



## Thomley Notice Board

*Hi all. We hope this new addition to our newsletters is helpful. We plan to send out these Thomley Notice Board updates every 6 months, the aim of which is to pass on information we think might be of interest. Please note that we cannot verify the quality of the services offered and recommend you find out further information directly from the organisers.*

### Parent discussion groups at Thomley

#### **Creative play through drama and dance - 1pm Saturday 12<sup>th</sup> May**

We are restarting parent discussion groups at Thomley and, depending on popularity, will begin with a series of workshops focusing on 'creative communication with disabled children', run by Morag Scally. Morag is a very dynamic trainer regularly used by the British Institute of Learning Disabilities. Although we are in early stages of planning, we would like to tell you about our first workshop focusing on 'creative play through drama and dance'. Workshops will have space for a maximum of 12 parents and will combine both discussion and practical activities. We think it will go a bit like this, but we will update you as soon as we know more:

- 1-2pm discussion and training (without children, N.B. your children will need someone to supervise them whilst you are attending this part)
- 2-3pm practical activities (with children)
- 3-3.30pm plenary

If you would like to provisionally book a space or comment, please contact Claire or Milly on 01844 338380.

### Training

#### **Training and support programme involving simple massage techniques**

The training and support programme (TSP) is designed to equip parents of disabled children with simple massage skills that they can use at home with their children. The TSP consists of 7 weekly, 1 hour sessions and an initial telephone consultation with the parent. During each of the 7 sessions, parents will learn how to carry out gentle massage on their child. TSP is delivered by qualified massage therapists. Research has shown that TSP improves sleep patterns, bowel movements, mobility, reduced muscle spasm, balance and relaxation.

TSP is linked to a research programme based at Coventry University. They are currently researching TSP delivered to children with cerebral palsy, aged between 5 and 18 years. The team are planning to offer TSP in our area and are keen to use Thomley as a base. Sessions will be free although you will be expected to complete a short questionnaire. **Depending on the uptake of this opportunity, we are hoping to hold these sessions at Thomley on Saturdays.** If you are interested in taking part, please contact Dr Lesley Powell on 0247 688 7498 or email [l.powell@coventry.ac.uk](mailto:l.powell@coventry.ac.uk), or Laura Swaby on 0247 6887454 or [l.swaby@coventry.ac.uk](mailto:l.swaby@coventry.ac.uk).

#### **Brain Gym - 26<sup>th</sup> April 8pm (High Wycombe area, venue to be confirmed)**

Hilary Dowling (qualified brain gym instructor) is providing a practical workshop helping the brain and body work more effectively together which helps to stimulate neural pathways minimising problems of ASD, dyslexia, dyspraxia and attention deficit as well as boosting confidence, memory, concentration, body coordination and filtering of sensory information. For more information see [www.braingym.org](http://www.braingym.org) and contact Simone Monk on 01753 655848 or [simonemonk@aol.com](mailto:simonemonk@aol.com). £3 recommended donation, booking is essential.

#### **Baby signing - learn how to communicate with your baby before they can speak**

This course is targeted at babies between 5-18 months. It aims to reduce your baby's frustration by enabling you to understand and meet your baby's needs, thus leaving you and your baby more relaxed. Classes cover approximately 100 signs in an easy and informative way incorporating stories, songs and puppets to engage your baby. 6 week beginners classes in Thame beginning Monday 16<sup>th</sup> April - 11am, £40 per family. Saturday workshops coming soon. For more information, contact Shelly Ensor on 07980 536318 or [shelley.ensor@babysigners.co.uk](mailto:shelley.ensor@babysigners.co.uk).

### Seminars

#### **A complete guide to Asperger's Syndrome with Tony Attwood and Genevieve Edmonds - 11<sup>th</sup> May, Bristol**

The seminar will explore Asperger's Syndrome (AS) in terms of both clinical practice and personal experience. Topics will include current understanding of AS; diagnosis and the impact on the individual; social (PTO)

understanding and friendships; teasing, bullying and vulnerability; theory of mind; the understanding and expression of emotions; special interests; language and communication; cognitive abilities; motor and sensory differences; an individual perspective on living with AS; continuing education and careers; and relationships. The conference will be held at The Hilton Bristol Hotel, Bradley Stoke, Bristol. Costs are £130 for professionals and £80 for parents. For booking details contact 01246 583826 or email [autism.centre@virgin.net](mailto:autism.centre@virgin.net)

## Funding

### The Family Fund:

One of our families successfully received £1,000 from this fund towards a holiday. For eligibility and application procedures, see [www.familyfund.org.uk](http://www.familyfund.org.uk) or call 0845 130 4542.

- The Family Fund champions an inclusive society where families with disabled children have choices and the opportunity to enjoy family life.
- The Family Fund is open to families with children and young people aged 15 and under who have a severe disability or serious illness.

### Helping Children Locally:

One of our families received money for a bubble tube. For eligibility and application procedures, see [www.helpingchildrenlocally.org](http://www.helpingchildrenlocally.org) or call 01604 648700

The fund places no limit on the types of disadvantage that can be considered for help so long as one of your affected children is under 18 years of age. This may include children who are affected by their own disability, impaired learning abilities, the disability of their parents, pressure upon income or any other cause. Examples of what they might fund are: equipment that cannot be readily accessed elsewhere, a respite break, educational facilities, therapeutic services, help with transport needs.

## Holiday places

**The Peanut Project (a family guest house in Blackpool)** takes bookings from families with children with autism, aspergers or other learning disabilities. They are not yet fully accessible for children with physical disabilities but are planning to become fully accessible by August 2007. Call Kate Bethel on 01253 622066 for more details.

## Government campaigns

### Every Disabled Child Matters campaign

Please ask everyone you know to sign up to the campaign at [www.edcm.org.uk](http://www.edcm.org.uk)

### Short Breaks Bill

A Bill to get families a right to short breaks has fallen however the campaign continues and needs your help to ensure the Government delivers its promise to improve services for disabled children through the Comprehensive Spending Review 2007 (CSR 07). This will set public spending for three years from 2008-11 and should include new resources within services for disabled children. You can take action by visiting [www.edcm.org.uk](http://www.edcm.org.uk) and clicking on 'get involved'. Two key actions you can take are:

- 1) Lobby your MP and ask them to write to Gordon Brown, asking how the government intends to deliver their commitment that disabled children will benefit from the review.
- 2) Tell the government directly what you think the priorities should be in the CSR.

### 'Equality for Disabled People: how will we know we are making progress?' - Government consultation

The Government is committed to achieving equality for all disabled people in the UK by 2025. The consultation involves disabled people in deciding what equality would look like and how progress should be measured. The consultation also looks at key areas including early years and family support; the transition to adulthood; employment and independent living. Have your say before 9<sup>th</sup> May. The consultation paper is available on [www.officefordisability.gov.uk/consultations](http://www.officefordisability.gov.uk/consultations)