

## **Kendal Family Drop-In Centre news: January 2013**

*Including.....*

- *January 3<sup>rd</sup> Play scheme day*
- *Saturday at Sandgate School 11am to 1pm*
- *Saturday 16<sup>th</sup> February 2013 and February half term school holidays.*
- *Signalong: sign supported speech*
- *Triple P group positive parenting courses*
- *Thursday 31<sup>st</sup> January 2013 - ADHD*
- *Training day Workshop on Autism run by Marion Jones*
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- *Learning to change meeting and information day*
- *Sparkly Sensory session. The first Wednesday of the month*
- *Boccia: sessions*

### **January 3<sup>rd</sup> Play scheme day**

39 people joined us on the 3<sup>rd</sup> January for a day of family fun. We had some funky “punk” penguins created in the art room, home made carrot and coriander soup with a roll in the food tech room, pamper with Tracey, a swim in the hydrotherapy pool and magical musical Keith with the soundbeam equipment. The soft play area was put to good use and there were a few games of hide and seek and friendly dodge ball.

I was sorry some of you were unable to come due to illness but thank you for contacting me to let me know and of course for not sharing your germs! There are a number of very nasty bugs going around at the moment so please take care of yourself and for those under the weather wishing you a speedy recovery.

As always thank you so much to those who came down to help at the play scheme: especially to Hannah, Jenny, and Emily and our young volunteers Chloe, Kirsten, and Kyle who worked their socks off!

### **Saturday at sandgate 11am to 1pm**

These are the dates for the Saturdays during January starting the 5<sup>th</sup>, 19<sup>th</sup> and the 26<sup>th</sup>.

We thought it would be a good idea to make some soup so if you want to join us please let me know in plenty of time so I can buy the required number of ingredients. If you have a great idea for a family favourite soup recipe....I would love to hear about it.

### **Saturday 16<sup>th</sup> February 2013 and February half term school holidays.**

Apologies: There will be no session at Sandgate School on Saturday 16<sup>th</sup> February 2013.

We may also have to downsize a little for our February half term play scheme when the school may be having alterations. On this occasion it would be safer for the premises to be vacant. I am meeting with Richard to discuss how we may proceed.

### **Signalong: sign supported speech**

For the January to March 2013 term I will be delivering the **Phase 1** (Thursday) and **Phase 3** (Tuesday) as evening courses.

For the Summer term (April to July 2013) on a Thursday evening I will be running **Phase 2 in Ulverston** and introducing a new course on the Tuesday evenings in Kendal covering **Life processes**. To be eligible for the Life processes course you must have achieved Phase 1, 2 and 3.

### **Triple P group positive parenting courses**

There will be group courses running during the Spring term. The first is for parents who have not been on a stepping stone course previously. This will be run on a **Wednesday starting on 23<sup>rd</sup> January** 2013 at the Kendal family Drop-In Centre from 9.30am.

The second course is for families who have completed a triple p course who would like to refresh and re-look at new strategies for

coping. Let me know if you are interested so we can negotiate a day suitable for all.

The next meeting for the **Kirkby Lonsdale triple p group** at Kirkby Lonsdale Health Centre will be on Monday 21<sup>st</sup> January 10am until 12noon.

### **Thursday 31<sup>st</sup> January 2013 - ADHD**

10am at the Kendal Family Drop-In centre. This session is a drop-in for families with a child with a diagnosis of ADHD (attention deficit hyperactive disorder) and/or ADD (attention deficit disorder) Please call in to find out more about support in the Kendal area.

### **Training day Workshop on Autism run by Marion Jones**

Marion will be holding a workshop on **Thursday 7<sup>th</sup> February** in Kendal (Kendal Family Drop-In Centre) starting at 10am to 2pm for families with children with Autism. As usual a "Jacobs join" is planned (bring a plate to share at lunch) and if you could let me know when you book your place what savory/sweet plate you will bring and if you have any special dietary needs it will help with the planning. There is no cost for the workshop. Please ring Shirley on 07795346632 to book or for more information

### **What Now? Course**

There is a "What now" course - a programme for parents of children with autistic spectrum disorders starting on Thursday 17th January 2013 from 7 to 8pm at Sandgate school Sandylands road, LA9 6JG. This day is an introduction. More details can be obtained from 01539 795904 / 07770492470.

### **Learning to change meeting and information day**

The "Learning to Change" meeting for south lakes is on Wednesday 9<sup>th</sup> January at the Kendal Family Drop-In Centre 10am to 12 noon.

The next "Learning to change" event is a disability information day and we would like **volunteers to help** organize. This is

scheduled for Friday 1<sup>st</sup> March at the Brewery Arts centre, Kendal 10am to 2pm. Everyone is welcome. If you have not been to one before it is an opportunity to meet with professionals who provide a variety of support services. There will be a wealth of information for your perusal and investigation. For more information please ring Shirley on 07795346632

**Sparkly Sensory session. The first Wednesday of the month**

There is a sensory play session for families with children with additional needs (children aged between 0 to 4 years) at the Kendal Family Drop-In Centre on the first Wednesday of the month with Shirley, Joan and kay. The next session will be on Wednesday 6<sup>th</sup> February at 9.30am to 11.30am. If you know of a family who would like to come, please pass on this information.

**Boccia: sessions**

The Lakes Leisure in Kendal are planning to run boccia sessions for children. The first session is provisionally Feb 2nd which is a Saturday. 10.30—12.00.

Sorry if you expressed a preference for another time but this seemed to be the most popular.

Sessions will be approx £4 each or approx £28 for 8 weeks.

Lakes Leisure will be sending out publicity in early January.

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**For more information about anything within this newsletter please contact Shirley on 07795346632 or E mail [shirley-gipin@sky.com](mailto:shirley-gipin@sky.com); You can also find us on facebook by typing in “Kendal Family Drop-In Centre”**

**That’s all folks.....for now!**