



Welcome to Wandsworth's Monthly Update October 2018

We are Contact, the charity for families with disabled children. We understand that life with a disabled child brings unique challenges, and we exist to help families feel valued, supported, confident and informed. To make that happen, we work in three closely linked ways. We support families with the best possible guidance and information. We bring families together in local groups and online, to support each other by sharing experiences and advice. And we help families to campaign, volunteer, fundraise and shape local services to improve life for themselves and others.

Contact are based at the Early Years Centre, 1 Siward Road SW17 0LA. Our office number is 020 8947 5260 and you can email the office at Wandsworth.Office@contact.org.uk

You can also find out what's on at Contact Wandsworth on our Facebook page www.facebook.com/contactinwandsworth

facebook

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1. October & November Workshops & Drop Ins

These sessions are for families with children and young people aged from 0-25 years. Please note we have no access to childcare.

To book: 020 8947 5260 / wandsworth.office@contact.org.uk

Puberty, Sexual Wellbeing and Relationships 2 part course

with Charlotte Amison and Catherine Keevil

Part 1: Thursday 11th October Part 2: Wednesday 17th October

10.00am - 1.00pm

Paddock Secondary School, Priory Lane, SW15 5RT

Please note you will need to attend both sessions to gain a place

How Benefits are changing—Universal Credit and Personal Independence Payment (PIP) Workshop

Wednesday 7 November 10.00am—12.30pm

The Early Years Service, 1 Siward Road, London, SW17 0LA

How Benefits are changing—Universal Credit (for parents of children aged 0-5 years)

Thursday 8 November 9.45am-11.45am

The Enhanced Children's Centre, 5 Merton Road, London SW18 5ST

To book please contact the Centre directly: 020 8877 0758

Toilet Training

Thursday 22 November 9.45-11.45am

The Enhanced Children's Centre, 5 Merton Road, London SW18 5ST

To book please contact the Centre directly: 020 8877 0758

Social Stories how to write easy to understand visuals for your children

Tuesday 27 November 10.00am—12.30pm

The Early Years Service, 1 Siward Road, London, SW17 0LA

Evening Workshops Feedback

In September we trialled running 2 evening workshops for families. One about Puberty and the other was Understanding your child's Behaviour. We had 11 parents for Puberty and 10 parents for Understanding Behaviour. We are so pleased so many of you could come and we understand that after hours workshops are much needed.

We will run 2 evening workshops each term and will advertise them in this newsletter.



2. Coffee Mornings & Drop Ins

Coffee Mornings

DEBENHAMS

We have started a monthly coffee morning run by one of our family workers Alaina Dingwall at Debenhams Coffee Shop in Southside shopping centre. Debenhams provide the first 5 hot drinks and then we will pay for your first hot drink. We had 17 families come along to our first coffee morning which is a fantastic success! Please do come along to meet other parents and to find out what we are up to.

Friday 19 October 10.00am—12.00pm

Friday 9 November 10.00am—12.00pm

Friday 14 December 10.00am—12.00pm

The Café is on the top floor of Debenhams

10 Garratt Lane, Southside Shopping Centre, Wandsworth, SW18 4TF
Children welcome to attend—no booking necessary

DROP INS

Family workers run regular drop in sessions and are available for office appointments so please get in touch. Drop in sessions give the opportunity to meet up with other families. Family workers are there to offer support, information and advice on any matters relevant to looking after a child with additional needs, Please come along!

Battersea Drop Ins

3, 10, 17, 31 October 7, 14, 21, 28 November, 5, 12, 19 December

1.30pm -3.30pm

Chesterton Primary School, Dagnall Street, SW11 5DT

Children welcome to attend—no booking necessary

Roehampton Drop Ins

11 October, 1, 15, 29 November, 13 December **9.30am - 11.30am**

Eastwood Children's Centre, 166 Roehampton Lane, SW15 4HR

Children welcome to attend—no booking necessary

Tooting Drop Ins

26 October, 30 November

9.30am - 11.30am

Early Years Service, 1 Siward Road, SW17 0LA

Children welcome to attend—no booking necessary

contact

For families
with disabled children

In Contact
WANDSWORTH



3. Contact and The Enhanced Children's Centre Information and Advice Event



My Family Wellbeing an Information & Advice Event

for families with disabled children aged 0-13
years & professionals

Tuesday 30 October 2018

10.30am-12.30pm

@ The Enhanced Children's Centre, 5 Merton
Road, SW18 5ST



Please come along to find out more about: leisure activities, supporting charities, legal advice, benefits advice, the family information service, wellbeing, nursery provision and much more.

**There will be a short talk about
Wandsworth's Wikis by Eleanor Thain**

We will send our more information soon



4. Local Information

Thrive



Wandsworth's Family Information Service has now become THRIVE

Online. We will still provide the same service, including:

- telephone help and advice: available Monday - Friday 9am - 5pm
- email help and advice: available Monday - Friday 9am - 5pm
- a website with a directory of services and organisations that can help and benefit families with children aged 0-18: available 24/7
- a Local Offer for children and young people aged 0-25 with Special Educational Needs and/or Disabilities (SEND)

Our contact details, which you can find at the bottom of every page, are now: 020 8871 7899 / thriveonline@wandsworth.gov.uk

www.wandsworth.gov.uk/thriveonline

Wandsworth Health Trainers

See information below if you are interested in starting a healthier lifestyle but need some help—free service to use in Wandsworth.

Wandsworth Health Trainers
Find your way to a happier, healthier future

*Need more confidence to change your lifestyle?
Want to become healthier but don't know where to start?
Would you like help to find and access local services,
groups and activities?*

Make an appointment to talk to one of our health trainers. It's a free and confidential service that's tailored to suit your needs. Our friendly team can meet you at a time and place that suits you, we'll, listen to what you want to change, and help you decide how to get there.

Common things people come to us about include:

† Socialising	† Getting active
† Healthy eating	† Cutting down on alcohol
† Self development	† Quitting smoking

For information and bookings you can call us or email at:
Call: 020 8871 5052
Email: healthtrainers@wandsworth.gov.uk



5. Fundraising

Christmas Fete for our families and your friends on
Wednesday 12 December 10.00am – 1.00pm

At Early Years Service, Siward Road, SW17 0LA



All funds raised on the day will go to Contact Wandsworth and help us to fund trips for families.

We will have a festive plant stall, cake sale with a 'Guess the Weight of the cake' competition, raffle, tombola and more to come. We will send a flier out soon with all the information on.

If you would like to volunteer on the day or you would like to have a stall at the event selling Christmassy things please contact:

Charlotte.Amison@contact.org.uk for more information.

A BIG THANK YOU TO RUTH BROWN!

Ruth has organised for Contact Wandsworth to be one of the charities you can donate to as part of Asda Roehampton's Green Token Scheme!

We are part of Asda Roehampton's Green Token Scheme! We should be part of this scheme until Christmas so if you shop in Asda remember to ask the cashier for Green Tokens so you can add them to our box! <https://www.asdafoundation.org/green-token-giving>

You can also nominate us at other supermarkets like Sainsbury's, Tesco and Waitrose—just ask for a charity nomination flier for the token system.

You choose

Use your green token in store to vote for one of the three local good causes.



Previous winners:

1. Green Token Giving 1	£500
2. Green Token Giving 2	£200
3. Green Token Giving 3	£200

AMAZON SMILE— Free donations made to Contact when you shop online!

We're pleased to announce that Contact has joined Amazon Smile. A brilliant initiative from Amazon that lets customers



enjoy the same wide selection of products and donates 0.5% to the charitable organisations selected by customers. How does Amazon Smile work? If you would like to support Contact, simply shop through <https://smile.amazon.co.uk/ch/284912-0> and double check the correct charity is selected at the top, under the search bar. It should read: Supporting: Contact. Browse as usual, purchase what you need and Amazon will donate 0.5% to Contact at no extra cost to you or to us!



6. Family Trips APPLY NOW!

Contact Christmas Party

Come and have a boogie at our fancy dress Christmas party. There will also be a visit from Santa Claus, our extra special guest!

For children aged 0-10 years.

When: Saturday 8 December

Where: Siward Road, 1 Siward Road London SW17 0LA.

Time: 11.00am—1.00pm **Cost:** Please bring a wrapped gift for your child

Aladdin Pantomime at the New Wimbledon Theatre

Paul Merton leads the cast in this year's high-flying pantomime as Widow Twankey, joined by Magician **Pete Firman** who will be on hand to spread a little magic over SW19 and help Aladdin overcome the evil Abanazar.

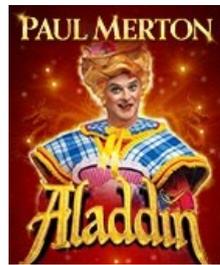
When: Sunday 6 January 2019

Where: New Wimbledon Theatre, The Broadway, Wimbledon, SW19 1QG

Time: Meet at venue from 12.30pm Curtain goes up at 1.00pm

Cost: £8 per person

Application form - please complete & send to our office or email the details below to Wandsworth.office@contact.org.uk



Event	Date	Time	Cost	No of Adults	No of Children	Ages of Children
Contact Christmas Party 0-10 years	Saturday 8 December 2018	11.00am— 1.00pm	1 Wrapped present per child			
Aladdin Pantomime at the New Wimbledon	Sunday 6 January 2019	1.00pm Curtain goes up Arrival time 12.30pm onwards	£8 per person			

Adult's full name:

Child/ren's full name:

Email address:

Mobile number:

Sign and date:

Please let us know if you need assistance on the day

**Application deadline:
Friday 9 November**



EVENT TERMS AND CONDITIONS:

We would like to remind parent carers that we only take families on events if they have had a confirmation from us before the event date.

The event application process is as follows:

- The newsletter is sent to families that are registered with Contact. You can only apply if you are registered. If you need information about registering please call 020 8947 5260
- You can apply for events via email or using the application form **We cannot take bookings over the phone**
- Payment information will be provided with the confirmation. If you do not get a confirmation it means the event is full and you will be added to the waiting list
- Priority is given to families who have not been to any trips before. We have a waiting list for all events and you will be contacted as soon as places become available.
- If you apply for an event and are allocated a space then please pay by the payment deadline
- If you are unable to make the payment by the deadline please call us on 020 8947 5260
- An extension for paying can be arranged but only if you call us before the deadline.
- ***If you have not paid us by the deadline or have not called us to let us know when you will pay then we will automatically offer the tickets to another family on the waiting list – you will not be sent a reminder**
- Please let us know if you require assistance on the day or if your child is a wheelchair user so that we can accommodate your needs in advance



7. Contact—what we offer nationally

Contact Freephone Advice & Support Helpline

For information and advice on any aspect of caring for a disabled child, parents can call our free phone helpline and talk to one of our parent advisers. Our helpline is available from Monday to Friday 9.30am – 5.00pm on free phone number **0808 808 3555** free from UK landlines and UK mobiles

Medical information

Our medical information is written by experts to be accessible for parents and carers as well as professionals.

For further information please see: <https://www.contact.org.uk/medical-information/>

Campaigns

We help families to campaign, volunteer and fundraise to improve life for themselves and others. We are a force for change and campaign with families to remove the barriers they face every day. For more information on our campaigning <https://www.contact.org.uk/get-involved/campaigns-and-research/>

Website and parent resources

We have online information on many issues that affect families.

Find out more here: <https://www.contact.org.uk/advice-and-support/>

Online community

Welcome to Contact's online community! Find other families like yours. Chat. Ask. Share. Support.

Register or join a group for parents whose child has the same condition. For more information: <https://community.contact.org.uk/>

Working with professionals

We offer a range of training courses for professionals to take themselves, for professionals to commission for the parents they work with, and courses for networks, groups, and parent carer forums.

Click this link <https://contact.org.uk/professionals/training/> for more information.

The Helpful Guide

Our new helpful guide is our all-in-one book with all the information and help you need to enjoy family life. With our guide, we'll talk you through what can be a confusing system of support. We know that new parents of disabled children are frequently overwhelmed with reams of paperwork and piles of pamphlets. That's why we've put everything in one place, but split the guide into easy read sections so you can find advice when you're ready to. you'd like a copy of our helpful guide, simply complete our online application form. <https://contact.org.uk/order-your-copy-of-the-helpful-guide-for-families-with-disabled-children/>