Support Group
For Parents & Carers of Children & Young People
with Autism Spectrum Disorders

Meet parents and professionals for tea / coffee and biscuits.
Share ideas and experiences at
Moor Lane Children’s Centre
Moor Lane, Chessington KT9 2AA
Tuesday 1pm – 2.30pm

2013 Dates:
29th January, 26th February, 26th March
30th April, 21st May, 25th June, 16th July
24th September
To find out more please contact:
Suzi.holley@rbk.kingston.gov.uk
Ann.macpherson@rbk.kingston.gov.uk
Information on the National Autistic Society (NAS) EarlyBird Programme

Background to EarlyBird and EarlyBird Plus

Since 1997 the NAS EarlyBird programme has been available to groups of parents and carers of pre-school children with an autism spectrum disorder (ASD). The programme aims to support parents/carers in the period between diagnosis and school placement and develop their confidence in working with their child. It combines weekly group training sessions with individual home visits which are designed to help parents understand their child’s autism, develop their communication skills and establish good practice at an early age so as to pre-empt the development of inappropriate behaviour. In 2003 a further programme, called EarlyBird Plus, was launched. This three-month programme is geared towards families whose child is aged between 4 and 8 years and has been identified with ASD at a later stage. It involves parents and a school professional working with the child. Group training sessions and individual home visits are designed to enable teams to problem solve together, so as to provide the child with a consistent approach between home and school. EarlyBird Plus uses the established framework of teaching about autism before considering how to develop communication and manage behaviour. Two NAS EarlyBird or EarlyBird Plus licensed trainers are required to run each programme.

EarlyBird and EarlyBird Plus in Kingston

Kingston Borough has been running the NAS EarlyBird Programme since 2004. The programme includes:

**EarlyBird**: The early intervention course for parents and carers of pre-school children with an autism spectrum disorder. This is a three month programme involving weekly daytime group sessions and home visits for up to six families and is run two or three times a year, depending on the number of places being requested. Information meetings are held in advance of each programme and parents/carers are invited to attend these before they apply. For details of the next information meeting please contact: Chris Chong on 020 8390 2555 (email: office@sccn.rbksch.org)

**EarlyBird Plus**: The course for parents/carers of young children (4-8 years) with an autism spectrum disorder. This programme brings together parents/carers and school professionals who work with the child. It is a three month programme involving daytime weekly group sessions and home visits for up to 6 families and is run two or three times a year depending on the number of places being requested. For further information please contact Hannah Webber on 020 8547 6659 (email: Hannah.webber@rbk.kingston.gov.uk).

Parents/carers can attend **either** EarlyBird or EarlyBird Plus depending on the age of their child.
The Asperger Syndrome Service

Please see below leaflet for our Youth Club and one to one support provided jointly by Kingston Youth Service and the Asperger’s Service. Referral continues to be via CAF.

While we are stretched in terms of one to one support, there are places available at the youth club for this year, in fact I have just been granted funding for an extra worker in order to expand the number of places offered at the youth club. After assessment young people will be offered a choice of Youth Club, One to One Support or both. There is a short waiting list for one to one support.

If anyone has any questions or feedback about this service, please don’t hesitate to contact me.
Best wishes
Nikki King - Youth Worker
Kingston Youth Support Services
Devon Way Youth Centre, Devon Way
Chessington, KT9 2RJ
0208 5476791 / 07795 813052

Who we are

The Asperger Syndrome Service for adults and Kingston Youth Support Service work together to provide this service for young people.

The Asperger Syndrome Service

This service supports adults with a diagnosis of Asperger syndrome/high functioning autism to live more independently. The Asperger Syndrome Service offers training programmes and individual appointments to help people learn to manage some of the difficulties associated with having a diagnosis of Asperger syndrome (AS). There is also a social group which gives people with AS the chance to meet each other and take part in social activities.

Kingston Youth Support Service

Kingston Youth Support Service aims to empower and optimise the potential of young people, between the ages of 11–19, with the priority age range of 13–17. This is achieved through a range of work in youth centres, through projects, including street-based youth work and working directly with young people at risk.

Young people are offered a diverse range of opportunities for informal and experiential learning in order to gain knowledge, skills, make informed choices and to assist in their personal development to enable them to become more active citizens.

Contacts

The Asperger Syndrome Service
Hollyfield House
Hollyfield Road
Sutton
KT5 9AL
Tel: 020 8547 6641
Email: asperger.service@rbk.kingston.gov.uk

Kingston Youth Support Service
Room 48
Guildhall
Kingston
KT1 1EU
Tel: 020 8547 5815
Email: nikki.king@rbk.kingston.gov.uk
**What we do**

We work with young people aged 13–18 who have a primary diagnosis of Asperger syndrome or high functioning autism. We can help through one to one sessions with a support advisor and/or attendance at our youth club.

Young people are referred to us by a professional such as a teacher or a doctor, who will fill in a CAF (common assessment framework form) and send it to the Single Point of Access team.

We will then arrange a time to meet with each young person who is referred and their carer so we can talk together about what kind of support is needed. We call this an assessment.

**We can offer:**

- one to one support to help with individual needs. This means meeting with a youth support advisor who will help you find ways of tackling issues you might be having.
- a youth club to help with social skills, building friendships, relaxation and confidence through group activities

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### One to one support

We can offer up to eight one to one sessions to help with:

- understanding Asperger syndrome
- social skills
- communication
- anger management
- anxiety
- sleep problems
- exam stress
- choosing higher education
- budgeting
- bullying

we can discuss offering sessions on any other matters.

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### Youth Club

Our youth club meets one evening a week during term time and during the day in school holidays. We support young people to build social skills and friendships in a safe, friendly fun environment.

Through a varied programme of youth centre activities and offsite trips young people can learn new skills, discover new interests, expand their friendship groups, develop communication skills and increase self-esteem and confidence. We can also provide a link to other youth clubs and activities.

Some examples of our offsite activities in the last year have been:

- camping
- Natural History Museum
- indoor skiing at Snowzone
- meals out
- Houses of Parliament visit
- outdoor sports
- ice skating
- bowling

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**My name is**

**Natalie Hudson**
I am a co-ordinator at the Asperger Syndrome Service. I meet you for your assessment to see how we can help.

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**My name is**

**Jane Lyle**
I am youth support advisor at the Asperger Syndrome Service. I provide one to one support.

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**My name is**

**Nikki King**
I am a youth worker at Kingston Youth Support Service. I run the youth club.
Dear Parent/carer

We are two local parents of children diagnosed on the Autistic Spectrum, based in the borough of Kingston upon Thames. We have set up a new CIC Express to help support young people on the autistic spectrum and to raise autism awareness in the community. A CIC is a community interest company which means that we operate as a 'not for profit' company. We are at the early stages of Express but we envisage a social environment where young people on the Autistic spectrum and their families feel welcomed and secure within the local community. The young people would be able to gain valuable social skills and work experience opportunities. We aim to provide a service that will be used, supported and enjoyed by the community as a whole.

We are consulting with local parents/carers and would ask that you please take the time to visit our website and media pages via the links below.

In particular we would be grateful if you would complete our very short survey www.surveymonkey.com/s/VGDFMCG which will help to evidence support for Express. Please also join our email list to keep up to date with our progress and events.

Thank you to everyone who has already completed our survey and to all those who have attended our events. There is a lot of support for Express in the community and we will be working with other community organisations to take Express forward.

Annette and Tracey

Express (Surbiton) Community Interest Company

Registered No. 8202424

Visit our Website    Find us on Facebook    Follow us on Twitter    Email us
Xpression – Kingston Mencap’s youth project for young people aged 12-18.

Playing pool, discos, karaoke, cooking and art are among the fun activities available to young people with a learning disability at Xpression, Kingston Mencap’s youth project. Based at the Searchlight Community Centre, Kingston Road, New Malden, the group is led by a qualified team leader and a dedicated group of volunteers, who work hard to create a friendly and safe environment for teenagers to hang out. It runs every Tuesday during term time from 7pm-9pm and costs £3 per session. For a small additional charge transport can be arranged on request for people who live in Chessington and Tolworth with a Rakat mini bus and competent Midas-trained driver.

The club members often go out on trips to the swimming pool and bowling alley and once a year they go on a residential weekend away with activities like canoeing, rock climbing and archery. The only requirement is that the youngsters are members of Kingston Mencap (£5 subscription per year). It’s easy to join, just visit the website at www.kingstonmencap.co.uk to download an application form or email jenny@kingstonmencap.co.uk. Alternatively, call the office on 0208 816 7500 (office hours, Mon, Wed & Fri, 9.30am-2.30pm) and we will be happy to help.

Great clubs like these continue to thrive only because of local fundraising and committed volunteers. Do you think you could help to plan social events and have some knowledge of fundraising and learning disability? Would you have the time to be a trustee for Kingston Mencap? If so, we want to hear from you as we are currently recruiting trustees to help run the charity. It’s not a paid role, but we can pay expenses and offer training and support. Attendance is required at monthly management meetings and a couple of social events throughout the year. Please email jenny@kingstonmencap.co.uk for more details or call 020 8816 7500.
Baby Signing Course

Come and learn how to sign with your baby on our 6 week course at The Moor Lane Centre.

Dates for next course:

- Wednesday 12th June
- Wednesday 19th June
- Wednesday 26th June
- Wednesday 3rd July
- Wednesday 10th July
- Wednesday 17th July

All classes are from 10am-11pm you are welcome to stay for a cup of tea and a chat after.

For more information or to book a place please contact Eleanor Reed on: 8 547 6567/6213
Or Helen Farquharson on: 8 547 6565

Mind in Kingston

My name is Alison MacDonald. I am the outreach worker for Mind in Kingston.

Currently we would be able to offer support and provide information for parents and older children (16 plus), in the future we are aiming to be able to also offer support to younger people who are suffering from any kind of mental distress.

Many thanks and best wishes,

Alison

Alison MacDonald
Outreach Worker
Mind in Kingston
Siddeley House
50 Canbury Park Road
Kingston upon Thames
Surrey
KT2 6LX

Tel No: 020 8255 3939
Fax: 020 8255 3418

Email: alison@mindinkingston.org.uk
Website: www.mindinkingston.org.uk
Support and Activity Group for parents and children with disabilities
At Warren Park Children’s Centre
Kingston Hill, Kingston

**Tuesday Special Club**

**Every Tuesday**
10:00am – 11:55

With **Makaton Sing and Sign at 11am**

Come and enjoy a morning of fun and activities for your child and a coffee and chat for you.

Warren Park is a purpose built centre with a sensory room, soft play and garden.

For more information please contact:
Eleanor Reed or Helen Farquharson
0208 547 6567/6565

Integrated Services for Children with disabilities and complex health needs
Have you got children between 0-18 years?
ARE YOU THINKING OF GOING BACK TO WORK
Is having no support stopping you?

If you have a problem stopping you from working there is support available to help you find a way through your difficulties into a job that’s right for you.

The support on offer is free and designed to help you and your family tackle the problems that may be stopping you get back into work. The programme is voluntary and you will remain on benefits whilst you take part. If you have children 0—18 years and you or a member of your family are on work related benefits than can we can help.

You will get your own personal family advisor who can offer help with:

- Finding the right job for you
- Improving your skills and finding work experience
- CV support, interview skills and access to training
- Support you with health and well-being and childcare
- Debt advice

Call Welcare on 020 8546 3258
and ask about the Families Programme
21&Co are a local charity up to enhance the lives and support children with Down syndrome and their families. All the trustees are mums and dads of children with Down's, We offer support, help, advice and friendship to all families who have a child with Down's syndrome.

We run:
- Term-time speech & language, small groups for Pre-school children at the Down Syndrome Association, in Teddington on Wednesdays and Fridays.
- a weekly Drama club for the over 8's
- a bi weekly Youth club for our teenagers
- monthly coffee mornings at the Norbiton Children's Centre for parents with little ones

21&Co also run information days and workshops for parents and teachers, and we organise family events and parents' nights out.

21&Co also welcome new members looking for support, advice and friendship - please see our website www.21andco.org.uk for more details or join us at the Norbiton Children's Centre on the first Friday of each month between 9.30 and 12.00 for a play, coffee and a chat.

If you are interested to book a place or to be added to the waiting list or need more information and or support, please contact Tatty Bowman or visit our website.

Web: www.21andco.org.uk
E-Mail: Tatty@21andco.org.uk.
Tel: 07785 761342

Parent Participation

Congratulations to all those from the lead organising committee who ran such a successful launch day for the new website on the 13th of April.

The group welcomed Nick Whitfield the Director of Children’s Services to a very productive discussion session. There are many more speakers of interest lined up for the next few months and also the opportunity to meet and work with the parents groups in Richmond.

Keep up to date with all the info and make sure your voice is heard by visiting the website at:

www.leadkingston.org.uk or contact Caroline Baxter for more info on 020 8547 6201 or by email caroline.baxter@enhanceable.org
Yadapa free Art, Drama and Music Workshops
at
Bedelsford School, Grange Road, Kingston. KT1 2QZ
For all young disabled people 11 to 18 years old,
who live in Kingston on Thames.

Tuesday 28th May Afternoon Music and Drumming

Wednesday 29th May a day of Drawing and Painting
with Kickawoula’s Stu Phillips Cartoonist and Illustrator.

Support and accessible transport if required

Check out www.yadapa.com for your booking form
or call Fran on 07968 060 699

We are an independent charity and rely
on funding, grants and donations.
YADAPA would like to thank Kingston Aiming High
for their support
MAY HALF TERM
HOLIDAY WORKSHOPS 2013
BOOKING FORM

Open to all young disabled people aged 11 to 18 Living in Kingston on Thames

Name:

Date of Birth:

Address:

Post Code:

Telephone number:

Email:

At Bedelsford School, Grange Road, Kingston. KT1 2QZ

When would you like to come?

Tuesday 28th May Drumming Music Workshop 14.00 to 15.30 □

Wednesday 29th May Cartoon Drawing and Painting Workshop 10.30 to 12.30 □

Wednesday 29th May Cartoon Drawing and Painting Workshop 13.00 to 15.00 □

If you would like to stay all day please bring a packed lunch

If you answer ‘yes’ to the questions below, Please let us know as soon as possible as these have to be booked in advance

Do you need personal assistance? Yes / No

Do you need transport? Yes / No

Please note transport is provided for those who would otherwise not be able to access Yadapa workshops

Do you have other support needs that you need to talk to us about? Yes / No

Are you a wheelchair user? Yes / No

Please return this form as soon as possible to:

Yadapa, 39, Selwyn Road, New Malden, KT3 5AU.

Or email it to art@franobrien.org.uk www.yadapa.com
Information

It is important for us to have information about the young people who attend, so that we can support them well both at this event and any future events that they may attend. This includes basic information about a young person’s personal care, health, dietary, mobility and communication needs.

We are also aware that parents and carers are asked to provide the same information many times, so we do not want to ask you to fill out any more forms unless absolutely necessary.

Please read the options below and circle 'Yes' or 'No' for each.

☐ I give consent for Fran O'Brien (Yadapa) to access relevant information held by:
  • The Team for Disabled Children, RBK  Yes / No
  • My son / daughter's school/college  Yes / No

School/college: _______________________

Signature of parent/carer: _______________________
Date: ____________
Name of parent / carer: _______________________

Consent

☐ I give consent for my son / daughter to attend this activity.

☐ I give consent for photos of my son / daughter to be taken whilst attending this activity. (Photos and video will be used to capture, record and publicise the group and may also be used in future funding bids)

☐ I give consent for my son / daughter to be taken to hospital and to receive any medical treatment as is necessary whilst attending this activity.

Signature of parent/carer: _______________________
Date: ____________
Name of parent / carer: _______________________
**Inspire**

(Inclusive Sport in Recreation & Exercise)

Pan Disability Multi Sports Sessions

Inspire is open to anybody aged 8 to 80 with a disability and gives you the opportunity to play various sports such as Badminton, Hockey, Tennis and much more.

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<tr>
<td>July 2013</td>
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Anyone with a disability aged 8+ years

**Who**

Mondays (Fortnightly)
During the school term

**Day**

6.00 pm to 7.30 pm

**Time**

£4.00 per session
Pay as you go

**Cost**

Chessington Sports Centre,
Garrison Lane, Chessington
KT9 2JS

**Where**

Contact

The Active Kingston Team
sports@rbk.kingston.gov.uk
020 8547 5006

www.kingston.gov.uk/sports
Special Olympics are the country's largest provider of year-round sports training and competition programmes for children and adults with learning disabilities aged 8 to 80 years of age. In Kingston we have five sports sections and a seasonal Kayaking Section.

You must be a member of Special Olympics Surrey to access the training. Please note all sessions run fortnightly (Term Time Only, unless stated otherwise).

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<td><strong>Chessington Sports Centre</strong></td>
<td><strong>Charringtont Bowl, Kingston Road, Tolworth KT5 9PB</strong></td>
<td><strong>Chessington Golf Club, Garrison Lane, Chessington KT9 2LW</strong></td>
<td><strong>Kingsmeadow Athletics Stadium, Kingston Road, Kingston, KT1 3PB</strong></td>
<td><strong>Aldershot Dry Ski Slope, Gallwey Road, Aldershot, Hants GU11 2DD</strong></td>
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<td>Garrison Lane, Chessington KT9 2JS</td>
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For information on how to join Special Olympics Surrey please visit www.sosurrey.org
Inclusive Basketball for disabled young people
aged 10 to 25 years

When: Every Monday
Time: 5.00pm to 6.00pm
Venue: Chessington Sports Centre, Garrison Lane, Chessington KT9 2JS

Cost: £3.00 per person
Special Group rates available for schools, after school clubs and youth clubs

All abilities welcome. Participants will be taught basketball skills & drills by a qualified coach from Kingston Wildcats School of Basketball.

Enquiries to The Active Kingston Team:
sports@rbk.kingston.gov.uk 020 547 5006
Inspired by the London 2012 Olympics & Paralympics Games?
The Active Kingston Team are here to help. Kingston is bursting with sports & physical activity opportunities. See flyer attached.
INSPIRED BY THE OLYMPICS?
THE ACTIVE KINGSTON TEAM ARE HERE TO HELP

KINGSTON IS BURSTING WITH SPORTS AND PHYSICAL ACTIVITY OPPORTUNITIES!

LOCAL SPORTS CLUBS
110 local sports clubs offering specialist facilities and coaching

CYCLE INITIATIVES
Cycle clubs, bikeability, training, local rides

SPORTS CENTRES
Climbing walls, sports halls

'BACK 2' SPORT SESSIONS
Beginners and returners to netball

YOUTH SPORT EVENTS AND COMPETITIONS
London Youth Games,
London Mini Marathon

LEISURE CENTRES AND SWIMMING POOLS
Health suites, athletics track, teaching pool

DISABILITY SPORTS SESSIONS
Inspire, Special Olympics, Active Autism

PARKS AND RECREATION GROUNDS
Pitches, trim trails, playgrounds

CONTACT THE ACTIVE KINGSTON TEAM ON:
Tel: 020 8547 5006
Email: sports@rbk.kingston.gov.uk

or visit our website:
www.kingston.gov.uk/sport
**Are visiting**

Warren Park Short Breaks Centre, Kingston, KT2 7LX  
9th June and 14th of July

Norbiton Children’s Centre, Dickerage Lane, KT33RZ  
18th May, 22nd of June and 20th July

Surbiton Children’s Centre, Alpha Road, KT5 8RS  
*(At Nursery site in Middle Green Close)*  
20th June and 18th July

I’m Gina and I have 28 years experience plus I have a special needs 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 the safe and playful environment so give it a try we don’t bite!  
10-1 pm  
(From only) £ 5.00 per cut

Full CRB and Insured call me on 07970-833652 or email on  
ginaginaselby@hotmail.com

Best regards  
Gina and Kelly, Closecuts
TAG
Youth Club for Disabled Young People

Friday nights 7.30-9.30pm
Devon Way Centre, Chertsey KT9 2RJ

£2.50 per session (some sessions may cost differently depending on the activity)

Teenage Activity Group
For young people with disabilities aged 15-25

TAG youth club aims to empower and optimise the potential of young people who have a disability between the ages of 15 and 25 who either live, learn or earn in the Royal Borough of Kingston. This is achieved through a range of work, at both the youth centre and in the community: youth workers support young people through informal and experimental learning in order to gain knowledge, skills, make informed choices and to assist in their personal development.

The club treats all young people fairly and equally as individuals and aims to provide young people with a safe, caring, well equipped environment which is accessible to all young people who wish to attend, giving them the opportunity to participate in personal and social development activities including arts, drama, music and sport.

For more information contact Giles Hobart on 07950 411 743 or email tagyouthclub@hotmail.co.uk

Scan this QR code to go straight to our TAG page on YoungLivin’ reader.lywww.com

www.facebook.com/younglivin
@younglivin

www.younglivin.org.uk
www.younglivin.org.uk/tag

Kingston Youth Support Service
Our Soft Play Centre at YMCA Hawker Centre
Come and try a free session at The Pod!

The Pod, in partnership with Kingston Learning Disability Services, is offering free sessions for young people and adults with learning disabilities.

Bring along carers and friends and use both the multi-sensory room and the soft play room.

Free sessions are taking place on Tuesday 7th, 14th and 21st May between 6pm - 8pm.

Lots of free parking available!

For more information please call: 020 8296 9747 or email: info.hawker@ymcalsw.org

YMCA LSW is a registered charity
Dear all the Yorda Family,

**Past- Play**
*We’ve been able to offer 7 extra places a week at our after school club over the last couple of months helping lots of extra families at Dysart,*  
*We’ve had the worshipful Mayor come and join in with a paint and drama extravaganza, councillor Patricia Bamford join us at Campfire story time and got back to companion cycling just once before the weather turned again!  
*We went to High Ashurst for a fabulous Overnight adventure taking 8 young people on a mini break - we went to Thames Valley adventure play, made a real fire to cook marshmallows, Bocketts farm and swimming all in 32 hours!  
*Half term we helped 43 families by running an action packed set of playscheme days - Many thanks to Dysart for letting us come and play in their lovely soft play room one afternoon and the use of the buses to get us around.

**Future £££’s** Funding - We are delighted to announce that we have been successful in our bid to Kingston Council and have received a new set of funding helping us towards our Adventure Holidays, Playschemes and Extra Afters school club places between May 2013 and March 2014. Dysart and the schools department have secured our funding for After school club for another year which is brilliant news! However in order run everything we still need another £30K as well as needing extra for the playground so if you know of anyone who could run a sponsored event for us please let us know and get fundraising!

**Future News**  
Playground News! We are still determined to get our playground sorted this year and would like to hold some Volunteer days in April May June July to get it running. We need people who are handy with drills, wood, building, designing, gardening, engineering, planting etc.

**Future Play News**  
May half term -  
There will be playscheme days and hopefully an adventure holiday too. We will be in touch in April to let you know the details and give you time-scales for booking.

Phew! Thanks so much for your continued interest in Yorda Adventures - we are 7 years old this month and very excited about everything our seventh year has in store!

**Fundraising:**  
**Past-££’s** Lots of lovely people have raised money on our behalf:  
*Menzies accountancy firm ran a Quiz for us the final total is yet to be announced but its in the region of £2500,*  
*Kingston uni teaching lecturers and students annual Talent night raised £1200. We are very grateful for their ongoing support every year and love coming to see how they raised the money!  
*Bacchus night club raised us £33.27 in a collection tin from their bar*  
*The Hunt family gave us a very generous donation in memory of the fabulous Ena, Much loved Mum, Nanna and my Nanna in law, whom I have had the privilege of knowing for the last 15 years. She was a wonderful lady, incredibly kind and much missed by us all this donation means an incredible amount to me."
*Joan Grainger, Jem's grandma had a big birthday and asked that her family donate to us rather than give her presents - Happy Birthday Joan!  
*Monthly draw Jan - Jean and Bill Eustace, Feb - Ragini Nathwani March - Celia and Tash Duffy Jones Congratulations to you all!

To everyone out there who is creative, practical, handy or simply enthusiastic about helping us get our playground sorted!

We are going to build the playground ourselves but need volunteers to help us to do it!  
Dates for your diary

1st June Saturday 12pm to 5pm  
2nd June Sunday 10am to 4pm  
22nd June Saturday 12pm to 5pm  
23rd June Sunday 10am to 4pm  
6th July 12pm to 5pm

**Water Play** - we can build this very easily with some plumbing attachments:  
http://eventhorizons.wordpress.com/2008/07/19/backyard-sprinkler-park/

**Sand pit** - we need one which is big enough for our older kids to play in with a secure lid to keep out the foxes!

**Tree swings** - three types

**Pergola** - to cover area of sandpit and underneath it make furniture out of trees for a sitting area including a fire pit.

**Sunken trampoline** - so all our children can get on it and off it safely

**Planting** - lots of different native plants which smell good!
For those of you who know about Pinterest you can view the other ideas I’ve found on http://pinterest.com/yordalol/playground/

If you can spare time on any of those days to help in some way, digging, measuring, hammering, clearing nettles, running to hardwear shop, making refreshments, sewing, making playdough, cleaning......it all helps!
If you cannot come at a weekend but would like to help please get in touch and you could arrange to come during the week in the mornings.

Please could you get in touch to let me know if you are able to come to any of those dates.

Best wishes,

Laura  

--

Laura Smyth

General Manager

Yorda Adventures Community Interest Company

*Providing Play and Short breaks for Children with Severe Learning Disabilities*

a: 47 Windmill lane, Surbiton, KT6 5JT

e: Laura@yordaadventures.co.uk

07939844978

w: www.yordaadventures.co.uk
f: facebook.com/yordaadventures
### Useful Telephone Numbers & Email addresses

<table>
<thead>
<tr>
<th>Service/Department</th>
<th>Contact Information</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Moor Lane Centre – main reception</td>
<td></td>
<td>020 8547 6527</td>
</tr>
<tr>
<td>Royal Borough of Kingston</td>
<td></td>
<td>020 8547 5757</td>
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<tr>
<td>Kingston Hospital</td>
<td></td>
<td>020 8546 7711</td>
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<tr>
<td>EnhanceAble Children's Service</td>
<td><a href="mailto:children@enhanceable.org">children@enhanceable.org</a></td>
<td>020 8547 6200</td>
</tr>
<tr>
<td>Team for Disabled Children - Duty Line</td>
<td></td>
<td>020 8547 6523</td>
</tr>
<tr>
<td>RBK SEN department</td>
<td></td>
<td>020 8547 4615</td>
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<tr>
<td>Family Information Service</td>
<td><a href="mailto:fis@rbk.kingston.gov.uk">fis@rbk.kingston.gov.uk</a></td>
<td>020 8547 6582</td>
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<td>Portage Service</td>
<td></td>
<td>020 8547 6698</td>
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<tr>
<td>Dysart School</td>
<td><a href="mailto:office@dysart.rbksch.org">office@dysart.rbksch.org</a></td>
<td>020 8412 2600</td>
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<tr>
<td>St Phillips School</td>
<td><a href="mailto:office@stphilips.rbksch.org">office@stphilips.rbksch.org</a></td>
<td>020 8397 2672</td>
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<td>Bedelsford School</td>
<td><a href="mailto:bds@bedelsford.rbksch.org">bds@bedelsford.rbksch.org</a></td>
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<td>Surbiton Children’s Centre</td>
<td><a href="mailto:office@sccn.rbksch.org">office@sccn.rbksch.org</a></td>
<td>020 8390 2555</td>
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<td>Warren Park</td>
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<td>020 8481 0200</td>
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<tr>
<td>Benefits Enquiry Line</td>
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<tr>
<td>Disability Living Allowance Help Line</td>
<td></td>
<td>08457 123456</td>
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<tr>
<td>Carers Allowance Help Line</td>
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<tr>
<td>Child Tax Credit Help Line</td>
<td></td>
<td>0845 3003900</td>
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<tr>
<td>Kingston MENCAP</td>
<td><a href="mailto:gillcwood@blueyonder.co.uk">gillcwood@blueyonder.co.uk</a></td>
<td>020 8540 1399</td>
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<tr>
<td>Kingston Centre for Independent Living</td>
<td></td>
<td>020 8546 9603</td>
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<tr>
<td>Kingston Welcare</td>
<td><a href="mailto:admin@welcarekingston.org.uk">admin@welcarekingston.org.uk</a></td>
<td>020 8546 3258</td>
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<td>SWAPS</td>
<td><a href="mailto:swapskingston@googlemail.com">swapskingston@googlemail.com</a></td>
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<td><a href="mailto:Tatty@21andco.org.uk">Tatty@21andco.org.uk</a></td>
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<td>Kingston Carers Network</td>
<td><a href="mailto:info@kingstoncarers.org.uk">info@kingstoncarers.org.uk</a></td>
<td>020 3031 2757</td>
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<tr>
<td>Mind - Kingston</td>
<td><a href="http://www.mindinkingston.org.uk">www.mindinkingston.org.uk</a></td>
<td>020 8255 3939</td>
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<tr>
<td>Continence Clinic Hawks Road – School Nurses</td>
<td><a href="mailto:Ku19@yourhealthcare.org">Ku19@yourhealthcare.org</a></td>
<td>020 546 1115</td>
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<td>Contact a Family (Wandsworth)</td>
<td><a href="mailto:wandsworth@cafamily.org.uk">wandsworth@cafamily.org.uk</a></td>
<td>020 8947 5260</td>
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<tr>
<td>Yorda Adventures</td>
<td><a href="mailto:laura@yordaadventures.co.uk">laura@yordaadventures.co.uk</a></td>
<td>07939 844978</td>
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**And finally …**

We would love to hear from you about any experiences or information that you would like to share with other parents and carers in the next newsletter. The copy date for the autumn 2013 newsletter is Friday 11th October.

If you would like to submit an article please contact Caroline Baxter or Stella Tomkins on 020 8547 6200 or email children@enhanceable.org