



## Upcoming dates (Opening hours 10am-3.30pm)

21st - 22nd March - Closed for Easter

8th - 19th April - Spring Holidays - See holiday planner for details of activities.

15th April - Teenager day - for 12-19 year olds, plus their siblings

15th April - Parent discussion group - 'Preparing for transition' (see details below)

Book early to avoid disappointment on 01844 338 380 or [bookings@thomleyhall.org](mailto:bookings@thomleyhall.org)

If you are coming with fewer than originally booked, please let us know so we can offer places to others.

## 'Preparing for Transition' - 15th April (1.00 - 2.30pm)

Facilitated by Gail Hanrahan

(Gail is a mum with first hand experience. She also works at Oxfordshire Family Support Network and Contact a Family)

This is the first of 2 (possibly more) discussions for families with disabled teenagers approaching adulthood. These discussion groups will be informal, flexible and led by you. They may cover topics such as...

- Things you need to think about
- When you need to start preparing
- The rights of you and your child during transition
- Available services and support structures
- Things you are likely to have to fight for and who can help

PLEASE BOOK IN ADVANCE.

N.B. If coming with your child, you will need to bring someone else to supervise them whilst you are in the workshop.

## Raising awareness about disability

We have recently been approached by families asking how they can explain disability to their children. Thomley staff are always on hand if needed, but we would also like to involve our families in raising awareness about disability... we need your help!! We are thinking of compiling a booklet giving explanations provided by our families about their child's disability. Let us know what you think of the idea and we will start to put some ideas together on Saturdays.

## Birthday parties

Birthday parties at Thomley have recently become incredibly popular. We are delighted that you have introduced so many new people to the centre, thank you. However some children still prefer Thomley's quieter days, so we have decided to have a **'party free zone'** on the **last Saturday of each month**. So just as a reminder about which days you can book your parties on...

- **1st Saturday (or Fridays in school holidays)** - Community parties i.e. parties for any child
- **1st, 2nd or 3rd Saturday (or any day in school holidays)** - Parties for disabled children and their siblings
- **Last Saturday** - Party free zone

### Birthday food and drink....

- Many of our visitors have food intolerances or serious allergies. Please do not agree to share your food. If necessary you may need to move your food away from a child.
- **NO ALCOHOL PLEASE** - Sorry to be dull, but we hope you'll understand!
- Please be aware that our cooking facilities are limited. We recommend that you pre-cook birthday food. The oven is OK for heating things, but not cooking from scratch!



### Sharing Thomley's ethos...

We have had feedback from families attending birthday parties that they had not known what to expect, being previously unaware of Thomley's purpose or ethos. We therefore plan to give you a pile of Thomley leaflets to accompany birthday invites, thus giving people an idea of what we are about. We do however encourage you to explain to new families that disability is not always visible or obvious, and we hope that all visitors will be patient and understanding, and ask staff if they have any concerns.



## Thomley's first ever dad's and male carer day

Well what can we say.... it was a big hit. We had 23 families on the day, with a total of 17 dads and male carers! Our woodworker, Paul, helped the kids (and dads) make tardises, daleks (a favourite wood-work trend) and even dolls to dress up!

We provided a variety of father focused information which is still available if you are interested. Our male volunteers particularly enjoyed the day as they were, for once, not outnumbered! The day was such a hit that we are planning the next ones on 7th June and 9th August.



## Thomley evaluation

We would be grateful if you could take 15 minutes to complete the enclosed questionnaire. Your feedback is really important to us, so we have enclosed a 'stamped addressed envelope' to help you. This is quite pricey for us to do... so... please, please fill it in and send it back!

### Pre-School Days

8th April

13th May

10th June

### Adult Days

1st April

6th May

10th June

## Making Thomley toilets more accessible...

### Suggestions so far!

(The list is in the toilet area so please continue to add your comments)

#### Toilets

- Cubicle to be big enough for parent and child to go in together (with high lock to avoid exposure of parent!) or 1 cubicle with 2 toilets i.e. a big one for the parent and a small one for the child
- Sliding doors to save space
- Side supports on toilets so that child can be left alone or supportive toilet that fits over normal toilet (i.e. toilet/potty chairs)
- Small toilets
- Hand dryer not paper towels

#### Changing bed

- Changing bed with access from all sides, including feet end. This will mean that 2 carers can help
- Hydraulic height adjustment to assist with older/taller/heavier people

#### Hoist

- We have little feedback so far about whether you would prefer ceiling tracked hoists or manual ones. We plan to put in ceiling tracking... any objections???

#### Good examples we should look at

- John Watson Kids Club, Helen House and Viking House... any other recommendations?

### Wish list...

- Electric sewing machine
- Jam jars with lids
- CD machine
- Volunteer for care of our minibus

### HOW TO CONTACT US



[www.thomleyhall.org](http://www.thomleyhall.org)

THOMLEY ACTIVITY CENTRE

MENMARSH ROAD

WORMINGHALL

BUCKINGHAMSHIRE

HP18 9JZ

TEL/FAX: 01844 338380

[enquiries@thomleyhall.org](mailto:enquiries@thomleyhall.org)