



## Welcome to In Contact West Midlands, Summer 2018

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

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## Priceless support (but it costs!)

Contact Midlands supports more than a thousand parents of disabled and special needs children each year across the Midlands. Everything we provide is FREE for parents; the support and information we offer; the workshops we run for parents and the family events we invite you to.

However, we are a charity and that means our funding is not secure. Unless we raise funds the services we offer will have to be scaled back.

Of course we don't want that to happen; we know how desperately parents need us and what a difference our support can mean to mums, dads and carers who are struggling to get the help their children need and deserve.



We are looking at all avenues to raise funds to continue our work including approaching grant givers and holding fundraising events. However, we are going through a particularly challenging time.

We know that parents who have been supported by Contact go on to support other parents because they want to give back by helping others. One way of doing that could be by raising funds for Contact Midlands so we can continue to support as many parents as possible. Or you could ask your child's school or your own workplace to raise funds on our behalf when they are raising money for a charity. If you have personal contact with a potential donor who does not know about our work, you could bring us to their attention.

Fundraising can be as simple as holding a coffee morning, or a cake sale; making Contact the beneficiary of a social event you are running; or raising awareness among potential donors. Please do think of us.

We would love to hear from you if you would like to help us raising funds to support families. Call 0121 274 0437 or email us at [westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk)



## Summer Fun—Outings

School holidays are almost upon us and those long endless days of summer, sunshine ...

so what's coming up that can help make sure it is a summer of fun rather than a stress fest.

When you have a disabled or special needs child, finding inclusive family fun is not always easy, but we have some suggestions here:

### Hatton Country World

Autism West Midlands are organising a trip to Hatton Country World on Monday, August 20. The Farm Park has indoor and outdoor play areas with bouncy castles, super slides, tractor safaris, panning for gold, laser combat and assault courses, and family theatre. There are attractions to suit all children from the under fives through to young teens.



### Dippy the Dinosaur

Visit Dippy the Dinosaur at Birmingham Museum and Art Gallery on a special relaxed visit on Friday, July 27, or Thursday, August 9. There are timed tickets with 9am or 10am entry and tickets should be booked in advance. Call 0121 348 8263.





## Summer theatre

### Matilda the Musical

Matilda the Musical, the multi award winning musical from the Royal Shakespeare Company based on the Roald Dahl book, is at Birmingham Hippodrome this summer. It is a fun, high energy show that will appeal to all ages.



There is a relaxed performance on Saturday, August 18, at 2.30pm. At the relaxed performance fewer tickets are sold; there is a calmer atmosphere for children on the spectrum, and more wheelchair spaces are made available. There is a calm space near to the auditorium which can be accessed throughout the show, and you are welcome to walk in and out of the auditorium and make noise throughout the production. To book tickets call 0844 338 5000. This performance is not available to book online.

### Madagascar – A musical Adventure

At the New Alexandra Theatre you can catch up with Marty the Zebra, Melman the Giraffe, Gloria the hip hop hippo, and the hilarious, plotting penguins as they escape from New York's Central Park Zoo.



The musical is based on the hit Dreamworks movie and is suitable for ages 5 plus. There will be a relaxed performance on Thursday, August 2, at 2.30pm

You can buy tickets online from [atg tickets](#)



## Summer movies

Most of the large cinema chains now run autism-friendly film screenings once a month which can work well for a family



outing when children have sensory difficulties. There are subtle changes which make it easier for children to cope, for example there are no adverts, just the movie; sound and lights are on low, there is freedom to move around and you can bring your own food and drink.

Cineworld, Odeon, Vue and Showcase all run relaxed screenings with Cineworld's scheduled for the first Sunday of the month; Showcase on the second Sunday of the month; Vue on the last Sunday of the month and Odeon on one Sunday a month.

For example, participating Showcase cinemas in Dudley and Walsall will screen the PG movie **Patrick** on Sunday, July 9. It features a young woman whose life is in a mess, whose grandmother, like it or not, bequeaths her a very spoiled pug called Patrick!



## Incredibles 2

A relaxed screening of Incredibles 2 will be shown on Sunday, July 22, at participating Odeon Cinemas including, Birmingham, Dudley, Hereford, Nuneaton, Stoke on Trent, Tamworth, Telford and Worcester.



You can log on to the [Dimensions](#) website to check out the participating cinemas near you and you can sign up to an email from them keeping you in touch with the latest movies scheduled.



Providing activities  
for disabled children  
and young people in  
Wolverhampton and  
surrounding areas



Registered Charity No. 1169333

## Inclusive summer activities for families

If you want an inclusive family outing you can explore activities on offer from parent support groups which recognise the difficulties facing families with a disabled or special needs child.

For example, Give Us a Break is a charity run by volunteers in and around **Wolverhampton**. It was set up 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 and they get to meet other young people who understand their home situations. You can contact [Give Us a Break](#) for more information and to find out what's on over the summer period.

In **Solihull**, Signpost Inclusion organise activities for children and young people with disabilities and hidden disabilities, and their focus is on the whole family. They recognise that the long summer holiday can be a particularly difficult time so they run a programme of summer activities as well as their regular family fun swim sessions, and taster days. You don't have to live in Solihull to join the club and take part in the fun. You can find out more about their [summer programme](#) here.



## Radar Key

RADAR Key - National Key Scheme (NKS) The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country. You can buy a genuine Radar Key from Disability Rights UK at a cost of £5.40. To order the RADAR key [online](#)





## Summer Activities for young people

Midland Mencap are organising some fun trips and activities for young people during the school summer holidays including a trip to Alton Towers - and there are still places available.

### Canoe trip

On Friday, July 27, they are organising a canoe river trip down the River Severn, stopping off at Bewdley for some fish and chips. A coach/minibus will leave from the Enterprise Hub at Weoley Castle, and the Clifton Road Outdoor Learning Centre in Sutton Coldfield. The trip is suitable for children aged 8 and older. It costs £25 and includes coach fare, lunch and activity.

### Adventure climbing and bowling

On Friday, August 3, there is a fun morning of adventure climbing followed by an afternoon bowling at Broadway Plaza, Ladywood Middleway. It costs £20 for the activities and you will need to bring a packed lunch. The day is aimed at children aged 8 and older.

### Graffiti day

On Saturday, August 11, you can join in a Graffiti Day, learning about graffiti methods and design. Young people aged 8 and over will design and make their own graffiti mural at the Enterprise Hub at Weoley Castle. There is a £20 charge.

### Kayaking

On Thursday and Friday, August 16 and 17, children aged ten plus are invited to take part in a 2-day kayaking skills course and work towards a Paddle Power Award. Training will take place at Sutton Coldfield's Powells Pool and another swimming pool (TBC) and the course might include a trip along the canal. The course costs £50.



## Be Safe Online

Young people aged 11 plus can attend a two day Be Safe Online workshop run on Wednesday, August 1, with a follow up session on Wednesday, August 29. The sessions will help young people to spot if someone is 'real' online and will help them to understand which sites are safe to use. The course is free and young people are asked to attend both sessions if possible. It will be held at the Enterprise Hub at Weoley Castle.

## Alton Towers

The Alton Towers trip on Friday, August 31<sup>st</sup>, rounds off the summer fun. The trip is suitable for ages 8 plus and costs £30 which includes transport and entry to the park.

You can book all activities online at [www.midlandmencap.org.uk](http://www.midlandmencap.org.uk) or for further information email

[deborah.mcgarvey@midlandmencap.org.uk](mailto:deborah.mcgarvey@midlandmencap.org.uk) or call 0121 256 1500

## Music, Dance and Drama residential

Midland Mencap are offering a summer holiday residential camp for ages 10 plus at In-gestre Hall in Stafford from August 6 to 9.



The residential will suit young people interested in music, dance and drama as each young person will have the chance to take part in workshops through the week to work on their skills. The four day residential costs £150 and the price is all inclusive. For more information and to book call Deborah McGarvey on 0121 256 1500, or email [deborah.mcgarvey@midlandmencap.org.uk](mailto:deborah.mcgarvey@midlandmencap.org.uk)



## Summer 'Me Time' Free breaks for carers

No parent should feel guilty about having some 'me time' but most of all carers. Looking after your own well-being is essential and that means finding time to relax and recharge your batteries.



**Barefoot Yoga** offers a programme of free sessions for carers at their studios at Harborne and Kings Heath as well as at some community venues where they run classes. They run a variety of classes from beginners to yoga flow, core strength yoga, and weekend wind down yoga. If you are interested in trying out the free classes, speak to the studio and they will talk you through which level might be best for you. To find out more about the classes, call Barefoot on 0121 426 2633.

Birmingham Buddhist Centre also offers free **Carers Relaxation Breaks** which give carers a chance to take a break and look after their own health and wellbeing and spend a night away from home. Activities include tai chi, yoga, and massage.

All transport, accommodation, food and activities are covered, with transport leaving from Moseley. The next break is on Tuesday and Wednesday, July 17 and 18. Other dates include September 11-12; October 9-10- and November 6-7. To find out more call 07426 542272 or email [carersbreaks14@gmail.com](mailto:carersbreaks14@gmail.com)



## Looking after siblings

There are benefits in growing up with a disabled or special needs child. Young people with a special needs sibling are often



more empathetic and more mature than their classmates. But however much they love their brother or sister it can also be frustrating and difficult at times, and parents can feel torn between the needs of all their children.

Contact has a Siblings guide which can help parents understand and negotiate the tricky issues faced by siblings, who might worry about bringing friends home, or feel they are losing out on their parents' time and attention. You can download the [guide](#) free here.

It can help siblings to meet other children who are in a similar situation to them. For example, Autism West Midlands runs a two day Siblings Workshop which help children aged 8-12 to open up about their feelings and to understand they are not alone. The next Siblings Workshop will run on July 25 and 26 and costs £10. (Tel: 07881 109 496 ). Children attending the workshop can stay in touch with their new friends at the Siblings Club.

Resources for Autism also run a siblings support group in Erdington for ages 8-16 which meets once a month on a Wednesday evening. This is an opportunity for siblings to have fun, meet and socialise with others, take part in a range of activities and seek support or guidance regarding Autism/living with Autism, from either their peers or trained staff. Young people will have their say in what activities and outings they would like. Activities and outings could include; group games, arts/ crafts, sports, cooking, bowling, cinema, rock climbing and much more.

Birmingham has Young Carers groups for under 12, aged 12-14 and aged 15 plus and anyone can make a referral. You can contact them on 0121 638 0878 to find out more. The Children's Society has a useful [map](#) locating young carers services in the Midlands.



**Family Fund**  
Helping disabled children

## Family Fund Day

Sometimes finding the money for essentials can be difficult, not to mind finding a little bit extra something breaks down, or you are desperately in need of a specialist piece of equipment for your child. break.

If you have a disabled or special needs child, you might be eligible to apply for grants which could make a big difference. The Family Fund offers support to families with a child who has a long term disability and is aged between 0 and 17. You can read about the eligibility criteria here and what you can apply for. [Family Fund](#)

The Family Fund is holding an Information and Support Day on Wednesday, July 18, at The Buzz, TouchBase Pears, on 750 Bristol Road, Birmingham, B29 6NA. You will have a chance to find out about grants and also to meet other support services and charities.

Contact will be there too, so come along and say hello.

## Contact is looking for venues for training

Contact run many free workshops for parents and we get approached to run a lot more. But sometimes we are constrained by the cost of hiring venues.

If you have a venue which holds about 30 to 35 people which you are willing to offer as a free venue to support our training, please email us at [westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk)



## **Physical activity in children with acquired brain injury**

### **Research participants needed**

A postgraduate researcher at the University of Nottingham is looking for parents happy to take part in some research.

The aim of this research is to explore the perceptions held by the parents of children with acquired brain injury regarding their child's participation in physical activity (exercise). The information is important as it can be used to inform policy and practice.

Participants will be asked to answer a brief online survey and take part in a telephone/Skype interview which will explore their personal experiences of engaging their child with ABI in physical activity.

Participants must be the parent or primary caregiver of a child aged 8 to 17 years old with a moderate ABI, who did not have any cognitive/physical disability prior to their injury.

Participants must be UK-based and must be able to speak fluent English.

For more information, email the researcher:

[msxere@nottingham.ac.uk](mailto:msxere@nottingham.ac.uk)

Alternatively, follow this [link](#)



## Free workshops for parents

### Accessing Public Services

**Thursday September 20, 10.30am-12.30pm**

**Church Lounge, Selly Oak Methodist Church, Langleys Road, B29 6HT**

Do you have trouble accessing support services for your disabled or special needs child? The workshop will consider: Commonly occurring problems facing families accessing services; Recognising different types of dispute; Problem solving approaches.

To book a place on this workshop, please email

[westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk) or call 0121 274 0437

### School and College Transport Issues

**Tuesday, September 25, 10.15am to 12.30pm**

**Shoosmiths, 6<sup>th</sup> Floor, 2 Colmore Square/38 Colmore Circus, Birmingham, B4 6BJ**

This is a free workshop for parents which will look at school transport issues. The workshop will be delivered by a solicitor who specialises in education and special needs issues.

To book a place on this workshop, please email

[westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk) or call 0121 274 0437

### Personal Budgets and direct payments in education and social care

**Thursday, November 22, 10.15am-12.30pm**

**Shoosmiths, 6<sup>th</sup> Floor, 2 Colmore Square/38 Colmore Circus, Birmingham, B4 6BJ**

This is an interactive workshop for parents discussing personal budgets and direct payments and how they can be used. It will also look at what parents can do in cases where their request is refused.

The workshop will be delivered by a solicitor who specialises in education and special needs issues.

[westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk) or call 0121 274 0437



## **Training and consultancy**

Did you know that Contact offers training and consultancy for external organisations? We can provide training for professionals in local authorities, health and education settings. You can also commission us to deliver workshops to the parents you work with.

Our professional development workshops includes sessions on developing parent carer forums; all you need to know about supporting parent carers; and co-production (working in partnership with parent carers to achieve your aims). This latter workshop is particularly suited to any professionals involved in producing Education, Health and Care plans.

You can also commission Contact to run workshops for parents including workshops on: How to get a good night's sleep; dealing with challenging behaviour; building resilience and well being; and money matters.

We can offer half day and full day workshops. For further [information](#) email [training@contact.org.uk](mailto:training@contact.org.uk) or call Mary Edwards on 0207 608 8700.



## 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@birminghamcarershub.org.uk](mailto:ShortBreaks@birminghamcarershub.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.



## 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)

## Dudley

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.



## Take A Break, Saturday Clubs, Coventry and Warwickshire

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

## Sandwell

### Multisport

Saturday during term time, 11.30am-1pm

Portway Lifestyle Centre, Oldbury

A multi sports club open to young people aged 11 plus, their family and friends which costs £2 per person. Indoor sports hall, sensory room and 3Gpitch. Sports include football, basketball, badminton, dodgeball, skittles and table tennis.

For more information, call Mandy Williams, Sports Development Officer on 0121 506 4980 or email [mandy.williams@slt-leisure.co.uk](mailto:mandy.williams@slt-leisure.co.uk)

### Funarama - Out to play

Funarama is a specialist service for children and young people with disabilities. Activities are free and include singing, dancing, cookery, sensory drama and trips, and are adapted to ensure each child's individual needs are met. A waiting list operates for the service.

To apply for a place call 0845 352 7855 or email [Samantha.harman@sandwell.gov.uk](mailto:Samantha.harman@sandwell.gov.uk).



## Sandwell

### Evening Youth Club (11-18 Smethwick)

A chance for autistic young people aged 11-18 to meet for a fun session of games and activities. This free group is open to Sandwell young people only.

Wednesday, December 13, 6.30-8.30pm,

Cape Hill and Bearwood Children's Centre, Corbett Street, Smethwick

Cost : Free. Must be booked in advance. Contact Geeta: 07881 109 531

### Get Out There, Sandwell

Thursdays 5-7pm at Summit Point, Smethwick

A friendly disability youth club for young people aged between 8 and 18. To be eligible a young person must be in receipt of DLA and live in Sandwell. The club offers a range of activities including sports, swimming, cooking, music, dance and film projects, table tennis and play station games.

To find out more email [lucy.howard@sense.org.uk](mailto:lucy.howard@sense.org.uk)

### Pan Disability Soccer pay and play sessions

Every Saturday morning, 10am-11am

WBA Community Sports Hall, Halfords Lane, West Bromwich, B71 4LG

For more information email: [laura.marriott@albionfoundation.co.uk](mailto:laura.marriott@albionfoundation.co.uk)  
or call 0871 271 9840

### Adaptive Sports, Oldbury

Sandwell Parents for Disabled Children (SPDC) Adaptive Sports Session Sessions are run weekly during term time Venue : Meadows School, Dudley Road East, Oldbury, B69 3BU Day : Tuesday Time: 5.00pm to 6.30pm Cost: £3.00 per child per Session Maximum cost : £6.00/family SPDC The Hub Café The Hub Cafe runs on Tuesday evenings, term time only from 5pm-6.30pm at The Meadows, Dudley Road East, Oldbury, B69 3BU. It is open to ALL parent carers if you'd like to join us for a coffee and a chat with like-minded parents. For further information please call SPDC on 0121 553 2093



## Shropshire

### Saturday Youth Group—9-18

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.

## 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 [info@thegolfacademy.co.uk](mailto:info@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).



## 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,**

### **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 and disabled Riding Centre**

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



## 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**