



A Brighter Future

The Leeds magazine for families
with disabled children
Issue 12 - Winter 2011

In this Issue...

Information Market
Place

Apps for Autism

Disability Sports in Leeds

Whizz Kidz

And much more...



Leeds
CITY COUNCIL

Summer Picture Competition

Thanks for everyone's pictures and comments about what they were doing this Summer. It was a tough choice but we finally chose 3 winners and here are their wonderful pictures. We were really impressed by the effort and talent in these pictures and Daniel's use of real shells from the beach which was just fantastic!

Well done to everyone who had fun drawing their holiday trips and be sure to check out the back page for more fun and games!

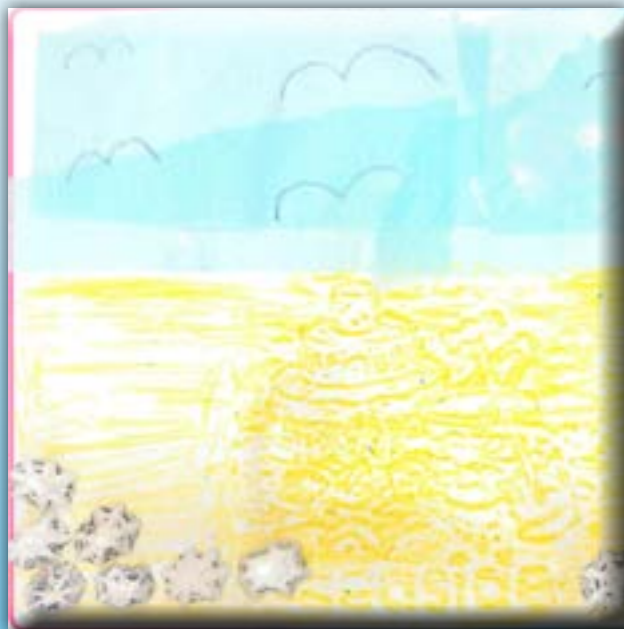


1st Place

Congratulations to Daniel Edwards

2nd Place

Well done Joanne Brooks



3rd Place

Brilliant effort by Steven Edwards

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Editor's Note

Welcome to Issue 12.

This Winter edition is full to bursting with information about things coming up over the next few months and that have happened since the Summer.

So make sure you give yourself a few minutes to have a flick through, there will hopefully be something useful or fun to find out about for you and your family.

There is coverage of the recent information market place throughout the news and events section and some great goings on in the world of sport from page 12 onwards.

A big thank you to everyone for their wonderful contributions. Leeds' support groups have been busy and we have some brilliant information about Little Hiccups' celebration (page 18), as well as finding out about new group 'Sunshine and Smilies' (page 27), be sure to check them out!

If you want to know anything more then remember to give us a call or get in touch with the services directly, their information is at the back.

We hope you have a great festive season and a fantastic start to the New Year.



Tom, Rob and Jonny (the editorial team)

This Magazine is produced by

Boardmaker: Picture Communication Symbols
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Information Marketplace

This year the Marketplace's main sponsor was Mayer-Johnson, the makers of Boardmaker software.



Amanda Peck, Director of Education (Europe) for DynaVox Mayer-Johnson said: "We're delighted to have supported the Information Marketplace. We've got a great relationship with people in Leeds and it was great to meet so many of them at the event. The Library Service has installed Boardmaker in 25 libraries so we work closely with the staff there. We know some of the specialist teachers and parents in Leeds who have used Boardmaker for years. We especially enjoyed the discussion in our workshop on how to use Boardmaker – so many ideas and questions, it was great."

To celebrate its fifth birthday in October, the Information Marketplace moved from its old home at the Civic Hall to a bright new location at the West Yorkshire Playhouse. This year's marketplace was more popular than ever, with record numbers of services and visitors. We had over 50 different providers with stalls, equipment, demonstrations and staff available to talk to parents – and they were certainly kept busy with over 400 people at the event.

As 2011 is the 'Year of Communication' we thought that would be a good theme for the marketplace. For the first time ever we ran some workshops on the day. Four communication themed workshops were delivered by partners from Speech and Language Therapy, Mayer-Johnson, STARS and Artforms.

The workshops were extremely popular, with 93 people attending. All attendees rated the workshops good or excellent, with the Boardmaker workshop run by Mayer-Johnson getting the highest marks – but only just! Some parents came to all four workshops and stayed for the whole day.

Our parents asked for more and longer workshops next year. If anybody has any ideas for workshops or would like to volunteer to run a workshop next time, please let us know.

Services were busy giving out their information and visitors seemed to really enjoy the opportunity to talk about their experiences with time to ask plenty of questions.

The new venue was great as the Playhouse is full of accessible areas and has a



Makaton Workshop

Changing Places toilet so everyone could enjoy their visit. Attendance this year was our highest ever. We were delighted to welcome parents from 53 different schools, including our SILCs, primary and high schools, resourced provision, nurseries and Children's Centres – and we were particularly pleased to welcome some home schooled pupils and their parents.

From the feedback we received, the day was a great success.



It couldn't have happened without sponsorship and support from Mayer-Johnson, Councillors who generously donated funding, the West Yorkshire Playhouse and the team who organised the day. Thanks to everyone who turned out to make sure everybody was well looked after on the day!

We hope the Information Marketplace will be back at the Playhouse in 2012 with more stalls, more workshops and more space!



As one parent said on the day, **"The marketplace is needed every year, things change, we need to know what's happening."**

To finish, here are a few comments from some of the people who organised the event and some of the parents who came. Thanks to everyone who helped to make it such a success – and we hope to see even more of you at the marketplace next year!



Parents and volunteers in a workshop

What parents said: "To gain the information and insight I got today I would have been on the phone all day."

"First time visit, we were amazed at the information available – see you next year!"

"Everyone was very friendly and approachable"

"Everything was fab!"



Our professionals and organisers said:

"The whole atmosphere was good and the open light airy space was conducive to a relaxed environment. All in all a resounding success – brilliant." **Bridget Mork, Parent Partnership**



"After all the months of planning and preparation it was great to see so many people at the Marketplace event. The library service had a stall where we talked to people about some of the things we can offer families:

Boardmaker software and monthly autism advice sessions, 'Count Me In' bags, Makaton collections, Bookstart packs and more. Library staff also had the chance to talk to some of the other organisations at the event. We made some new contacts and hope to work with new groups soon. It was a fantastic day and a brilliant way to meet so many people."

Jason Tutin, Leeds Library and Information Service.

"It was great to see so many providers of services and support in one place. Parents and carers often tell me that they don't always know where to get the right help so the Market Place event is really important and a great way for a parent/carer to meet others who might face similar challenges. The venue was a good one and the whole event had a really good atmosphere to it. The workshops went down really well and were much appreciated by those who spoke to me about them afterwards. Well done to the organisers!"

Michael Purches, Principal NW SILC

Technology Adaptations

Computers are an important part of everyday life and there are several types of specialist adaptations that can make using computers easier.

If you are blind or visually impaired, software is available to magnify the screen and closed circuit systems can magnify text and display it on a computer or TV screen. You can also use computer screen readers. Some of these use a synthetic voice to read what you are typing while others can read web pages aloud. You can also get stickers to put on the keyboards with the Braille letter or a larger version of the letter and readers that have a Braille output device.

If you have a physical disability, larger keyboards are available as are devices that can be used instead of keyboards such as an onscreen keyboard operated by a mouse. Instead of a mouse, joysticks and trackerballs are available or pointers which can be attached to the head and used to press keys.

Predictive text software can also be used which gives options for words after only some of the letters have been typed.

Technology for those with a disability or additional needs

With Christmas approaching how many of you have gadgets and gizmos on your wish lists? Whilst they may be viewed as expensive toys to some people, they can be very useful devices for those with disabilities, particularly autism.

There are lots of apps available for smart phones, tablets, ipods, iphones and ipads. Some have a price attached to them but many are reasonably priced or even free.

Amongst other things they can act as communication aids or help with organisation. They have an added bonus of making the child or young person quite cool.

If you have a learning difficulty, keyboards are available with bigger or coloured keys or with only the letters of the alphabet on the keys. There is also software made to improve learning skills.

Here are some voluntary organisations and charities that can advise and help:

William Merritt Disabled Living Centre
Tel: 0113 305 5332
Email: thewilliammerritt.lc@nhs.net

Mobility Service
Tel: 0113 305 5288
Email: mobility.service@nhs.net
Both at www.williammerrittleeds.org

AbilityNet
Tel: 0800 269 545
Web: www.abilitynet.org.uk

Aidis Trust
Tel: 0808 800 0009
Web: www.aidis.org

Foundation for Assistive Technology (FAST)
Tel: 020 7264 8955
Web: www.fastuk.org



They may be using their ipod to communicate with you or follow a shopping list but this may not be that apparent to others.

Leeds ABC Group has compiled a list of apps. E-mail info@abcleeds.org.uk for a copy of the list.

The list will be made available on Leeds ABC Group and The Family Hub websites.

Technology

Here are a sample of the apps available.

ChoiceBoard Maker
ChoiceBoard Maker is the perfect app for creating customisable choice boards for the unique needs of individuals with communication challenges. It reinforces correct choice by expanding the selected image as well as playing the customised auditory rewards.
www.itunes.apple.com

Fizz Brain: Quality Learning Games by Real Classroom Teachers
Developed specifically for children on the autism spectrum, these iPhone application games help children practice eye contact and expand their minds while earning fun rewards and playing creatively.
www.fizzbrain.com

Game Factory
Game Factory's new release is a hybrid match and flash card game that allows parents to upload their own images and choose the concepts they want their kids to learn. Their app is unique because it allows you to become an active part of your children's education.
www.bacciz.com

Please try some of the apps and feedback to Leeds ABC Group info@abcleeds.org.uk (mark your email FAO Mandy Craven) or A Brighter Future at: family.hub@leeds.gov.uk.

Leeds SILC to Receive UNICEF UK Award

The North West Specialist Inclusive Learning Centre, based around Penny Field and Green Meadows Schools, is the first school in Leeds to be awarded the prestigious Rights Respecting School Award by UNICEF, the United Nations Children's Fund. UNICEF is the world's leading organisation working specifically for children.

UNICEF UK's Rights Respecting School Award recognises schools which show a high commitment to promoting children's rights and encourage children and young people to respect the rights of others.

The North West SILC has been awarded with the Level 1 certificate to mark their achievement.

A UNICEF spokesperson said "We are delighted that the NW SILC has fully embraced the UNCRC and is being accredited with UNICEF UK's Rights Respecting School Award. The school impressed us by evidencing an ethos that promotes the United Nations Charter of Children's Rights and that pupils have a democratic voice. Teaching & learning takes place in rights respecting classrooms and the pupils are effective global citizens.

The school's Principal, Michael Purches said "I was keen to work with UNICEF UK on the Rights Respecting School Initiative and embed the United Nations Convention on the Rights of the Child into the school culture.

Respect has played a major part in learning and is the main ethos of our school. Working towards the Award has helped us further develop our curriculum and has led to higher levels of pupil participation. This has shown that pupils with learning difficulties and disabilities, despite some of their challenges, can still be considered as truly global citizens!

More from the Marketplace

Following on from the marketplace, lots of services wanted to make sure you knew who they were and what they did, especially if you didn't get to come along or see them on the day. Here is a short summary of information about a few of the services and how they might be able to support you.

Carers Leeds: Who are we?



We are a project providing information, advice and support for unpaid carers across the city of Leeds. Our mission is to support carers through the many difficult and frustrating issues

that crop up in their lives. For example, we can provide information and advice on welfare benefits, particularly benefits for sickness and disability; access to services; help with completing forms; advice on other areas that might affect the carer. Carers can drop in on Tuesdays to Fridays or make an appointment. We also run a range of different events and social opportunities. Information about our work is included in our free Newsletter, published every other month.

Carers Leeds,
6-8 The Headrow, Leeds, LS1 6PT.
Tel: 0113 246 8338. info@carersleeds.org.uk,
www.carersleeds.org.uk
Look out for our Facebook page!

Include

The Include network was established in 2010 by Artforms/Education Leeds and brings together artists and cultural organisations in Leeds.

Our aim is to improve creative and cultural opportunities in Leeds for children and young people with additional needs. We organise training and networking events, and advocate for the arts within the disability sector.

We meet bi-monthly as a group to network and share information. Members include Leeds Museums, Leeds Libraries, the West Yorkshire Playhouse, Opera North, Northern Ballet, Pyramid of Arts, Yorkshire Dance and the Gordon Parry Centre. See pg 16 for more about Include. For more information contact Jenny Harris: jenny-harris@blueyonder.co.uk
Tel: 07505 127631

PHAB Comms article

The Prince Philip Centre PHAB Club meets on Friday evenings and cares for disabled people from all parts of Leeds who have a physical



or mild learning disability. Members are aged 9 to 90 with a large youth group. Members are usually referred because they have a

life-limiting illness, cannot get out to socialise, and have no friends. Joining PHAB gives the chance to forget about disability and illness and have FUN.

The Friends of PHAB provide special transport, residentials, a playscheme and regular outings throughout the year.

Web: PHAB-leeds.org.uk
Tel: Ann Hart 01937 573722.

Visually Impaired Team

The VI team of specialist teachers and other workers is part of Children's Services, having strong links with Education, Health, Social Care, parents/carers, other professionals and voluntary agencies, in order to support children and young people with a visual impairment from the point of diagnosis.

The team works across the age range 0-19, supporting babies and families at home and children and young people in their early years provision, mainstream educational settings and SILCs, encouraging them to achieve their full potential in all aspects of school life. Input includes assessments of functional vision, advice about support needs, provision of resources and the teaching of specialist skills, such as keyboarding, braille and mobility. For further information please contact Janet Cuthbert (Team Leader) on 0113 395 1111

More from the Marketplace

Action for Blind People

Action for Blind People provides information and support to blind and partially sighted children, young people and their families. We organise activities for children, young people and families, including Leeds Actionnaires, which runs on the 2nd Saturday of each month, providing an opportunity for 4-16 year olds to participate in varied leisure and sporting activities in a safe, structured and fun environment. 16-25 year olds can have one-to-one support in the move from Childhood to Adulthood.

For more information please contact
Karen Boyes, Children & Family Support
Co-ordinator (0-14 years)
Karen.boyes@actionforblindpeople.org.uk
Megan Hydes, Transitions Co-ordinator
(16-25 years)
Megan.hydes@actionforblindpeople.org.uk
Tel. 0113 3862800
www.actionforblindpeople.org.uk

AWARE – Airedale & Wharfedale Autism Resource, Reg Charity No. 1089617,



Is a support group for families affected by autism.

What does AWARE do?
Weekly Youth Club for 7-16 years.
Holiday Play schemes – some days every school holiday. Monthly Trip Club for teenagers. Monthly Junior Club for children 11 years and under. Monthly Swimming for the whole family. Residential Short Breaks at Lineham Farm, Herd Farm and Low Mill, Askrigg. Monthly Parents Meetings at the CDC, Airedale Hospital Monthly Newsletter by post or email. Yearly membership £10 per family.

Contact Jo Galasso, 52 Chippendale Rise,
Otley, Leeds, LS21 2BJ,
Email: jo.galasso@tesco.net sign up on our
Web: www.awareuk.org

Parent Partnership Service

Leeds Parent Partnership Service (PPS) Leeds PPS offers a range of information and advice for children with individual educational needs. We can support parents, carers and professionals with impartial advice around Special Educational Needs (SEN). The Choice Advice Service provides advice for children starting secondary school in year 7 including information about admission policies for different types of schools. The PPS also supports families dealing with exclusions and offers a great range of training for those looking to become volunteers who can provide independent information, advocate and support families involved with the Parent Partnership Service.

There is also a dedicated information officer who is responsible for a library of information about services in Leeds and can provide parents with impartial advice on who and where might be able to help them depending on their needs. For more information:

Call: 0113 395 1200
Email: education.pps@leeds.gov.uk
Visit: www.leedsparentpartnership.co.uk

Leeds Parent Partnership Service

Information and advice for parents and carers



We offer expert confidential impartial advice on:

- Meeting children's special educational needs
- The statutory process for special educational needs
- Education legislation, policy and procedure
- Exclusions
- Admissions legislation, policy and procedure
- Mediation
- Parent advocates

Dedicated helpline: 0113 395 1200
(10am to 3pm Monday to Friday)
General number: 0113 395 1222
www.leedsparentpartnership.co.uk

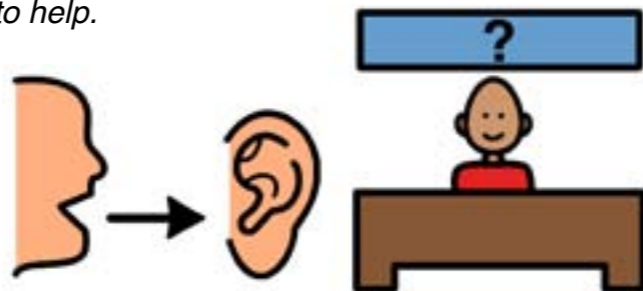


More from the Marketplace

Leeds City Council's Family Placement Sitting Service

The sitting service provides care to disabled children within their own homes. The service enables parents/carers to get a short break which could include, going out occasionally, spending time with other children, catching up on missed sleep or support in enabling their disabled child to participate in activities outside of the home.

If you would like further information or want to make a referral please contact Chris, Melody or Emma on 0113 2478584 and we will be happy to help.



Inclusion support team

The Inclusion workers who make up the Inclusion support team provide targeted support to schools in relation to children and young people with social, emotional and behavioural difficulties.

Early Years support team

Have a number of Early Years area coordinators who are trained and have knowledge and experience to support the development of children aged 0-5 years, with additional educational needs in the areas of thinking, problem solving, learning and access to learning. They also support families and settings to fully include all children.

For more information about the ISPS you can contact your school or call 0113 395 1100

Integrated Support and Psychology Service (ISPS)

The integrated support and psychology service is a support service which aims to meet the additional needs of children and young people aged 0-19 years.

We work closely with children and young people, parents and carers, school staff, communities and other professionals.

The ISPS is made up of 4 teams, these are:

Special Educational Needs support team

This team work with schools to raise the achievement of pupils who are experiencing difficulty with their learning.

Educational Psychology team

We work with settings, parents and or carers, and children and young people to support inclusion through the use of psychology.

EPIC Leeds Update

We now have almost 200 families who are signed up to EPIC and are always looking for more. We are getting out and about to support groups in the Leeds area and should be at one near you soon (if we haven't already). If you know about a group and we haven't been, it may be that we don't know about you. Please get in touch and we will arrange to visit you and tell you more about what EPIC Leeds do.

Have your Say!

EPIC are asking all parents/ carers to undertake our bus consultation. We need feedback from people in order to help provide better public transport experiences for our children.

To find out more about the consultation and how to get involved contact EPIC Leeds on epicleeds@gmail.com
Tel: 07889 728403

As well as this you can join us on Facebook and Twitter!



The Family Hub have been working hard to keep our information as up to date and accurate as possible and this is continuing through our website improvement project. It may sound complex but it simply means we are checking and correcting the information we hold to ensure you are able to find what you need. One of the biggest improvement is that 'Disability' information has now made it's way on to the top menu bar, making it more accessible and easier to find.

There are more improvements for this section in progress and we now have a great publication page where you can view documents from a range of groups such as Leeds ABC and EPIC as well as look through all of the past copies of A Brighter Future!

The Family Hub are currently working towards gaining the 'Families First Award' which is a quality assurance process for Family Information Services. The Family Hub are assessed against a set of standards to make sure we deliver the best service and up to date and accurate information.

News on Changing Places

There are now ten Changing Places up and running in Leeds. A further two Changing Places will be registered soon, bringing the total to twelve.

One of the latest Changing Places to open is at Lotherton Hall. The Changing Place is located in the stable courtyard adjacent to the café. This is a fabulous place for the whole family to visit with its bird garden, playground and accessible paths. The newest Changing Place to open is located at the Gallery Café; the new art gallery shop and café below the central library on the Headrow in the centre of

Leeds. This is the second Changing Place to open in the heart of the city following the launch of one at the West Yorkshire Playhouse earlier this year.

Details of all the registered Changing Places can be found on the national consortium's website at: www.changing-places.org

In order to maintain the momentum of developing Changing Places in Leeds it would be helpful to know how well they are being used. For this reason we will be putting 'comment books' into each Changing Place over the coming weeks. Not only

The Family Hub Update

We are always trying to improve how we work and most importantly how we can help you. It would be great if you could let us know your experiences of using the family hub, good or bad, everything will help us to do our best!

Whatever you are looking for, our friendly Information Officers are always ready to help.

Contact us over the phone:
0800 731 0640
0113 247 4386

Email:
family.hub@leeds.gov.uk

By post/In person:
10th Floor West, Merrion House,
Merrion Centre, Leeds, LS2 8DT

More information at:
www.thefamilyhubleeds.org



will this provide an indication of usage, but visitors will be asked to provide some basic information about their visit (date of visit, equipment used, number of people attending) and to provide feedback about what they liked/did not like about the Changing Place. This information will be used to help us ensure that the standard of Changing Places in Leeds is maintained or improved.



Changing places Changing lives

National Tag Rugby Festival 2011

Headingley Carnegie Stadium, the home of Leeds Rugby, hosted the Leeds City Council facilitated festival on Tuesday 27th September. On a fabulous hot late summers day over 250 junior, youth and adult players with different disabilities had the opportunity to play on the famous main pitch. Teams and players from across Leeds and Yorkshire attended the annual festival which has now been running for over 10 years, the youngest player being 11 years of age and the eldest at 67 years!

Tag Rugby is a non-contact team game where each player wears a belt with two velcro tags attached. Play is similar to rugby league and union with attacking players attempting to dodge,

evade and pass a rugby ball while defenders attempt to prevent them scoring by "tagging" – removing a tag attached to the ball carrier.

Special guest in the afternoon was Ronnie the Rhino who was a great hit with all players, signing autographs and trying his hand at the game. At the closing ceremony three first team Rhinos players, Weller Hauraki, Kyle Amor and Kylie Leuluai presented certificates to all the teams and commented on the obvious enjoyment on the faces of the players.



How to find out about Disability Sport in Leeds

Contact:
Ross Bibby
Disability Sports Development Officer,
for further information on anything to do with disability sport in Leeds:

Tel: 0113 395 0159
Text/mobile: 07891 270 930
E-mail: ross.bibby@leeds.gov.uk
All of the clubs, sessions, events, competitions and festivals are also promoted on our website and Facebook page:
www.facebook.com/leedsdisabilitysport
www.leeds.gov.uk/disabilitysport

Festival of Disability Cycling in Leeds

The first ever UK Festival of Disability Cycling has been hailed a success with over 300 disabled children, young people and adults attending. The free event was held over two days in September at the John Charles Centre for Sport and run by "Bikes not Barriers", part of Get Cycling, in conjunction with Leeds City Council.

The event aimed to promote the benefits of cycling to people with disabilities allowing them to try out the widest range of adapted cycles brought together at a single event in the UK. The event was aimed at individuals, families, schools, support organisations and healthcare professionals and actively encouraged people to give cycling a go rather than just look at the bikes.

As a result, over 300 people with disabilities tried out the bikes and with a wide range of other fun activities it was a great day out for all of the family.

Regular daily adapted bikes sessions are held at the John Charles Centre for Sport all year round. For further details go to www.leeds.gov.uk/disabilitysport and download the disability sport programme or call 0113 395 0000.



Leeds Disability Sport Youth Panel

- Are you interested in Disability Sport?
- Do you hold a leadership or sports coaching qualification?
- Do you have an interest in sports development or event management?
- Are you between the ages of 16 and 25?

If you answered 'yes' to all of the above questions, come and be part of the Leeds Disability Sport Youth Panel, where you have the opportunity to have your say on disability sport in Leeds and help organise disability sport legacy events leading up to the London 2012 Paralympic Games.

For further information and to apply contact:
Ross Bibby, Disability Sports Development Officer.

The Leeds Disability Sport Youth Panel is one of the outstanding projects granted the London 2012 Inspire mark, the badge of the London 2012 Inspire programme which recognises exceptional and innovative projects inspired by the 2012 Games.



Winter Events

As the festive period approaches, here at A Brighter Future, we have been looking at accessible activities for you and your family to enjoy. Here are some of our top picks.

West Yorkshire Playhouse

Jack and the Beanstalk – Relaxed Performance

An imaginative re-telling of the well-known story, with a giant, a girl with a harp, a boy called Jack and some friendly chickens! By the same team who brought you Cinderella and Aladdin. *Please note this is not a pantomime.*



Friday 6 January at 10.30am
Friday 6 January at 6pm

Running time approximately 90 minutes, with one interval.

Tickets: £13 each with free carer ticket if required. School discounts available.

Tel: 0113 213 7700

Web: www.wyp.org.uk

And in the new year...

Ice Cube Millennium Square



Get your skates on and experience the thrill and magic of outdoor ice skating at Leeds' coolest wintertime attraction

- Great fun and accessible for all ages and abilities
- Over 1200m² of real ice!
- Nursery Rink and 'Penguin' skating aids for budding skaters
- Learn to Skate with a six week Skate UK tuition programme or individual lessons

Advanced bookings are recommended and available through the City Centre Box Office on 0113 224 3801.

Carriageworks Theatre

Beauty and The Beast

Friday 2 December 2011
Saturday 7 January 2012



Main Auditorium Various Times and Prices (including group deals)

With an action-packed bang-up-to-date script, high energy choreography, dazzling costumes full of glitz and glamour and a generous supply of laugh-out-loud comedy with plenty of audience participation, Beauty and the Beast is the must-see show this Christmas!

Tel: 0113 224 3801

Web: www.carriageworkstheatre.org.uk

Public skating sessions are accessible for all persons although disabled users might find the quieter public sessions better where Ice Marshals can devote more time to offer assistance.

Parent's Review

The staff went above and beyond the call of duty to help make our day out very enjoyable. I was a little afraid of going on the ice so they took my son on and whizzed him about.

It was lovely to see people in wheelchairs with multiple problems really having fun and enjoying themselves. The marshals were fantastic, one even took pictures of my son for me doing spins etc. My son is only 4 years old and he cannot wait to do it again.

Leeds United Ability Counts

Ben wrote in to tell us about the fun he's been having with the Ability Counts Team. Here's what he had to say:

"My mum showed me a leaflet from Leeds United and said we could go to an open day at Elland Road, meet Jonny Howson and Lucas the Kop Cat and I would get to play football too. It sounded really good and I was really excited about it.

When we got there we met James who was in charge of the open day and then I went and joined the coaches who were doing some football training and I got stuck in. I had my photo taken with Jonny Howson, the team captain of Leeds United and I even had my hair ruffled by Lucas the Kop Cat!! I was invited to start training weekly with the team and I went along to the first session not knowing what to do but it was really friendly.



We did lots of fun training type activities then we played a mini game at the end of training... I scored a goal. At the very end I was awarded a trophy for Best Attitude player of the week,

I was so excited, a trophy and a goal, I was a real footballer now!

I now go training on a Sunday afternoon and it's the best day of the week. I love football and am going to be a footballer for Leeds United when I grow up".

By Ben (with a little help from mum)

ABC Youth Groups

Since our feature in the last issue of A Brighter Future Leeds, ABC Group is now providing several more groups and activities to support those with an autistic spectrum condition (ASC) and those that care for them.

We publish a bi-monthly newsletter, hold family swim sessions and support families with benefit claims and other issues. We are also a partner organisation at the Boardmaker Library information sessions. Acting upon feedback, our support groups now offer more. The evening meeting still allows parents the chance to receive advice and support from other parents.

A daytime support group is also available with toys and activities for those that wish to bring children. Leeds ABC Group volunteers will be on hand to entertain the children whilst you talk. Hopefully you'll also gain some ideas of activities to try at home.

After a very successful series of family fun days we have decided to offer such sessions every holiday during 2012. Once again Leeds ABC volunteers are available to entertain children.

Our youth group for 11-18 year olds with high functioning autism or Asperger's Syndrome continues to grow and develop. We have a large team of volunteers who all have enhanced CRBs and receive appropriate training and support.

A group for 7-11 year olds with high functioning autism or Asperger's Syndrome is now up and running on Monday evenings.

For further information please Email: info@abcleeds.org.uk or telephone Mandy 0113 2795142 / 07769317744 or Susan 0113 2579269



Photo taken by the Yorkshire Evening Post

Improving creative opportunities in Leeds for children and young people with additional needs

We want to improve access to creative and cultural opportunities for children and young people with additional needs.

Our members include Leeds Museums, Leeds Libraries, the West Yorkshire Playhouse, Opera North, Northern Ballet, Pyramid of Arts, Yorkshire Dance, Phoenix Dance, Mesh Dance, Northern School of Contemporary Dance, Breeze Leeds and the Gordon Parry Centre. We're an open network so any artist or cultural organisation with an interest in our work is welcome to join.

**For more information on the network contact Jenny Harris
Email: jenny-harris@blueyonder.co.uk - Tel: 07505 127 631**

If you are a group and run sessions which could feature in the magazine, remember we are always looking for new content! More importantly, we know that there are new and fun things happening in Leeds every week and we want you to share them, so get in touch at: family.hub@leeds.gov.uk or give us a call on 0113 247 4386 / 0800 731 0640

In our first year we have

- organised 5 training events for artists and arts organisations, so they have a better understanding of access, and specific disabilities
- organised a networking event between artists/organisations and disability services so that we can better understand each others' work
- better promoted our work to families through publications such as Brighter Future magazine and attendance at the Marketplace
- Researched what gaps there are in specialist provision in Leeds and what the barriers are to attendance
- Shared information through our regular meetings and worked together to provide new activities such as the Wheel chair dance projects
- Worked with 8 artists and 7 schools on a specialist arts learning programme focused on special educational needs and schools.

We're really pleased with the progress we've made in the first year, but we know there's still a lot to do to increase and open up opportunities for children and young people with a disability.

We're currently planning how to carry on our work over the next year so that we continue to improve and make an impact.

The Verve Club

Opera North was delighted to launch The Verve CLUB in September 2011, a brand new monthly arts club for young people aged 16+ with Asperger's syndrome or high functioning autism. It is run by Opera North in partnership with Turtle Key Arts and the Breeze International Youth Festival.

The club gives older teenagers and young adults the opportunity to engage and participate in a variety of creative arts activities including drama, music, design and film-making alongside professional artists. The club aims to develop young people's skills, build confidence and provide a great environment for socialising and making new friends.

Sessions take place in the Howard Assembly Room at Opera North, on Saturdays, from 10am – 12pm.

This is followed by a social gathering (refreshments provided) until 1pm.

Members can join the Club at any time throughout the year.

Sessions will take place monthly on Saturdays from September 2011 to June 2012.

A joining fee of £10 applies, after which all sessions for the year are free of charge.

Verve - January to March 2012

Two groups (Verve 1 & Verve 2) of young people with Asperger's syndrome aged 10-15, will be able to take part in creative arts activities over a 10 week period.

Verve 1 is for first-time participants, with Verve 2 being for those who have taken part before, or have more experience of music and drama. Over the ten weeks each group will work with a team of professional artists including a director, a composer, a designer and a singer, plus guest artists such as musicians and puppeteers. Working with these artists the participants will create a new piece of musical theatre that will be performed to family and friends at the end of the project on Friday 23 March.

"Jack thoroughly enjoyed being part of the Verve project, particularly as you allowed and encouraged him to play his drums... It has also benefited him to meet other kids with the same diagnosis." Parent

Both groups will be running from 14 January to 23 March 2012. Sessions will take place weekly on Saturdays during term time, final performance on Friday.

For more information, please contact Jo Bedford on jo.bedford@operanorth.co.uk or call 0113 399 3202

Make sure to check out the sport and leisure section in the Easter edition when we will hopefully have some exciting news about the 2012 Paralympics and the stars from the region who are gearing up for the games.

Want to get involved with sport in Leeds? Then be sure to get in touch with Leeds Disability Sport Development Officer Ross Bibby. See pages 12 and 13 for more information.

Little Hiccups

Little Hiccups is a support group for children with all levels of special needs or disabilities and their families. Set up over two years ago by parents who have disabled children themselves and understand how important it is to have support from other people in similar situations, they bring families together from all over the region to form friendships and celebrate all our special children.

We meet every Thursday afternoon in Headingley where the children have access to toys, arts and crafts and a safe and exciting



garden area, as well as special sensory lighting for group singing! Regular music sessions

with qualified musicians are held each month and children of all abilities enjoy singing, movement and generally having great fun.

Our events and activities are heavily subsidised by the group who do all their own fund-raising.

In July Little Hiccups celebrated their 2nd Birthday, holding a party at PolkaDots World of Play for an afternoon of soft play, interactive music sessions, face painting and Peppa Pig.

Local businesses generously donated to provide party bags, balloons and prizes galore



and a huge selection was also delivered to the children's wards at the Leeds General Infirmary. Each month activities are organised for the whole family and over the summer.



Little Hiccups families spent a sunny afternoon at Golden Acre Park with a Teddy Bears picnic, had a fun filled day

at the Yorkshire Wildlife Park and were warmly welcomed at the Growing Zone, where they had a treasure hunt, refreshments and explored the gardens.

In September Little Hiccups held their first Fall Ball at the Marriott Hotel in Leeds and it was a huge success! The night was a celebration of the children who attend Little Hiccups and their devoted and hard working families who support them. Everyone who attended had a fantastic time and helped to raise lots of money to pay for more family fun days, and make lots of happy memories that will last forever.



Parents and carers are invited to various nights out, events and pamper sessions to try and relieve some of the stresses and strains and have some adult only time and company.

Little Hiccups is open to any family with special needs or a disability.

For more information on Little Hiccups, or to join please:

Visit: www.littlehiccups.co.uk
Email: info@littlehiccups
Or call us on: 07831 230741

Carers Leeds

'Supporting carers because every carer counts'



Carers Leeds aims to support all family carers throughout Leeds by providing high quality information, advice, social and emotional support. We have a city centre office where you can drop-in and we work in communities across Leeds.

We have experienced carer support workers who can support carers by giving advice and information and we administer a scheme providing grants of up to £200 to help carers take a break from their caring role.

Carers Leeds has support groups, special interest courses/workshops; exercise and wellbeing sessions; many social events for carers including a regular Carers' Cafe; celebrations and special events.

Why not give us a ring and sign up to our free newsletter which contains all the news and views for carers and all our events and opportunities. Or join us on Facebook or follow us on Twitter @CarersLeeds

We are here to support you:
6-8 The Headrow (just down from Primark)
Tel: 0113 246 8338
www.carersleeds.org.uk

Young Carer's services in Leeds are regularly featured in A Brighter Future. If you've not seen them before and want to know more make sure you get in touch with Willow Young Carers and SIBS. Both these groups offer fantastic support to young people caring for someone they love.

Willow Young Carers:

Telephone: 0113 262 2851
Email: willow.youngcarers@barnardos.org.uk

SIBS

Telephone: 01535 645453
Email: info@sibs.org.uk

Foetal Alcohol Syndrome (FAS)

A parent wrote in to share their experience's of looking after their child who has Foetal Alcohol Syndrome (FAS).

FAS refers to a group of physical and mental birth defects that can develop in individuals whose mothers consume alcohol during pregnancy.

It is an organic brain disorder which is characterised by central nervous system involvement, growth stunts, and various facial features. FAS is a medical diagnosis that can be made when a child has signs of abnormalities in each of these three areas, as well as known or suspected exposure to alcohol prenatally. Other physical defects may include major organs (heart, kidneys, liver) that don't develop fully, while other parts of the body (muscles, genitals and bones) can also not develop fully.

FAS is often called a hidden or invisible disability because its physical characteristics can be subtle and may go unrecognised.

Parent's experience:

Daily routines are essential, they help maintain consistency and build structure and security into the child's day. Without them little gets done. Break down daily activities into specific steps, plan mini-routines within the larger routine, do everything in the same way and in the same order every day, use calendars in the kitchen and bedroom to list events.

It is important to remember that all children, alcohol affected or not, are first and foremost individuals with distinct personalities, preferences and temperaments. Parenting tips which may work wonders with one child may prove inappropriate and ineffective for another.

If you've told a child a thousand times and he/she still does not understand then it is not the child who is a slow learner.

For more information visit:
www.fasaware.co.uk & www.nofas-uk.org

Befriender's Poems

Young people with disabilities can often have so much frustration, because a lack of support creates

A circle of isolation.
I didn't go anywhere on my own,
I was always with my family,
had no choice and control over my life,
couldn't do anything independently.

Then I got a befriender
from The Children's Society,
who helped to break the isolation
and make everything different for me.

Having a befriender can help you
to do what you want to do,
to give you choices and control
and ensure that you're listened to.

It give you someone like a friend
for maybe the first time ever,
you can also meet other young people
and do activities together.

I hope the children's society reaches
more new young people too,
because their work is fantastic and I hope
they can continue to do what they do.

Meet the team: - Jason Tutin - Area Development Librarian

One of the things I do in the library service is to organise the monthly autism advice sessions at the Central Library. These sessions started shortly after we got Boardmaker software in some of our libraries, over three years ago.



'Super-J'

The sessions are a great way for parents and carers to meet professionals or other parents, get some information, help and advice or just have a chat and a biscuit! Soon we'll be getting Boardmaker Studio at our Central Library and I'm helping to set that up. We hope to do some staff training in early December and then we can start using it with parents.

Most of my work focuses on the computers that we have in libraries, but I also work with other library staff to see how else we can help families. Library staff are always talking to colleagues in schools, children's centres and other organisations to find out if there are other things we can do to help. The reason that we bought Boardmaker software was because of the demand from parents and professionals. When we heard that some parents would like to be able to borrow Makaton books and DVDs, we bought collections for six of our libraries.

To find out what else is available for families who have children with a disability or Special Educational Needs, just ask at your local library. You can find the dates for the monthly advice sessions on our webpage at: www.leeds.gov.uk/boardmaker

Facilitating

Another training session to look forward to, I've prepared my folder the evening before, with notes and prompts and bits of information, so I'm ready to facilitate once more.

I've led a session on Children's behaviour, taught from the communication section, helped with an exercise on boundaries, talked about abuse and child protection.

I've had a look through all the feedback forms, had meetings to summarise the ways we can improve on our facilitation, but we've also had some thank yous and some praise.

So thank you to Nola and to Megan, who had the confidence to let me be a co-facilitator on these sessions, and not forgetting Karen, who makes the tea.

I hope that I can come back in the future, everyone should be a befriender with the great organisation that is the Children's Society.



On Saturday the 24th September at 5.00 am, after years of training and a long week of waiting for the right weather conditions, my husband Pete



You really couldn't make this stuff up! Pete battled with incredibly cold temperatures in just a pair of Speedos, an uninsulated swimming cap and

stepped into the murky depths of the English Channel for what probably was one of the most challenging days of his life.

He'd decided almost 3 years previously that he wanted to give something back to Penny Fields, the NWSILC school that is helping us raise our son, Archie, who has profound special needs.

It was a personal ambition, but for what better reason to carry it out than to raise thousands for a very worthwhile cause.



Support crew on hand

Pete has in fact raised in excess of £15,000, enough to get a new minibus for the school which is very much needed.

All the training (gym, pool and open water), travel (around the country to various lakes, reservoirs and harbours, particularly Dover where Pete spent 14 weekends this summer), dedication and exceptionally hard work proved to be worth it when Pete arrived on French soil 17 hours and 55 minutes later and almost a stone lighter!

It's been a huge challenge for all of us. The children missed their Daddy terribly and I raised the children almost singlehandedly, certainly for the latter few months. We're really not sure who was the proudest when Pete reached his goal.

Braving the Channel

a hefty smearing of lard (to ease the chaffing more than anything else) just like the first person who swam the English Channel - Captain Matthew Webb.

He had his toes nibbled by an eel, he came across giant jellyfish and was stung by many smaller ones, he was followed by a seal, and during the darker hours at either end of the day he was followed by shoals of tiny luminous green fish who, thanks to Pete's safety lights, really did think he was one of them.



Fishy friends at night

So **well done Pete** for achieving such an incredible feat and, in doing so, for raising such a huge amount of money for such an incredibly worthy cause.

I salute you ... but I'm afraid I won't be following suit!

Written by SJ Windridge France – Pete's wife.



Smiles all round

I am fourteen years old with all the same dreams and aspirations as many other teenagers. I was born 3 months premature and have Hemiplegia Cerebral Palsy, affecting my left side, and I'm severely visually impaired. When I was born Mum and Dad were told "I would never walk".

It's Saturday and I'm looking forward to spending a day with my sister Georgia and friend Hannah; we are going to the cinema, and then shopping in Town. I don't like Town much on a Saturday, it's busier than any other day, lots of people and that makes it difficult for me to walk and see. However, it's great having my independence for the day. We arrive at the cinema and I link with Georgia as I find it's difficult for me to walk in a straight line. We queue for the tickets, and then I follow them both because it's dark so

I can't see too well. I am a bit nervous; I'm scared I might trip over something and that would be very embarrassing.

The film was fantastic but seemed like it was on forever. My leg went numb which was quite annoying and all I could do was my leg stretches.



Ella and Georgia

We then all go shopping and it's great trying all the clothes and accessories. I spend my allowance on a new top. After lunch we travel home on public transport and walk a short distance home.

Most people would say that I have just had a very "ordinary day" I think it was fantastic!

My life is made easier with all the support I receive from the Ralph Thorseby physiotherapy department and the extra effort I have to put in wearing my leg splints and stretching exercises.

I really enjoy the gym sessions after school. But life would not be the same without Georgia and Hannah make my life so much easier providing me with natural support.

Ella Shipley
Abbey Grange C of E Academy

"Ella is an inspirational young lady who has worked extremely hard to get to where she wants to be. She is ambitious and has a great deal of determination to achieve the best she can. Ella would like to be a physiotherapist when she is older, I can't think of anything better!"

Lauren Woolley, Children's Physiotherapist

Whizz-Kidz is a national charity, which aims to give disabled children and young people independence to support an active childhood – at home, at school and at play. The charity aims to do this by providing mobility equipment such as powered and manual wheelchairs. But having the right wheelchair is only the start of a life journey to independence, so Whizz-Kidz decided to put together a series of innovative sessions so young wheelchair users could develop their life skills. This is how the Ambassador Clubs were born! Over the past year, the clubs have been a HUGE success and we are now very proud to say that 32 Ambassador Clubs are running across the UK... one of which is in Leeds!



The Ambassador Clubs aim to give young disabled people a voice on a regional and national level. The sessions provide a space where young people can meet regularly and get involved in lots of exciting projects and training as well as making new friends and building self-confidence.

On 26th Oct 2011, the ambassadors presented their ideas to a group of professionals and Rev Alan Taylor, the Lord Mayor of Leeds. After speaking with the ambassadors and hearing their presentation, Alan's comments were:

"What a wonderful day. Thanks for all you do to make Leeds such an inclusive city."



The Leeds group are now helping to promote the Whizz-Kidz national campaign called 'Fast Forward'. Whizz-Kidz wants the government to "fast forward" the reform of children's wheelchair services so that every disabled child receives the right wheelchair, at the right time. We need 100,000 signatures to have this issue discussed in Parliament so we need your help!

Please sign the petition on: whizz-kidz.org.uk/fastforward



The Leeds Ambassador Club is now moving onto its second phase of clubs and we want as many young people to benefit from the sessions as possible! The clubs are held at the fantastic Armley Leisure Centre every other month from 10am-3.30pm (during school holidays or on a Saturday). As the clubs become more popular, places are becoming increasingly limited so sign up ASAP and come and join the fun!



For an application pack or any further enquiries about the Leeds Ambassador Club please contact: Ruth Madeley, Ambassador Club Coordinator (North England) on: 07795 325 928
Email: r.madeley@whizz-kidz.org.uk



Leeds Community Healthcare **NHS**
NHS Trust

Leeds Community Children's Physiotherapy Service are a specialist team of Physiotherapists and Physiotherapy Assistants that work within the community of Leeds.

We work within many different settings including S.I.L.C's (Specialist Inclusive Learning Centres), Mainstream Schools, Nurseries and Child Development Centres and within the family home.

We work with children from 0-19 with long term neurological and developmental conditions including Cerebral Palsy, Muscular Dystrophy, Developmental Delay, Developmental Co-ordination Disorders (D.C.D) amongst other syndromes.

We work with parents, carers and families to manage their child's condition.

We provide specialist assessment and where appropriate provide individual and group treatment. We also provide individual postural management programmes.

We advise, train and educate parents, carers, schools and other health professionals. We provide written reports for educational statements and school annual reviews.

For more information search for our service leaflet on Google or visit: www.leedscommunityhealthcare.nhs.net

Knowing what you are entitled to and how to get it is important. If you aren't sure about what to claim or how to claim, it the Welfare Rights Unit can give you more information.

It is best to give them a call first and talk to a member of the customer services team, then if you want more information you can book into one of the surgery sessions to have a face to face chat with a Welfare Rights Worker.

The Welfare Rights Unit is part of Leeds City Council's Customer Services Team. They offer free, confidential and impartial advice and support on a whole range of welfare benefits.

They can:

- Give you advice and information on a variety of Welfare Benefits and appropriate services and schemes
- Help you to complete claim forms
- Offer guidance and support when making appeals
- Provide talks and displays to statutory and voluntary organisations and groups
- If they cannot help, then they will try to provide details of other agencies who may be able to help

Welfare Rights Team Service Standards

- Our service to you - putting you first
- We will give accurate and unbiased advice and information on Welfare Benefits
- We will aim to visit you, if this is necessary, within 14 days of your request.
- We will make appointments for all home visits, at a date which is mutually convenient and give you the name of the worker who will be calling.
- We will leave a receipt to say what we have done, what else we need to do and what we have asked you to do.
- We will deal with your enquiry on a strictly confidential basis.
- We will monitor customer satisfaction by handing out a questionnaire at the end of each interview.



If you would like to speak to a Welfare Rights Worker you can:

- Call the advice line - see below for details
- Make an appointment to see one at an advice surgery

If you would find it difficult to get to a surgery they may be able to see you at your home - to arrange this please contact the team

Contact Details

Post: 322 Harehills Lane, LS9 7BG
Tel: Leeds 0113 3760452
Email: Welfare.Rights@Leeds.gov.uk

Office Hours

Monday to Wednesday 9.00am – 4.30pm
Thursday 9.00am – 3.30pm
Friday 9.00am – 4.00pm

The Person Centred Planning Pilot in Leeds has arisen from the local response to the National Transitions Support Programme. So to continue to build upon the work already achieved in Leeds, Leeds Social Care, Leeds Education and Connexions submitted a joint innovations and opportunities bid to the National Transitions Support Programme. The bid was successful and Leeds was awarded funding of around £10,000 to take these initiatives forward. Building on work that had already been completed with schools and services on the transition process for disabled young people it was decided that the main focus of work would be directed towards developing Person Centred Reviews which were then piloted in schools.

Parents who attended one of these new style reviews at Broomfield SILC at the invite of their son told me that they were open minded about the review and were looking forward to it as they felt it would benefit their son, although they were nervous as they knew this would be a pilot and something new.

They liked that there were positive comments made and an action plan drawn up which everyone was working towards. They liked the fact that there was a relaxed atmosphere and 'nice' things were said with no negativity.

They felt that the young person's review was more in depth and gave their son the opportunity to contribute.

One individual who was supported through this new review was Jack Cooper aged 14 who attends Ralph Thoresby High School.



He told me that he felt more confident in the review and that his points were getting heard. He told me that everyone he wanted to attend was there and the adults wanted to know what he wanted and it wasn't a case of "everyone asking my mum about me".

He said that he "liked the posters and papers on the wall for everyone to see rather than having papers only adults read". Jack expressed to me that it made him feel more confident and he liked being asked about himself.

"It has taken a long time to get off the ground and we are implementing this approach with enthusiasm" said Kal Gill.

Kirsty Quayle ISEN Officer – Children's Services said that *"the outcomes and feedback of the pilots have been very positive, and a plan for the dissemination of this work will now take place. It is expected that the schools involved in the pilot will embed these person centred reviews into their current practice and support others in running with these"*.

Final words must go back to Jack Cooper who was keen to tell me that *"everyone should have a review like this as it could benefit other people and adults listened"*.

Buzz Careers Convention

Where: John Charles Centre for Sport on Tuesday 7th February 2012.

When: 9:30am and 1:30pm

The Buzz Convention is aimed at young people with learning, physical emotional or behavioural difficulties, from both special and mainstream schools. These young people are likely to need a supportive learning environment or embark upon a discrete special needs college course. The event is also open to parents and carers to enable them to find out about post school options for the future.

For more information contact Marianne Tharby on 0113 2204864 mobile 07787 281686 Email marianne.tharby@prospects.co.uk

The Parents/Carers' Guide to The Annual Review

The annual review is a meeting that must be held once a year, the purpose of which is to monitor and evaluate the effectiveness and relevance of a child or young person's statement. It is only through the annual review process that any recommendations for changes to a child/young person's statement can be made.

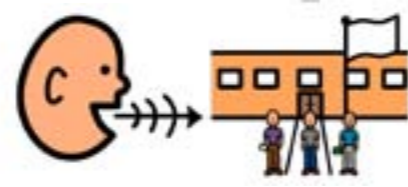
It is important that the review of the statement should involve the pupil, parents/carers, the school, LA and all professionals from other services who are involved with the child or young person.

The SEN Code of Practice advises that where a school/setting identifies a pupil whose needs change rapidly or is at serious risk of disaffection/exclusion, then an interim/early review should be called.

The Year 5 Annual Review should involve an Educational Psychologist – it is the schools responsibility to ensure that the EP is involved. At the Year 5 review all involved with the child need to be looking at the type of provision that will be required for the child when they start secondary school. This gives parents the opportunity to consider the school that they would like to make their preference at the Year 6 Review.

The Nursery Year 2 and Year 6 Annual Review must be carried out by the 30th November of the academic year when the child is in Nursery year 2 or Year 6. This is because the law requires that a statement must be amended to name the intended placement by February 15th in the year of transfer.

This will ensure that, if parents are not in agreement with the proposed school, any appeals can be resolved well before the pupil is due to transfer. The child's Casework Officer from the LA must be invited to the review to support the process.



Parents/carers contribution to the annual review process is extremely valuable. It is your chance to comment and discuss your child's progress and the provision in place to meet their needs.

Schools should be asking parents/carers to contribute either by submitting their own report or asking them to complete the annual review parental feedback form. This form asks for parents/carers views on whether they feel their child has made progress, whether part 2 of the statement accurately reflects their child's needs, if parents/carers are happy with the provision their child is receiving etc.

At the annual review the parent/carer also has an opportunity to make recommendations for any changes they want making to the statement – this could be the inclusion or deletion of objectives/provision or indeed a change of placement. It is only through the annual review process that recommendations to the types and quantity of provision within the statement can be made.

The Parent Partnership Service are available to support parents/carers in the annual review process should they need it.

At the annual review the parent/carer also has an opportunity to make recommendations for any changes they want making to the statement. It is important to highlight that should a recommendation be made to change the type of provision in a child/young persons statement then an Educational Psychologist should have been involved with the child and have submitted a report as part of the review process.

For more information about Educational Psychologist see the Integrated Support and Psychology Service on page 10.

Sunshine and Smiles – Leeds Down's Syndrome Support Network

Earlier this year a group of parents in Leeds who have children with Down's Syndrome thought: 'wouldn't it be great if we could set up a support network in Leeds for parents, carers and families who have a child or young person with Down's Syndrome.'



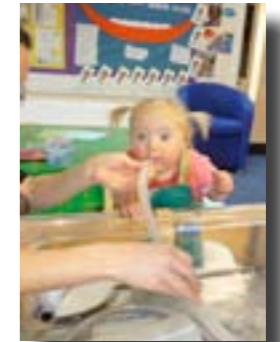
So after getting together a committee of parents and looking around for a suitable venue we are pleased to announce a fantastic, new group in Leeds offering support and activities for families of children with Down's Syndrome.



The group has been set up by families, for families and we meet every Monday from 1pm – 2.45pm at Moortown Children's Centre offering informal support, sharing experiences, advice, having fun and making new friends. The Children's Centre is a great venue and the staff are very friendly and helpful.



- We have activities for children; musical instruments, tactile play, water play, painting and siblings are welcome too.



- We have a sensory room and a quiet space to talk if needed. Tea, coffee, juice and other refreshments are also available. We plan to have more weekend activities and have had two picnics over the summer at the new Temple Newsam Physcap play area and at Roundhay Park which were great fun... if a little wet!!



- Some of the comments we have had from families: 'it's good to meet new friends for us and the children' 'it's really helpful to be able to get advice from other people in similar situations'.

- We also have a Facebook group which is totally private where people can ask advice and get support. Come and join us at:

• *Moortown Children's Centre, Moor Allerton Primary School, Lidgett Lane, LS17 6QP.*

• *For more information or to get involved please contact Ailith Harley-Roberts
Tel: 0113 226 8457 Mob: 07725 041601 Email: sunshineandsmiles@virginmedia.com*

Leeds Parenting Unit

Leeds Parenting Unit

The Leeds Parenting Unit is a small team supporting all partners in Children Leeds.

The Parenting Unit is responsible for:

Parent Link Register

The Parent Link Register aims to link the voices of parents/carers in Leeds to those who make decisions about the services that are available to families across the city.

By signing up to the Parent Link Register you are saying that you would like to have a say and get involved in helping to shape the future of services for children and their families in Leeds.

If you are interested in signing up to the Parent Link Register please contact the Parenting Unit on 0113 22 43696 or Email parentingunit@leeds.gov.uk

EPIC Leeds

Train the Trainer

Leeds City Council (Workforce Development Team) and EPIC Leeds parents/carers have starting working together in an exciting new project which has led to seven parent/carers becoming qualified to deliver training sessions to Children Leeds employees.

This was a new direction for the trainees who embarked on this program at the beginning of 2011. It will enhance the existing training team and offer a new and very real perspective to the sessions which will be based on disability and will be provided to employees of the local authority, voluntary sector and other organisations which provide Short Break activities.

Some of the trainees were no strangers to delivering training, whereas others were complete novices and this gave the working group a good balance over the duration of the training that they had to undertake.

Evidenced Based Parenting Programmes

Being a parent or carer can be one of the most rewarding, but most difficult things we undertake. In Leeds we want to give every parent and carer the best possible support to fulfil the challenges of their parenting role. In doing this, a number of parenting programmes have been rolled out across the city.

The Parenting Unit co-ordinate the programmes taking place across the city, a full list of programmes available to parents/carers can be found on the Family Hub website or you can find out more by contacting the Parenting Unit on 0113 22 43696 or Email parentingunit@leeds.gov.uk

For more information about the work that the Leeds Parenting Unit do please visit our section on the Family Hub website www.thefamilyhubleeds.org

Leeds City Council also invited eight professional trainees who were drawn from across the NHS, Social Care and Education and they had chosen to make the commitment to working on this new project alongside their regular roles.

We as parent/carers are looking forward to the actual sessions beginning in February/March 2012 and to getting an opportunity to work with the people who will attend the learning sessions, who hopefully will have a greater understanding of the reality that we all face daily in life and these will be the people who are delivering 'short breaks' to the children of Leeds.

Each session will have two training facilitators and will have approximately 15-20 attendees. They will be based around Leeds and will be accessible to everyone working with children and young people across the city.

We will provide updates regular as this new scheme develops and gathers momentum.

Contacts

Article	Contact	Telephone	Email	Web/ address
Marketplace	The Family Hub	0113 247 4386	family.hub@leeds.gov.uk	www.thefamilyhubleeds.org.uk
Technology - Apps	ABC		info@abcleeds.org.uk	www.abcleeds.org.uk
More from the Marketplace	Carers Leeds	0113 246 8338	info@carersleeds.org.uk	www.carersleeds.org.uk
	Include	07505 127 631	jenny-harris@blueyonder.co.uk	
	PHAB	01937573722		phab-leeds.org.uk
	Aware		jo.galasso@tesco.net	www.awareuk.org
	VI Team	0113 395 1111		
	Action for Blind	0113 386 2800		www.actionforblindpeople.org.uk
	Parent Partnership Service	0113 395 1200	education.pps@leeds.gov.uk	www.leedsparentpartnership.co.uk
	Sitting Service	0113 247 8584		
	ISPS	0113 395 1100		
EPIC		07889728403	epicleeds@gmail.com	www.epicleeds.org.uk
Changing Places				www.changing-places.org
Sport	Ross Bibby	0113 395 0159	ross.bibby@leeds.gov.uk	www.leeds.gov.uk/disabilitysport
Winter Events	West Yorkshire Playhouse	0113 213 7700		www.wyp.org.uk
	Carriageworks Theatre	0113 224 3801		www.carriageworkstheatre.org.uk
	Ice Cube	0113 224 3801		
Leeds United Foundation		0113 367 6307		

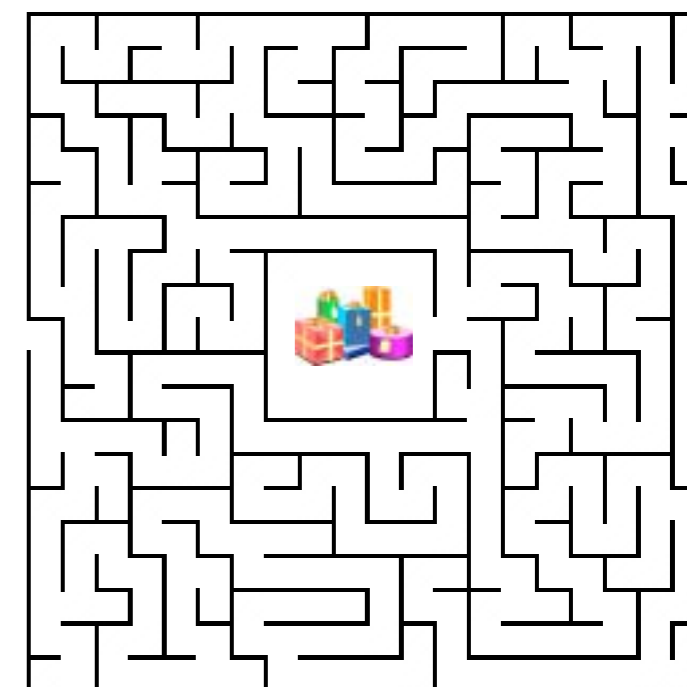
Article	Contact	Telephone	Email	Web/ address
ABC Youth Groups		0113 279 5142	info@abcleeds.org.uk	www.abcleeds.org.uk
Include	Verve club	0113 399 3202	jo.bedford@operanorth.co.uk	
Little Hiccups		07831 230 741	info@littlehiccups.co.uk	www.littlehiccups.co.uk
Foetal Alcohol Syndrome				www.fasaware.co.uk
Meet the Team	Jason Tutin		jason.tutin@leeds.gov.uk	www.leeds.gov.uk/boardmaker
Leeds Community Healthcare				www.leedscommunityhealthcare.nhs.uk
Whizz Kidz	Ruth Madeley	07795 325 928	r.madeley@whizz-kidz.org.uk	www.whizz-kidz.org.uk
Welfare Benefits		0113 376 0452	welfare.rights@leeds.gov.uk	
Transitions Team		0113 395 1617	transitions.team@leeds.gov.uk	
Buzz Convention	Marianne	0113 220 4864	marianne.tharby@prospects.co.uk	
Sunshine and Smiles	Ailith	0113 226 8457	sunshineandsmiles@virginmedia.com	
Parenting Unit		0113 224 3696	parentingunit@leeds.gov.uk	

Remember you can always contact us here at the Family Hub with any questions about services included in the magazine and many more not in this issue!

www.thefamilyhubleeds.org.uk
family.hub@leeds.gov.uk
0113 247 4386 / 0800 731 0640

Santa has lost all his presents on the way to delivering them.

Using a pencil can you help him find his way through the maze to the presents and help him save christmas?



As the festive season is approaching, here is a special wordsearch. The 16 words below are hidden somewhere in the wordsearch and it's up to you to find them. Enjoy!

- CRACKERS
- FAMILY
- GOODWILL
- HOLIDAY
- MISTLETOE
- PANTOMIME
- PRESENTS
- REINDEER
- RUDOLPH
- SANTA
- SKATING
- SNOWBALL
- SNOWMAN
- TINSEL
- TURKEY
- WINTER

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P K J H P F Q L W C E Y M P Z
S R P P X L L E L A A K A W N
M P E C R A B L E D B N V A G
O I W S B R I H I M T J M S N
J L S W E W E L P O C W Y L I
S H O T D N O I M L O B E W T
W N L O L H T I N N O S A Z A
S S O P Z E M S S D N D F E K
C G Y D X E T N D I E C U Q S
Y L I M A F T O T G V E N R W
W X C B R C Y O E J J O R S I
A I L H Y C R A C K E R S A N
K U Y E K R U T X P D R C N T
L N H I U U W R V S H G V T E
U Z Q O B X S Z Z Y Q G J A R
    
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Childcare

Services for Families

Sport and Leisure Activities

www.thefamilyhubleeds.org

0113 247 4386

0800 731 0640

The Family Hub is a Leeds City Council service working with the Children Leeds partnership.



Where Can I Find . . .

Parent & Toddler Groups?
Childminders?
Out of School Schemes?
Holiday Schemes?
And More

I Need Advice On . . .

Legal Advice
Financial Matters
Drugs and Alcohol
Counselling
And More

I Want To Find . . .

Group Activities
Youth Clubs
Football Clubs
Dance Classes
And More

Family Hub Services
6th Floor East
Merrion House
110 Merrion Way
Leeds
LS2 8DT