

Is for all children and young people with disabilities and special educational needs, plus their parents, carers and front line service providers. By special needs we mean learning disabilities, physical disabilities, sensory impairments, specific learning problems (eg dyslexia and dyspraxia) and children with behavioural difficulties.

Short Breaks Successes: Kurt's Adventure

As we have highlighted in previous editions of the newsletter, Sheffield City Council, through the Aiming High for Disabled Children Programme, launched the Short Breaks Grant Scheme to provide families with the opportunity to define what a 'Short Break' means to them and to give them the budget to realise it. As the scheme has continued into 2011 we took the opportunity to speak to a family who have received the grant, to find out what difference it's made to them.

Kurt Latham, 14, and his mum Debs Lindley live in Fir Vale with Kurt's sister Lauren. Kurt, much like any teenager, is inseparable from his X-Box, is heavily into computers and enjoys eating up the miles on his bike. Kurt goes to Firth Park Community Arts College. Kurt also has Asperger's Syndrome.

Debs would describe her son as fun, great to be around and a typical teenage boy. However, as with any family that has a disabled child, there are stresses above and beyond those that you would usually expect from being a parent. Kurt sometimes can be very rigid with routines, finds some social situations awkward and being outside his comfort zone difficult. Going on holiday presented the ideal opportunity to try new things in a safe, comfortable and relaxing environment.

Debs commented,

"This break has really made my year and I am so grateful for the one-to-one time I was able to have with my son"

This summer Kurt and Debs jetted away for a fortnight to Ovacik, Turkey, a resort near Oludeniz beach, one of the most photographed stretches of

coastline in the world. They used their Short Break Grant to contribute to the cost of the holiday and to enable friends to look after Lauren (Kurt's sister) so that Kurt and his mum could have a quality break away.

So why did the family need a short break?

Debs commented,

"It was a fantastic opportunity to take Kurt out of his own environment, take on new challenges and widen our cultural experience; the Short Break grant gave us the opportunity to do that."

Being away also gave Kurt the opportunity to be more physically active. Go-Karting, hiking and swimming were all welcomed by Kurt.

The family had tried to access Short Breaks in the past but had never found anything that was quite right, so accessing a flexible pot of money so that they could do their own thing was perfect for Kurt and his mum.

"The grant gave us flexibility, freedom and an opportunity to use our imagination to use the Short Break. As Kurt's mum I know what he likes, and how we can meet his needs so this approach was extremely empowering." said Debs.

"This was far more than just going on holiday, this was providing us with the flexibility to tailor a service to fit perfectly around Kurt and what he enjoys doing."

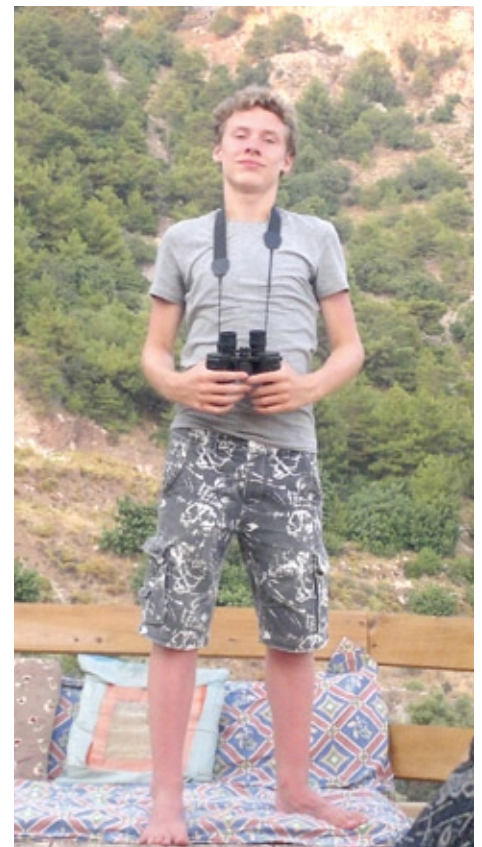
So most importantly of all, what did Kurt think?

"I enjoyed all of it and made lots of friends who I now keep in touch

with on FaceBook."

So far in 2011 over 900 grants have been approved for families. The Council have also recently announced that the deadline for new applications has been extended until **31 December 2012**. However the requirement to use the money and take any planned break or activity by **31 March 2012** still remains. The Short Breaks Grant Programme provides a one-off payment of up to £400, in the previous edition of WGO it was listed as £370.

For more information on how to access the Short Breaks Grant Scheme, please contact SIGN Information Service on **0114 266 9476** or sign@sheffinfoink.org.uk.



THIS ISSUE OF
'WHAT'S GOING ON' HAS
BEEN FUNDED BY THE CHILD
DISABILITY REGISTER

The agencies and organisations
involved in this Newsletter are:

SIGN Information Service

Contact the Sheffield Information
Giving Network, 10.00-3.00pm,
Monday to Friday, out of hours
answerphone, on:

0114 266 9476

Sheffield Child Disability Register (Formerly the Sheffield Index)

Contact the Under 19s Disability
Register on:

0114 271 7626

Parent Partnership Service

Contact the impartial education
advice service on:

0114 261 9191

Children and Young People's Social Care

Contact: **0114 273 4855**

Please remember that WGO
cannot recommend, authorise or
take responsibility for any of the
services, groups and activities
mentioned in this newsletter.

As parents it is your responsibility
to ensure that the services, groups
and activities are safe for your
child. We suggest that you make
sure that they have received the
necessary approval to carry out the
activities and the training to meet
your child's needs.

Please send any comments,
articles or ideas for the
Newsletter to any of the
organisations above.

Welcome to the autumn edition of
What's Going On! As well as the
usual mix of interesting articles
and updates for children and
young people with additional
needs and disabilities, this edition
also features an extended
Support Group News section.
We want to thank parents for
the wonderful response to our
request for information about
the support groups that you use
and value. Please keep

them coming! Another special
feature of this newsletter is our
front-page report: the story of
Kurt and his mum Debs, and their
Short Breaks adventure. Thanks
Kurt and Debs for sharing your
experience with us.

We hope you enjoy reading this
edition of What's Going On. If you
have any ideas for articles, or would
like to comment on anything in this
edition, please do get in touch – I'd
love to hear from you!

Support Group News

Many thanks to one of our readers,
Rachel Sockett, who got in touch
with *What's Going On* in response
to our call for information about
new support groups out there.
Rachel is a parent and she informed
us about an online support group
for individuals affected by Cowden
Syndrome and their families and
carers. She told us,

"We currently have 89 members
from all around the world and here
we support each other through the
ups and downs of this condition.
There's an area where kids can play
games, and you are also free to chat/
have a moan/ scream when you are
finding things tough to deal with"

The site was set up, and is
maintained by one individual,
a parent who found that there
was not much accessible support
around for people and families
affected by this condition.

Rachel said of the group,

"...it has proved to be a lifeline
to many of the members, and
a source where we can access
support and encouragement
to deal with this condition and
the problems that arise from it.
Lauren, the site owner, is a real
angel and truly deserves a mention
in *What's Going On*, so please give
this site a mention!"

For more information visit
www.ptenworld.com

If any of our readers know of any
support groups which aren't usually
mentioned in this newsletter,
please do get in touch. We'd love
to hear from you so that we can
share this information with other
families out there.

Email: martina.capaldi@sch.nhs.uk

Tel: **(0114) 271 7626**

Nystagmus Story Cards

The Nystagmus Network (NN)
is a UK charity run by individuals
and families affected by the eye
condition Nystagmus. The aims
of the organisation are to support
people with Nystagmus and to
promote research. The NN website
has a section dedicated to children
and young people, which features a

popular character called Northwick
the bear with Nystagmus. There are
currently two story cards available
to download from the website,
which are designed to help children,
teachers and others to understand
what it's like to have this eye
condition. Tel: **0845 634 2630** web:
www.nystagmusnet.org/Kids.htm.

Milaap:

enhancing the quality of life for Asian parents of disabled children

Milaap promotes the social, economic, religious and academic development of Asian women. The project is committed to encouraging its members to be more confident in expressing their views, both individually and collectively. Milaap provides Asian women with space and time to support each other and develop themselves, and an opportunity to build confidence.

Through Milaap women can also share new skills and different experiences and above all create awareness of their own identity, strengths and abilities - increasing their understanding of disability.

Group sessions are held on the following days:

Monday 1.00pm – 3.00pm at Firth Park Old Library

Tuesday 1.00pm – 3.00pm at the Pakistan Muslim Centre.

Wednesday 1.00pm – 3.00pm at Rushey Meadow.

Free transport is provided.

For more information please contact Kausar Ali direct on **0114 205 3974** or via **0114 273 5368**, or E-mail her: **Kausar.ali@sheffield.gov.uk**

Jigsaw Project

Volunteering with Hallam Union



Project overview	Now in its 15th year, Jigsaw is a project run by Volunteering with Hallam Union at Sheffield Hallam University and The Autism Centre at Sheffield Hallam University to provide a befriending support scheme for children and young people aged 5 – 18 years, with Autism or Asperger's Syndrome.
Who are the befrienders?	Students are recruited from Sheffield Hallam University. They receive training from Volunteering with Hallam Union and The Autism centre. The students are required to provide current references and a police check. Throughout the course of their volunteering, the students receive support and advice from staff at Volunteering.
Where is the project based?	In and around the Sheffield region. Often the befriender spends time with the young person at the family home or they may accompany the young person and their family on day trips.
When does it take place?	Once the police checks are received, the visits are arranged to suit the befriender and the family. Visiting times and the number of visits are agreed with the family before befriending begins.
How long does the befriending last?	The volunteers are recruited and trained during October and November. Whilst the CRB checks are being carried out, we match the young person with a befriender who may share similar interests. As the volunteers are students, the befriending often lasts for the second semester of the academic year, starting in January and ending sometime in early summer when they take exams (May).
Will it cost me anything?	The volunteers' travel expenses are paid by Volunteering with Hallam Union. However, you must pay for any extras such as expenses incurred on day trips.
How do I apply for a befriender?	Please email the Volunteering with Hallam Union office with your postal address and ask for a Jigsaw application form. This will provide us with the information we need to make a successful match with a volunteer. Unfortunately, due to the high demand for befrienders, we cannot always guarantee a match each year. However, we will keep you informed of what decision is made.

If you require further information about the project please contact Lisa Spink, Volunteer Support

Co-ordinator for the Jigsaw Project at: Volunteering with Hallam Union, The Hubs, Paternoster

Row, Sheffield, S1 2QQ,
Tel: **0114 225 5002**,
E-mail: **volunteering@shu.ac.uk**

Support Group News

New Group for Parents and Carers in High Green

High Hopes Community group are working in partnership with NHS Sheffield, Sheffield Carers Centre and the North Community Assembly to launch a new initiative to support parents and carers of children with disabilities and special educational needs in High Green and the surrounding area.

The launch will be held at **Chapelton Methodist Church, on Nether Ley Avenue (opposite the library) on Wednesday October 19th between 10.00am and 1.00pm.**

If you are a parent or carer of a child (0-19) with a long-term illness or disability, or special educational

needs then please come along! You will find out about all the support that's available to you and you can tell us what you think a new group in your area should offer.

This is a free event, with information and advice for you and your family provided by a range of organisations. Refreshments will be provided along with a light lunch, as well as a chance to enjoy a bit of massage with one of the therapists who'll be there!

For further information and to book a place please contact Ruth Lawson, Parent Carer Worker at Sheffield Carers Centre on **0114 278 8942.**

ACCT Up

Asperger's Children & Carers Together is a parent-led support group for children and families affected by Asperger's syndrome. Membership is free and open to families with a child in the 0 – 19 age range. We run lots of different activities for children and young people with Asperger's Syndrome and High Functioning Autism. We have a children's club every other Saturday and a youth club every other Wednesday. At the clubs we run all sorts of different activities including a professional level computer suite, a relaxation room, arts and crafts, sports, lego and playmobile. We are also soon to start running animation activities in both clubs, which will be lead by an animation expert.

We continue to have monthly Parent and Carers Meetings. Our next meeting with a speaker is on November 3rd at St Marys Community Centre, and the speaker is Val Harpin, Consultant Paediatrician at Ryegate Children's Centre. Val will be giving a talk on Autism and ADHD. We also run weekly drop in/coffee mornings at the Carers Centre.

We also have some extra activities coming up. Thanks to money from the Aiming High Initiative and Children in Need we have drama clubs in the October and February half term holidays, where children and young people of different ages can have a go at writing scripts, directing and just having fun! We have a drama expert running the clubs and a specialist Asperger's worker will be available to make sure every child has the support they need to enjoy themselves.

SIBS 2011/2012

(Something Interesting for Brothers and Sisters)

Free Fun Days Out for Siblings of Children with Disabilities

Places Available!

SIBS brings children together for active days out and provides opportunities to meet other children in a similar position.

SIBS is for children aged 8 to 12 who have a brother or sister with a disability.

We run monthly trips (Saturdays during term time).

.....circus skills and samba drumming workshops, rock climbing, pot painting, lazerquest, bowling, trips to local museums, treasure hunts.....

All activities are funded by SheffieldVolunteering.

For more information and to request an application form:

E-mail: meredyth.hayler@sheffield.ac.uk

Tel: **0114 222 8544**

SIBS is a student led project run by student volunteers from SheffieldVolunteering at Sheffield University Union of Students. Projects and volunteers are supported by a SheffieldVolunteering staff member. All volunteers receive child protection / behaviour management training and have a valid reference and an enhanced CRB disclosure.

date

On October 26th we are also running a trip to Skate Central for children and young people, siblings and their families!

To sign up for the Drama Clubs, to come to Skate Central, or if you want to come along to our children's or youth clubs please call **0114 252 1911**. Places for drama are strictly limited, so call early to avoid disappointment.

Did you know that you can now follow and support ACCT online? We now have two Facebook pages:

ACCT: Asperger's Children and Carers Together - a group open to anyone including professionals, parents and carers and supporters provides up-to-date information and allows for open discussion.

ACCT Chat is a closed group with access limited to members of ACCT and a couple of members of staff. On this page members support one another, and share experiences and tips. Recent topics include behaviour, sleep, meltdowns and supporting children with ASD in the holidays.

For details of future activities please check our web site: www.acctsheffield.org.uk



Parent Support Group

For families with children who have special needs

Join us for a coffee morning on the first Wednesday of every month
9.30am – 11.30am

Come and join us on 5th October,
2nd November and 7th December

At the Sharrow Sure Start Centre
110 Sharrow Lane, S11 8AL

Contact Debbie for
more information:

07968 401639

Fresh new look for information and support



SIGN is a specialist information service for the families of children with disabilities, special needs or health conditions, plus the professionals who work with them. We hold a huge range of information about what's going on locally and nationally. Whether you're looking for information on leisure and short breaks, benefits and finance, or where to find the specific support you need, we can help.

Even easier disability information

SIGN has recently redeveloped its entire range of information packs about specific disabilities, to make them easier to use. The packs now contain a handy list of local support groups and national sources of information, along with details of other resources you can request from SIGN for free. Just tick the ones you want, fill in your contact details and return the separate order sheet to us in the Freepost envelope provided. Packs are available on the following topics:

- ADHD
- Asperger Syndrome
- Autism
- Cerebral Palsy
- Dyslexia

- Dyspraxia
- Eczema
- Epilepsy
- Hearing Impairment
- Learning Disabilities
- Speech and Language
- Visual Impairment

If the condition you'd like to know more about isn't on this list, please get in touch (details below) – we'll be happy to research what's available for you.

Changes at SIGN

You may have heard that there are going to be changes at SIGN over the next few months, which will affect the service and how it is delivered. We are working with funders and partners to look at the future of SIGN, to make sure that it continues to meet your needs. We would like to assure you that SIGN is still open for business, and will continue to run without major changes until December 2011. After this point in time, there will be changes at SIGN, but as yet we do not know exactly what these will be. We will keep you informed through future editions of WGO.

Contact us

SIGN is open on Monday-Friday, 10.00-3.00, at the Resource Centre, Ryegate Children's Centre. You can also call **0114 266 9476** or email sign@sheffinfolink.org.uk.

New System for Monitoring Patients with ADHD

In October staff working for Sheffield Children's Hospital will be trying out a new way of collecting information about children and young people with ADHD. This exciting project is being led by Dr Val Harpin (Consultant Paediatrician at the Ryegate Children's Centre) and Dr Nevyne Chalhoub (Consultant Child and Adolescent Psychiatrist, Sheffield CAMHS) who have a shared interest in looking after children with ADHD. Currently information about patients is recorded in hospital notes, and children and young people, and their parents and teachers are asked to fill in paper questionnaires about how they are getting on. Some of the same information can be collected using an electronic database called HealthTrackerTM, which has been developed by specialist doctors in two London hospitals. This system allows children, parents and teachers to fill in questionnaires online, and includes fun cartoon characters in the children's questionnaires to make the task simple and enjoyable.

HealthTrackerTM can also be used to produce graphs showing how symptoms have changed overtime, as well as comparing questionnaire scores for an individual child to average scores for all children of a similar age. The project team will be asking staff, patients and families what they think of these graphs, and whether they help to give a clearer picture of a child's symptoms, and the effect of treatments. This will help to evaluate the benefits of using an electronic system to collect information.

Around 50 families of children with newly diagnosed ADHD will be approached during routine clinic

appointments, and asked if they would like to take part in this pilot project. Initially HealthTrackerTM will be used alongside the current paper notes, and only a selection of families will be asked to take part at this stage. Families will also be invited to join focus groups, where parents and young people can discuss together what they think of HealthTrackerTM. The findings of the focus groups will be included in the final project write up, ensuring that patients' views are taken into account when decisions regarding the longterm use of HealthTrackerTM are made.

If successful the project will be expanded to include all patients with

ADHD being treated at the Ryegate Centre or Sheffield CAMHS. This could provide the basis for future research projects to monitor the long-term effects of treatments used in the UK. Currently most of this type of evidence is based on children in the United States, so a database of British children would be extremely valuable for evaluating medicines and behavioural interventions used in this country.

If you would like more information about HealthTrackerTM you can contact Jack Parker (Project Manager) on **0114 226 2310**, or Gill Wales (ADHD Research Nurse) on **0114 226 7999**.



Dr Val Harpin and Dr Nevyne Chalhoub with new database HealthTrackerTM.

SNIPS Training and Workshop Programme

The Special Needs Inclusion Playcare Service has recently extended its Training and Workshop Programme to parents and carers and will be running the following courses during the Autumn and Spring school terms:

- Promoting Positive Behaviour
- Using Visual Communication Aids

- Producing Getting to Know Me Information (for individual children and young people)
 - Sibling Awareness Raising.
- These courses are free of charge and will take place during the daytime and early evening.

To find out more information or to

book a place contact the service on **0114 273 4017** or email **CYPDsnips@sheffield.gov.uk**

For details of the full training programme that is available to members of staff working in play, recreation and leisure settings and to childminders and personal assistants visit **www.sheffield.gov.uk/playcare**

Information Day on School Transitions

A free information event for parents and carers of children with additional needs

Organised in partnership by the Sheffield Parent Carer Forum and Children Young People and Families (CYPF)

When: Friday 14th October 2011, 10am-2.30pm (registration from 9.30am). Free lunch included!

Where: Reception Rooms A and B, Town Hall, Pinstone Street, Sheffield S1 2HH

If your child has additional needs, transitions between schools can be a cause of great anxiety for all concerned. You may be wondering where you can find the information you need to choose the right school for your child, and what the

process and timescales are. Does it work differently if your child has a statement? How do you apply for a special school place?

If questions like these are keeping you awake at night, then our information day is for you! Come and listen to presentations from SEN officers, parents and school leaders which will cover:

- Transition planning for children with and without statements
- Where to find information about schools
- The admissions process – how to apply for a mainstream / special school place
- Top tips from parents who've been there and done that

- What to do if you didn't get the place you wanted

There will also be plenty of opportunities to talk to other parents and perhaps get an insight into the schools you're interested in.

Please note that this event will only cover admissions to primary and secondary schools, NOT transitions to post-16 education and training. Unfortunately, we are unable to provide a crèche.

Places will be allocated on a first-come, first-served basis. To book your place, please register on **http://schooltransition.eventbrite.com**, or fill in and return the booking form below by Friday, 7th October. Please note that we do not have the capacity to take telephone bookings.



Booking form for information day on school transitions

Names of people attending:

1..... 2.....

Contact details of person making this booking:

Address:

Home phone number:

Mobile phone number:

Email address:

Do you have any special dietary or access requirements? Please specify:.....

.....

Do you grant permission to Sheffield Parent Carer Forum to use photographs taken of you at this event for marketing and public relations purposes? **Yes / No**

Please cut out this form and post to the following freepost address (no stamp needed):
FREEPOST RSLJ-ULCE-ECSU, Sheffield Parent Carer Forum, 7 Bells Square, Sheffield S1 2FY

Within Reach and Activity Sheffield Disability Fun Day!

Within Reach and Activity Sheffield work closely to provide disabled people and those with additional needs with opportunities to access sport, play and physical activities across the city of Sheffield. One result of this collaborative working is The Disability Project, which works with all ages and caters for everyone regardless of ability or disability. The project organises a variety of sessions and events throughout the year and on **Saturday 20th August**, the project organised its first ever Fun Day.

The Disability Sheffield Fun Day took place at Norfolk Heritage Park and attracted hundreds of disabled and non-disabled children and young people who came to play different sports and take part in

the arts and crafts activities. The participants got the chance to test their sporting skills and be in a mini athletics competition, as well as taking penalty shoot outs in the inflatable goal. A bouncy castle was also on offer, and participants got the chance to build rockets in the junk modelling workshop.

The day also included several consultation activities to help us to discover what disabled children and young people like to do, what their favourite sports are, the places they like to play and the barriers which prevent them from participating. The results of the consultation will soon be published, so if you are interested in discovering more about what we found or if you would like to get involved in the

Disability Project in any way please contact Kimberley Ashmore.

Kimberley Ashmore, Within Reach - Development Officer for Disability Activity Sheffield, 2-10 Carbrook Hall Road, S9 2DB, Tel: **0114 273 4266**, Mob: **07966 849 095**, Email: kimberley.ashmore@sheffield.gov.uk, Web: www.withinreach.org.uk



Family Fun Day

Back in June this year, Sheffield City Council's Parental Engagement Team welcomed over five hundred families to their Family Fun Day, delivered in collaboration with National Family Week.

The event, which took place in and around St. Mary's Conference Centre, featured plenty of activities and performances, which went down a storm with all families.

Greentop Circus wowed people with their skills, DJ Bear Thrillz and his dancers had several parents and children dancing, author and illustrator Lynne Chapman held a workshop with a large group of children. Two contestants from Britain's Got Talent – belly dancer Sophie Mei and singer Pallav Roy kept everyone entertained and Bill Salter's African drums gave the day a great soundtrack. Families also took part in sports organised by Activity

Sheffield, visited the Party Animals mini zoo and flocked to The Little Library. Finally, everyone went to the cookie decorating stand – which had to be closed twice for replenishment! Parents told us:

- "This is their idea of Heaven. Thanks for everything you're doing."
- "It was great to come along today. My daughter loved the animals and the African drums most."
- "This has worked really well. My daughter's had a whale of a time."

Parental Engagement Manager, Rebecca Mason, said, "The theme of the day was things families could take part in together, so seeing this in action was really encouraging. Thank you to everyone who came along for making the day such a huge success."



Children's author Lynne Chapman reads to a captivated audience.

New Online Resources

Netbuddy

A new resource for parents of children with special needs. Netbuddy is an award-winning site for swapping practical tips and information on all aspects of supporting people with learning disabilities. The site provides hundreds of practical pointers and simple yet ingenious solutions to everyday issues encountered by parents, carers, teachers and therapists who support children and young



people with learning disabilities. For tips on everything from brushing teeth to managing challenging behaviour visit www.netbuddy.org.uk

Buzz

This is a new website for deaf children and young people. There are two sites, one for children aged 8 – 11 years old and one for teenagers aged 12 – 18 years old. The National Deaf Children's Society (NDCS) asked nearly 1,500 children and young people about the type of services they would like to see, and 90% of respondents said that they would like a dedicated website just for them. The Buzz gives deaf children the opportunity to make new friends, play games, check out what's happening in



their area and chat about the things that matter to them. The Buzz is a safe and positive online space. It is closely monitored and NDCS provide important tips for deaf children on how to stay safe while using the internet. Check it out at <http://www.ndcsbuzz.org.uk/> or for more information call **0808 800 8880**

YoungMinds

YoungMinds is the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people. They have launched a new website "My Head Hurts" for young people with mental health problems. It can provide information to young people diagnosed with anxiety, self-harm, conduct disorder, depression, ADHD and eating disorders. The inspiration for the



site came from young people themselves, and they have been central to its creation and content. Visit <http://www.youngminds.org.uk/my-head-hurts>

Changes to Blue Badge Eligibility Age for Young Children

From 17th July of this year, the qualifying eligibility age for applicants (previously 2 years and under) has been extended to include children 3 years of age and under.

The Department for Transport introduced this change as part of a wider reform strategy that will also mean other major changes to the Blue Badge scheme over the coming years.

What does this mean for you?

If your child currently holds a badge and is coming up to their 2nd birthday or if your child previously had a badge but the badge was not renewed because they turned 2 years old, you can now have an extension to the badge until your child's 3rd birthday, as long as their condition remains the same.

In order to receive this extension you will need to be reissued with a badge, which will show that it is valid until your child's 3rd birthday.

You can call into First Point, Howden House and swap the badges when they are due to expire or alternatively call or e-mail us and we will be able to advise you on what you need to do.

Please note that you will need to provide a new photo when extending your child's badge.

Our contact details are listed below.

In Person, First Point, Howden House, 1 Union Street, Sheffield S1 2SH, Our Telephone number: **0114 273 4897**, Our E-mail address: Carbadge@sheffield.gov.uk

Cerebra Grants

Cerebra is a unique charity set up to help improve the lives of children with brain related conditions through research, education and directly supporting the children and their carers. They also have a grant scheme to offer direct and practical assistance to improve the quality of life of children and young people affected by neurological conditions.

The grants are to help children who have disabilities because of a brain related condition or injury. The condition might be of a physical nature, a learning disability, or both of these. Parents are invited to apply if they have a child, aged 16 years or under, who has a brain injury, a neurological

disorder, a mental disability or a developmental problem. Grants will only be considered if the equipment or resource being applied for is not available from statutory agencies like social services or the NHS, and if the equipment or resource will improve the child's quality of life.

Examples of grants made in the past are Touch-screen computers, specialist car seats, power wheelchairs, specific therapies, sensory toys, tricycles and quadricycles and digital drum kits.

For further information contact Cerebra, Tel: **0800 328 1159**, Email: info@cerebra.org.uk, Web: www.cerebra.org.uk/English/Pages/home.aspx



from child to adult

a guide to disability, transition and family finance

From Child to Adult

a guide to disability, transition and family finance


As young disabled people turn 16, 17, 18 or 19 they become entitled to benefits and support in their own right. What they're entitled to may or may not depend on whether they're still in education, are job seeking or claiming benefits as the young adult they now are. To help parents, carers and young people negotiate these tricky issues, the organisation Working Families has produced a helpful guide to disability, transition and family finance. The booklet can be downloaded from the Working Families website at <http://www.workingfamilies.org.uk/admin/uploads/from%20child%20to%20adult.pdf>

Working Families also provides a free Legal Helpline, which can provide parents and carers with legal and in-work benefits advice. You can contact them on: **0800 013 0313**

Connexions

Connexions Direct is a helpline service just for young people, and is available to young people with disabilities between the ages of 13 and 25, and to all young people between the ages of 13 and 19. For those who find it difficult to get advice face-to-face, Connexions Direct is a great resource; with a wide range of ways to get in touch, callers can choose the option that they feel most comfortable with and which meets their needs. Young people can visit the website and talk to an advisor on webchat, send an email or text, contact by text phone or phone and talk to an advisor directly.

Connexions Direct also provide an online community, where young people can join in a moderated chatroom or have their say on the message boards. Advisors offer free, confidential and impartial information, advice and support on



a variety of issues affecting young people. Subjects covered include careers and learning, which may be particularly useful for young people with disabilities who have left education or training but who would still benefit from guidance to help them with their next steps.

Check out the website at <https://www2.cxdirect.com> where you will find links to contact an online advisor. Alternatively, visit www.direct.gov.uk/youngpeople or Textphone **0800 0968 335** or SMS **07766 413 219**.

Free Accessible Britain Guides for Blue Badge Holders



Packed with 180 inspiring days out, which have all been reviewed by a team of disabled visitors, the Rough Guide to Accessible Britain is an invaluable travel guide for anyone with accessibility needs.

Even better, if you hold a Blue Badge, a Disabled Persons Railcard or you're a Motability customer then the Accessible Guide is FREE. The Guide is £6.99 (inc p&p) for everyone else.

Once you've placed your order, you will also be able to download a free copy of the Guide in audio format.

If you prefer your information online, recent reviews of accessible family holidays are now available to view on the Accessible Guide website, address listed below.

To order a copy call **0800 953 7070** or visit <http://www.accessibleguide.co.uk/guide/guide.html>

Skill at Disability Alliance

Following the closure of Skill: National Bureau for Students with Disabilities, in April 2011, the Disability Alliance (DA) has taken on some of its work. Disability Alliance, through an agreement with the Department for Business, Innovation and Skills, is now able to provide support and information for disabled students, including guidance for disabled people wanting to move into further and higher education.

Disability Alliance can now offer

- online information for disabled students, families and professionals
- factsheets for disabled students and advisors
- a helpline/email advice service

Visit www.disabilityalliance.org/skill.htm or call the free Helpline on **0800 328 5050**

Young People Get Going Across the City

Young people with learning disabilities have taken their first steps towards using public transport independently this summer by taking part in Sheffield City Council's Get Going Weeks.

An opportunity for independent travel training, Get Going Weeks saw groups of young people from schools across Sheffield using public transport to travel to a range of fun activities. So not only were people learning new skills, they were doing athletics, cycling, treasure hunts, and much more.

Niall Guite, 17, from Seven Hills School, enjoyed his Get Going experience, and is looking forward to the awards ceremony in October. Niall said: "I had fun with friends, cycling and running at Don Valley."

Niall's Mum Michelle is really pleased with the improvement in his confidence this summer. She said,

"Niall has had the best summer; he has been able to spend time with his friends and see a helicopter up close, even though he is really scared of them! Get going week has given him freedom and confidence."

Many of the children will now go on to further independent travel training (Indetravel), to help them build the confidence to use public transport to get to school, college and work placements.

Jill Siddall, Indetravel Project Manager, works all year round on Independent Travel Training, and told us why it's so important:

"This level of independence is invaluable and will make a really positive difference to the lives of the young people and their families."

"Through travel training, young people learn to travel safely, correctly and with confidence. It widens their opportunities, helping them to become more valued in the community, and lead fuller, happier, and healthier lives."

Indetravel is available to all young people with learning disabilities, attending any school in Sheffield. For more information, visit www.sheffield.gov.uk/indetravel, or call Jill Siddall on **0114 205 3542**, Email jill.siddall@sheffield.gov.uk.



New Monthly Gardening Club



Space2Grow, Roots is a new monthly group session based at The Cross Community Centre at Yew Lane. The group is for teenagers and young adults aged 15 years and over, with learning disabilities or mental health issues, and their friends, families and carers. Young people attending the group will need to be accompanied by a parent or carer.

What do we do at Space to Grow, Roots?

We do some gardening, how

much you do is up to you, and we spend time chatting to each other and making friends. The kettle will be on so we can have a drink and maybe some biscuits too! We also make sure that there's always a quiet space if you just want some time out.

Where is Space to Grow, Roots?

Roots meet at The Cross, which is the Community Centre at Yew Lane (near Yewlands Technology College). If you want more information please

ring **Nick Waterfield** on **07432 092683** or Email: **freshexnick@live.co.uk**



help! Common Toileting Difficulties

**Concord Sports Centre,
Shiregreen Lane,
Sheffield, S5 6AE
18th October -
10 am – 2.30pm**

About the Common Toileting Difficulties parent seminar

help! Common Toileting Difficulties is a one day Family Support Seminar which provides information and advice to families of children with Autism. The seminar is specifically aimed at those parents/carers with children aged up to 18 years of age who have a diagnosis of autism (including Asperger Syndrome).

How will the seminar support families?

The seminar will support families to;

- Consider how having autism can lead to various toileting difficulties

- Discuss the general process of toilet training
- Look at difficulties that children with autism may experience regarding toileting including constipation, fear of using the toilet and the sensory issues associated with this
- Suggest tips and strategies to help minimise the problems



- Provide a *help!* resource pack of information

Families seminar - £30 per two family members

Families can book two places on a one day *help!* Common Toileting Difficulties seminar for £30, which includes a full resource pack of useful information, advice and support guidelines. *help!* is delivered by experienced and trained professionals of The National Autistic Society (NAS).

Contact us

For further details of forthcoming seminars and to book a place contact;

The Family Support Programme

Tel: **07425 624 592**

(normal call charges apply)

Email: **help@nas.org.uk**

Web: **www.autism.org.uk/help!**