



CEREBRAL PALSY MID STAFFORDSHIRE



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NEWSLETTER

December 2020

**Merry Christmas
and a Happy New Year**



What a year 2020 has been!

Who would have thought that we would all experience such a dreadful year? It's been tough on everyone, especially those who are vulnerable and have been required to stay socially isolated for long periods of time.

We have, over the past 10 months, been in contact with our members to offer support and maybe just a listening ear. We have had Zoom sessions with members and computer centre users, and a WhatsApp group has been set up for people to stay in touch.

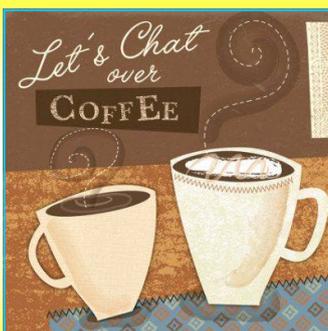
As some of you will already know Sonia Alsbury, who was the charity's Support Worker, has recently left us to take up another post. We were sad to see her go but wish her and her family all the best for the future.

Jane Till has taken over the role of Support Worker and is currently contacting members to introduce herself and get to know our members. Jane is also the Lead Support at the computer centre. If you would like to contact her for a chat you can reach Jane on 07485 546063. If she is not available, please leave a message and she will get back to you as soon as she can.



We have also got a new website, which has been developed for us by Lucy Cox, who works at SCVYS (The Staffordshire Council Of Voluntary Youth Service) in Stafford. We would like to thank Lucy for her hard work. We would also like to thank Stafford & Rural Homes Foundation for awarding us a grant of £300 to pay for our new website, we are delighted with it. Please take a look and see what you think www.cpmidstaffs.co.uk

We also have a new mobile telephone number for office/bungalow enquiries if and when we are not in the office. Please telephone Janice on 07422731830 if you need information or support.



Meet Jan and Jane for a Coffee and a Chat on Tuesday 19th January 2021 at 11.00am

We would like to set up a monthly Zoom or WhatsApp group chat with our members.

A lovely opportunity to have a chin-wag and make some new friends. We would love you to join us in a fun and casual meet and greet.

If you would like to join us please let us know.

We will need either your email address or mobile telephone number and then we can send you a link to the group chat.

Go on, put the kettle on and let's put the world to rights!

Holiday Bungalow

8 Dysynni Walk, Tywyn, Gwynedd, Wales. LL36 0BS

Our bungalow in Tywyn will be available for bookings in the New Year. I think we'll all be ready for a week by the seaside by then. It will definitely be something to look forward to.

Rental costs remain the same as last year:

2021	Rental cost per week	Members Holiday grant	Please note that you will be required to pay the full rental cost for your stay, but as one of our members you are eligible to apply for one of our holiday grants. The grant value will be reimbursed to you on receipt of the full balance*
6 th Mar – 20 th March	£345	£75	
27 th March – 26 th June	£400	£100	
3 rd July – 10 th July	£460	£125	
17 th July – 21 st August	£520	£125	
28 th August – 18 th Dec	£345	£75	

Please contact us in January to make a booking or get further information.

SUPPORT WORK

As Support Worker my priority at this time is keeping in touch with our members via phone, email and also WhatsApp . On occasion, if the members enjoy it, I will see if they would like to join me on a WhatsApp video call or a zoom chat, where we can enjoy a cup of tea together and share ideas of how we can help ourselves get through this difficult time. Just keeping in touch and chatting for many of our members helps them.

As a support worker, although I am not a professional and not a replacement for a social worker, I may be able to support in many ways such as;

- ◆ Telephone support- particularly for the lonely and isolated 😊
- ◆ Have you got a form to complete that is worrying you, or do you struggle with physically filling it in although you know what you want to say? Ask for help with that 😊
- ◆ Is there just no one to help you get shopping or medication, particularly now? Ask for help with that 😊
- ◆ Are you stuck for getting to an appointment? At the moment it may be that we would organise a taxi for you. Ask for help with that 😊
- ◆ Is your carer struggling and needs support? Maybe just a friendly chat, yes please just ask 😊



Jane Till - Support Worker

There are many other ways our Charity can offer support but if there are things that are out of our remit, we can often find out who CAN help so it is always worth asking.

The Support Worker works 10 hours per week, usually on a Monday, and then Tuesday and Wednesday morning's, but this can be flexible. If you need to get in touch outside of these times then please leave a message on the Support Work Mobile 07485 546063 you will be contacted as soon as possible.

During lockdown and the work at home period alongside keeping in touch with our Computer Centre Group and members in regular contact with the Charity, I have been busy contacting our wider membership group, some may not have been contacted for some time, so I am gradually re-establishing a connection with those that are out of touch with us. My aim is to keep in more regular contact with all members that wish to have that regular contact.

COMPUTER CENTRE NEWS

The Computer Centre has had to adapt and change recently in order to offer a service to our lovely clients that attend. We are happy to say that following a risk assessment, the computer centre was reopened after the first lockdown and based on our COVID-19 safe risk assessment the afternoon was restructured to include two sessions rather than one. This allowed 2-3 clients per sessions to attend via an appointment system with cleaning before and after each session taking place. Cleaning materials and PPE were available within the room at all times as per our risk assessment. The appointment system was successful in that the clients appeared comfortable and relaxed while in each session. I am happy to say that I have feedback from our clients and so far all have remained well throughout this period.



In total we have had 10 different clients that re-attended, with varying regularity, out of a possible 19, in the short time we reopened before sadly being locked down once more. It was again sad news when our area was put into Tier 3 meaning that we could not reopen after lockdown, this is under 2 weekly review which takes us up towards the Christmas break. Let us hope for better news and being able to open up as soon as possible as we move into the New Year.

If you'd like to join our merry band of learners next year, contact Jane on 07485 546063 for further information.



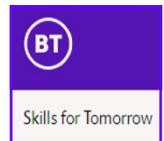
Staffordshire
County Council



Community
Learning Service

BT Skills for Tomorrow

Take your skills to the next level with these courses covering a wide range of inspiring topics, from data to design. Helping you make the most of life. Free courses to feel more confident and develop digital skills. Just getting started or want advice on helping your family make the most of tech? Our free and easy courses will show you how.



<https://www.bt.com/skillsfortomorrow/work-life/expanding-your-skillset.html>

Staffordshire County Council has been awarded external funding to install new play areas at Cannock Chase (Marquis Drive) and Chasewater Country Parks.

They would like to get input from families on the designs of the new play areas, as the play areas will be local to them. They've created a short online survey to do this:

<https://bit.ly/scccountryparks>

The survey closes on the 13th January. The aim is to make the new play areas inclusive, so they are particularly interested to have input from families who have previously experienced difficulties accessing 'standard' playgrounds.

Staffordshire County Council

If you, or someone you know, is struggling with everyday tasks around the home, then our new 'Happy at Home' interactive house could help.

By using our easy to access online tool you can explore all the rooms and even outside, and quickly identify a list of common problems for each area of the home, including outside.

Within minutes you will then be able to find, compare and purchase products which can provide you with solutions to those problems, and help you live a more independent, fulfilled and happy life in your own home.

Try it now at

www.staffordshire.gov.uk/happyyathome



Are you currently shopping online? We need your help!

We would like your help to raise funds through easyfundraising. Please help us by signing up and shopping online through www.easyfundraising.org.uk/causes/cpamidstaffs



Thank you

We are also registered with

amazon smile
You shop. Amazon gives.

Help us every time you shop Amazon.

Are you looking for support with a disability / disabilities?

If you or someone you know has disabilities, there are many organisations, groups and activities listed on Staffordshire Connects that can be accessed.

Within different sections of the Staffordshire Connects website, you can also find organisations that offer:

- ◆ Places to go and things to do including activities and social groups
- ◆ Equipment and technology suppliers
- ◆ Day Care and Day opportunities
- ◆ Carers support
- ◆ Help at home support including home care support
- ◆ Travel and Transport
- ◆ Money advice (including direct payments support)
- ◆ Learning, work and volunteering opportunities
- ◆ Housing, care and accommodation



Are you under 25?

If you are under 25, and have learning disabilities, our SEND Local Offer section can provide you with all the information and advice you need to know.

Please note: Due to the coronavirus, some groups, services and activities may have changed how they operate. Please check websites, ring, email or contact the service via social media if you would like to find out what support is available.

<https://www.staffordshireconnects.info/>

Fledglings is part of the national charity, Contact.



We are a non-profit shop that helps families with disabled children by supplying products and equipment that help with everyday challenges. We provide an easy and trusted environment to find the right solutions and allow families to connect and share their experiences.

Every purchase from Fledglings directly helps Contact to continue supporting families of disabled children with expert information and advice. Supporting Fledglings means Contact can continue bringing families together at events and workshops to support each other, and help families volunteer, fundraise and campaign to improve their lives and the lives of others - this is our cycle of support.

<https://www.fledglings.org.uk>

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country.



The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country. Our Radar key gives you independent access to over 9000 accessible toilets in the UK.

Genuine Radar Key: £4.75 inc P&P – available from our online shop.

<https://www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key>