

Aiming High for Disabled Children

Issue 5 2010-11

Big thanks to everyone who responded to the Aiming High survey in November. The information from the results will help commissioners decide how best to shape future short break services in line with parent/carer preferences and positive experiences received by children and families with the various service providers.

Transitions processes for young people moving from children's services into adult's services are evolving and improving now that there is a draft transitions strategy agreed. This will be posted for wider consultation in the new year. Meanwhile, New Fosseway School are currently developing a person centred planning toolkit for use in Bristol as part of improving effective transition planning processes and ensuring young people are at the heart of the process. The project hopes to share its learning and development at the forthcoming SENCO conference in February.

Bristol Parent Carers (BPC) are planning their second annual conference in February (see enclosed BPC flyer) where attendees will be considering the work undertaken by the focus groups over the last few months. The work of BPC has moved quickly to prioritise their work and a strategy to maximise a sustained presence next year following the end of their support from the Together for Disabled Children (TDC).

Following a recent progress review with TDC the local authority has received some very useful data and feedback about the local AHDC short break programme for 2009-11.

The South West region has performed well against the national picture and Bristol in particular, has performed very well indeed, coming in the 'well above average' category in almost all key indicators reported. These include

- 'reach' - ie. the take up of short breaks as a proportion of all disabled children;
- 'cost per child' - ie. where Bristol is about 15% of the national average cost for a short break
- 'unit costs' - ie. again where Bristol has performed very well across a range of indicators

These good results for Bristol have also been forecast by TDC as being sustained across the rest of 2010-11.

Parent Carer Participation Forum

Breaking News

Sherrie Eugene Hart HTV News Presenter, will be talking about her experience of being a relative of a disabled child. Come along to 'Bristol Parent Carers' next participation event on Tuesday 15 February 2011 to hear her speak.

Also discover the progress that the forum has made with shaping the services provided for disabled children and their families.

Booking is essential call the Bookings Line:

0117 937 5623 for a place.



Training for Short Break Providers and Parents in Bristol

The Shared Care Network are continuing to provide courses in the new year. All courses are free for those supporting AHDC in Bristol City who are workers from specialist or mainstream settings, parents of disabled children, and those working as personal assistants / carers funded through Direct Payments.

These include:

February 1 – Short Breaks for Children with Complex Healthcare Needs

A mini-conference focussing on the key issues and support available in Bristol to enable services to ensure children with complex healthcare needs can be included in.

February 28 – Choices for All

A course looking at the importance of giving disabled children and young people everyday choices, identifying the barriers to them making choices and ways to increase their ability to express their preferences.

March 1 - Managing Risk in Short Breaks

A course looking specifically at supporting children with complex healthcare needs to access short breaks.

Date TBC – Culturally Appropriate Short Break Provision

A course supporting providers to explore whether they are fully accessible and inclusive for all disabled children and families in the local community.

Date TBC – Insight into Autism

A presentation and Q&A session from a young man with autism providing an insight into how he sees the world, his hopes and his views on appropriate support / opportunities.

Full details of all courses running in 2011 to follow. For more information contact:

Shared Care Network - The Short Breaks Charity, 34- 36 Easton Business Centre, Felix Road, Bristol BS5 0HE

Tel: **0117 9415361**

Fax: **0117 9415362**

Web: **www.sharedcarenetwork.org.uk**

Polite request: Please make sure that if you do book a place on a course that you do attend as we've had to turn people away from some courses only to then have a lot of 'no-shows' on the day meaning people have missed out unnecessarily. Likewise, places must be confirmed in advance, it is not possible to drop in on the day as space / catering needs to be booked in advance.

Aiming High and Getting Active

Over the summer more exciting projects took place cross the city.

Cycling Project



All Abilities Cycling Project

launched in St Pauls Adventure Playground on 6 August 2010. Twelve bikes are available for hire to schools and individuals from across Greater Bristol. The project is based at St Pauls Adventure Playground and is currently looking to expand to further sites. There are two bookable sessions available - for groups (schools, etc) and individuals. These can be booked by contacting:

Individual / Group Bookings-
LifeCycle UK, **0117 3534580** or
admin@lifecycleuk.org.uk
School Bookings - Bristol Road
Safety Team, **0117 9224383** or
road.safety@bristol.gov.uk

Disabled Children's Access to Childcare (DCATCH)

The DCATCH project in Bristol has focussed on 'Increasing capacity, inclusion and improving quality' by developing a standard Inclusion Induction Training Programme for Early Years Practitioners, and will offer training in early 2011 to an identified member of staff in each Early Years Setting to provide a standard level of training around supporting children with additional needs.

The Inclusion Induction Programme aims to:

- **Support the confidence of practitioners to ensure that all children with additional needs are included in the setting.**
- **Give practitioners further knowledge and skills to ensure appropriate support and services are provided for children.**
- **Provide a framework to the induction of new practitioners around inclusion.**
- **Support parent's confidence in accessing settings.**

The Inclusion Induction Training Programme will be in the form of a file of information to support the process of induction.

Sections include:

- The Unique Child**
- Transfer**
- Working in Partnership**

For further information please contact

Rachael Suller, Early Years Project Officer for Inclusion,

email:

Rachael.suller@bristol.gov.uk

Tel: **0117 9039981.**

Aiming High and Getting Active

Over the summer more exciting projects took place cross the city.

Khaas Summer Activities



During July-September 2010 Khaas offered 8 sessions of Saturday short breaks and 12 sessions during summer to 20 South Asian disabled children and their siblings from Bristol. The Saturday short break usually took place at Felix Road Adventure Playground, where a variety of activities were provided, these included, cooking, tie dying, clay modelling, card making, making masks, paper staining and a variety of arts and crafts. These activities have helped with their development, i.e. co-ordination and mobility have improved as well as their social skills and friendships and understanding of other children.

During the summer months children and families were treated to day trips at:

Drayton Manor Theme Park & Zoo
Butlins
Thorpe Park
Victoria Park in Bath
Play day on College Green
Blaise Castle
Noah's Ark Zoo
Avon Country Valley Park
Hengrove Park
World Jungle
@ Bristol

The children and their families who attended all agreed they enjoyed the outings and being able to spend time and do activities together as a family.

One child said "could I stay here forever, I love it here, there is so much to do and see".

For more information contact **Khaas on 0117 955 4070.**

Let's All Play had a successful and busy summer seeing an increase in numbers of children enjoying all the playgrounds have to offer. All the children on the playgrounds enjoyed the good weather and making use of new structures. The children also brightened them up and made a giant spider's web in the trees at St Paul's. This autumn St. Paul's has had its sensory room built and are busy decorating it.

The opening times on three adventure playgrounds were reviewed this summer as trial and they were very popular. Feedback from parents was that it was a "great idea"- just what they needed and so we are going to shift the sessions to at least the mornings when it is a little quieter in order for the children to feel confident to come back time and time again.

Due to a fire at Windmill City Farm Adventure Playground access to the main building is restricted BUT we will be holding sessions in the outside section.

For more information contact Sam Hay on **0117 955 1561**.

Felix Road: 10.30am-2.30pm (first 1/2 hour exclusive)
Sunday 9 January 2011
Sunday 23 January

Southmead: 10.00am-2.00pm (first hour exclusive)
Saturday 8 January 2011
Saturday 29 January

Lockleaze: 2.30-6.30pm (first 1/2 hour exclusive)
Sunday 16 January 2011
Sunday 30 January

Windmill Hill:
Saturday 22 January 2011
Saturday 12 February

St. Pauls:
Saturday 11 December 2010
Saturday 15 January 2011

Action for Children have provided two exciting residential short break holidays for disabled children in Bristol. This was an exceptional opportunity for children with the most complex needs to enjoy and experience a time away from home, to have fun, make new friends and enjoy social occasions.

The first break saw four young people stay at The Calvert Trust, situated in an area of outstanding natural beauty on the edge of Exmoor National Park. The activities included climbing, abseiling, kayaking, archery and bush craft; everyone took part no matter what their disability.

The second break saw five young people on the Autistic Spectrum stay at the trust over the Halloween weekend. They enjoyed outdoor activities and spent every evening using the heated pool, jacuzzi and steam room.

Evening entertainment included a story teller who portrayed spooky tales and a Halloween disco which was held in the bar and games room. The Disco was attended by everyone; some young people brought their own costumes and made great efforts to join in the fun.

Action for Children will be planning a short break for the February half term. If your child is on the Autistic spectrum and has difficulty accessing this type of opportunity, please e-mail Elizabeth.lord@actionforchildren.org.uk or call **01453 750421** for an application form.

Editorial: contact Jessica Kelly on **0845 129 7217** or email: askcyps@bristol.gov.uk

Core Children's Services provide a short break activity club in central Bristol, on a monthly basis for Autistic teenagers.

Over the summer the young people and their families put together a fun-packed schedule of trips and activities.

- Craft sessions
- Trips to the Downs for a picnic and games
- Design and paint T-shirts to be worn in future sessions where they would be getting messy!
- Trips to the Blue Reef Aquarium and Bristol Zoo
- Basic cookery, cutting and decorating biscuits and cakes

Sessions are currently being planned for the New Year and we are hoping to include trips to the St Werburghs City Farm and Hop Skip and Jump.

For further information about the activity club contact Heather Quinn, Support Manager on **0117 9238383**.

Further information about other services provided by Core Children's Service is available at www.coredisability.com

Bristol Sailability took delivery of a wonderful new boat in July called **Aiming High**, which is used to take groups of children and their families to explore the historic harbour from the water.

For more information call **0117 968 8244** or email: gill.hannan@hotmail.com