

Aiming High

US

Cumbria
children
County Council
Summer 2010 edition



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For families with children
who have a disability

Pick up your
FREE copy

Introduction

Hi and welcome to the summer edition of Aiming High 4Us. Since our last edition we have had another parents' conference which was fantastic and really well attended by you our parents. Later on in the magazine there is a report on everything that happened during the parents conference just in case you missed it.

The parent forums are still going on around the county and are starting to get some real momentum going and they are now inviting professionals who you have questions for.

As you will have all seen in our supplement sent out in June we have now announced who has received the contracts to offer the Short Breaks in Cumbria with the money awarded for the Aiming High project.

We are also hoping to re-launch the website soon and we are hoping to be able to get a new registration form designed, this will be sent out as soon as it is done and if you could please fill it in as quickly as you can and return it to myself so I can start to get information out to you, that would be great.

We have also decided to show you exactly what you asked for and what we have already done in our, 'You said, We did' section on page 15.

Hope you enjoy reading the magazine.

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Children and Families Information Service
Supporting Children and Families
Cumbria Children's Services
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Workington
Cumbria CA14 5AP
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Jennie Taylor

The inclusion of groups and/or activities in Aiming High 4Us does not constitute a recommendation by Cumbria County Council. Parents and carers are advised to contact groups or activity providers in advance to check that the activities on offer are suitable for their child. Unless stated or made clear in articles, all photos are posed by models.

If you require this publication in another format (eg CD, audio cassette, Braille or large type) or in another language, please telephone 01228 606060.

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে 01228 606060 নম্বরে টেলিফোন করুন।

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Parent's Forum

As I mentioned in my introduction we have now got our parent's forum well and truly set up and running every couple of months.

There is a parent lead in each area with a mobile number to answer any questions you may have. These numbers are as follows:

West

Rachael Davies and Dawn Raynor

07825 099480

Carlisle

Kelly Monks or Joanna Cooper-Holmes

07824 838498

South Lakes

Glynis & Steve Pepperell & Joanna Cartwright

07825 112548

Furness

Jackie Bell

07825 125657

Eden

Hazel Hanley & Sandra Taylor

07825 838505

The next meeting is 16th September 2010
at Kirkby Thore Children's Centre from 10.00am - 12.00pm



As these mobiles are held by parents you may not get an answer straight away, but leave a message and they will get back to you as soon as they can.

I am trying to advertise each meeting as they come up but if you are not receiving information please let me know and I will add you to my mailing list it would also be great if you could specify whether you'd like this information by email or by post.

Learning to Change -

On the 19th April 2010 the third parent's conference was held at North Lakes Hotel in Penrith.

This event was chaired by a parent from Carlisle called Kelly Monks, Kelly is part of the Parent Steering group and together with 8 other parents and the assistance of Contact a Family and Cumbria County Council had arranged this conference. All professionals there were there because they had been invited by the parents.

It is felt that through effective partnership working between parents and professionals, some changes have already been made and the aim of this conference was to share information about what has been happening locally and to look at the next steps of the Learning to Change process.

The locality groups then gave feedback about what was happening in their local areas and the parent leads were pointed out to enable new parents to spot their local lead if they wanted to join the group or ask any questions.

It is felt that the Cumbria model is really helping to move the process of change along in the right direction and its effectiveness can be highlighted by the fact that other areas of Cumbria County Council want to engage with local parents through this process. Eg Connexions are doing some work around transition and will be attending the South Lakes local group to consult with parents.

What has happened so far?

Since the first and second Learning to Change conferences lots of work has been done around information and communication as this was flagged as something they wanted to improve.

In the Aiming High 4Us magazine people wanted more parent's stories. This is now underway and parents stories have been featured in the last issue and hopefully the next issue.

They also talked about getting a texting service to notify them of local events/activities etc. This has now been raised with our IT department within the county council and it is hoped this will be rolled out soon. But because it isn't just for our use this may take some time.



Conference III

The new Aiming High website is currently being written and it's hoped this will go live within the next month. The website will be www.cumbria.gov.uk/aiminghigh

Record4u database a lot of families didn't know about this database or its purpose so now it is going to be re-launched as the Aiming High Network with a much simpler family friendly form to complete.

Sharing information about short breaks you should all now have received a supplement to the Aiming High 4Us magazine outlining which providers have been commissioned to offer short breaks to families with disabled children in Cumbria.

It is thought the next items to be looked at will be Transition, NI54 (a government indicator in parental satisfaction of services) and Short Breaks.

You then told us what had changed most for you. Some of them listed were:

- Not alone
- Networking, meeting more people
- More information available about activities
- Direct payments – having confidence to apply and receiving “me time”
- Personal recommendations of what works – positive feedback
- More shared information
- Chance to meet other parents and realize you're not on your own
- More confident about “Harrassing Professionals” due to shared knowledge
- More activities for children with additional needs
- No specialist instructor in leisure centres
- In Shap parents have to travel to get anywhere
- Respite care developments in West Cumbria
- New parents becoming involved
- More activities available



My DSE Mini Games

My name is Ella and I am nine years old. On May 22nd I went to Leigh to take part in the DSE Mini Games which gives children aged 6-12 years with disabilities a chance to compete with each other in sporting activities.

It was a great day because I learnt new skills and there were lots of different sports activities to do. I made new friends and had a great time at the disco in the evening with everyone.

It was different to other things I have ever done, as this was only for children who have a disability and not having to compete against children who don't have a disability-which can be a bit unfair at times!



My best activities were boccia and swimming. I have never played boccia before and it was really good fun and a sport that I want to continue to learn and play more (it is a form of bowls and is a Paralympian sport too).

I swim twice a week and do my training with City of Carlisle and it was nice to be told I was a very talented swimmer (it made my mum and dad proud too- all the hours they spend helping me get to swimming) I could hear my little brother Scott cheering and shouting "Go on Ella" during the swimming competition.



At the end of the day there was an awards ceremony with prizes for best girl, best boy and best team and I was so excited and happy when Gordon Neale OBE announced my name and school and said that I was getting the trophy for best girl.

Both my nan and grandma were crying. It was funny but I hope you like the photo of me smiling with my trophy, it was one of the best days of my life and I am already looking forward to taking part again next year!

For further information about Disability Sport Events please contact **garry@dse.org.uk** and look at the website **disabilitysport.org.uk** or call **0161 953 2438**.

If you are a child or teenager with a disability in Carlisle or Cumbria and would like to try boccia (we are trying to organise teams and give everyone who wants to, a chance to play) please contact **Kate** at **Cumbria Cerebral Palsy** tel: **015396 25821** email **kate@cumbriacerebralpalsy.net**



Brokerage Service

Looking for childcare for your disabled child? Finding it difficult to find something that meets your needs? Our brokerage service may be able to help. Give us a call on **08457 125 737**.

The Children's Services Online Directory

Visit **help4me.info** or **cumbria.help4me.info** to find out about services, support groups, organizations, activities and lots more!

We are updating the directory all the time, so if you can't find what you're looking for or you know of a service that isn't on there, please contact **Jamie Tickner** on **01228 221197** or email **jamie.tickner@cumbriacc.gov.uk**



Children and Families Information Service

Looking for information or advice?

Give us a call on 08457 125 737

We can tell you about services, activities and entitlements including:

- Local childcare providers
- Free early years provision
- Support and advice groups
- Parent and toddler groups
- Activities for children and young people
- Services, helplines, publications, and websites
- Financial help
- Maternity and paternity rights and benefits
- Parental rights

The enquiry line is open 9.00am - 5.00pm, Monday to Friday.

If the office is closed you can leave a message on the answerphone and we will get back to you as soon as we can, or you can send an email to **children.information@cumbriacc.gov.uk**



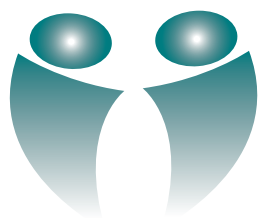
Website for young people in Cumbria

watson4u.com

is a website for 13-19 year olds. There's information about different issues, details about local activities, competitions and reviews.

Work is underway to develop a section for young people with a disability or additional need. If your child would like to get involved. Please contact **Jamie Tickner** on **01228 221197** or email **Jamie.tickner@cumbriacc.gov.uk**

Jamie will keep your details on file and someone from Children's Services will get in touch with you.



Cumbria Parent Partnership Service

SEN & Disabilities

Impartial Advice for Parents

Do you need information and advice about your child's Special Education Needs?

Your child may have learning difficulties caused by:

- a physical disability;
- a problem with sight, hearing or speech;
- difficulties with reading, writing, speaking or mathematics work;
- emotional or behavioural problems; or
- a learning difficulty.

These are just examples, your child may have more general difficulties with school work.

Confidential telephone lines

Phyllis Bowler	01946 506390	Allerdale and Copeland
Gwen Hawley	01697 475689	Carlisle
Liz Newham	07769 935446	South Lakes and Eden
Emma Penketh	01229 407439	Furness

Your call is important to us

This may be a voicemail recording, but please leave a brief message.

Your local Parent Partnership Co-ordinator will listen to your concerns and offer:

- appropriate support, impartial information and advice;
- to arrange a confidential meeting with you and support you at meetings;
- detailed explanations of how the Special Educational Needs (SEN) process should work;
- information about local and national voluntary organisations;
- information about parent support groups in your area;
- matching you with an approved Independent Parental Supporter;
- meeting other parents who have children with similar needs; and
- learning more about the SEN Code of Practice.



Special needs information points

We also have information about various conditions and syndromes which may affect your child's ability to access education. Please contact your local Parent Partnership Co-ordinator for information about Local and National Organisations, which have parent support groups.

Parents and carers!

Do you use childcare?

Will you need to use childcare whilst you are working or training?

If so, you may be interested in.....

National extension of the **DISABLED CHILDREN'S ACCESS TO CHILDCARE** pilots (**DCATCH**)

A new project is being planned by Children's Services to try out ways of developing childcare for disabled children.

We want to involve parents and carers early on to look at the priorities. This is about registered childcare which parents use whilst they are working or at training courses.

The Government is providing all local authorities with a small amount of additional funding for 2010-11 financial year only, to support us to develop. This is because access to childcare for disabled children has been highlighted as a gap nationally.

The DCATCH pilots were established in September 2008 in 10 Local Authorities and have led to a number of new approaches designed to improve access to childcare for disabled children and young people.

This year, all local authorities can choose to focus on one area of improvement or several from a range of options developed through the pilots, depending on local needs and priorities. These options are:

- Better data: estimating demand and monitoring take up
- Participation and feedback: consulting with families
- Improving information for families
- Supporting families to make choices

- Workforce development
- Increasing capacity, inclusion and improving quality
- Meeting particular childcare needs
- Affordability and cost

We want parents and carers to be involved in helping us decide on the priorities for Cumbria and be involved in making improvements.

If you have something to say about childcare, or you are interested in helping to make childcare better, please get in touch with **Jennie Taylor**, Disability Information Officer on Tel: **01900 706148 / 0796 611 1714** or email jennie.taylor@cumbriacc.gov.uk



We want parents and carers to be involved in helping us decide on the priorities for Cumbria and be involved in making improvements.

Giving transition a voice

The Cumbria Photovoice project

James Rennie School in Carlisle have been busy looking at issues about transition. This is part of a major project. The aims of this project were to give the young people involved the chance to voice their views on transition.

- Their hopes and dreams
- Feelings and fears
- Are they listened to; are they equal partners in decisions in their lives?
- What's working/what needs working on?

The young people from James Rennie who worked on the photovoice workshop were a group of pupils with a range of learning and physical needs at the end of Key Stage 3 (14 years old). This group was chosen because this is where the transition process to life 'post James Rennie' begins.

The idea of transition is gently introduced to the young people at James Rennie as a word meaning the movement from one thing to another. In their school-life this could mean travelling from home to school, or moving from one lesson to another in different parts of the school, or moving from one playground to another.

Gradually they look at how transition can describe the change from one phase of their life to another. The school felt that this group would both be highly motivated by and at the same time would grow through the project. The project ran for a month from March – April 2010.

The transition activities are linked to a report called 'Aiming High for Disabled Children: Better support for families' this emphasized the commitment to improving the life chances for disabled children and young people.

Jon Parnaby Strategic Officer – Inclusive Services, Commissioning and Management support says:

"As part of the North West SEN hub, the focus of the work was to give a platform (a voice) to the young people of Cumbria so that we can improve services based on their perceptions and their messages. They also hoped it would create an opportunity for them to change the way they are seen by everyone around them.

"The North West Hub commissioned the international charitable organization 'Photovoice' to run a participatory photographic project with eight groups of young people across the region. This would culminate in a regional event in April 2010. The event would provide a platform for a representative group of young people with SEN and disabilities to showcase their work and share their messages with decision makers and managers from the region."



Aiming High
for Disabled Children



Autism *Alert* Cards

Cumbria Constabulary has joined forces with the National Autistic Society to launch alert cards, which people with autism can show people when they find communication difficult or need to explain their behaviour.

On Friday 5 March the Autism Alert Card was launched at Durrhill Police Station in Carlisle.

The cards were developed in consultation with adults with autism and parents of autistic children to tell people about the condition and ask them to show respect and tolerance. The cards provide information about autism, some simple advice and space for cardholders to write emergency contact details.

Cardholders can also apply to have their details stored by the police, so that if they report, witness, or are involved in an incident, officers will be alerted to the fact that the person has autism, allowing them to respond to the situation accordingly.

Autism affects the way a person communicates and behaves and can sometimes lead to misinterpretations, or difficulties communicating with police officers and other officials. By showing the cards, officers will be alerted to the fact the carrier has autism, enabling them to alter their communication to deal with the person and the situation more effectively.

The alert card carries details of a personal contact who can be contacted for immediate assistance, as well as contact details of the Autism Resource Centre and the National Autistic Society Helpline. The card is available free of charge to adults, children and young people with autism or Asperger syndrome living in Cumbria.

Chief Superintendent Steve Johnson, who is championing the cards in Cumbria, said: "People with autism can become anxious, which can make their behaviour appear unusual or threatening to people who are not aware of, or don't understand, the condition.

"This can lead to misinterpretations or misunderstandings that result in the police getting involved. By issuing the Autism Alert Cards, cardholders have an additional communication aid to alert people and officials to their condition, meaning appropriate assistance can be provided."

In addition to the card, The National Autistic Society is providing information, advice and training to local police to raise awareness of autism and provide practical advice for real-life situations.

Gaynor Dale, Regional Officer for the National Autistic Society, said:

"I am thrilled that Cumbria Police are taking such an active interest in the autism community. The National Autistic Society is regularly made aware of people with autism who have ended up in the criminal justice system when some knowledge amongst professionals could easily have avoided this.

"Carrying an Autism Alert Card will make people aware that they have the condition, and the training that we are providing to Cumbria Constabulary should help officers know how to deal with someone who has the condition, reduce their anxiety and prevent the situation getting out of control. We hope that other constabularies will follow suit."



Your Autism Charity

YouthAbility Cumbria

Leonard Cheshire Disability has been running youth clubs in Barrow and Kendal for over five years now as part of it's Befriending Scheme.

Recent cuts to our voluntary income have meant that we have had to reshape the service we are offering and come up with something a bit different.

Befriending doesn't really describe what we do any more. It has been difficult to match young people with appropriate befrienders. What we do well though is develop inclusive youth clubs that young people can join in and enjoy activities in a fun and safe environment.

Our staff are trained and qualified youth workers and as well as organising creative and enjoyable activities, they also offer accredited learning opportunities in everything from Canoeing to DJ skills.

Our focus is on working with young people to develop what they can do rather than what they can't and develop the life skills that will support them in transition to adult life.

Young people are given a chance to be themselves and be part of something bigger. We have over 60 members at the moment and most of those who come to our Barrow youth club have been coming for over two years. It's all about enjoying and achieving.

Befriending is an integral part of our youth club services with the building of relationships with other

young people, volunteers and staff. We intend to develop this aspect further as opportunities arise.

During school holidays we plan events for young people such as trips to Blackpool, bowling in Morecambe, an overnight trip to York and a visit to Go Ape.

Adventures Youth Club in Barrow runs from 6.00pm to 9.00pm on Wednesdays and Thursdays from Burlington House. Contact **Carolyn** or **Les** on **01229 870 101**

Buzz Club in Kendal runs from 6.00pm to 8.00pm for 8 - 13 year olds on Mondays and from 6.30pm to 9.00pm for 13 - 19 year olds on Tuesdays at Riverview, Beezon fields. Contact **Jeni** or **Kay** on **01539 735 735**.



What's on for your children in Cumbria?

Following on from the supplement I sent out in June we are now able to provide programmes of activities being offered by the short breaks providers

Carlisle Mencap is attending lots of events

18th July

Cumberland Show
10.00am - 4.00pm

25th July

Windermere Air Show
10.00am - 4.00pm

There is also a Monday night sports club at The Sands Centre, Carlisle from 5.30pm - 7.30pm

A sport club offering a wide variety of different sporting events to all children and will run for 1 hour and a quarter or half.

There will then be a social session after the sporting activities. The group is for 14-19 and 8-13 year olds. This will run every 2 weeks, but not on bank holidays.

Sunday events For children aged 8-13

8th August

Trip to Miles Without Stiles at Brockhole in Windermere.
Meet at 10.30am at The Sands Centre, Carlisle.

12th September

Story telling picnic with Taffy Thomas, Grasmere.
Meet at The Sands Centre, Carlisle at 10.00am. Cost £8.00.

3rd October

Thomas the Tank Engine on Laal Ratty, Ravenglass.
Meet at The Sands Centre, Carlisle 9.30am. Cost £10.00.

Holiday for ages 8-19 Trip to Calvert Trust, Kielder from 24th-26th October

Mid week Tuesday to Thursday activity break for 6 young people with significant mobility problems. Transport will be provided. Collection 4.00pm and return 6.00pm at The Sands Centre, Carlisle.

For young people aged 14-19

22nd August

Trip to Miles Without Stiles at Brockhole in Windermere.
Meet at 10.30am at The Sands Centre, Carlisle.

5th September

Mint Fest, Kendal
Street theatre and outdoor entertainer event
Meet at 10.00am at The Sands Centre, Carlisle.

31st October

Haunted Mines Festival, Wanlockhead.
Meet at 10.00am at The Sands Centre, Carlisle. Cost £5.00

Mencap Holidays

3rd-5th September

Whithaugh aged 8-13

22nd - 24th October

Whithaugh aged 14-19

Visit Whithaugh for an activity filled weekend! with activities such as canoeing, climbing, archery, swimming, abseiling and many more. This self catering break where the children will help to prepare their own food, has a maximum capacity of six children. Transport will be provided. We will pick children up from school on Friday at 3.30pm and return on Sunday at 5.00pm. *This holiday is not suitable for wheelchair users.*

To take part in these holidays or activities please ring the office on 01228 674393.

What's on in ...

West Cumbria

Boccia

Activzone, Lakes College
Mondays 12.30pm - 1.15pm and
Wednesday 3.30pm - 4.30pm
Fun sessions, open to anyone
young or old. They also have
regular competitions.
Please call 01946 839308
for more details.

Football

Activzone, Lakes College
Thursdays 4.00pm - 5.00pm with
the Cumberland FA to encourage
young people with a disability to
come and play football.
Open to ages 12 -19.

CADS holiday programme

18th, 19th & 20th August at
Netherhall Sports Centre.
This is a follow on from the
programme run in easter
because it was such
a success. Please
call 01900 702711
for more details.

South Lakes

Cosmic Kids

A group for children with downs
syndrome. It meets every two months
at Sandgate School on a Saturday
morning from 11.00am - 1.00pm.
Everyone is welcome. For details of
the next meeting please contact Julia
on 015395 64365.

Eden

Little Joeys

This is a support group for families
with a child with a disability. It meets
fortnightly at Appleby Children's
Centre. Call 01768 899022
for more information.



Oaklea Trust will be providing trips and activities during the summer in Eden, South Lakes and
Furness. If you're interested contact Jennie Taylor on 01900 706148 or Bev Powell on 01539 735025.

Action for Children - Summer Holidays

- One 4 hour session to be held in each area per week for 7 weeks from 10.00am - 2.00pm. Millom on a Tuesday.
- Howgill on a Monday.
West on a Wednesday.
Barnardos.
Activities will be similar to weekend activities.
- Two 4 hour joint activity days for all areas (Seascale/St Bees).
- One joint residential for Allerdale and Copeland.

Action for Children - Term Time

Location	Date & time	Activity	Activity details	Staff
Allerdale Action for Children - Millom	Tuesday 4.30pm - 6.30pm	Combined youth club for 8 to 19 year olds. One hour split ages session then combined ages last hour	Ages 8-14 Cooking, Art & Crafts, Wii, Pool, Giant Jenga, Indoor Bowling	Ages 8-14 One sw1 One sw2
Action for Children - West Cumbria	Wednesday 5.30pm - 7.30pm		Ages 14-19 Skills into independant living: Cooking, Budgeting, Life Skills	Ages 14-19 One sw1 One sw2
Barnardo's	Thursday 5.30pm - 7.30pm		Ages 8-19 (last hour) Parachute Games, Participatory	
Copeland Howgill	Monday 5.30pm - 7.30pm	As above	As above	As above

In addition to these there will be one weekend day per month in both Allerdale and Copeland for 12 months. These activities may include: cooking, outings to places of interest, visiting a café, arts 'n' crafts and sensory play.

First sessions to include a participation activity where young people are encouraged to help plan future sessions.

For more information on **Action for Children** activities please ring Jan on **01900 706137**.



You Said
We did

You wanted more readily available information.

We now send out all information regarding events, meetings, etc. to a mail out.

You wanted an easy to read website.

We are hoping to relaunch www.cumbriacc.gov.uk/aiminghigh by end of July.

You wanted a text service.

We are in discussions with our IT provider about getting this set up and should have an answer regarding this by the next Aiming High 4Us magazine.

You wanted a form that was easy to fill in for Aiming High. We have redesigned the form and are awaiting confirmation that this can be done as a relaunch for the new Aiming High Network.

You wanted to be consulted.

There are now parent participation meetings happening in every area in Cumbria every other month.

Register your interest in joining the database or request future newsletters

Please complete and return to:

Jennie Taylor
Disability Information Officer
Children and Families Information Service
Supporting Children and Families
Cumbria Children's Services
Children's Centre
Moorclose Road
Workington
Cumbria CA14 5AP

Name

Address

Postcode

Telephone

email

I wish to receive future copies of the newsletter

☐

I wish to express interest in registering with the database

☐

Let us know your comments...

Any personal information that you provide will be held in accordance with the requirements of the 1998 Data Protection Act. Information will only be shared with partner organisations in the form of statistics to help us plan services more effectively. We will use the information to send you copies of this newsletter if you have chosen to receive further copies. We will not pass on your name, address or contact details to any third party.

