



Kendal Family Drop-In Centre Newsletter

December 2014

Contents:

1. Preparing for Christmas and the changes
2. Stepping stones triple parenting course January 2015.
3. Christmas party and the February Play scheme information and some extra 2015 dates! Christmas closing dates for the centre
4. Sparkles sessions dates for this term
5. Sing and sign for pre-school children
6. Developing Workshops: Behaviour and Social skills.
7. Signalong sign supported speech.
8. workshop on sleep plus an introduction to Philippa Christie from Contact a family.
9. Arts award certificate for the under 25s
10. websites to support: Calibre (audio books), dyslexia shop, crossbow education resources, Lifeline for kids charity (application for equipment).
11. Bookstart at the Library
12. Sensory toys and products. WOW a glowing website address! New books from the Cerebra Library.
13. The World of Beatrix Potter attraction. Free entry information.
14. Booking contact details: New Website ☺

1) Preparing for Christmas.

Christmas for children and families is meant to be a time of fun but equally it can be an emotional roller coaster and extremely stressful where children struggle with the festive changes. I have some information from the National Autistic Society's website which you might find helpful. Please E mail me if you would like the leaflet; it includes preparation, suitable gifts and ten top tips.

2) Stepping stones

I will be starting a new Stepping Stones positive parenting course in January 2015 on Wednesday 14th January 2015 at 10.30am at the Kendal family Drop In centre. If you wish to book a place please get in touch as soon as possible. The course is about listening to your own personal circumstances, looking at what you have tried and thinking about the possibility of using different strategies to help with the day to day routines. There is no charge for this course.

3) Christmas party and Play scheme 2015 dates



Kendal Family Drop-In Centre Newsletter

December 2014

The Kendal family Drop In centre will close in line with the school holidays over Christmas. Stricklandgate House will also have restricted opening times so the changing facilities will be closed also. The last opening day for the centre will be on Thursday 18th December closing at 2.30pm for the Christmas holidays. Beware your school may be closing earlier than normal!

The Christmas party is at Sandgate school from 10am to 1pm on Saturday 20th December 2014. We have invited Santa who will be arriving towards the end of the session at approx 12 noon. We ask that you bring a wrapped named item for the big red mans sack – (value £5?) It is a Jacobs join so please let me know what you are bringing to the food table. Eats scheduled to happen at 11.15am. There will be an arts and craft table. Children are invited to dress up in festive theme. It would be useful to know of your childs likes and dislikes. The day can be quite busy but we will have some quiet spaces for those who prefer it. It is most important that you are responsible for your children first and foremost but if there are any offers of help they would be greatly welcomed.

The play scheme in general: We have a number of daily activities on the premises including art workshops, games including pool, table football, glide hockey; Construction including Lego (castle, hobbit lego city etc) and duplo kits (cargo train etc), bubbles, ribbons and music, ball pool, soft play, adventure play ground, with the outside MUGA to kick a ball around etc. All sessions are subsidised by Cumbria county Council through Barnardos; a donation of £3 per family will help us to maintain the play scheme and cover the hidden costs of insurance etc.

2015 provisional dates for your diary: not including Saturdays.

February half term: We are beginning to get the activities booked in.

Monday 16th February: AM: Simon and Natalie for the Knotted project will be starting at 10am to introduce some fully inclusive games related to gaining confidence and increasing self esteem. PM: hydrotherapy swimming session. ALL DAY: pamper sessions with Ulla.

Tuesday 17th February: All day Pamper sessions with Tracey. More to come

18th, 19th and 20th February: youth hostel trip to York. Places are limited to what the youth hostel can offer us in terms of bedroom sizes etc. The youth hostel will book up very quickly so to ensure you have the best possible chance of getting your preferences please cat quickly.

Easter holidays: 30th, 31st March 2nd, 6th, 7th, 9th April.

Spring bank: 26th and 28th May



Kendal Family Drop-In Centre Newsletter

December 2014

Summer holidays: 20th, 21st, 23rd, 27th, 28th, 30th July, 3rd, 4th, 6th, 10th, 11th and 13th August

4) Sparkles sessions. (An activity for families with a child under five years who has an additional need)

A practical interactive session with information and support available for families with pre-school children with additional needs

You are welcome to come and enjoy the lovely sensory equipment with fibre optic, touch screen and bubble tube - great for parents as well as children. Scrunch the emergency blanket, shake/lye on it, hide in it or crawl inside it! Explore the pockets of seasonal themed and craft activities; learn a couple of signs to funky songs.

Come and enjoy the sensory equipment, craft activities, sing and sign session and refreshments at Kendal Family Drop-In Centre, Stricklandgate House, 92 Stricklandgate, Kendal LA9 4PU on the 1st and the 4th Wednesday of the month from 9.30am to 11.30am

This terms dates are:

3rd December: open session with a Christmas theme. Sing and sign

7th January 2015: story and sign with “The hungry caterpillar” a new resource from Signalong.

28th January 2015: Story and sign with “Where’s teddy?” a new resource from Signalong

4th February 2015: “Fruits and veg” session a new resource from Signalong.

5) Sing and Sign in the Kendal Family Drop In centre

The Sing and Sign sessions for pre-school children on Tuesday and Friday mornings at 11am are taking a Christmas twist with new signs to learn and old songs to try to remember! Please remember the last session this year will be on the Tuesday 16th

December and that Stricklandgate House is mainly closed during the Christmas period so the changing facilities etc will be closed/locked.

6) Developing children: Workshops:

Please can I stress the workshops have been designed to support families on the pathways for a possible diagnosis however you don’t need a diagnosis of autism to attend these workshops. The workshops information may also be relevant to children without a diagnosis of autism.

Provisional forthcoming workshops:

Social Skills

Thursday 29th January, 10am-2pm. Fire Station, Barrow



Kendal Family Drop-In Centre Newsletter

December 2014

Become familiar with the range of social skills

Understanding the implications of the ASD learning style on the development of social skills

Become familiar with some possible strategies to support the development of social skills

To consider how to implement these strategies in your own situation

7) Signalong sign supported speech training in 2015. Phase 1 and Phase 2.

The **Phase 1 Signalong** training workshop starts on Monday 12th January 2015 from 6pm to 9pm. If you are interested in this course or any other future courses and want more information please get in touch as soon as possible so I can make sure you receive the information and can put you on the mailing list for future courses.

I am hoping to run a **Phase 2 Signalong** during the April to July 2015 term if there are enough people interested.

There will at some time be a **Phase 3 and Phase 4** so if you are interested in either of these it would be useful to know also.

8) Contact a family: introduction to Philippa Christie

Philippa is coming to the Kendal Family Drop In Centre on Thursday 15th January 2015 from 10am. Here are a few words from Philippa.

"Hello I am Philippa Christie, the parent adviser for Cumbria for Contact a Family. I'd like to introduce myself and Contact a family to you.

Contact a Family supports families with disabled children across the UK. Whatever the condition, whenever they need us, wherever they are.

We provide information, advice and support. We bring families together so they can support each other. We campaign to improve their circumstances, and for their right to be included and equal in society." Do come along and meet Philippa to find out more about her role and contact a family.

Workshops: from Contact a family

SLEEP: Monday 15 December 2014, 10.00 a.m. to 2.00 p.m. at the Community Room, Kendal Fire Station, Busher Walk, Kendal LA9 4RH. FREE PARENT/CARER WORKSHOP – including lunch and refreshments. Run by Moira Draper from Cerebra. To inform how sleep processes typically work and why we need different sleep phases. To recognise the impact of sleep deprivation on children and families. To offer parents an awareness raising session about sleep and what can work well to help to resolve sleep issues in children having difficulty settling at bedtime, waking frequently during the night or waking early. **Places are limited and available to parent/carers only.** To book your place, please call Contact a Family on 07742300040 or email philippa.christie@cafamily.org.uk



Kendal Family Drop-In Centre Newsletter

December 2014

9) Are you creative?

Are you creative? Would you like to gain an Arts Award certificate? If you are twenty-five or younger and would like to take part please contact Wendy (kennedyw14@kendal.ac.uk) or Anna Hall (anna.hall@kendal.ac.uk). Find out more at www.artsaward.org.uk

10) Websites: Calibre/dyslexia shop/crossbow education resources/Lifeline for kids charity (application for equipment).

Thank you to Katie for passing on this information.

Calibre Library is a national charity providing a subscription free service for adults and children with sight, dyslexia or other disabilities who struggle to read print
Calibre Audio Library,
Aylesbury, Bucks HP22 5XQ UK.
TEL:01296 432339 enquiries@calibre.org.uk
www.calibre.org.uk

There is also a shop locally for children/adults with dyslexia.
The Dyslexia shop tel 01394 671818 www.thedyslexia-shop.co.uk
SCuDA at Strickland house.
Tel: 01539742632

Mini sand timers can be purchased from:- (similar to egg timers):
Crossbow Education,
Tollgate Court Business Centre,
Tollgate Drive, Stafford. ST16 3HS

Lifeline for kids is a UK national children's charity that provides children with additional needs aids & or equipment. You will need to fill in an application form (it is means tested);
Lifeline4Kids, 215 West End Lane,
West Hampstead, London. NW6 1XJ
Tel: 020 7794 1661
Email: mail@lifeline4kids.org

11) Bookstart at Kendal Library

The Bookstart Bear club is all about discovering more about the magic of story time and sharing books with your children. Please visit www.bookstart.org.uk/bookstartbearclub;

Kendal Library have been running Bookstart Thyme time sessions on Wednesdays from 10.30 to 11. Please call in to the Library for news of any additional future sessions.

12) Sensory toys and lighting products. WOW!



Kendal Family Drop-In Centre Newsletter

December 2014

The November newsletter from cerebra showed some sensory lighting products from the following website www.glow.co.uk; their product review was looking for value for money; these are what they spotted.

The RAC Rechargeable Hazard light is worth a look at approx £20. The “Lav Nav” which lights up the toilet seat approx £10. El glow wire approx £15. Light up pens approx £2 each.

Cerebra library: I have a list of the new books in Cerebra’s library which have been published this year if anyone wants a copy of the list.

13) The world of Beatrix Potter Bowness on Windermere attraction.

As a thank you to local residents any one with a LA postcode (proof of residency must be shown) can gain free entry to the Beatrix Potter attraction during December.

14) Contact details:

For more information or to make a booking for any activities run by the Kendal family Drop In Centre above please contact:

E mail: shirley-gilpin@sky.com or Telephone number: 07795346632

Website: <http://kendalfamilycentre.weebly.com>.

The newsletter is here to pass information re local services and activities. We are unable to recommend activities but would welcome hearing from you of any activities you have enjoyed. My sincere apologies if the information has changed during compiling and sending out this newsletter. We strive to make sure the information is correct but sometimes due to unforeseen circumstances we get caught out.

Please don’t hesitate to let me know should you wish to book a place on the Kendal Family Drop In Centre’s activities or if you wish to be removed from our mailing list.

Warm wishes Shirley