

MENDIP PARENT INFORMATION & NEWS BOOKLET



FOR PARENTS WITH CHILDREN AND YOUNG PEOPLE WITH
AUTISM AND SPECIAL EDUCATIONAL NEEDS

Parent Support Groups and Other Linked Support

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- ❖ Parent Support Groups and Other Linked Support
- ❖ Other Events/News/Information
- ❖ Useful Hints and Tips for Parents
- ❖ Facebook Pages and Groups to watch
- ❖ Useful Leaflets


Parent Support Groups and Other Linked Support

Group Name	Target Audience	Meeting Dates/times	Contact Details
Apps for Special Needs	We are an online community of parents of SEN children of all ages offering information, news and advice about iPads, tablets and apps.		You can find us on Facebook at: www.facebook.com/AppsForSpecialNeeds and on Twitter at @appsforSEN
Avalon CAOT Club		4 th Tuesday of the month	If you have any questions or queries please feel free to contact Barbara Mills, Senior Autism Outreach Worker, Children's Autism Outreach Team {C.A.O.T} Cratt Buildings, Langport Road, Long Sutton TA10 9PZ Tel: 01458 241460 Mob: 07584 175261
Autism Awareness Week Toys 'R' Us		Autism Early Openings	More info please contact Autism.org.uk
Autism Friendly Screenings		Monthly Screening of films	For more information please email www.dimensions-uk.org/autismfriendly
Bath Swim Therapy	One to one swimming lessons & hydrotherapy for disabled & special needs children & young people.		For more information contact Pamela Galloway on 07989 122389 or visit www.bathswimtherapy.org.uk Threeways School Hydrotherapy Pool, Bath BA2 5RP Longwell Green Leisure Centre BS15 9LA

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The Caldwell Foundation	Phoebe Caldwell: building emotional engagement with people who have autism. Grants available for SEN		For information contact thecaldwellfoundation.org.uk
CHYPPS			www.chypps.org.uk
FAST (Frome Autistic Support Group)	Parents and carers. Join us for a Coffee, chat, Support, Guest Speakers, trips in school hols.	Meet MONTHLY at the Bridge Centre, Hayesdown School, Starting Tues 26th Jan 2016 12.30-2.30pm. Also Evenings Quarterly at The Fox & Hounds Tytherington Wednesdays 7.30pm starting 14 th Oct 2015, 20 th April - (AGM) 7pm start & 13th July 2016 (NAS AGM & combined meal). Please let me know numbers to book a table	For confirmation of dates/questions etc please email/text/call: Sarah Drake – 07977 913339 Email: pylefarm@talk21.com
Contact a family Free National Helpline			Tel: 0808 808 3555 www.cafamily.org.uk Email: info@cafamily.org.uk
Friends Meet Up Club	Friends Meet Up Club – a group for people with learning disabilities aged 15-25 years.		Call Open story tellers on 01373 471 171 http://www.openstorytellers.org.uk/ or email info@openstorytellers.org.uk




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Funways Disco	For children with special needs / disabilities and their siblings.	Disco held every month for SEN kids and siblings in Warminster -all welcome	At Funways, Goodwin Close, Warminster BA12 0DF Tel: 01985 220111 www.funwayswarminster.com
IASSN (Information, Advice & Support Services Network) for SEND	Fortnightly Newsletter	Sign up on the website to receive the newsletter	For information and latest updates/ newsletters please email: The IASSN Team iassn@ncb.org.uk
Junction 21 		2 nd Tuesday of the month.	If you have any questions or queries contact: Barbara Mills, Senior Autism Outreach Worker, Children's Autism Outreach Team (C.A.O.T) Cratt Buildings, Langport Road, Long Sutton TA10 9PZ Tel: 01458 241460 Mob: 07584 175261 Junction 21, Graphic House, Station Approach, FROME, Somerset. BA11 1RE Tel: 01373 453670
MASG Mendip Autism support group	Parents and carers. Coffee, chat and trips	Day Meetings 1 st Monday of the month at Shepton Mallet Children's Centre 12.30am – 2.30pm Evening Meetings 3 rd Tues of the month at the Highwayman in Shepton Mallet. 7.30pm – 10pm Also- once a month on the 1 st Friday the meeting is held in the Children's Centre, Glastonbury.	Chairperson: Jacqui Simmonds Tel: 07516 816 915 Hillmead Community Hall, Hillmead, Shepton Mallet BA4 5NU

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Mendip National Autistic Society (MENDIP NAS)	Parents, carers and involved professionals	Meet once every half term in each venue (Frome). Park Road Support Centre, Frome 7.30pm	For further dates and information please contact :- Branch Officer- 07785 950911, email: mendip@nas.org.uk Or Sarah – 07977 913339 Email: (pylefarm@talk21.com)
Parent/Carer Group-Mendip	We are a small friendly group for parents with children and young people with Special Educational Needs attending mainstream and special schools.	Meet at Avalon School - 2 nd Thursday of every month from 7.00pm until 8.30pm starting on: 10th Sept 2015	Contact Angela Bolton for more details or just turn up. abolton@educ.somerset.gov.uk 01458 443081
Parent Training	All parents or carers		Barbara Mills – 07584 175261
SEND- Young People's Forum 'The Unstoppables'	Young people aged 10-25 with SEN or a Disability, to meet other young people, learn new skills, have fun and to have a say on matters that affect them.	1 st Saturday of every month in Taunton First meeting Sat 6th Feb at Burtons Orchard TA1 3JR or Reckleford Children's Centre BA21 4ET- 1 st mtg Sat 5 th March OR 5 th May - 5:30pm-7:30pm at Junction 21, Frome - soft play area. Cost Max £3.95 per child.	For further information regarding venue and dates please contact: Jemma – 01823 359 868 / 07469 413359 Email: ixlang@somerset.gov.uk
Shine Community Arts Drumming Workshop			From: Charlotte Woodall shinecommunitytheatre@gmail.com

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Shortbreaks	Supporting children and young people with disabilities in Somerset	Regular Newsletters available	Laura White (editor) 01823 358117 http://www.somerset.gov.uk/organisation/departments/disabled-children-and-young-peoples-service/
SNAPS Street Parent support group	Parents and carers – coffee and chat	2– 3pm every Thursday afternoon – term time only, Meet at Street Children’s Centre	Jenny Turk, Family Support Worker Street and Glastonbury Children's Centres Brooks Road, Street, Somerset BA16 0PR 01458 443340 (option 2)
Social Stories/ Computer Programme/App			Dr Liz Smith Educational Psychologist Research Associate, University of Bath http://go.bath.ac.uk/social-stories
Somerset Total Communication Awareness and Training		<p>Where? </p> <p>When? </p> <p>How much does it cost? </p> <p>For all details please see contacts and Website.</p>	<p>If you would like to book a place, please ring 01278 444949 or email: stc@somerset.gov.uk</p> <p>Website: http://www.somerset.gov.uk/stc</p>
Social Care – Children’s Autism Outreach Team	All children up to 13 years, family support.	The team do home visits and provide clubs during term time & also holiday events, Cross county service.	CAOT Team: Barbara Mills (Senior Autism Outreach Worker) covers all areas in Somerset – 07584 175261 Julie Bishop covers Mendip – 07584 175221 Kate Standen covers South Somerset – 07920 211167
Somerset SENDIAS- (Formally Parent Partnership)	Special educational needs & disability information, advice & support		Choice Advice Service The Holway Centre, Byron Rd, Taunton, TA1 2JD Tel: 01823 356903 / 07775 027442 OR Email: choiceadvice@somerset.gov.uk or visit the website: www.somersetsend.org.uk

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Somerset Parent Carer Forum - Wells, Wincanton, Yeovil, Ilchester, Chard & Bridgwater Support groups.			For further details contact Tina Emery on: 07755 092949 Email: help@somersetcarerforum.org.uk Website: www.somersetpcf.org.uk
SPIN Special Parents In Need	Coffee and a chat. Advice and support available.	Every Tuesday 9:30 am at the Cordero Lounge Bar, Frome, upstairs, opposite Argos in the town.	Any questions or queries contact: Lisa Applegate – 07596970681 OR Email: babycakes7120@gmail.com
The Pod Youth Club	The Pod Youth Club is a fully staffed provision with a ratio of 1 adult to 3 young people.	From Sept 2015 now meet on a <u>Tuesday</u> night in term time between 6 – 8pm at Vallis Youth and Community Centre, Frome.	For future details:- Tel: 07582 559 591 or For details Email: info@thepodcharity.org.uk
The Zone -Young Carers Club		Meets fortnightly - Park Road Support Centre Park Road, Frome, BA11 1EU	For future details:- Tel: 07582 559 591 or Email: info@thepodcharity.org.uk
Ups and Downs South West	Support for Parents/carers with Down Syndrome		Wendy Hellowell , Chief Executive Officer on 01278 691100 or at www.upsanddowns.net
Autism Friendly Screenings	New films shown each month		For more information and to sign up to monthly e-newsletters visit https://www.dimensions-uk.org/families/autism-friendly-screenings/

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- ✚ **Parent Training- , Cygnets** is a 20 hour parent training course, delivered throughout the year, in Somerset. Suitable for parents of pupils aged five and upwards. There is no charge. (We just ask that you try and attend all the sessions). The course is over six to eight half day sessions in Langport. If there is enough interest we will deliver courses at any time and location to suit in Mendip. We delivered two courses last academic year one in the day the other in the evening, both in Frome. Another has just started to be delivered in Street, Somerset in the evenings.

If you are interested in attending a course, please contact Barbara Mills for more information on: 07584 175261

- ✚ **Autism and Girls –** Girls within the Mendip area are becoming increasingly diagnosed with Autism. It is more common for boys to be diagnosed than girls, and the focus of training is generally aimed towards them. That said, there is a real need for training about girls on the spectrum and the strategies which often work best for them. **If you are interested in discussing this, or in attending a course or discussion group, please contact me, Mo Austin (maustin@somerset.gov.uk)**

SPECIAL EDUCATIONAL NEEDS & DISABILITY NEWSLETTER We are delighted to share our latest newsletter on the changes to Special Educational Needs and Disability support in Somerset. The newsletter is aimed at practitioners and parent carers. Have a look, download a copy, print it out, and share it with your friends and colleagues. For the latest Special Educational Needs and Disability Support Newsletter go to: <http://bit.ly/SENDNewsletter>

<http://www.somerset.gov.uk/policies-and-plans/schemes-and-initiatives/somersets-local-offer/> or

<http://www.somerset.gov.uk/organisation/departments/disabled-children-and-young-peoples-service/>

Any news or good practice you would like to share in the next edition please contact HZZMay@somerset.gov.uk. The theme for the next edition is 'Outcomes & Aspirations.'

✚ **SHOE SHOPPING MADE EASIER AT CLARKS VILLAGE, STREET**



As parent carers of children with additional needs, there are few things that still can't be done online.

The one thing I dread every time is shoe shopping. You can't take a model of their feet or draw around your child's feet and hand the shop assistant the picture and say "I'll have shoes that fit that foot please" although I know we all wish we could! So imagine being able to go shoe shopping in an empty shop, at a convenient time for you. Is there such a utopia? Well yes AND it is in Street!

Clarks Village Outlet offer a service where you can phone the shop during normal hours and you can arrange a time that suits you, even if it is outside normal opening hours. If you have more children, even if they have no additional needs, they are happy if they come along too. Staff at the Clarks Outlet are fully aware of how hard it is sometimes when you have a child with an additional need, a colleague on their management team has a child with Autism and they fully sympathise how difficult it is to go shoe shopping. And if you have no choice but to visit during opening hours, they also offer queue jumping at the fitting stations and quick payments at tills just to make the experience as perfect as possible! So please pop along or give them a call, **Helen Dunn on 01458 843156** and team will be happy to help you!

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WATERLESS LTD! - Revolutionary bathing products that might be extremely useful for those struggling with traditional bathing. **Mrs Foster from Essex who said “My daughter has Autism, and I was absolutely thrilled that I found these products. They make life a lot easier and stress free. Thanks again.”**

Nilaqua products are a safe alternative to conventional bathing methods allowing people to wash effectively without using any water whatsoever. Nilaqua waterless bathing products are liquid based and work by simply applying to the skin or hair, massaging to lift dirt and grease into a lather, which is then removed with a towel. Nilaqua is kind and gentle with no parabens or alcohol.

Nilaqua has received a lot of positive feedback from care nurses and families of sufferers who are in a lot of pain and panicked stricken at the site of a bath. We also work closely with the Alzheimers Society, who find our product invaluable and have been featured in NAS Magazine. Nilaqua provides a long term solution allowing nurses to wash patients in a comfortable environment.

I thought it may be useful for your Carers and Nurses to know about these alternative bathing products and would be grateful if you could distribute the attached brochure as you see fit. If you are interested in purchasing Nilaqua in bulk, we will be happy to offer you a suitable discount structure. Please see usage video

<https://www.youtube.com/watch?v=Qm66wbHNeT0> Goods can be obtained via Mail Order on 01453808366 or at www.norinse.co.uk

- ✚ **‘Improving Mental Health and Wellbeing for Young People with Autism, ADHD and Learning Disabilities’** Thursday 28th April 2016 Royal Society of Medicine, 1 Wimpole Street, London W1G 0AE
- The conference is aimed at parents, carers and the professionals who support them and will look at:
- The risks to mental wellbeing in children and young people
 - Interventions and improvements in health service practice
 - Recent developments in Child and Adolescent Mental Health Services (CAMHS)
 - The need to involve young people and their families in defining the research and policy agenda

The cost is just £45 if you book your place before 31st March. You can get full details of the programme, our high profile speakers and book your place here.

Alternatively please contact Rachel Shailer on rachels@cerebra.org.uk or call 01267 244225.

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FACEBOOK PAGES & GROUPS TO WATCH

- ✚ Finding Your Way - Support Groups -
<https://www.facebook.com/groups/FindingYourWay/?fref=ts>
- ✚ Rising Stars Bridgwater -
<https://www.facebook.com/risingstarsbridgwater/?fref=ts>
- ✚ Friends of CAOT -
<https://www.facebook.com/groups/FriendsOfCAOT/?fref=ts>
- ✚ Somerset Parent Carer Forum -
<https://www.facebook.com/SomersetParentCarerForum/?fref=ts>
- ✚ Somerset Time for Youth -
<https://www.facebook.com/groups/timeforyouth/?fref=ts>
- ✚ Adult PDA Support Network -
<https://www.facebook.com/groups/AdultPDASupportNetwork/?fref=ts>
Research Participants Wanted
- ✚ **Autism Research** - <http://www.autismsomerset.org.uk/2016/01/autism-research/>
- ✚ **Autism & OCD Research** -
<http://www.autismsomerset.org.uk/2016/01/diagnosis-of-autism-research/>
- ✚ Primary-school aged children with autism living in Somerset research -
<http://www.autismsomerset.org.uk/2016/01/primary-school-aged-children-with-autism-living-in-somerset-research/>
- ✚ **SENDirect - Contact a family want to hear your views on SEND Reforms** <http://www.cafamily.org.uk/news-and-media/access-our-research-on-the-provision-of-childrens-services>
- ✚ **Elastic Laces on Big Laces** – Elastic laces are great for turning shoes into slip ons. Once tied, it is much easier to put them on and remove them without the need for untying/re-tying so these laces are particularly popular with people who have difficulty tying shoe laces. For information/prices etc, see website below:
<http://www.biglaces.com/mall/departmentpage.cfm/BigLaces/519857/1/Elastic%2520Laces>

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Please email MendipEIS@somerset.gov.uk

If you would like any of these forms/leaflets/flyers:

-  Autism Sundae
-  Autism Girls leaflet
-  MACSAC – Multi-Agency Coordination & Support for Children and Young people with Autistic Spectrum Disorders and/or Communication Difficulties
-  Somerset Parent Partnership Service – Autistic Spectrum Disorder (ASD) Autism & Asperger's Syndrome
-  Avalon Parent/Carer Group-for parents with children and young people with Special Educational Needs

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To add/amend information to this brochure please email:
MendipEIS@somerset.gov.uk

OR

Tel: Lorraine Walmsley/Chris Groves 01749 822800.