

CEREBRAL PALSY MID STAFFORDSHIRE

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NEWSLETTER

Summer Edition

June/July 2010

We hope you enjoy a happy summer now that the sunshine has arrived.

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Introduction 1

We have had a very busy year at our Computer Centre and the academic year ends on the 9th August 2010.

Multi Sensory Room 1

We do have a month from 9th August to plan for the Computer Centre return on 6th September. One of the tasks we have is to seek voluntary help for the coming academic year. If you have computer skills and would feel that you could assist us for perhaps one afternoon per week, we would love to hear from you. We have three tutors working each afternoon but because we have people with disabilities as learners, some one-to-one assistance would be welcomed.

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Please get in touch with Janice Brookes who is the lead tutor or Betty Cartman who is the trustee to arrange a visit to see our work and to see what is required before the 9th August on (01785) 255526 if you are interested.

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Multi Sensory Room

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The Shire Hall Gallery's Multi Sensory Room is a space to relax and have fun!

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Equipped with a variety of lighting and sound effects, a bubble tube, music and interactive toys, the Multi Sensory Room helps to increase the awareness of babies, toddlers and individuals with special needs.

Seenin product range 4

Multi Sensory Rooms have been shown to enhance sensory development (hearing, sight, taste, smell, and touch), increase hand/eye coordination, promote language development and encourage relaxation.

Sleep Awareness Workshop 4

Whether you want to give your child a head start in life, support an individual with special needs or simply wind down after a stressful shopping trip, our Multi Sensory Room is available free of charge.

**Monday to Saturday 10.00am to 4.30pm
and on Sundays from 1.30pm to 3.30pm.**



**Special Needs
Sports Programme.**

A programme offering a variety of sporting activities designed for young people with special needs. Qualified coaches will run fun sessions in different sports each day.

Monday 23rd - Friday 27th August

Time: 9.30am - 12 noon.

Age: 11 - 18 years

Venue: Walton Hall Special School, Stafford Road, Eccleshall, ST21 6JR

Price: Free Admission

For further details or to book a place, contact Katie Hill at
Walton Hall Special School on 01785 850420.
Places are limited so booking is essential.

Summer Fun for Special Needs

An exciting inclusive summer programme every weekday for young people with special needs (and their siblings).

Fun activities include sports, games and painting plus a relaxing sensory room and respite care.

Monday 2nd - Friday 27th August

Time: 10.00am - 2pm.

Age: 8 - 13 years

Venue: Marshlands School, Lansdowne Way, Stafford. ST17 4RD

Price: Free Admission

For further details or to book a place, (before 9 July) please call
Alex Baines at the Community Council on 01785 242525.

Welcome to Las Piedras Accessible Holidays
Discover Amazing Andalusia, Spain

Las Piedras is a friendly, family run business specialising in wheelchair accessible holidays in the Axarquia region of Southern Spain: Mediterranean coastal breaks, rural getaways, cultural touring holidays and lots more besides.

Our luxury, accessible accommodation is of the highest standard and totally wheelchair friendly. We have our own accessible transport and offer airport transfers and excursions.

Las Piedras Hotel is just half an hour from the beaches of the Costa del Sol and just an hour's drive from Malaga Airport. In a stunning rural location, with beautiful views, it is ideally situated for exploring the Axarquia region and the best of Andalusia.

El Pleamar Apartment is just a stone's throw from the beach at Torrox Costa on the eastern Costa del Sol and under an hour's drive from Malaga Airport.

Twin Centre Holidays are a taste of all that the Axarquia and Andalusia have to offer. Stay one week at Las Piedras Hotel and one week at El Pleamar Apartment.

Holidays for All! We offer something for everyone and cater for individuals, couples, families and groups, disabled and non-disabled alike

View their website for more information at <http://www.laspiedras.co.uk/> or contact our office and we will try to help you.

Tel UK Tel UK 029 212 54321

Tel/Fax Spain Tel/Fax Spain +34 952 033 100

Las Piedras Accessible Holidays

Las Piedras

Pilarejo B5

Alcaucin Malaga 29713 Spain

email: info@laspiedras.co.uk

Adrian and Hannah Stone



Holiday Bungalow - Tywyn

If anyone is interested in taking a late holiday at our holiday bungalow in Tywyn please telephone the office on (01785) 255526. The dates still available are below:-

4th—25th Sept; 2nd—23rd October



Stafford Borough Council's Sports Development team in partnership with the charity Whizz-kidz are holding a wheelchair skills training course in the summer holidays and we want you to join us!

Are you in a wheelchair? Are you under the aged of 18?

Would you like to learn new skills and have great fun on a three day course in the school summer holidays?

If the answer to these questions is yes then we have just the course for you! Stafford Borough Council's Sports Development team in partnership with the charity Whizz-kidz is putting on a wheelchair skills course designed to help improve your wheelchair skills in a fun and enjoyable way.

Wheelchair Skills Training is an excellent opportunity to learn new skills and have fun with other young wheelchair users in your area. You will be taught important skills according to your needs including spatial awareness, manoeuvring techniques and road safety skills. Our trainers are excellent role models and all have lots of experience and knowledge about wheelchairs; many of them are full time wheelchair users.

The course will be running at Sir Graham Balfour High School for three days from Wednesday 28th – Friday 30th July from 11am – 4pm.

To book onto this course or to find out more information please call Jenny Moore on 01785 619565 or email jmoore@staffordbc.gov.uk as soon as possible as places on this course are very limited.



Staffordshire Shared Care Activity Service

We are providing a range of activities and holiday clubs for children and young people aged 5-18 years, with a full range of disabilities, offering a range of fun things to do in the Cannock Chase, Lichfield, Tamworth, Burton and Uttoxeter areas.

The emphasis is on making friends and having FUN whilst also learning new skills.

Leisure Options - Every Saturday 10am - 3pm for 5 - 18yrs.

This group provides a wide range of fun activities such as bowling, farms, parks, zoo, cinema, outdoor pursuits etc. while encouraging the development of independence and social skills. Where necessary, groups will be split to take account of age.

Teen Options - Every Wednesday 6pm-10pm for 12- 18yrs

These activities are aimed more specifically at teenagers, offering important time with friends, promoting self esteem and developing practical life skills.

Swim Options - weekly swimming sessions, specifically for young people with physical, sensory or learning difficulties, hosted by Staffordshire Leisure Centres. This session aims to integrate and establish links with existing local mainstream swimming clubs, in a fun and safe environment.

Wednesday Club - Every Wednesday 5pm - 8pm at Rocklands School in Lichfield. This club will specialise in Arts & Crafts, Drama, Music and opportunities for young people with complex needs to use the sensory resources and equipment.

Family Outings and Fun Days - Dates and Events yet to be published

Taster Sports Workshops - Dates and Events yet to be published



Contact: Beth Ashby at Staffordshire Shared Care on
(01543) 510143



Designers of protective wear for children and adults who produce a range of stylish products for adults and children with special needs.

The Seenin product range, includes a variety of products for greater wheelchair comfort. Our warm fleece cover and shower proof total cover are both designed for use with headrests.

Kerchief bibs, which are an excellent stylish yet practical dribble bib alternative. Changing mats with a removable layer of towelling for convenience and comfort. Our travel changing mat also rolls up and can be carried discreetly on the handles of a wheelchair.

Our ingenious side opening mittens are not to be missed! They are quick and easy to put on and can be secured at the wrist unlike ordinary mittens that are difficult to shove hands into.

For feeding solutions, look no further than our feeding aprons with either Velcro® or popper fastenings. These feeding bibs come in a soft towelling material, with a waterproof backing, and a selection of colour options. A discreet feeding bib can help provide comfort and style for both adults and children with disabilities.

In 2009 we have added several product lines to our range of special needs clothing. Thermal base layers in a variety of colours are the ideal solution for cold limbs and are thin enough to be worn discreetly underneath school uniforms or clothing.

Seamless tube socks in a variety of thicknesses provide warmth and comfort, choose from a thin cotton tube sock to a cosy merino wool; we have a great selection of colours and lengths.

We have recently expanded our range of incontinence underwear to include adult sizes. Like the children's incontinence garments, the adult range is stylish, and comes in a range of colours and has a built in discreet protective layer.

For more information either contact the office, view the Seenin website at www.seenin.co.uk or telephone 01434 634457

'Time 2 Sleep' - Sleep Awareness Workshop

FREE PLACES Book Now!

Or are you a parent keen to help your child with additional support needs to improve their sleep problem?

It is estimated that 85% of children and young people with additional needs also have sleep difficulties. This can present in a number of different ways from night waking to issues with settling. Scope's Sleep Solutions workshop provides innovative training, written by a trained Sleep Practitioner and endorsed by Sleep Scotland. The aim is early intervention and prevention through raising awareness of good sleep practice and basic strategies for parents during discussions with time to share ideas and resources.

This one day sleep workshop includes:

- Effects on the Whole Family
- Keeping a Sleep Diary
- Useful Resources
- Why is Your Child not Sleeping?
- The Bedroom Environment,
- A Good Bedtime Routine
- Night Awakenings

Scope are delighted to have received funding from Aiming High to offer FREE training for parents and professionals throughout Staffordshire. Places are strictly limited. The training sessions are between 9.30am and 2.30pm as follows:

7th September - Cannock Chase Children's Centre, Cannock.

8th November - Stafford Children's Centre, Stafford.

15th November - Uttoxeter Library, Uttoxeter.

To book your free place contact Vicki on 0771 4853763 or email

vicki@face2facenetwork.org.uk

For more information visit www.sleepsolutions.org.uk



TELEPHONE NUMBERS

Would you please let us have your telephone number if you have recently changed it?

☎ (01785) 255526

www.cpmidstaffs.co.uk

E-mail: office@cpmidstaffs.co.uk

Although every effort has been made to ensure that the information in this newsletter is correct, Cerebral Palsy Mid Staffordshire does not accept responsibility for the news and opinions expressed nor for the accuracy of the text contained therein.

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