



Welcome to In Contact West Midlands, Spring 2019

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

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Our 40th anniversary awards. Nominate now.

Contact is celebrating our 40th birthday this year and we want everyone to be involved.

Forty years ago we started as a charity when a group of parents recognised the benefits of getting together with other families like theirs for friendship and to share experiences and advice.

As part of our 40th anniversary festivities this year, we are holding an Awards event - and nominations are now officially open.

[Get your nominations in for Contact's Together at 40 Awards](#) - celebrating the achievements of families with disabled children

ABOUT OUR TOGETHER AT 40 AWARDS

Contact's Together at 40 Awards are a celebration of the countless and often unrecognised achievements of families with disabled children up and down the country.

It seems right that during our 40th birthday year, we shine a spotlight on the many positives that come with being a family with a disabled child and on the wonderful parent carer community with which we stand and work together.

Amanda Batten, Chief Executive of Contact, said: "As a national charity, we often hear about when things go wrong for families, such as the difficulties of getting the right support. This isn't surprising as that's what we are here for. But it's important to recognise when things go right and come together to celebrate.

"We are calling for families across the country to nominate their friends, family members, colleagues, as well as campaign groups and forums for a Contact Together at 40 Award - so please get busy nominating."

[Enter the Together at 40 awards.](#) See award categories overleaf.



THE AWARD CATEGORIES

There are 7 award categories, listed below. Enter as many as you like.

Parent Carer Award: We want to hear about you or someone you know and the amazing things they do to make sure their disabled child and family can take part in everyday life.

Sibling Award: Tell us about the often unseen but great things siblings do for their disabled brothers and sisters or that help make mum and dad's lives just that little bit easier.

Grandparent Award: Your opportunity to tell us about all the wonderful and everyday things grandparents do for your family.

ParentPower Award: Nominate an individual family or a group of parents who have campaigned or worked together to make life better for other families with disabled children in their community.

Proudest Moment Award: Big or small, this is your chance to tell us about the challenges your disabled child has overcome that fill you with pride and makes you smile.

Excellence in Parent carer Participation Award: For local parent carer forums who have gone that extra mile to champion partnership work and co-production with local councils or health services.

We Care about Rare Award: This is your opportunity to nominate a child or family - it could be your own! - with a rare condition and how they champion being rare.

HOW TO NOMINATE

It's really simple, [just fill in this form](#) and explain why your nominee is a deserving winner and submit your nomination.

Nominations close on Monday 18th February



Kids to Adultz event at Ricoh Arena, March

Kidz to Adultz is a free event for parents of special needs and disabled children in the Midlands which is held annually at the Ricoh Arena in Coventry.

The 2019 event will take place on Thursday, March 21, at the Ericsson Exhibition Hall at the arena. The event is designed to be a one stop shop for parents of children with special needs with more than 120 exhibitors showing the latest innovations in technology and services.

Parents can also attend a series of free seminars which run alongside the exhibition with topics including: Moving and handling, Toileting issues, Sleep issues, Seating, Sensory, Behaviours that challenge, Autism, Transition, Employment, legal matters including education and more ...

If you are coming to the event, don't forget to stop by our Contact stand and say hello. We will be pleased to talk to you and can give you information or support on a range of issues.

Children are welcome to attend along with parents.

Tickets and parking is free for parents at the venue. To register for free tickets

For FREE visitors tickets register [here](#).

Or call: 0161 607 82008200 Email: info@disabledliving.co.uk

Kidz to Adultz Middle
Thursday 21st March 2019
9.30am — 4.30pm
Ericsson Exhibition Hall,
Ricoh Arena, Coventry, CV6 6AQ



A FREE event for children & young adults up to 25 years with disabilities and additional needs, their families, carers and all the professionals who support them.



Kidz to Adultz is a trademark registered to Disabled Living, Manchester. Established in 1997, Disabled Living, Charity registered with the Charity Commission for England and Wales. Registered Charity Number 224742



Brighter Beginnings

Getting the best outcomes for your child

There is still time to join us for Brighter Beginnings workshop sessions in Selly Oak. The workshop series is aimed at parents with special needs children aged 0-8. So far we have had a session which looked at where to get local information and support, and a session on dealing with challenging behaviour and encouraging positive behaviour.

After half term we will be helping parents to understand how they can **Prepare for Meetings with Professionals** about their child in health or education. We will give them tips on how they make the most of the meetings and can be more confident about making decisions about their child and ensuring professionals listen to their viewpoint.

On March 4, we will hold a session on **Money Matters** to make sure parents are getting all they are entitled to, and to help them to know where to go to get further support. On March 11, there will be a session on **Building Confidence** giving advice to parents on building resilience, getting support and the importance of taking care both of themselves as well as their family. Our final session on March 18 looks at **Getting the Best Outcomes for Your Child**. This session will help parents to understand the system of support for special education needs in school, as well as looking at Education Health and Care Plans.

To find out more or to book a free place on any, or all, of these workshops please email westmids.office@contact.org.uk or call us on 0121 274 0437





Universal Credit

Help us to campaign, Tell us your story

Contact is continuing to campaign against the cuts to disability payments under Universal Credit which will affect 100,000 disabled children and their families. A big part of this is gathering stories from affected families.



We want to show all the different ways families are ending up on Universal Credit - losing a job, moving to a new rented property in a different council area or a significant reduction in their child's Disability Living Allowance care component following a renewal. We also want to show the different ways it is impacting families.

We will use these stories to put pressure on the government to **Make Universal Credit Fair for families**. If you would be happy to share your story with Contact for our campaign, we'd love to hear from you. Get in in touch by email press@contact.org.uk or text 07599 930 090 with your name and a good time to call.

GET ADVICE

For advice on what Universal Credit means for your family, please visit our [webpages](#) written by our specialist family finances helpline or call our free Helpline on 0808 808 3555.

contact

For families
with disabled children

In Contact
WEST MIDLANDS



Sensory Explorers

Specialist Pre School group – SENSE

The charity SENSE runs a specialist play and communication group for pre-schoolers with vision or hearing impairment and additional difficulties.

Sensory Explorers runs weekly at TouchBASE Pears on a Thursday between 11am and 2pm. A range of play and communication activities are offered based on the individual needs of the children attending. Parents have specialist support from professionals with knowledge and experience of sensory impairment.

Families will get a chance to meet others and make connections, and children will have fun with other children and take part in songs, games and sensory activities. Facilities at TouchBase include a sensory play room and café, and the building is wheelchair and buggy accessible throughout with changing facilities.

To find out more or to book a place at Sensory Explorers, call Anne Cheesbrough on 07990 698850.

Inclusive activities at TouchBase



There is a free Tots Time story and rhyme session for children aged 5 on Mondays in term time, Messy Play for under fives on Tuesday, Sensory Play on Wednesday and Friday, and Transport time with tracks and trains on Thursdays. All activities are free with a suggested donation of £1 per child.



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, and there are still tickets available on Tuesday, Thursday and Friday

There are a limited number of concessionary tickets available for these shows.

If you are interested in securing them call: Pete Butters on 07929919195. You will need to say that you have had the e bulletin from Contact to secure the tickets.





Over the Wall, free camps

Over the Wall run a free adventure camp for siblings of young people with a special need in the Midlands. Places are limited and booking is now open so, if you are interested, don't delay in applying.

The camp will run at the October half term at Whitemoor Lakes in Staffordshire.

Over the Wall also run a family camp at Whitemoor Lakes at the May half term, and a health challenge camps for young people in August.

The camps are entirely free but demand is high so put your application in early if you are interested in any of the camps.

If you want to see what the camp is like click on these links [Over The Wall](#) / [OTW YouTube Videos](#) to find out more.

If you would like any more information email: campers@otw.org.uk or 02392477110.



Forward Steps

Kids Family Group run specialist support groups in Birmingham for families of children with additional needs aged 0-5 years.

The groups offer parents and carers advice, information and workshops on sensory play, autism awareness, wellbeing for carers, healthy eating, sleep workshops, DLA, support with the Education Health and Care process and promoting positive behaviour.

The groups will be held in Sutton Coldfield, Erdington, Hodge Hill, Yardley, Laudwood, Edgbaston, Selly Oak, Northfield, Perry Barr, and Hall Green. To find out more call 0121 362 4580 or email familysgroup@kids.org.uk

Kids – short breaks and leisure time

Kids operate a short breaks service for disabled young people aged 0-25 to widen leisure opportunities for the young person, and to promote life skills and independent travel.

They also offer flexible support packages including home based support, personal care, respite and sitting services.

Anyone can use the service and families can self refer. The price varies depending on the package, and it can be directly purchased via Direct Payments, Personal Budgets, Disability Living Allowance or private self funding.

You can find out more by emailing enquiries@disabledchildren.org.uk or calling their helpline on 03330 142 990.



S.O.S - help our fundraising efforts

Parents value the support offered by Contact. We know it from the feedback we get when someone gets advice from our helpline; when someone attends one of our EHC plan workshops and leaves, as one parent said, feeling “like Superwoman”. We know it or when someone gets Disability Living Allowance because we have helped them understand the complex application process, and getting that allowance makes a big difference to a disabled young person. We know it when talking to someone from contact helps a parent realise there is “light at the end of the tunnel”, or when a family attending one of our free children’s theatre shows thanks us for “a joyful and wonderful experience”.

But none of our services can survive without funding.

We do apply for grants but funding is never guaranteed and it is always time limited.

Any help you can give Contact in raising vital income would be greatly appreciated.

You can [donate](#), [do your own fundraising](#) or take part in one of our [challenge events](#)



Training for professionals

Contact offers a range of courses to support professionals in their work with families with disabled children. These courses cover a range of topics, from awareness of the challenges faced by families to how to co-produce services in close collaboration with the families who will use them.

Our courses are suitable for a range of professionals, including local authority service commissioners, educators, medical professionals, health practitioners and more.

VISIT THE PAGES BELOW TO FIND OUT ABOUT EACH COURSE

[Working together: co-production](#)

[Developing parent carer forums](#)

[Supporting parent carers: everything you ever wanted to know \(but were too afraid to ask\)](#)

CONTACT US

For more information or to book a course, just get in touch:

- 0207 608 8700
training@contact.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 info@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
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

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



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

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 or log on to 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

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 sib-lings 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 session 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 in 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, Limeklin Lane, Wellington, TF1 2JA.

For more information email: 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!

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



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

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



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 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

Website: 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 or call 0121 274 0437