

Summer 2015

The Newsletter of Contact a Family Lewisham



Welcome to our summer newsletter focussing particularly on the wonderful programme of outings and activities we have for you during the summer holiday. You will find inside the full list together with short descriptions of each event.

Events and activities for the holidays inside. Book early to avoid disappointment!

Brand new – we are putting on a couple of outings purely for you carers. See p.9 for detail on Trips to Kensington Palace and Buckingham Palace. Do book early to avoid disappointment!

Here are some of the events on offer inside...



Contact a Family and the Lewisham Parent and Carer's Forum will again be holding a stall at both the Bellingham Festival (27th June) and Lewisham People's Day (11th July). Do not hesitate to come and say "hi" and ask us anything you need.



Contact a Family Lewisham.
Leemore Central Community Hub, Bonfield rd, SE13 5EU.
Tel: 0208 297 8056
Email:Lewisham.office@cafamil
y.org.uk

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What's happening?



Jacky Spigel

Lewisham Manager

jacqueline.spigel@cafamily.org.uk

Mobile:07920 655185

Message from the Manager

Here it comes again – summer time – that season which is a big challenge for parents/carers on how to fill those long weeks. Again Christine has managed to come up with a programme which contains something for all of you.

As well as the summer programme our team has a lot of activities/workshops in store for you. I want to particularly welcome Lisa Ellis who has recently joined our team as a Family Worker for Transitions (14 – 25 years). See below to hear from Lisa. Watch this space for another family worker due to start in the next few weeks who will be working on benefits and income maximisation.

The rest of the team continue to provide their excellent service to ensure you are supported in all areas

of education, health and care. See “What’s happening” for details. We have been working more closely than ever with the Lewisham Parent Carer’s Forum through Sue Stocks. An extremely successfully attended event entitled My Life, My Future was held at Lewisham Southwark College last month with the Young Mayor giving a keynote speech as well as performances from young adults with learning disabilities. The Parents Forum will take a break during the summer period and we will carry on working on the SEND Project Groups with Lewisham Council officers. The Local Offer will be our next co-production with them.

Finally we are enclosing with this newsletter a fact-sheet written by Contact a Family experts on that every popular subject: Personal Budgets. Any questions do not hesitate to ask us by email.



Lisa Ellis

Family Worker

Lisa.ellis@cafamily.org.uk

0208 297 8056

Hello All,

My name is Lisa Ellis and I am really excited about working with Contact a family as your new Family Worker, Transitions for children and families (14 – 25 years). I have recently joined the team and I will be working part time 3 days a week, Monday, Tuesday and Friday.

I have been working in Social Care for 19 years in a variety of roles including a Social worker with Children and Adults with Learning Disabilities in a variety of London Boroughs including Bromley, Bexley and Hackney.

For the last 16 years I have been working in Lewisham borough both within the Statutory sector and with a small number of Charities and have built up contacts within the borough for young people and adults

So that I can get to know you and your family, I am starting some drop in **‘Transition Surgeries’** at Leamore Community Hub every other Monday starting **June 15th 10.30 – 2.30, Leamore Centre**. It will be an opportunity for parents to come and meet with me to discuss any issues/concerns that they may have about their child who will be approaching or who is currently of Transition age – 14 years plus. I look forward to meeting up with you soon. Lisa

What's happening?



Julie Burns
Independent Supporter
julie.burns@cafamily.org.uk
 Mobile: 07903044447

I am here to give you information, support and advice on all aspects relating to EHC plans. I work Monday – Friday , 9.00 – 4.30pm

If your child or young person currently has a Statement or Learning Disability Assessment (LDA) these will be converted to an EHC. Below is the timetable of when this should take place.

Transfer Review Timetable

Set out below is Lewisham Council's transition review timetable to transfer existing Statements of Special Educational Needs to EHC plans from September 2014 to April 2018. Please note SEND panel will consider requests for transfers is a re-assessment or change of placement is required for a statement. However, this will be dependent on the capacity within the service at that time.

Current Year Group (2014-15 Academic Year)	Timescale
Year R	September 2016 – December 2016
Year 1	September 2016 – December 2016
Year 2	January 2016 – April 2017
Year 3	January 2016 – July 2017
Year 4	May 2015 – July 2016
Year 5	May 2015 – July 2015
Year 6	January 2016 – July 2017
Year 7	January 2016 – July 2017
Year 8	September 2015 – December 2015
Year 9	January 2015 – April 2016
Year 10	January 2015 – April 2016
Year 11	January 2015 – April 2015
Year 12	January 2015 – April 2015
Year 13	January 2015 – April 2015
Pilot EHC plans	September 2014 – August 2015
LDAs 2014	September 2014 – September 2015
Young people in custody	September 2014 – September 2015
Outstanding Statements	September 2017 – September 2018



Sue Stocks
Parent Participation Officer
Sue.stocks@cafamily.org.uk
 Mobile: 07534568020
 Monday – Thursday, 9.00 – 3.15, term time only

Look out for our re-branded new leaflet in your local surgery, school or children's centre.



Hello all parents and carers,
 Busy times for our Forum over the last few months. We are delighted that our membership is now 230 plus. We will continue to be a Forum for all parents and carers in Lewisham to ensure that your collective voice is heard on all matters relating to our children across all services in

education, health and social care. Our next Forum will meet here at the Leamore Centre on **Tuesday July 7th, 10.00 – 12.30**. Further details will be sent to you soon. If you have any issues you would like our Forum to raise at the next meeting please do not hesitate to contact me so that I can put it to our Board of Trustees.

What's happening?



Jo Hussain

Family Worker

joanne.hussain@cafamily.org.uk

Monday to Friday 9.30 – 5.00pm

Dear parents/carers,

I continue to support families through the process of the EHC plans at all stages of the process. I am based in the Kaleidoscope Children's Development Centre Monday to Friday but also attend various Contact a Family events concerning the SEND Reforms implemented via the Children and Families Act 2014. Any questions at all regarding the EHC plans please do not hesitate to contact me on the above email address

If you have a disagreement relating to this about your child's SEN or EHC plan, you should contact the service detailed below.

Special Education Needs and Disability Information Advice and Support Service








This service provides independent advice, information and support in relation to your child's special education need and or disability, Education, Health and Care needs assessment and Education, Health and Care plan processes and decisions. Contact Details:

Bellingham Children's Centre, 109a Randlesdown Road, SE6 3HB. Tel: 020 8698 2202

Contact a Family Independent Supporter: Julie Burns. Tel: 0208 2978056

Kaleidoscope drop-in Sessions

If you have a child with additional needs and you want to be able have a 1-2-1 and get specialist information and advice, just turn up on the following dates. The sessions will stop the 10th July and resume after the Summer break

12 th June 2015 10-12pm	 	Support carers with a range of services including advice, information, emotional support, breaks, and opportunities to meet other carers. Healthwatch: Have your say on Health and Social care Services including information on local services
17 th June 2015 10-12pm		Information and support for families with children with disabilities
26 th June 2015 10-12pm		Support carers with a range of services including advice, information, emotional support, breaks, and opportunities to meet other carers.
1 st July 10-12pm	 	Information and support to parents and carers of children with special education needs
10 th July 10-12pm		Information and support to parents and carers of children with special education needs

What's happening? Free Workshops



Dawn Charles

Family Worker

dawn.charles@cafamily.org.uk

Mobile: 07984365232

If you're interested in attending please call 0208 2978056 or email dawn.charles@cafamily.org.uk

There are limited spaces so please come back to us as soon as possible

MANAGING TEENAGER BEHAVIOUR WORKSHOP

Thursday 18th June 2015

Workshop for parents/carers to explore ideas and strategies, to support their child/young person to cope with the challenges of puberty and to help develop positive relationships with family members and peers.

Time: 9.30-12.00pm

Venue: Contact a Family Office, Leemore Central, Community Hub, Bonfield Road SE13 5EU



SUPPORTING YOU & YOUR CHILD'S MENTAL HEALTH

Thursday 9th July 2015

A workshop for parents/carers describing strategies to support good mental health and wellbeing for themselves and their child/young person.

This workshop is suitable for families of high functioning children/young person with ASD up to age 11yrs.

Time: 9.30-12.00pm

Venue: Contact a Family Office, Leemore Central, Community Hub, Bonfield Road SE13 5EU



We are letting you know in advance about two new free events in the autumn:

Back to School Parents & Carers Coffee Morning

Venue: Costa Coffee Bar in Catford, Rushey Green, SE6 (next to ice-cream parlour)

Date: 16th Sept. 2015

Time: 10 -12pm.

Save the Date!

Stress management for Parents & Carers : Date, Time & Venue to be confirmed. To show your interest contact Dawn at the office 0208 297 8056

We are really pleased we can offer you these workshops but please note that once you have booked a place, you must let us know if you are unable to attend for any reason at all. We subsidise the cost of these workshops from our own grant funds and have to pay the full cost ourselves if people do not show up. Thank you for your understanding.

What's happening? Summer events and events for carers



Christine Lesmes
Events co-ordinator
Christine.lesmes@cafamily.org.uk
Mobile: 07984365438

With thanks to all our sponsors for their continued support throughout the year:
London Borough of Lewisham - Community Based Grant.
Capital Radio-Help a Capital Child
Mencap

We are very happy to introduce some brand new events for carers only!

What does this mean? During term time we will be offering events for parent/carers to beautiful locations and away from your children. Young carers will be welcome to these events as well. We understand that during term time your time is more limited, so we will be focusing on activities within London that will allow you to leave and collect your children from school. So the day will be shorter than the whole-family events, but on the positive side, you will be free to enjoy the day with other adults, and best of all: they will be children-free days!

Who can attend?

Please note that these events are for carers only. Are you a **main carer** and do you want to bring your **partner** with you? No problem. Do you want to bring your **mum** that helps you so much? Bring her along. Do you want to bring your teenage daughter who is extremely helpful taking care of her littler brother or sister and is a **young carer**? Sure. Do you want to bring a friend? I'm afraid not. **Unsure about who can attend or any questions at all?** Give me a call to discuss.

Some considerations regarding events...

Please bear in mind that listing your chosen events is not a guarantee of being allocated for them. If you fail to send your booking form and/or to make your payment by the set deadline, your spaces will be allocated to another family on the waiting list. If, by mistake, you miss one of the deadlines, please send an email to Christine as soon as possible and we will do our best to make arrangements for you: christine.lesmes@cafamily.org.uk

If this is the first time you have received our events programme or it has been a long time since you attended one of our activities, don't let it put you off; one of the main goals of Contact a Family is to support families, trying to minimize the sense of isolation that you may feel when you have a child with a disability. Do come to our parties, days out, meetings, swimming activities or parents' forum and workshops to strengthen the bonds with other parents who share similar experiences.

Booking request forms must be returned by Wednesday 1st July 2015

After this date I will send you a letter to let you know which activities you have been allocated. In that letter you will find the price to pay for those activities and the deadline to do so. Make sure you follow all the deadlines because failing to do this means that sometimes we have empty spaces on coach or spare tickets. This is unfair to other families that haven't been allocated on activities as well as a waste of money.

If we don't receive your payment on time, we will automatically give your spaces to families on the waiting list

If you wish to discuss anything on this form, please do not hesitate to contact the office on:

0208 297 8056

How to book

1) Please complete and sign the enclosed '**Booking Form**' and sign the **terms and conditions** overleaf. Post both forms to us or bring them into the office, no later than **Wednesday 1st July 2015. No money is required now. We will give you all the information you need and we will ask you to pay nearer the day.** Do not telephone us to book.

Family Events

London Transport Museum: Tuesday 21st July

Does your child or young person like trains, tube carriages, buses and all means of transport? Then come along to the London Transport Museum, exploring the story of London and its transport system over the last 200 years. You will see real train carriages, bus, omnibuses, etc and best of all, you will be able to ride them! You will have to make your own way to the Museum, at the heart of Covent Garden

Price: £5/adult. Children free.

Time: Arrive by 10.45. **Recommended age:** Ideal for children over 8.

More information: www.ltmuseum.co.uk

Place: Covent Garden Piazza, London WC2E 7BB. Nearest tube: Charing cross, Covent Garden.



Historic Chatham Dockyard: Wednesday 29th July

The Historic Dockyard, Chatham is a stunning 80 acre site with historic buildings, museum galleries and historic warships. A visit to the Three Historic Warships will allow you to discover what life was really like as a sailor patrolling the Mediterranean on board the **Victorian naval sloop** HMS Gannet (1878), serving on the icy arctic seas in **Second World War Destroyer** HMS Cavalier (1944), or under the ocean's waves in the Cold War era **HM Submarine** Ocelot (1962).

Time: 9-5pm **Recommended age:** A day out for the whole family

Cost: £10 / adult, £8 /children. Under 3s go free

Place: Meet us at Ladywell to travel by coach

More information: www.thedockyard.co.uk/Home



BBC Tours: Wednesday 5th August

Step inside the exciting world of broadcasting! At this BBC Tour you will be able to peek behind the scenes of the dynamic live broadcasting hub and hear what goes on at the beating heart of the BBC! You will see how some of your favourite programmes are made.

Time: Tours run at 11.00 and 11.30am. Arrive by 10.45.

Recommended age: Children over 9. No Under 9s will be allowed on the tour.

Price: £8/ adults, £5/child

More information: www.bbc.co.uk/broadcastinghouse/

Place: BBC Broadcasting House, Portland Place, London W1A 1AA. Make your own way there.



Chessington World of Adventures: Tuesday 11th August

Get ready to explore the themed lands, a mini zoo and a Sea Life centre all at Chessington.

Time: Meeting at 8.30am to depart at 8.45. Depart at 5pm from Chessington.

Place: Departure from Ladywell.

Cost for Contact a Family members: £15 per adult, £12 per child

Recommended age: An active day for the whole family but Chessington is more suitable for older children. Note Chessington is likely to be very busy and the level of noise in some of the loud for your child.

Website: www.chessington.com



*******Please note that due to the high demand for this activity, priority will be given to families that haven't attended a theme park trip in the past 3 years.*******

Family Events

Brighton day trip: Wednesday 19th August

On top of the famous beach and the Victorian Pier, why don't you include on your day a visit to the Royal Pavilion or the Brighton Aquarium? There are plenty of activities to do in Brighton, rain or shine!

Time: Meet at 8.30. Depart from Brighton at 4pm

Place: Meet at Ladywell to depart by coach.

Cost for Contact a Family members: £10 per person

Recommended age: A unique day out for the whole family.

More information: www.visitbrighton.com



ZSL Whipsnade Zoo: Wednesday 26th August

So, you've been to London Zoo? What next? Well, it can only be ZSL Whipsnade Zoo. Elephants, rhinos, yaks and camels are just some of the mammals you can expect to see. Not only that, in Whipsnade Zoo, you can ride two steam trains to explore the large territories covered by the zoo.

ZSL
**WHIPSNADE
ZOO**



Time: Meet at 8.30am. Depart from the zoo at 4.00pm.

Cost for Contact a Family members: £10 per person.

Recommended age: A day out for the whole family

Travelling Time: Whipsnade is near Luton Airport, So travelling time may be affected by traffic. Travelling time, approx., 1h 30 minutes

More information: www.zsl.org/zsl-whipsnade-zoo



Thames Clipper & London Eye: Monday 24th August

Join us at Greenwich Pier to travel in a Thames cruise up to the London Eye. There you will be able to enjoy a flight in the London Eye. Don't miss the new 4D Experience before jumping into the pod: a groundbreaking 3D film with spectacular in-theatre effects including wind, bubbles and mist to add a breathtaking fourth dimension.

Time: Meeting at 11am

Place: Meet us at Greenwich Pier.

Recommended age: A day out for the whole family

Cost: £6 per person. Under 5s go for free

More information: www.londoneye.com



Carers-only events

Kensington Palace half day visit: Wednesday 15th July

Kensington Palace is a royal residence set in Kensington Gardens. It is the official London residence of the Duke and Duchess of Cambridge and Prince Harry. You will be able to explore the Queen's state apartments: these intimate, private rooms created for Queen Mary II, who ruled jointly with her husband, King William III, in the 17th century. You can also visit the King's state apartments, the magnificent gardens and explore centuries of English History.

Date: 15th July

Price: £10/person

Time: Meeting time 9.30. Departing from the Palace at 1.30pm.

Place: Meet at Ladywell to depart by coach. NO car park available.



Buckingham Palace half day visit: Tuesday 22nd September

Have you ever wondered how the Queen lives? Would you like to visit Buckingham Palace and walk around the State Rooms? The term 'State Rooms' is applied to those rooms that were designed and built as the public rooms of the Palace, in which monarchs receive, reward and entertain their subjects and visiting dignitaries. These rooms are only open to the public during summer season.



Date: 22nd September **Price:** £10/person

Place: Meet at Ladywell to depart by coach. NO car park available.

Time: Meeting time 9.30. Departing from the Palace at 2pm.

More information: www.royalcollection.org.uk/visit

REMEMBER:

this is an event for carers only. Indulge in your "ME TIME" before the school holidays start. We will accommodate the timings of the event to your children's school hours, but, as we cannot guarantee that we will be back in Lewisham by the stated times, you should make arrangements for your children to be drop off/picked up by someone else on these dates.

Let us know if you run into problems regarding childcare.



Events

Terms & Condition for Contact a Family events

- 1) When agreeing to come on the trip, **parents/carers are also agreeing to be responsible for their children's health and safety at all times.** Contact a Family staff/volunteers cannot at any time take responsibility for your children. Families will accompany their children on all events and will remain totally responsible for them and their behaviour throughout the trip. Families only will attend if their disabled child/ren is/are present. Families accept that staff may request to intervene their child/ren's behaviour if it is deemed inappropriate or disruptive and will act accordingly. Parents and carers will be responsible for any damage they or their children cause on an event or activity, either through negligence or deliberate action. The behaviour of children, parents and carers, or other relatives when attending an event or activity should not affect the Health & Safety or wellbeing of others.
- 2) **Parents and carers must be in a fit condition to care for their children;** if we have reason to question this then we may ask an individual or a family to return home. Families should be prepared for events, and bring appropriate clothing, footwear, spare money, bottled water, sun cream etc if appropriate. Families will be notified of any special requirements
- 3) **When coaches are provided,** they will only collect and return families to/from the specified locations as stated on the event literature. At no time can families be dropped off at home or points more convenient to them along the route. Families will abide by any rules set by external venues or coach companies. Coaches **will not wait for late comers** and no refunds will be made to families who do not turn up for events they have booked for or miss the event because they have turned up too late for the transport. If transport is provided and you arrive or return late we will leave without you.
- 4) All events are **alcohol free** and therefore all families are asked not to bring or consume alcohol on events unless this is specifically agreed in advance as part of the activity e.g. a carers' meal at a restaurant. Parents who consume alcohol will not be allowed to attend future Contact a Family events.
- 5) Families are expected to abide by our Equal Opportunities policy: **abusive language and behaviour of any sort will not be accepted,** and families may find themselves excluded from future outings.
- 6) Contact a Family events are arranged for the benefit of our members. However, it is sometimes possible to allow friends/relatives to accompany members on events. When this happens, non members will not receive the subsidy and will have to pay the full price. Non-members can only attend events if there are spaces and with prior permission from the Events Co-ordinator or Project Manager.
- 7) All events and activities must be **paid in advance.** If you think you may not be able to do this, please phone the office to make arrangements. No money can be collected on the day. Because Contact a Family have to pay ticket and transport costs in advance no refunds can be given for cancellations. However, if we are able to fill cancelled places a credit for future events will be given. This cannot be guaranteed.
- 8) Under no circumstances will Contact a Family tolerate any acts of criminal conduct of any kind and will **report criminal activity** if necessary. Under no circumstances should parents and carers behave in a way which could bring the organisation into disrepute.
- 9) **In exceptional circumstances it may be necessary to cancel an event at short notice.** Families will be advised by staff of any changes to an event, and must follow appropriate instructions.
- 10) Contact a Family cannot be held responsible for any **items which are lost, stolen or damaged** during an event
- 11) The following information relates to trips where **transport is provided as part of the trip.**

"Please note that in buses, coaches and minibuses with seat belts fitted, the law states that passengers aged 3 years and above must use them. Please also note that the new law relating to the use of booster seats which came into effect on 18th September 2006 only applies to cars, vans and goods vehicles - it does not apply to buses, coaches and minibuses. Most coach companies do not therefore provide booster seats and if parents provide their own then this may mean that the coach company is not longer liable in respect to the safety of that child"

Parents and carers with younger children are solely responsible for providing suitable car seats for their children; parents and carers are responsible for ensuring seat belts are used on any transport provided. Parent/carers are responsible for ensuring that their family wear seatbelts and behave sensibly on all transport. There is no eating on coach transport, only water may be consumed and all litter must be taken away with you.

12) Families attending events must abide by instructions issued by Contact a Family staff and, in addition, adhere to any specific instructions relating to hired transport, such as use of car seats or seatbelts on coaches, consumption of food and drink etc.

Events

Return filled and signed to Contact a Family

Please read and sign our terms and conditions to prevent delay. Only an adult with legal parental responsibility can sign the forms. Without this sheet completed correctly, we cannot allocate you on any of our activities. No unsigned forms will be processed.

Please send this form back with your signed terms and conditions. Be aware that sending back this form does not secure you a place so please **do not send any cheques** or come into pay in until we have contacted you to confirm your place. Please make sure you complete all the information

Photograph & Video permission form

Photographs of families help put a human face on Contact a Family's work, and help enormously to raise awareness of our services and to raise funds to carry out our vital work. So that we only use photographs in accordance with your wishes, could you please read the following carefully, and **tick each** box where you agree to the photograph being used.

- I am happy for my photographs/video to be used in Contact a Family's publications, promotional materials and the Contact a Family website.
- I am happy for my photograph/videos to be used for websites and publications produced jointly by Contact a Family with other organisations supporting families with disabled children.
- I am happy for Contact a Family to send photographs/videos of me and/or my family out with news releases/ media requests (e.g. newspapers and magazines).
- I am happy for Contact a Family to use my photograph/video alongside features and stories which may relate to the experiences and situations of other families caring for disabled children.
- I do not want** my photos/videos to be used for any of the above.

Contact a Family is committed to the confidentiality of your personal information. Personal data will be held and used in accordance with the Data Protection Act 1998 and will not be shared with any third parties for commercial use.

*Please note that photographs will only be used for 5 years from this date, although some publications have a longer shelf life. You can withdraw your permission at any time by contacting us at which point we will refrain from using these images in publications/other media produced after that date.

I have read and understood the Contact a Family Lewisham terms and conditions above and I will follow them at all times during Contact a Family events.

Signature _____ Date: _____

Please returned by 1st July 2015 to:

Christine Lesmes

Contact a Family Lewisham

Leemore Central Community Hub, Bonfield Rd, SE13 5EU

Events

<p>Name of parent carer(s) (Please write down the names of ALL adults attending events)</p> <p>Parent/carer #1: _____</p> <p>Parents/Carer#2: _____</p>	<p>Address (please include your postcode) *</p> <p>Post Code: _____</p>
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<p>About your child:</p> <p>Name: _____ Age: _____</p> <p>What is your child's disability/additional need?: _____</p> <p>Other children attending: _____</p>	<p>Means of contact:</p> <p>Home : _____</p> <p>Mobile : _____</p> <p>Email address: _____</p> <p>Tick here if you do not want to receive texts from Contact a Family <input type="checkbox"/></p>
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Does your child use a wheelchair? Yes No

If Yes, do they prefer to travel: In their chair in a coach seat

Event	Number of adult places	Number of children places	Children's ages

Events

New time,
5.30-6.30pm

FREE! Monthly Swimming Sessions

Monthly swimming sessions, **from 5.30 to 6.30pm**. These sessions take place the first Saturday of every month, excluding January and December. They are free of charge and they are exclusive to Contact a Family members. We will have exclusive use of the leisure pool during this time and there will always be a Contact a Family member of staff there. So make a note on your diary and don't miss it!

Health and Safety Rules: Ratio for swimming session: Under 5's - one adult (16 years or over) to one child. 5 - 7's - one adult (16 years or over) to two children and one to one with children with additional needs. Children under the age of 3 years must wear suitable Aqua nappies or similar. Remember your children cannot go into the swimming pool without an adult going with them. Please note the flumes are pitch black on the inside.

The next sessions will be: Wavelengths, Giffin Street, Deptford SE8 4RJ, Tel: 020 8694 9400

4th July	1st August	5th September	3rd October
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Zumba sessions are back!

There are still spaces available in our weekly Zumba sessions. To confirm your space, please send back the tear off slip along with your payment (cheque) or come to our office to pay by cash. Dates: 16th, 23rd & 30th June. Sessions run from 10.30 to 11.30am. Bring appropriate clothing. Price: £5/ 3 sessions.

To book call 0208 297 8056 or email christine.lesmes@cafamily.org.uk



The Friendship Matinee 2015

The Royal Albert Hall is delighted to announce **Friendship Matinee 2015**: this year's concert celebrates the 50th anniversary of the world's most-loved secret service agent, James Bond, by the Royal Philharmonic Orchestra on **Friday 9th October 2014 at 3pm**. **Tickets are on sale now, go to the website below to book your tickets now for only £5.**

Friendship Matinee is an exclusive annual performance that offers people of all ages from charitable, community and voluntary organisations the opportunity to

experience the internationally-renowned venue for only **£5 per ticket**. To book your tickets phone the Royal Albert Hall on 020 7589 8212. Alternatively, you can book online www.royalalberthall.com/tickets/friendship-matinee/default.aspx.



During **Kids Week**, a child aged 16 or under can see a fantastic selection of shows for **FREE** when accompanied by a full paying adult. Two additional children can go at half price. And there are no booking or postage fees to pay!

Tickets for Kids Week will go on sale on 16th June, for performances from 1 - 31 August. Book online on www.kidsweek.co.uk or by calling the 24hr Ticketmaster hotline on 0844 248 5151.



Events

Family First Nights

Family First Nights (FFN) is a unique opportunity for families to enjoy a great London theatre production for just £5.00 a ticket. Each summer, from the end of July and through to the end of August, families are able to access the best seats for a selection of top musicals, plays and other productions. A family can consist of parents, grandparents, aunts, uncles, guardians or carers, but **MUST** include young people between the ages of four and sixteen. Young people must make up half if not more of the family group.

Families can only join the programme through being referred by Contact a Family. This initial summer theatre visit is only for new families to give them an entry point to the theatre.

Join their Facebook page and keep up to date with programming & how to apply and share your experiences with others who have discovered a love of theatre with Mousetrap Theatre Projects and Family First Nights.

If you want to **request a FAMILY FIRST NIGHTS booking form** you can do it by post, letting us know your postal address or by popping into the office and collecting your booklet in person. To avoid disappointments, please call us or email us in advance to make an appointment with Christine, as all the staff at Contact a Family work part time. Visit/ write to:



Christine Lesmes Veiss, Contact a Family- Events Co-ordinator

Leemore Central Community Hub, Bonfield Rd, Lewisham SE13 5EU

Do come along to the next meeting and meet the professionals

The voluntary community and Lewisham services

Kaleidoscope Users Group

This is a reminder to all parents and carers of a disabled child or young person using the many services available for your children at Kaleidoscope. The Kaleidoscope Users Group was set up a few years ago with the following aims:

- To improve and understand the services from and based at Kaleidoscope for staff and all users
- To create a forum where family/parent users, representative groups, other children's services and Kaleidoscope staff can share experiences
- To enable a two way discussion to ensure Kaleidoscope Children's Teams are more aware of the needs of users so that practice and services can be improved



We meet quarterly at Kaleidoscope, Lewisham Centre for Children and Young People, 32 Rushey Green, Catford, SE6 4JF. The meeting dates for 2015 are as follows:

9th July 15th October

Meetings are held in the evenings from 7pm – 8.30pm and childcare expenses are available provided you advise Fiona Hurst in advance at email below. Please email Fiona Hurst at Kaleidoscope if you would like to come along Fiona.Hurst@nhs.net

What we're campaigning on: Cuts to benefits

Family Support Census

Contact a Family have just begun to research changes to local services and recently ran two focus groups where families shared their experiences. It was clear from what parents told us at the focus groups that cuts to services are really affecting families, increasing isolation and stopping children succeeding.

We will be emailing you our Family Census Survey and would be grateful if you could take part to ensure we let our government know about the reality of what these cuts to services mean. Meanwhile do take a look at our website:

www.cafamily.org.uk/get-involved/campaigning/cuts-to-services

Why we're campaigning

Cuts and pressures on local authority and health budgets over the last few years are chipping away at vital services, in particular specialist services. Families with disabled children rely upon these services to take part in everyday activities, keep working and stay well.

- Families are having to wait longer for appointments and assessments.
- Families say it's harder to get services after assessment.
- What they do get is being reduced or stopped, sometimes without proper consultation. More families are being charged for services and equipment.
- Families are reporting difficulties accessing support and diagnosis from CAMHS.

This affects family resilience and independence and increases isolation. Sadly this can push families to breaking point, leading to high costs for family life, local authorities and the NHS.

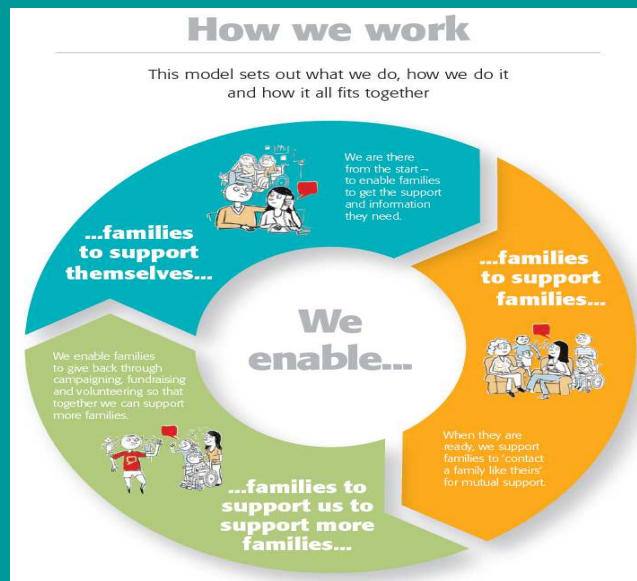
What we want

- Local authorities to stop cutting services for disabled children and their families and to prioritise their needs.
- A joined up legal framework across child's health, education and social care services that offers parent and practitioner clarity over funding, rights and responsibilities.
- Better and early access to parent friendly advice and information from key professionals, such as GPs.
- Families to be at the heart of planning, decisions and commissioning of services.

Contact a Family Lewisham will continue to work with Lewisham Parent & Carer's Forum to ensure that your voices are heard. We hold regular meetings and forums. If you want to know more or let us know about something that has happened to you please contact the Manager – Jacky Spigel (jacqueline.spigel@cafamily.org.uk or 0208 297 8056)

Contact a Family strategy

We are delighted to share with you our strategic plan 2015-2020 - our vision for our next five years supporting families with disabled children. The purpose of the plan is to make sure that everything we do is about improving the lives of families with disabled children. We will achieve this by:



Develop a sustainable business model to expand our service offer so we can support more families to be confident, informed and able to access the support they need.

Enable more families to receive and provide peer support to each other by increasing access to groups or networks.

Enable families to give back to other families by developing a sense of commitment to, and a relationship with, Contact a Family.

Get Involved

Subscribe to our newsletter:

Our newsletter is available free of charge to families, parent groups, support organisations and professionals who work with families of children with disabilities. If you would like to be on our mailing list please call the office or email: lewisham.office@cafamily.org.uk

www.cafamily.org.uk

Contact a Family 209-211 City Road, London EC1V 1JN

Tel 020 7608 8700 Fax 0207 608 8701

Email info@cafamily.org.uk Incorporating The Lady Hoare Trust

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Registered Charity Number: 284912

Charity registered in Scotland Number: SC039169

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Registered in England and Wales

Number: 1633333 VAT Registration Number: GB 749 3846 82

Lewisham Contact a Family 2015

The views expressed are not necessarily those of Contact a Family.

Data protection: Contact a Family is committed to the confidentiality of your personal information. Personal data will be held and used in accordance with the Data Protection Act 1998 and will not be shared with any third parties for commercial use.

Contact a Family

Freephone Helpline: **0808 808 3555**

Email: helpline@cafamily.org.uk

Open 9.30am – 5pm Monday to Friday

Website: www.cafamily.org.uk