



Thomley Notice Board

This is the 3rd edition of our "notice board" which aims to pass on information which we think might be useful. Please note that we cannot verify the quality of the services offered and recommend you find out further information directly from the organisers.

Activity days

Soundabout Communication - 'Sun Space' Festival for children under 16yrs of age - Saturday 10th May & 14th June (10.30am-12.30pm or 2pm-4pm); and two sessions for children of under 8yrs of age on 17th May & 5th July (2pm-4pm). £7.50 per family, booking is essential. Soundabout uses music to unlock the potential of young people with severe disabilities. For more information call Soundabout on 01844 338898 or visit www.soundabout.org.uk Soundabout is based on the same farm as Thomley Activity Centre. You are welcome to visit us on the same day!

Training for parents and professionals

Puzzle Pre-school training workshops (10am-12 noon, parents £5 & professionals £10) - Monday 9th June 'Sensory difficulties and sensory solutions' led by Kath Ayre (OT) and Lesley-Ann Martin (Specialist Teacher); Thursday 26th June 'Managing behaviour' led by Alex Stanyer (Specialist Teacher); Tuesday 8th July 'Visual help for the holidays' led by Becky Ralphs (Speech & Language Therapist). To book, contact 01296 733900 or mandylawer@puzzlepreschool.co.uk

Carers Bucks - Free learning opportunities for carers - Thursday 15th May 'Providing for the future through Will and Trusts' (High Wycombe 1.30-3.30pm); Monday 19th May 'The Mental Capacity Act' (Aylesbury 1.30am-12.30pm); Tuesday 27th May 'Indian Head Massage' (Denham Green 1.30-3.30pm); Friday 30th May 'Benefits Advice for Carers - are you claiming everything you are entitled to?' (Burnham 12.00-2.00pm); Tuesday 3rd June 'Head and Hand Massage' (Haddenham 10.00am-12.00pm). To book, contact 01296 392711.

Parent support - useful e-bulletins

Oxfordshire Family Support Network (OxFSN) provides comprehensive e-bulletins of useful information about disability related campaigns (e.g. Every Disabled Child Matters), consultation exercises, meetings and discussion workshops etc. To receive bulletins, contact Gail Hanrahan on gail@oxfsn.co.uk. OxFSN aims to promote the involvement of parents & family carers working in partnership with professionals and voluntary bodies across Oxfordshire to promote the independence of all people with learning disabilities and to improve the quality of life for them and their families. For further information visit www.oxfsn.co.uk

Oxfordshire Learning Disability Partnership Board also provides a lot of information out about what's going on in Oxfordshire to make the lives of people with learning disabilities better. To receive regular bulletins contact Eddie McDowell on partnership.board@ridgeway.nhs.uk or visit www.EasyWords.co.uk

Contact a Family offers a number of different e-newsletters which can be sent via e mail or read online. To subscribe go to <http://lists.cafamily.org.uk/lists/?p=subscribe&id=2>, or to read online visit their website at www.cafamily.org.uk/whatsnew.html

- **General** - monthly newsletter about Contact a Family work & news relevant to families with disabled children
- **Rare Disorders** - bi-monthly newsletter specifically aimed at parent support groups, professional workers and anybody interested in policy issues concerning rare disorders
- **Parent Participation** - bi-monthly newsletter for anyone interested in facilitating and developing the involvement of parents of disabled children in shaping local services. It offers useful resources and news from around the UK.

Funding

Oxfordshire Community Chest - Helps individual children aged 5-13 in Oxfordshire to take part in out of school activities. The scheme is intended for children who could not otherwise access activities because of cost, disability, transport difficulties or lack of equipment. Contact Jacqui Malone on 01865 256646.

Frank Buttle Trust www.buttletrust.org - grants to make a positive contribution to the lives of children & young people when their safety, health or development are at risk. The grants provide necessities such as clothes, beds, bedding, essential items of furniture and household equipment. On occasion, the Trust funds short-term therapy costs. Contact 0207 8287311 or info@bettletrust.org

Holiday Places

The Bruce Trust hires purpose-built, wide-beam canal boats on the Kennet and Avon Canal, for self catering holidays by disabled, disadvantaged or elderly people and their carers. The Kennet and Avon canal runs through Berkshire and Wiltshire, from the River Thames at Reading to the River Avon at Bath. For further information see www.brucetrust.org.uk or contact 01672 515498 or enquiries@brucetrust.org.uk

Cerebra offer holiday homes in Pembrokeshire to brain injured children and their families (free to members of Cerebra). Cerebra can also arrange extra support for cleaning, nursing care, baby sitting etc. Due to popular demand, book well in advance. Contact 0800 3281159 or www.cerebra.org.uk

Calvert Trust (Challenging disability through outdoor adventure) provide accessible outdoor activity breaks and courses in Exmoor, Kielder and Lake District for people with disabilities, together with their families and friends. See www.calvert-trust.org.uk

Research

DIPEX - Families' experiences of caring for a child with cerebral palsy - An Oxford University research group would like to interview around 40 parents of children with cerebral palsy, aged 5 - 11 years. If you would like more information about this research please contact the DIPEX researcher on 01604 544263 or email Eleanor.Thomas@ngh.nhs.uk for an information pack. DIPEX www.dipex.org is a website that has people's stories of health and illness; information about tests and treatments; helpful support groups & other materials. The idea is that DIPEX will help people to understand & cope with health problems and issues; know what really matters to people when they are facing health issues; and answer common questions and provide information.

Other useful information

Williams Syndrome Foundation regional coordinators are Nick and Susan Davis (based in Witney). They welcome any family to get in touch on 01993 708134 or nickandsusan@tiscali.co.uk.

ID wristbands and bracelets with parents' contact details on the inside, so a missing child can easily be returned. www.identify-me.co.uk

A Helping Hand DVD offers practical self help and support for teenagers with Asperger Syndrome and their carers. Based on real life experiences, the programme uses down to earth strategies and easy to follow advice in everyday language on issues including recognising body language, introductions, holding a conversation, figures of speech, mixed messages and sarcasm. To order contact 07518730055 or www.aspergers-ahelpinghand.com

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