



## Welcome to In Contact West Midlands, December 2018

Hello and welcome to the ebulletin for Contact in the West Midlands, the charity which supports families with disabled children.

### Contents

1. [Jack in the Beanstalk panto £2 a ticket](#)
2. [Family Christmas shows for all: a round up of relaxed , audio and BSL described pantomime and Christmas shows in the Midlands](#)
3. [Inclusive Christmas craft fair and Christmas party](#)
4. [Money Matters and PIP, updated guides for parents](#)
5. [SEND Education](#)
6. [Solihull SEND strategy consultation. Have your say](#)
7. [Tips for coping with Challenging Behaviour](#)
8. [Anyone for cricket](#)
9. [What's On](#)



## Jack in the Beanstalk

**pantomime tickets @ £2**

**Oh yes, they are ...**

Jaguar Pantomime Society will be staging Jack in the Beanstalk for their 2019 pantomime at Sutton Coldfield Town Hall.

The charity produces a traditional pantomime every year especially for families of disabled and special needs children and those from disadvantaged backgrounds. The cost of the production is mainly met from fundraising so families with special needs children are offered concessionary rates of £2 each for children, siblings and carers.



The show runs from Monday, February 18, until Sunday, February 24, with shows at 7pm Monday to Friday, 12pm and 5pm on Saturday, February 23, and 2pm on Sunday, 24th.

You can now apply for concessionary tickets for this post Christmas family treat.

To get an application form for concessionary tickets email: [jaguar-pantotickets@yahoo.co.uk](mailto:jaguar-pantotickets@yahoo.co.uk) (Please do not contact the Town Hall for tickets as they cannot issue them)

To secure your tickets you will need to return the application form and a stamped self addressed envelope and cheque for payment to The Jaguar Pantomime Society, 29 Dulwich Road, Kingstanding, Birmingham, B44 0ER.

No tickets will be issued without full payment, and there can be no refunds or exchanges once the tickets are booked.



## Family Christmas shows for all

Seasons greetings. It's Christmas time and time for a family treat ...



Many families have a tradition of going to the Theatre for the pantomime or a Christmas show, so Contact has put together a round-up of Christmas shows with performances suitable for children on the autistic spectrum, and shows which are BSL signed or audio described. We have listed shows at theatres in Birmingham, Coventry, Leamington Spa, Solihull, Stratford Upon Avon, Telford and Wolverhampton.

### **Peter Pan pantomime, Birmingham Hippodrome**

**Relaxed performance:** Wed 23 Jan 2019 12 noon. Ages 5 plus. No under 3s admitted. To book, please call Ticket Sales on 0844 338 5000 as this performance cannot be booked online. 0844 calls will cost you 4.5p per minute plus your phone company's access charge.

**Audio described performances:** Wed 16 & Sat 19 Jan, 2019, 2pm and 2.30pm

**BSL interpreted :** Sun Jan 13, 2019, 1pm & 5.15pm

Set sail to Neverland with the swashbuckling Pantomime adventure, Peter Pan. The all-star line-up is led by singing sensation Jimmy Osmond, comedy-actress and TV star Meera Syal, Hippodrome favourite Matt Slack, Union J's Jaymi Hensley, Britain's Got Talent semi-finalist Sascha Williams and amazing acrobatic-troupe The Timbuktu Tumblers. With amazing flying effects, barrels of laughter, magic and fairy dust, be sure to join Peter and the Lost Boys as they set sail in the ultimate pirate Pantomime adventure. Hook your seats now!

No under 3s admitted. To book, please call Ticket Sales on 0844 338 5000 as these performances cannot be booked online. 0844 calls will cost you 4.5p per minute plus your phone company's access charge.



## The Wizard of Oz, Birmingham Rep

**Relaxed performances:** Sat 29 Dec,  
2.00pm. Tue 8 Jan 19, 11.00am

**BSL interpreted:** Mon 17 Dec,  
10.15am. Wed 2 Jan 19, 2.00pm.

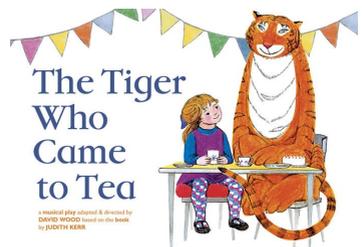


Follow the yellow brick road to the ultimate adventure this Christmas! When farm girl Dorothy Gale runs away from the evil Miss Gulch, she finds herself lost in a strange and wonderful new world. With her faithful dog Toto at her side, she sets off on an adventure to find her way back home. Recommended for ages 7+.

## Rudolf, mac birmingham

**BSL & Relaxed performances:** Fri 30 Nov,  
1.30pm; Sat Dec 15, 10.30am

There's someone new at the zoo! Rudolf has just landed in a brand new place and clearly doesn't fit in. Our little Rudi just can't shake the feeling that she should be somewhere else... on some kind of big snowy adventure... Can she trace her roots and remember the really important thing she has to do? Join Rudi as she learns that being different can make you extra special.



## The Tiger who Came to Tea, Town Hall, Birmingham

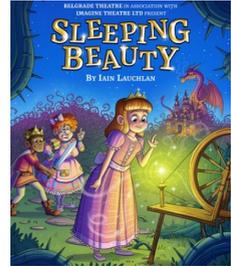
**Relaxed performance:** Sunday 6 January 2019 at 3pm

The doorbell rings just as Sophie and her mummy are sitting down to tea. Who could it possibly be? What they certainly don't expect to see at the door is a big, stripy tiger! The tea-guzzling tiger is back on the road in this delightful family show; packed with oodles of magic, sing-a-long songs and clumsy chaos! For ages 3 plus.



## **Sleeping Beauty, Belgrade Theatre, Coventry**

**Relaxed performance & captioned performance for hard of hearing:** Thursday 3 January at 2pm. A familiarisation prior to the show is available, on Saturday 15 December, between 11am and 12.30pm.



The Belgrade's pantomime is all you would expect from a traditional panto – a magical spectacle full of silly humour, fairytale characters and glittering sets and costumes. There will be singing, dancing, slapstick comedy, audience participation and of course a traditional dame played by a man.

## **Dick Whittington, Royal Spa Centre, Leamington Spa**

**Signed and Relaxed Performance:-** Friday 21st December at 2:00pm.



This is the rags to riches tale of Dick Whittington, starring your favourite dame, JP McCue. Meet hero, Dick, and his feline friend, Tommy the Cat who travel to London to seek their fortune. Will they be able to save the city from the plague of rats that are rampaging through it? Featuring all the classic elements you'd expect from our pantomime - awesome sets and costumes, amazing special effects, fabulous songs and dances, and bags of slapstick fun - it would be a CAT-astrophe to miss it!

## **Sleeping Beauty, Core Theatre, Solihull**

**NEW! Relaxed performance - ask staff for details as not on sale online. Call Diane on 0121 704 6979.**

Inside Bromwich Castle the royal family are preparing for the christening of their baby daughter, Princess Rose. The family get more than they bargained for when the wicked fairy and thorn in their side Carabosse hears of the celebrations and sets out to ruin their happiness. With daring duels, doting dragons, lavish sets and costumes and bucket loads of laughs. Join us this Christmas for a brand new spin on



an old yarn... a new era for pantomime in Solihull

## **Cinderella, Oakengates Theatre @ the place, Telford**

**BSL signed performance:** Friday 28 December at 6.30pm

**Relaxed performance:** Saturday 5 January at 11am

Cinderella has always dreamed of meeting a handsome prince. After the announcement that Prince Charming will be holding a royal ball, she may get her wish after all!



## **A Christmas Carol, Royal Shakespeare Theatre, Stratford upon Avon**

**Relaxed performance and BSL:** Thursday 1 February, 1.15pm.

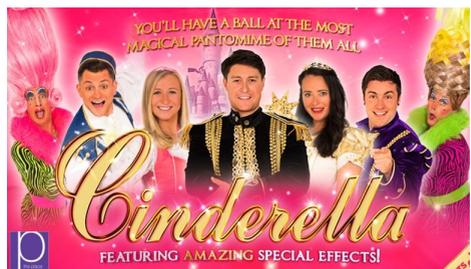
A new adaptation of the Charles Dickens classic – one of the most loved short stories ever written. In one ghostly Christmas night, cold-hearted businessman Ebenezer Scrooge learns to pity himself and to love his neighbour – but is that enough? A festive tale of redemption and compassion. Suitable for ages 7 and over.

## **Cinderella, Oakengates Theatre @ the place, Telford**

**BSL signed performance:** Friday 28 December at 6.30pm

**Relaxed performance:** Saturday 5 January at 11am

Cinderella has always dreamed of meeting a handsome prince. After the announcement that Prince Charming will be holding a royal ball, she may get her wish after all!





## Sleeping Beauty, Wolverhampton Grand Theatre

**Relaxed performance:** Thursday 10th January at 11am. Cannot be booked online. To book email [sueh@grandtheatre.co.uk](mailto:sueh@grandtheatre.co.uk) or 01902 57 33 20

Don't get caught snoozing this festive season as pantomime returns to the Grand in a spectacular, must-see production



of SLEEPING BEAUTY, starring the lovely Debbie McGee direct from the Strictly Come Dancing ballroom and Richard Cadell and Sooty. Panto favourites Doreen Tipton and Ian Adams, both back by popular demand, return for a third consecutive season! And West End star Oliver Ormson (Book of Mormon, The Addams Family) plays the Prince.

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*For families  
with disabled children*

**In Contact**  
WEST MIDLANDS



## **Christmas Craft Fair**



Join Sense on Friday and Saturday , December 7 and 8, for their first inclusive Christmas Craft fair at TouchBase Pears. There will be mulled drinks, mince pies, Santa visits, storytelling, morris dancing, Christmas wreath making workshops, Christmas gift wrapping workshop, make your own baubles and more. All ages are welcome. The Craft Fair runs from 11am-4pm.

## **Christmas party**

Sense will also be hosting a relaxed and inclusive Community Christmas party at TouchBase Pears at 5pm until late on Friday, December 14 All ages are welcome to join in the fun. There will be an inclusive ceilidh with a live band, food and drink.



For more information call SENSE on 0330 330 9260



## Money Matters

Contact has updated its [Money Matters](#) guide for parents with disabled and special needs children. It is now available to download free. Or if you prefer you can call our Freephone helpline and they will send you out a paper copy. There is no charge to parents of special needs children.



If you need support with money matters, call our helpline on **0808 808 3555**. They can do a full benefits check for you to make sure you are getting all you are entitled to, and they can also send you a grants list which sets out the criteria which applies so you can check if you are eligible to apply.

You might also be interested in Contact's guide to [Disability Living Allowance](#), or Contact's guide to [Personal Independence Payments](#) or factsheets on [Universal Credit](#). You can also find out more about [Carers's Benefit](#)

## PIP guide updated

Contact has also updated its [Personal Independence Payments](#) (PIP) guide.



Apart from PIP, Universal credit will supersede all other benefits which young people might be able to claim at 16.

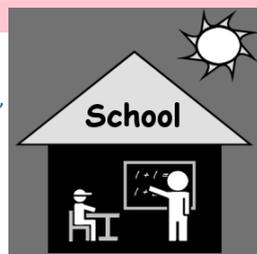
Our Welfare Rights team will also create a guide for parents looking at young people and universal credit, but in the meantime, if you would like any advice, please call our Freephone helpline on 0808 808 3555.



In the meantime, please advise people to seek individual advice about their situation, a local advice agency.

## SEND Education, free workshops for parents

A recent article in The Guardian has highlighted failures in a system of SEND education which is “on the verge of a crisis”



Many parents of special needs children will identify with comments made by the Local Government and Social Care Ombudsman Michael King who said “The reality is that some families are suffering a disproportionate burden in having to battle for the support their children are entitled to.”

Out of 200 investigations into parents’ complaints, the ombudsman, Michael King, found in favour of parents in eight out of 10 cases. Moreover, the number of appeals heard by the special education needs and disability tribunals have more than double in the past four years from 800 to 1,600, and parents are successful at Tribunal in more than 89 per cent of cases.

The Guardian article says there are concerns that some local authorities are making poor decisions delaying vulnerable children’s access to education. Although local authorities are under financial pressure, decisions on SEND provision for individual students should not be made on availability of funding but on the basis of the legal framework.

Councils around the country are consulting on proposals to cut SEND spending, while parents are [crowdfunding to fight cuts](#) in the courts. In August, families in [Bristol forced the city council](#) to reverse £5m of SEND cuts, parents in [Surrey are awaiting judgment](#) in a similar legal action to stop £22m of cuts, and parents in the London borough of Hackney have also been to the high court.

You can read the full [article](#) here

**EHC plans, understand the legal framework and get the content right**

Against this backdrop, Contact Midlands has responded to parents concerns by organising free workshops for parents delivered by solicitors with specialist knowledge of SEND education issues and public law.

We will be holding a series of two workshops in Birmingham in the New Year, explaining the legal framework for EHC plans, and how parents can make sure the content of the EHC plan is right. **The first session will be held on Tuesday, January 29, from 10.15am to 12pm and the second session will be held on Tuesday, March 12.**

**To book your free place email: [westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk)**



## **Solihull SEND Strategy consultation**

Solihull Council is consulting on its draft SEND School Place Commissioning Strategy, which seeks to set a baseline for specialist provision across Solihull and consider a range of factors that are driving a need for change over the short to medium term. The strategy provides information regarding the current and future SEND population in Solihull and draws conclusions regarding the potential need to make changes to specialist provision.

Details of the consultation, the draft strategy and an online response form can be found on the Council's website [click here](#). The consultation will run until 10 December 2018.

If you need the strategy or response form in another format, or you would find it useful to have support when considering the information in the strategy please contact Solihull planning team on 0121 704 6702 or email [researchandpolicy@solihull.gov.uk](mailto:researchandpolicy@solihull.gov.uk). They are keen to hear your views and are happy to offer additional help and support where possible.



## Tops tips for dealing with challenging behaviour

All children can, at times, display behaviour that challenges their parents, teachers or other adults – but for children with a disability or additional need this behaviour is often more intense, lasts longer and happens more frequently and this can have a big impact on the whole family.

There are lots of reasons why. Perhaps your child has differences in the way they understand or communicate. It may be a way of gaining choice or controlling a situation. They might be seeking or avoiding sensory stimulation. Or perhaps they have no other way of letting you know about something.

All behaviour is a form of communication and it is important to understand the “triggers” for certain behaviours. You might find that a behaviour diary, ABC chart or STAR model helps you to look for patterns. Then you can start thinking about strategies. Remember that every child is different and not every strategy will work for your child but here are some to try:

### Communication:

- **Try to stay calm** and use neutral tone of voice and body language. Keep your language simple and clear. Use visuals such as pictures, objects or signs to support understanding.
- **Be consistent.** Where possible use the same strategies at home and other settings, e.g. school, nursery, other family members
- **Use positive language.** Tell your child what you want them to do, not what you don't!
- **Try to appear confident** even if you don't feel that way inside

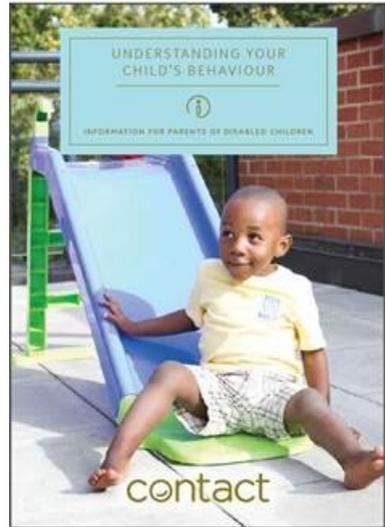
### Provide structure:

- **Establish daily routines**
- **Consider using pictures, schedules and visuals** so that children know what is going to happen and when
- Use social stories to reinforce behaviour expectations and prepare for changes in routine



## Reward positive behaviour:

- **Praise**, thumbs up, clapping  
Kisses, cuddles, high fives, attention
- **Activities**
- **Toys or stickers**
- **Consider a reward chart** if this will motivate your child



## Remember:

- Punishment is not a strategy! For some children a “punishment” can actually be seen as a reward
- Give choices where appropriate
- Allow plenty of time for your child to process an instruction and/ or complete a task
- Provide sensory stimulation, e.g. squeezing play dough, using a punch bag or kicking a football to replace sensory-seeking behaviours

You can find more information about triggers, strategies and where to get help and support in our parent guide [Understanding Your Child's Behaviour](#).

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**Anyone for cricket ?**

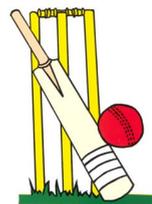


**LORD'S TAVERNERS**  
Giving young people a sporting chance

If you are aged between 12 and 25 with a disability and would like to have some fun playing cricket, you can get in touch with Lord's Taverners who want to give all young people a chance to play sport.

There are free cricket sessions at Bishop Challoner School, Kings Heath, on Monday evenings between 5.30pm and 6.30pm; at Moseley School on Thursday evenings between 6 and 7pm and at Edgbaston Indoor School on Fridays between 6 and pm.

For more information on any of these sessions email [david.malcolm@edgbaston.com](mailto:david.malcolm@edgbaston.com) or log on to [www.lordtaverners.org](http://www.lordtaverners.org)



Sense in partnership with Warwickshire Cricket Board are running weekly cricket sessions for people with additional needs. The sessions are fun an inclusive and suitable for participants of all abilities. Participants can choose between playing cricket in its normal form or an adapted version played on a table top.

Suitable for ages 12 and over. Thursday, 11am-12pm. The sessions are free but booking is essential. Email: [callan.barber@sense.org.uk](mailto:callan.barber@sense.org.uk)



## What's On, Birmingham

### Scamps Club and Smart Club

Saturdays in term time

Uffculme School, Queensbridge Road, Moseley B13 8QB

Inclusive play sessions organised by Parks4Play with the Scamps Club for under 8s, their siblings and friends; and the Smart Club for over 7s, their siblings and friends. The Scamps Club runs from 10.30am-12.45pm and the Smart Club from 1.30-4pm. The cost is £5 per child; £8 for two or £10 for three. Booking essential. Email [fo@parks4play.org](mailto:fo@parks4play.org) or call 0121 441 4682.

### Out and About

Are you the parent or carer of a child aged 4 – 18 (19 if still in full time education) with additional needs? Are you looking for short breaks opportunities that will enable you to have a rest from your caring responsibilities? In partnership with Birmingham Carers Hub, Midland Mencap is offering 100 hours of short breaks activities at venues across the city.

To find out more call: [ShortBreaks@birminghamcarershubs.org.uk](mailto:ShortBreaks@birminghamcarershubs.org.uk)

T: 0121 4422944

### Swim lessons for deaf and hard of hearing

One to one swimming lessons with Kelly, a fully qualified swim instructor trained in BSL L1 . The lessons take place at Nuffield House, Birmingham Central, and cost £25 per hour. For further information call Kelly on 07854 686275.

### Square Peg Foundation – ICAN classes and stay and play sessions

The ICAN club is a weekly term-time club for children aged 4-12 with moderate learning difficulties and ASD. It focuses on physical skills and being creative. The club runs at Sutton Coldfield Methodist Church at costs £32.50 per half term.

Square Peg also run free stay and play sessions at 3 venues in Birmingham which are open to any child with a disability and their siblings. It offers a range of toys, arts and crafts and sensory play. For more information please see: <https://www.squarepegfoundation.org.uk>



## Tennis in Birmingham

Sessions include Learning Disability, Visually Impaired, Wheelchair, Inclusive and Mental Health – Sutton Coldfield, Billesley, Beechcroft (Hall Green) and Cannon Hill Park

<https://clubspark.lta.org.uk/TennisinBirmingham/Wheretoplay/Disability>

## Oasis Youth Group, Clifton Rd Youth Centre, Sutton Coldfield

**Oasis Youth Group for young people with autism, Weds 7-9pm – Sutton Coldfield** [Oasis](#)

## Rush Trampoline Park, Kings Norton, Birmingham

Autism and Special Needs sessions every Tuesday in term-time 5.30-6.30pm and first Saturday of each month 9-10am

Discounted rate all week during term time. [Rush](#)

## Stay and Play Sessions, Scallwags with Autism West Midlands

Would you like a Sunday morning play session at Scallywags with your child with autism and siblings? For children who have autism, their siblings and parents Age up to 10yrs This is an opportunity for families to get to know each other in a relaxed and friendly environment.

Autumn sessions on September 23; October 21; November 18 and December 9 from 9am-11am. [More info and book online.](#)

## Cricket. All disabilities welcome.

Lord Taverners fund free cricket sessions for young people aged 12-25 at Bishops Challoner School, Kings Heath, on Mondays from 5.30pm-6.30pm; at Moseley School on Thursday from 6-7pm and at Edgbaston on Saturday from 10-11am. For further information email: [david.malcom@edgbaston.com](mailto:david.malcom@edgbaston.com)

## Cricket, ages 12 and over, Thursday from November 8, 11am-12pm

Sense are running free weekly inclusive cricket sessions. Participants can choose between playing cricket in its normal form or an adapted version played on a table.

Booking essential: [callan.barber@sense.org.uk](mailto:callan.barber@sense.org.uk)



## Coventry

### Vibes Groups, Coventry

Social clubs open to children and young people at the medium to high functioning end of the autistic spectrum. The groups for ages 7-10; 11-15 and 16-19 run weekly during term time. The group aims to develop confidence and social skills through games and fun activities. You will need a referral from any professional working with the young person to access the groups.

Find out [more](#)

### Stars Club, Coventry

A youth group for young people with disabilities running at the AT7 Centre in Coventry. Groups for ages 5-10 and 11-21. Games, fun and socialising. This is a busy group and you might have to wait for a space. £3 per session.

For further information call Salma on 024 7610 1040

### Taking the Reins, Coventry

Taking the Reins is an Equine Facilitated Learning (EFL) programme which is partly funded by BBC Children in Need. EFL is a kind of therapeutic approach where you spend time with the ponies on the ground and develop communication skills, increase confidence and learn how to build and strengthen relationships. Due to BBC Children in Need funding, you may be eligible for some free sessions if you are 18 or under and are disabled or have a special need.

To find out more: 01788 816 671 or email: [in-fo@takingthereins.org.uk](mailto:info@takingthereins.org.uk)

### Take A Break, Saturday Clubs, Coventry

Take a Break run Saturday Clubs run during term time from 10.00am-12.00pm. The Saturday Clubs offer a variety of activities including arts and crafts, sports, games, cooking and more and are open to those aged 3-18.

Venues: Coleshill (Community Centre), Warwick (the GAP), Alcester



(scout HQ), Nuneaton (Hatters Space), Keresley (Community Centre), Rugby (Overslade Community Centre), Coventry (John White Community Centre)

The clubs run from 10am-12 pm. In Rugby there is primary age session at 10am-12pm; a mixed age specialist sensory session from 12-2pm and a secondary session from 2-4pm

## Dudley

### Come and Play, Sycamore Adventure, Dudley,

An outdoor and Indoor adventure playground Barn at Old Park Farm Estate, Dudley, which offers a wide range of play structures, play equipment, sensory room and cafe. It runs a term-time session for children with additional needs and their families on a Thursday between 4.30-6.30pm. In school holidays it runs a Thursday session for children with additional needs and their families between 10am and 4pm. Sycamore Adventure suggest a term-time donation of £2.00 per child per visit and holiday time donation of £3.00 per child per visit.

### 4Us project, Wordsley, Stourbridge

4Us Project Disability. For 13-25 year olds at The Source Youth Club, Wordsley, DY8 5PY. An inclusive project for children with disabilities. Sport, Arts and Crafts and trips. For more information call 01384 813967.

### Tots Tales, Stourbridge

Classes, workshops and Stay & Plays for pre-schoolers – Stourbridge. This class is not specifically aimed at additional needs but classes support development. Tots Tales is based around a different book each week. Classes are physically active, engaging and educational sessions where you can spend quality time with your child, whilst learning key skills and supporting their development! [Tots Tales](#)

## Hereford

Jigsaw Performance Company, age 16 plus, Hereford

An inclusive dance company for disabled and non-disabled dancers with regular chances to perform. This class is taught by Michele Holder Michele's direct number: 07779 507593 (Tuesdays and



## Shropshire,

### Saturday Youth Group—9-18, Whitchurch

First and third Saturday of the month, 10.30am-12.30pm

Beechtree Community Centre, Claypit Street, Whitchurch.

A games and activities morning for 9-18s with autism. Parents can stay for a coffee and a chat or leave their child at the session. £3.00. No need to book. Just turn up.

### Stay and Play for pre-schoolers, Shrewsbury

Richmond House, Rutland, Harlescott, Shrewsbury, Shropshire SY1 3QG

Would you like to attend a preschool play session specifically for children with autism/developmental delays? A play session for preschool children and their parents who may have autism/global developmental delay (diagnosis not needed). Preschool age siblings are welcome too. An opportunity to meet others in a supportive environment and seek advice from Autism West Midlands staff. These sessions run on Thursdays: 13th September 2018 11th October 2018 8th November 2018 6th December 2018

## All In sports,

All In sessions are funded sessions that allow children with disabilities to get fit, whilst giving parents a break. Sessions are free of charge and run at Shrewsbury Sports Village; Quarry Swimming and Fitness Centre; Oswestry Swimming Centre and Market Drayton Swimming and Fitness Centre – siblings are welcome!

All children attending need to be registered through the Shropshire Council Disabled Children's team. Click [here](#) for more information. Contact the team on 01743 250227.

### "All In" Fun & Games Sessions

A SEN Multi Activity session activities including, Giant inflatable, Multi-Sports, Cookery, Nature Trail, Scavenger Hunts plus much more. Siblings Welcome!

Day/Time: Sat 11:00 – 12:30

Ages: 6-16yrs

Cost: £1.50 . Contact: 01743 256260



## “All In” Inclusive Football Club

Football sessions exclusive for All In members aimed at children that want to participated in football to gain techniques in passing, shooting, dribbling as well as games in a fun environment. Siblings Welcome!

Day/Time: Fri 16:00 – 17:00 (Term Time only)

Ages: 8-19yrs

Cost: £1.00

Contact: 01743 256260

## “All In” Inclusive Cycle Club

A new SEN cycling club exclusive for All In members aimed at children that want to participated in cycling to build on technique and confidence on a bike around an all-weather track, specialist bikes are available to hire as part of the session, these include two wheelers, trikes, tandems, side by sides plus a front loader. Siblings Welcome!

Day/Time: Sat 10:00 – 11:00 (Apr – Oct Only)

Ages: 6-19yrs

Cost: £2.00per session

Contact: 01743 256260

## Marches Family Network

Holiday and Saturday clubs in Leominster and South Shropshire during term time and adventure clubs in the school holidays. Youth clubs and evening activities for 7-25 year olds. [Marches Family](#)

Inclusive activites in Shropshire. [Provider list.](#)

## Shropshire Disability Network, Be Active

This is a useful link to local groups including inclusive dance, archery, swimming football, Empathy, a group for high functioning children & young people with ASD; sensory play sessions at Jungleland and Ican2 groups for young people who would find it difficult to access main-stream activities. [Link](#)



## Staffordshire

### Golf Coaching

Every Monday 5-7pm; every Saturday 3-5pm. Range, Wood Farm, Broad Lane, Essington, Staffordshire. Golf coaching available for disabled children aged 6 and over. Parents and siblings welcome too. To book, call Craig Thomas on 07973 798483 or email [fo@thegolfacademy.co.uk](mailto:fo@thegolfacademy.co.uk)

### Inspire clubs Family Fun days

Clubs in East Staffordshire, Lichfield, Newcastle-under-Lyme, Stafford, Staffordshire Moorlands, & Tamworth. The Inspire Disability Multi Sport Club will give you and your family the opportunity to try a range of different sports and activities in a relaxed and informal environment with qualified coaches. The free club is open to disabled children (5 to 18 years old), siblings, friends and parents. There will be a range of activities on offer such as multi skills, badminton, zumba, football, trampolining and many more.

For more information, call 01785 619398; email [disabilitysport@staffordbc.gov.uk](mailto:disabilitysport@staffordbc.gov.uk) or log on to [www.sportacrossstaffordshire.co.uk/abilitysport](http://www.sportacrossstaffordshire.co.uk/abilitysport).

### S.N.A.P. Special Needs Adventure Playground – Cannock

Soft play, ball pool, daily activities, outdoor play, sensory room, lego club

No height or age restrictions [Snap](#)

### Multi-Sensory Experience room,

The dedicated room, on the ground floor of the county council's headquarters in Tipping Street, has been fitted out with specialist equipment. The room is part of the town centre library, just a few yards away from disabled car parking spaces, and is available to visitors of all ages with learning difficulties, physical impairments, or children under-five. Multi-sensory rooms have been shown to help development of the senses, hand eye coordination, promote language development and encourage relaxation. The Stafford room includes fibre-optic wall carpet, an interactive bubble tube, music-creating hand wall, laser projector with pin spot and mirrorball, and an audio-visual touchscreen. The room is free to use, but must be booked. Bookings can be made by contacting Stafford Library on 0300 111 8000.



## Solihull

### Relax Kids

Classes in Nuneaton, Solihull, Coventry & Water Orton. Relax Kids classes are aimed at improving relaxation, focus and concentration and confidence and self-esteem. The inclusive classes often suit children with ASD and special needs. Classes include movement & dance, fun, relaxation games, stretching, peer and self massage, breathing exercises and mindfulness. [Relax](#)

### Signpost Inclusion, Solihull

Signpost Inclusion works with children and families of those with special needs, including both physical and hidden disabilities. Many of the children and young people are on the autistic spectrum. The Club has a family focus and is no profit making. It organises inclusive family activities throughout the year and in school holidays; it runs a swimming club at Fox Hollies Leisure Centre including swim lessons and family swim; adventure activities including canoeing and rock climbing and it runs a fortnightly youth club for young people aged 11-16, and a weekly youth club for young people aged 16 plus at Hatchford Brook Centre. You do not have to live in Solihull to join Signpost Inclusion. For more information call [info@signpostinclusion.org.uk](mailto:info@signpostinclusion.org.uk)

### Solihull Gets Active programme

A range of sports clubs for children with disabilities including Bear Cubs, wheelchair Basketball, Solihull Seals swimming (11 plus); Tennis, Solihull Special Olympics (age 8 plus); Kickboxing, Golf (6 plus) and Solihull Wheels, cycling. Click here for more information about the [Get Active](#) clubs.

### Family Boxercise, Solihull

A boxercise class for adults and children with disabilities and their siblings aged 6 plus, designed to build confidence and burn off excess energy.

Mondays, 5-6pm. £5.50 per person

Shelly Farm Community Centre, Farmhouse Way, Solihull, B 90 4EH. Tel: 07707 931 439



## Telford

### Club 17

Club 17 is a youth club provision specifically for young people with a disability aged 11 (year 7) to 25 years. Club 17 staff provides supervision support to young people on a minimum 1 Staff: 5 Young Person ratio. 1:1 or 2:1 support must be provided by a parent or carer. Club 17 runs two weekly sessions with young people being a member at one of these two sessions: Tuesday 6.30pm to 8.30pm, Thursday 6pm to 8pm. Venue: Southwood Activity & Wellbeing Hub, Hollinswood Local Centre, Dale Acre Way, Hollinswood, Telford, TF3 2EX. Club 17 sessions are currently free of charge. An ican2 registration form must be completed before accessing.

### A2A for 16-25 year olds

The A2A 16 - 25 years group meets twice monthly and is a group specifically for Telford & Wrekin young people 16+ (post year 11) up to 25 years. The aim of the group is to promote independence and self confidence. Membership is provisionally gained via professional referral or self referral; this is then confirmed on receipt of a completed ican2 registration form.

### Chance to Dance

Dance classes designed for children with special needs. The classes are held at Randlay Community Centre and run every Wednesday, 5.30pm-6.05pm for 4-8s and 6.10pm-6.45pm for over 8s. £4 per week or £14 for 4 weeks. To book, call Meg on 07792 300692

### Shining Stars

Shining Stars is a Special Needs Group for children aged 0-5 it is run by friendly, experienced Parent/Carers, the group is held every Friday 1pm-2.30pm at the Family Room, Shortwood Children's Centre, Limeclin Lane, Wellington, TF1 2JA.

For more information email: [shiningstars2017@hotmail.com](mailto:shiningstars2017@hotmail.com)



## Warwickshire

### Ileap, Warwickshire

Ileap Warwickshire organises a range of activities during term time and the school holidays. The groups include Ispot Drama for ages 11-16 and 17 plus in Stratford, and drama for 16 plus in Warwick; a healthy living club and cookery club for over 8s; a Crafty workshop for 12 plus, cinema visits, meals out and ten pin bowling.

You can log on to their [website](#) or call for more information on 07980 004381 or find an [activity listing](#)

### Warwickshire Youth Phab

Warwick Youth Phab is a youth club held in Leamington for disabled and able-bodied young people aged 10-19 years.

It meets on Wednesday evenings during [University term time](#), from 6-8pm at the Westbury Centre, Westlea Road, Leamington Spa, CV31 3JE. It takes young people from all over, so if you are interested, send them an email at [warwickyouthphab.members@outlook.com](mailto:warwickyouthphab.members@outlook.com)!

### Take A Break, Saturday Club, Warwickshire

Take a Break Saturday clubs run during term time from 10.00am-12.00pm. The Saturday clubs offer a variety of activities including arts and crafts, sports, games, cooking and more and are open to those aged 3-18.

Venues: Coleshill (Community Centre), Warwick (the GAP), Alcester (scout HQ), Nuneaton (Hatters Space), Keresley (Community Centre), Rugby (Overslade Community Centre), Coventry (John White Community Centre)

The clubs run from 10am-12 pm. In Rugby there is a primary age session at 10am-12pm; a mixed age specialist sensory session from 12-2pm and a secondary session from 2-4pm



## Warwickshire,

### Children's Play Village, Time for Play

Indoor role play village on Hampton Road, Budbrooke, Warwick. The play village has a tea room, supermarket, school, construction site, vets, fire station and emergency room and is designed for creative role play. Disability play sessions first Sunday of each month, 12.40-3pm. To book a Time For Play session, please [click here](#) and select the 1st Sunday of the month you would like to visit and the option for Time for Play will appear to make a booking. Alternatively, call for more information on **01926 830635**. [play village](#)

### Leamington Dolphins Swimming Club

This is a swimming club for children and young adults with disabilities which meets on a weekly basis at Newbold Leisure Centre. It welcomes children and young adults with any form of disability to come along with their siblings and parents and learn to swim in a safe and friendly environment. A team of volunteers work with new members initially ensuring they gain confidence before moving on to learn with ASA instructors who will help them achieve swim badges and certificates.

The Club meets from 5.30pm-6.30pm on Sunday evenings during term time. There is an hour swim lesson followed by a half hour fun sessions. All families have exclusive use of the leisure and main pool for the first half hour.

### Nuneaton & North Warwickshire equestrian, horse therapy

The centre offers lessons for children and adults with a wide range of disabilities. Riding offers a stimulating and enjoyable challenge which helps improve co-ordination and balance. The Centre also offers horse therapy sessions for people who cannot or do not wish to ride.

For more information contact Centre Manager Sandra Haddon on 024 7639 2397

**Get Out there Warwickshire.** Activities run each week by SENSE for young people aged between 6 and 25 with a visual or hearing impairment, and additional communication needs. Activities include rock climbing, sailing, residential trips away during the school holidays. For more information call Heather Grimes on 07825 380931.



## Wolverhampton

### Wolverhampton, Adventure Service Challenge

A group run by Barnardo's in the Black Country which gives children with special needs or disabilities in Wolverhampton a chance to take part in an adventure service challenge. The group meets fortnightly and is suitable for ages 8-11. The group also organise holiday club play activities.

To find out more call Barnardo's on 01384 411722

### Air Space Wolverhampton Well Lane, Wednesfield, Wolverhampton, WV11 1TB

A peaceful play session at Air Space, Derby, for Freejumpers on the autistic spectrum or with sensory or learning disabilities. Explore the park's 100 wall to wall trampolines, jump onto Derby's biggest airbag and be a gladiator in a dodgeball court. The session has fewer people, music turned down, strobe lighting turned off and no loud announcement.

Sessions are 1 hour long and held from 10-11am on Sundays. For further information contact our Customer Services Team on 0333 2000 349

## Let Us Play, Wolverhampton

Let Us Play run activities for disabled children between the ages of 5 and 19. It runs a variety of activities which include arts and crafts, sports, outdoor play and cooking, and also arranges outings to places such as the Sea Life Centre, Dudley Zoo and other local attractions.

It costs £20 a year to join the group but all the activities are free. It takes children from 5 upwards.

The group caters for non verbal children (staff and volunteers use Makaton). If a child needs one to one support they can allocate a member of staff – but these places are limited and there are only 3 or 4 for each session. If a parent has direct payment and is paying for a support worker, they are welcome to accompany the child.

[Let Us Play](#)



## **Give Us a Break, Wolverhampton**

Give Us A Break is a voluntary group in and around Wolverhampton established to provide activities for children and young people with severe and complex learning difficulties. Parents can bring their children to activities that are appropriate to their needs and talk to other parents while their children enjoy themselves in a safe environment. Brothers and sisters are welcome to join in. Find more [here](#):

## **The Way Youth Zone, Wolverhampton**

The Way Youth Zone in Wolverhampton is an inclusive youth club for all young people, regardless of ability. It offers a range of activities like trampolining, karaoke, arts and crafts cooking, gaming and more. It costs £5 to join and 50p per visit. It doesn't offer one to one support but DBS checked carers can attend. Junior Club is for 8-12 year olds and Senior Club for 13-19 years old or up to 25 with a disability. The Way runs a family and disability session on Sunday between 12 and 3pm with a team of dedicated staff. Young people can attend the Way with their families and there are loads of activities. For more information email the Inclusion Coordinaton: [inclusion@thewayyouthzone.org](mailto:inclusion@thewayyouthzone.org)



## **Hub Clubs, Millfields Road, Wolverhampton, WV4 6JG, UK**

Hub Clubs creates opportunities to meet and engage with 'likeminded' peers who share similar life challenges. It allows young people to spend time away from their family to be themselves and to make the important connections that will develop into lasting social networks. The groups are run by trained and skilled staff, but are very much shaped by the young people who attend them. T

The focus is on creating an environment of fun, allowing those who attend to build their social skills with people they can trust. Hub Clubs include: Weekend clubs and events, Youth Clubs, Holiday Clubs, After school Clubs, Young Adult Social Groups, Special events throughout the year

Groups and clubs can be paid for privately or with your personal budget. Some groups are funded by the local authority and can be accessed by referral from your lead professional. Call 01902 561066 or [enquire here](#) and get involved.

## **Worcestershire**

### **Youth Clubs, Kidderminster**

Kidderminster Youth House, Bromsgrove Street, Kidderminster

A free monthly Youth Club for young people with autism. A chance for young people to relax and socialise with pool, Wii, arts and crafts and music. Advance booking essential. To book or for more information contact Geeta . Email: [geeta@autismwestmidlands.org.uk](mailto:geeta@autismwestmidlands.org.uk)

## **Malvern Special Families**

Malvern special Families provide clubs and play schemes for children and young people with disabilities aged between 5 and 19 'out of school' hours in Malvern and in Worcester. There are three Saturday clubs a month for 5-11 year olds with one held at are held at Poolbrook Centre, and two in Worcester at Fort Royal Community Primary School from 10am to 3pm. There is a choice of three Saturday Clubs for 11-19 year olds, one of which runs at Malvern and the other two which are based at Regency High School. The Club also run activities in the school holidays for both age groups. The clubs cater between 7 and 14 children and have a high ratio of staff to young people for individual support. To find out more: call 01684 892526 or email [admin@malvernspecialfamilies.org.uk](mailto:admin@malvernspecialfamilies.org.uk)



## **The SMILE Project, Malvern**

SMILE (Sensation Movement Interaction in Life Experiences) provides a multi-sensory environment for calming relaxation and sensory stimulation. It is for children with a variety of difficulties including children with profound and multiple difficulties. [Smile](#)

## **Enchanted Dance Academy, Classes for children with SEN – Redditch and Droitwich**

A weekly dance class for children with special needs aged 3 plus. Classes are held every Saturday at Droitwich Community Hall between 11.20 and 12pm. The Redditch class runs on Thursday from 5-5.40pm at Pitcheroak School, Willow Way. Classes are £5 a session and pay as you go. For further information call 0798 339 6286.



## Keep in touch

If you would like us to publicise your events or activities in our e-news, please send details to us by the 20th of each month. We will do our best to include all relevant activities when space is available.

Please get in touch too if you would like to make suggestions about information to include which would be useful to parents.

Wendy at [wendy.flynn@contact.org.uk](mailto:wendy.flynn@contact.org.uk) or 0121 274 0437

*\*The Editor retains the right to omit, or edit any contributions.*

*\*The views and suggestions in this E-bulletin are those of the individual contributions and are not necessarily supported by Contact a Family. Contact a Family can not accept responsibility for any goods or services mentioned in or enclosed in this E-bulletin.*

## Contact

We are Contact, the charity for families with disabled children. We support families, bring families together and help families take action for others.

The Contact freephone helpline is an advice service for parents and family members caring for a disabled child. We also have a dedicated SEN (Special Educational Needs) service to advise families, on any aspect of their child's education.

Open Monday-Friday, 9.30am-5pm

Our freephone helpline: 0808 808 3555.

Email: [helpline@contact.org.uk](mailto:helpline@contact.org.uk)

Website: [www.contact.org.uk](http://www.contact.org.uk)

**To add or remove your name from our mailing list, or to give us updated contact details:**

**email [wendy.flynn@contact.org.uk](mailto:wendy.flynn@contact.org.uk) or call 0121 274 0437**