

# Disabled Children Network News

Children & Young People's Service - Edition 11

Winter 2010

## From the Register of Disabled Children

Welcome to the 11<sup>th</sup> edition of our newsletter for disabled children. We hope this information is useful and that you all have a good Christmas.



## Community Care Update

Here are some photos of a recent Youth Group visit to the Police Horse Section at Ashton.



## CHICKS (Country Holidays for Inner City Kids)

We know that childhood can be a difficult experience if you are having a tough time at home. At CHICKS (Country Holidays for Inner City Kids) we provide free six-day respite breaks for disadvantaged children from across the UK, who would not otherwise have a break in that year.

The children CHICKS support come from a variety of backgrounds – those living in poverty, children that are being neglected or abused, either mentally, physically or sexually, children who have lost parents or even children who are full time young carers.

CHICKS has two centres, one based in Brentor, nr Tavistock, Devon and the other based in Tywardreath, nr Par in Cornwall. Both centres take a maximum of 16 children at one time, 8 boys and 8 girls, within an 8-11 or 12-15 age range, which ensures a friendly and supportive 'family' atmosphere. The children take part in a host of fun activities, leaving with lots of wonderful memories and new friends.

In 2009, 800 children enjoyed a break with CHICKS, but this just wasn't enough and this year the charity aim to take 1200 children. More than ever before! Whilst the UK is in a tough economic climate the demand for respite care has grown and the charity live by their own signature giving children the Gift of Hope, teaching children that they can achieve anything and reach what may seem like impossible goals. With no government funding and relying solely on donations this is a big challenge!

Children can be referred to CHICKS by any organisation or individual that works with the child in a professional capacity (not a parent or relative) such as a doctor, teacher, youth group, family support team, young carers association, among others.

CHICKS aims to operate a 2:1 child/adult ratio. In order to achieve this there are always three fully trained members of the CHICKS team on every camp, but they also need eight volunteers – four men and four women to complete each camp. By aiming to help 1200 children this year, we will need more volunteers than ever before – 600 in total. It is an excellent experience and volunteers often come on camp time and time again.

During their six-day break children receive as much care, attention and support as possible, enjoying a wealth of experiences from pony trekking and rock climbing, to building sand castles and flying kites. It is also a great opportunity to make new and long-lasting friendships. All activities are 'challenge by choice' and no child is ever forced to take part. CHICKS want the children to learn that fun does not have to be expensive, so a lot of time is spent playing team games, reading books, drawing and doing puzzles. Every child leaves a CHICKS camp with hundreds of happy memories and new skills, but the support does not end there.

Every child goes home with a Memory Bag full of photos from their break. They also leave with treats and, most importantly, a freepost envelope so they can write to the people that they met on camp. Every child's letter is always responded to with a hand written letter and another freepost envelope, this contact can go on as long as the child wants it and can sometime be the only support and listening ear the child has.

Every child that visits CHICKS within that year also receives a monthly newsletter, a birthday card, and a card and present at Christmas, this can often be the only gift the child receives and the thank you letters that come flooding in over January truly show how much this means to the children.

CHICKS organises return visits for as many children as possible so long as they still meet the criteria. The main one being that the child will not have another break in that year.

CHICKS want children to return home knowing that someone cares, someone understands, someone thinks their life is worth living and someone is there, 'holding their hand' as a trusted friend. The breaks are fun, friendly, challenging, and really do make a difference. We receive letters from CHICKS children who are now grown adults saying how CHICKS changed their lives.

CHICKS camps run from March to December.  
At CHICKS disadvantaged children can be just children.

## For brothers and sisters of disabled adults and children

**S**ibs is the UK charity for people who grow up with a disabled brother or sister. We support siblings who are growing up with or who have grown up with a brother or sister with any disability, long term chronic illness, or life limiting condition.

There are over half a million young siblings and over a million adult siblings in the UK. Siblings have specific needs that require attention at different stages of their lives, including relief of isolation, information, and strategies for coping with the situations they find themselves in. Our aim is to enhance the lives of siblings by providing them with information and support, and by influencing service provision for siblings throughout the UK.

Our long term vision is that each local authority in the UK will have a dedicated sibling service, providing sibling groups and one to one support for children who are siblings. Find out more about Sibs at [www.sibs.org.uk](http://www.sibs.org.uk).



## Do you work or have a child with Cerebral Palsy?

**C**erebral Palsy Plus is a Bristol based charity working with children and adults who have Cerebral Palsy in the Avon area.

Our motto is 'Listening to Individuals' and at Cerebral Palsy Plus we recognise the very different needs that cerebral palsy can create. All of us have experience either first hand, as parents or as health care professionals as well as friendly, knowledgeable and sensitive office staff.

We offer a range of services all of which are completely free to our members-what's more membership is free! We offer:

- individual grants for holidays or equipment
- Access to a villa in Portugal
- 1:1 Fieldworker visits
- Advice, support and information service

Call us today or visit our website for more information and how to join:

Tel: 0117 9655028

e-mail: [office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk)

website: [www.cerebralpalsyplus.org.uk](http://www.cerebralpalsyplus.org.uk)

# The Transitions Information Project (TIP's)

**Transitions is all about change, growing up  
and becoming an adult**

Are you aged between 13 and 25 years and want to know more  
about your local community?



TIP's is an information and advice service for young people with  
learning difficulties and disabilities **and** their parents or carers.

My name is Matt and I am the  
Information Worker for TIP's. I  
can help you link up with services  
in the community and find the  
support that you need.



**Hi  
I am  
Matt**

Contact TIP's for information:



Telephone:  
**0117 377 3686**

Email: **Matthew.Miller@bristol.gov.uk**



# Disability Swim Sessions



## Coaching Sessions

Come and take part in a coaching session with a qualified swim coach.

Venue: Horfield Leisure Centre  
When: Wednesday afternoons  
Time: 1.30pm-2.30pm  
Cost: £1.90 (disabled users\*)  
Age: All ages  
Phone: 0117 903 1643



## Disability Family Swimming

A session for the whole family

Venue: Henbury Leisure Centre  
When: Sunday afternoons  
Time: 4pm-5pm  
Cost: £1.85 (disabled users\*)  
£3.50 (adult)  
(carers/under 16/over 60) swim for free  
Age: All ages  
Phone: 0117 353 2555



\* Everyone active card required, please call the centre for information.

Contact Kath Britton for more information on the sessions.  
Mobile: 07825 315 852  
Email: [katharine.britton@bristol.gov.uk](mailto:katharine.britton@bristol.gov.uk)

## Parent Carer Participation Forum

[All parents of disabled children are known as parent carers]



**Bristol Parent Carers**  
Shaping the future together

For families of children and  
young people with disabilities  
and special needs

We are a friendly group  
run by parent carers,  
for parent carers,  
with the aim of helping parent carers  
to work in partnership with local authorities  
to design better services for disabled children.

**S**ince our launch in May, our 4 focus groups have been working on issues that parent carers raised on aspects of education, social care assessments, transitions, and the information provided for our families.

Discover what progress has been made by coming to our next participation event on:

**Tuesday 15<sup>th</sup> February 2011**

- ★ information stalls on services for disabled children and support for parent carers ★
- ★ free therapies and food ★ workshops so you can get your voice heard ★
- ★ the chance to meet other parent carers ★ a timetable of speakers to inform & inspire ★

**> Come & hear Sherrie Eugene Hart, HTV News Presenter, talk about her experience of being a relative of a disabled child <**

**> Hear senior local authority managers speak about the future of services for disabled children <**

**Booking is essential – call BookingsLine on: 0117 937 5623**

**Any parent carer can get involved in Bristol Parent Carers:**

- Can you volunteer an hour a week, or a couple of hours a month?
- Could you distribute information, be consulted, attend a meeting, design a poster/handout, run a facebook page, or take minutes and type them up?
- Do you have skills that will help - publicity and marketing, database and website development, being a treasurer, fund-raising?

Take up the opportunity for FREE parent participation training.  
The next 2-day course is on Wednesday 19<sup>th</sup> and Thursday 20<sup>th</sup> January 2011 – book now!

**To offer your help, book a training place, find more information, or get a copy of our newsletter, please visit:**

[www.bristolparentcarers.org.uk](http://www.bristolparentcarers.org.uk)  
Tel: 0845 642 0124 (local rate)  
or email: [info@bristolparentcarers.org.uk](mailto:info@bristolparentcarers.org.uk)

# Relationships and Sexuality Group

Kids

Aimed at young people aged 13-25

Do you ever ask yourself questions like?

- ★ How do I make more friends?
- ★ Why do I have these feelings?
- ★ How can I learn to do things without my parents?
- ★ What are all these changes that are happening to me?
- ★ I wish I was more confident
- ★ I'd like the chance to go out and meet more people
- ★ I want to know more about relationships

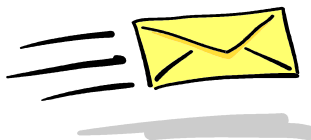
A new group is being set up in Bristol for young disabled people aged 13-25, who will have a chance to talk about these types of things and also have an opportunity to make new friends.

If you are interested in joining the group, please call/e-mail Sam on 0117 9476111 or [sam.hancock@kids.org.uk](mailto:sam.hancock@kids.org.uk) or ask your parent/carer/Youth Worker/Teacher to help you.



Registered Charity No: 275936

## E-mail



If you would like to receive information and copy of future newsletters via your e-mail please let us have your e-mail address. This is environmentally friendly, would help keep costs down and enable us to send more regular mailings to you.

Phone Dawn Cole on 0117 903 8250 or e-mail me at [dawn.cole@bristol.gov.uk](mailto:dawn.cole@bristol.gov.uk)

Or write to Bristol Register of Disabled Children,  
5 Knowle West Health Park, Downton Road, Knowle, Bristol BS4 1WH