

Short breaks for disabled children



Newsletter - summer 2011

● Holiday activities ● trips ● fun days ● drama ● sports ● art ● music ● youth clubs ● 1:1 support and much more.

Aiming High 2011/12

These activities are for children and young people with physical or learning disabilities, hearing or visual impairments, autism, Asperger's Syndrome and those with complex needs.

Please take a look inside for more information with organisations offering short breaks and activities.

See inside this issue for summer activities for you and your family to enjoy

Bradfields

The recent Easter holiday saw another fun-packed holiday playscheme take place at Bradfields. The two week scheme included exciting activities such as go-karting, an enjoyable Easter egg hunt in the Bradfields woods and a brilliant disco which was thoroughly enjoyed by everyone. In addition, a number of the children took part in Easter arts and crafts activities; making Easter masks and hats, and even making Easter cakes to take home. As well as our usual activities such as art, xbox games, role play and dressing up and a wide range of bikes

and scooters, we were also able to set up a sensory room for the first time, allowing the children to relax and enjoy the fibrotic lights and multi-sensory resources.



"Excellent range of activities for them to try".
parent

Medway Park Goalball Club



Supported by Medway Council, a new Goalball club is being established at Medway park sports centre. The club will be held on the last Tuesday of each month in the early evening and will be led by Alan Whetherly (KAB Aiming High Co-ordinator) and Rob Comber (Kent VI cricket co-ordinator).

Goalball is a Paralympic sport and will be part of the 2012 Paralympic games in London. Goalball is a three-a-side game played in doors on a volleyball sized court, with tactile markings, using an audible ball. All players wear blacked-out goggles, so it is a sport that sighted and visually impaired people can play together.

For further information on the club please phone: Alan Whetherly, KAB Aiming High Co-ordinator on 01634 332929 or email: alan.whetherly@medway.gov.uk

Your guide to short breaks in Medway this summer

Bradfields specialist holiday play schemes

Summer playscheme for disabled children and young people.

Three play schemes at Bradfields and Twydall junior schools

9 to 25 August, Monday to Friday, 10am to 4pm

- 1) 4 to 13 yrs for children/young people with mild to moderate disabilities - Bradfields
- 2) 8 to 18 yrs for children/young people with a higher level of need - Twydall
- 3) 14 to 18 yrs - Youth club at Twydall

Activities will vary across the schemes ranging from various exciting play opportunities, outings; enriching play experiences for all children and young people.

Youth Club - Tuesday and Thursday, 6.30 to 8.30pm, Strood

We also run a **Saturday Club** once a month and an October half term play scheme. Ask for more information.

Phone Ryan Godden
01634 338395 or email
ryan.godden
@medway.gov.uk

MAGIC

(Medway Autism Group and Information Centre)

Play scheme and other holiday activities and trips for autistic children aged from 4 to 18 years.

Dates: Monday, 8 August to Friday, 12 August

and Monday, 22 August to Friday, 26 August

Cost: £8 per full day - £5 per half day

Spaces are filled quickly so early booking is recommended.

Booking: available from our website.

Throughout the year we run a regular **Youth club** which is based at Woodies Youth Club Arethusa Road Rochester. Tuesday 6.30 to 8.30pm for 8 to 12 year olds cost 50p per child per session and Thursday, 6.30 to 8.30pm for those aged 13+ cost £4.50 per child per session. Youth club is for MAGIC members only

Monkey Bizz: Sessions are held on the first Thursday of the month for under 10s and every second Thursday for the over 10s

Sessions cost: £4.50 and run from 6.15 to 8pm

Phone **01634 326230**
or email **medway-magic**
@blueyonder.co.uk

You can join us on Facebook and please check our website for updates **www.medway-magic.org**

KASBAH

Supporting young people aged 16 to 25, with a range of needs in life skills.

Meets at: Millennium Hall, Rainham once a month in a fun environment from 11am to 2pm Come and make friends, learn new skills e.g cooking, crafts, travel training, shopping and playing on the Wii and join us on one of our outings.

Recent outings: To see Invicta Dynamos ice hockey team at the Silver Blades Ice Rink and the Gold Driving Range in Upchurch and are having a fish & chip supper shortly.

We are offering the AQA accreditation scheme enabling young people to achieve a qualification at their own level. Subjects include recycling, managing money, baking cakes, bed making, travelling on public transport and ironing
Cost: £2 per session.

Phone Rachel Bowman
Co-ordinator on **07505 489049** or Jane Candler
Assistant Co-ordinator on
07758 703627
Email **shortbreaks**
@kasbah.org.uk
Website:
www.kasbah.org.uk

Your guide to short breaks in Medway this summer

Cerebral Palsy Care Kent

Provides conductive education for children aged five to 11 years in the Saturday club every week

Summer holiday club runs from 25 July to 5 August.

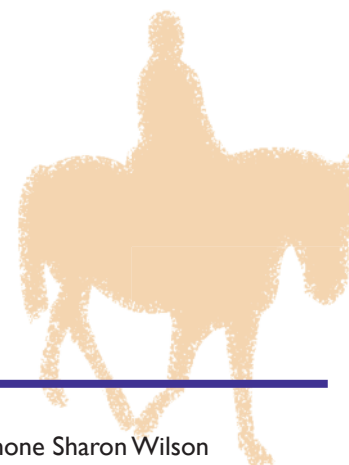


Smiley Steps (within the CPC Kent centre) Offers a Conductive Education Saturday Club catering for children aged five to 11 years, who have cerebral palsy or similar motor difficulties. The club enables the children to have fun whilst learning to organize their bodies in time and space, and how to change position and places in lying, sitting and standing. The parents stay and learn how to facilitate their children to achieve everyday activities, also building friendships and sharing information with other parents. The children have the opportunity to take part in creative play through a variety of sources such as: water, paint, sand, dressing up etc. Our outdoor area is very popular giving the children access to climbing, balancing, mountaineering and the newly formed race track, which gives them the opportunity to try our trikes. Smiley Steps is also running a holiday club between July 25 to August 5, which will enable the children to attend every day for a more intensive programme.

For further details phone Maureen Cook on **01634 220120** or email **maureencook@cpckent.org**

Cerebral Palsy Centre
Bradbury House
Cliffe Woods, View Road
ME3 8UJ

Website: **www.cpckent.com**



Parklands/Borden Riding for Disabled Association

Horse riding for disabled children

The Nook, Sittingbourne
Places fully booked but names for our waiting list are being taken so please do call for more information.

Phone Sharon Wilson
01634 338505 or email
Sharon.Wilson@medway.gov.uk

Demelza House

Overnight stays for children with life-limiting or life-threatening conditions and Saturday Club

Saturday Club offers activities for the child/young person consisting of art, crafts, morning cinema sessions giving the child/young person an enjoyable experience and respite for parents.
Age range covers from birth to 19 years.

Phone **01795 845200** or email **debbie.mcswiney@demelza.org.uk** to refer to the service
Website:
www.demelza.org.uk

Free 2 Live Theatre Workshops

For children and young people with disabilities, and learning difficulties



Singing, dancing, acting, creating theatre to be heard and seen
In each workshop the group play acting games, learn how to create dance and drama. Learn how to write songs and sing plus learn to act.
The group work together to create and perform their own theatre pieces.
Workshops run on Tuesdays from 5 to 7pm at Woodlands Arts Centre, Woodlands School, Woodlands Road, Gillingham at the Ash Dance studio.

Phone Karen Wigley on **0750 79313116** or email **karenfree2live@gmail.com**

Website:
www.free2livetheater.com

Your guide to short breaks in Medway this summer

Lordswood 'A Star' Afterschool Club

Afterschool & Saturday club for children with Autism at Lordswood Leisure Centre

The Leisure centre offers fun activity sessions for children with Autism from Medway to come and play accompanied by their parents and carers in school term time. The children are aged between four to 11 years-old. Club runs Mondays and Wednesdays, 3.30 to 5.30pm and Saturdays, 9 to 11am.
Cost: Monday and Wednesday £5 per session, Saturday £2 per session.

Phone Spencer Grimwade on **01634 682862** or email **spencer.grimwade@lordswood-leisure.co.uk**

Kent Association for the Blind (KAB)

KAB deliver leisure activities for children and young people with sight loss.

Music keyboard activity day
at New Arts Centre
2 June - 10.30am to 3.30pm

Trampolining
at Gillingham Jumpers
25 June and 23 July - 3 to 4pm
24 August - 1 to 3pm

Day trips to:
London - 17 July;
Ten pin bowling - 17 August;
Lees Court Farm Estate - 22 August;
The seaside - 25 August.

Phone Alan Whetherly KAB Aiming High Co-ordinator on **01634 332929** or email **alan.whetherly@medway.gov.uk**
Website: **www.kab.org.uk**

Royal Association for the Deaf (RAD)

RAD is for young deaf people aged 12 to 19 to meet and have fun socially with their own peer group by involving young deaf people in the planning and delivery of a wide range of activities.

Specific Medway events will take place once every 3 months lasting 5 hours each. Final choice of activities will be made in consultation with the young people but examples of possible activities include:
Sports and outdoor activities, developing team work and problem solving.
Art, drama, film and photography workshops exploring self expression
Health and beauty sessions, raising self-esteem
Food on a shoestring, learning to cook for a small group and keep to a budget
Cost: up to £6 per activity.

For more information contact: **andy.taylor@royaldeaf.org.uk**

www.royaldeaf.org.uk

Medway Ethnic Minority Forum

Befriending/support for black and minority ethnic families with a disabled child.

Residential weekends (e.g. Butlins) for BME disability families

Shishu Kishor Club
Outings for BME families with disabled children

Medway Carers Centre
Various outings for BME families with disabled children.

Contact: Rupa Sen
email **office@memf.co.uk**

Phone: Rabia Bann

Contact: Krishna Devi
email **krishna.devi@medwaycarerscentre.org.uk**
Phone: **01634 577340**

Your guide to short breaks in Medway this summer

Medway Disabled Sports Development

Maidstone Rebel Club Wheelchair Basketball
Thursday, 5 to 7pm
Age 10 years and over
Medway Park, Gillingham

For more information phone **01634 338763** or email **sportsdevteam@medway.gov.uk**

Medway & Maidstone Disability Athletics Club Paralympic Athletics
Saturday, 11.45am to 1.15pm
Age 10 years and over
Medway Park, Gillingham

For more information phone **01634 338763** or email **sportsdevteam@medway.gov.uk**

Medway Dragons RLFC Wheelchair Rugby League
Wednesday, 7 to 9pm
Medway Park Gillingham

For more information visit **www.medwaydragons.com** or phone **01634 579790/07766 441974**

Medway Park Goalball Club Paralympic Sports
Monthly, last Tuesday of the month, 5 to 7pm
Age 10 years and over
Medway Park, Gillingham

For more information phone **01634 338763** or email **john.hatchet@medway.gov.uk**

Prince Arthur Bowls Club - Boccia Club Paralympic Sports
Saturday, 10.30am to 1pm
Age 10 years and over
Prince Arthur Bowls Club, Gillingham

Contact Mrs A Beggs
01634 281243

Shi Kon Martial Arts Club Assisted Tai Chi
Friday, chair based, 4 to 5pm, visually impaired 5 to 6pm
Age 10 years and over
Sunlight Centre, Gillingham

Contact Jez Waters
01634 581092 or email **info@shikon**

Wednesday Squad at Parkwood Youth Club

A safe, social environment for young people with a range of learning disabilities. We are part of Medway Council's Youth Service and are able to provide for high-level needs, but not medical support.

Activities include drama workshop leading up to a performance, taster sessions for various workshops such as graff art, football freestyle. Also on some craft equipment supporting life skills, sports equipment, trips, animal magic workshop, music equipment, sport coaching. Wednesday, 6.30 to 9pm, 16 to 25 years old
Costs: First session free. From then on £1 per session.

Phone Dean Bowman on **01634 233846** or email **dbdbowman@google.com**

Parkwood Youth Centre
Parkwood Green,
Parkwood
ME8 9PN

Your guide to short breaks in Medway this summer

Me2 Mentors

Provide mentors to take disabled young people to mainstream youth clubs and activities (12-19 years with a disability or additional needs)



Kent Youth's Me2 project brings disabled and non-disabled young people together. Me2 provides young people with training, enabling them to support disabled young people to achieve inclusion into mainstream youth clubs.

We match you with young people of a similar age and find out your interests. We will then try to find a youth club near to where you live. Your mentor will help and support you into the club and set weekly goals with you to achieve. Once you're ready, your mentor will slowly withdraw their support.

If this sounds like you then Me2 project may be able to help you.

The mentoring is free, however parents will need to pay the weekly subscriptions of the chosen club plus any travel costs incurred.

Phone Angela Stirland
01622 793700 or email
angelame2@kent youth.org

Individual Short Breaks provided by both Carers FIRST & Crossroads Care Medway in Partnership

Trained short break carers are able to take a disabled child or young person out to access social and leisure facilities such as swimming, soft play spaces or other activities. These are individual fun sessions and also give a vital break for parents and carers. Alternatively, families working with more than one child may prefer additional support to let the whole family enjoy days out together. This can happen in the community or at home.

Phone Sarah Kerr
(Carers First)
01634 577340
or email **skmedwaycarers@aol.uk**
Website:
www.carersfirst.org.uk

Phone Margaret Catlin
(Crossroads Care)
01634 868885
or email
margaret.medwaycrossroads@btconnect.com
Website:
www.medwaycrossroads.org.uk

"gave us more time with our other children as she can be demanding"

For information on these Aiming High funded events in Medway phone Medway Council's Family Information Service – 01634 335566 Or email familyinfo@medway.gov.uk or go to www.aiminghighmedway.org

"allowed us to do different things without him"

Carers FIRST Aiming High in Medway

Supporting children in Medway aged 5-19 our Aiming High Project in Medway has grown from a small acorn into a mighty oak over the last year. We have supported children on a 1:1 basis to attend specialist groups such as the Free 2 Live Theatre Workshop and Gym Clubs as well as mainstream groups at local theatres and dance centres around Medway.

We have enabled children to form social networks and for the first time for some of the children to have been able to have a social life away from their families and carers, which as some approach their teens, has been invaluable for them to be able to grow and participate in activities that give a feeling of self esteem and confidence.

Children have been supported to go out to activities of their choice with their own dedicated Community Care Worker. For some this has meant time out to go bowling, to the cinema, to local parks, ice skating and swimming. Over the school holidays more group and family day activities have been received very well. During the February half term a group of children went to Dickens World in Gillingham for a fun filled day of activities. Over the more recent Easter holidays we have enjoyed a trip to Farming World where everyone really appreciated the fantastic play park, tractor rides and of course lots of animals both large and small to pet.

We also took a group of teenagers to Chessington World of Adventures and Zoo for the day. For some it was the first time they had been to a theme park and the reassurance from familiar workers made all the difference.

Assisted by external grant funding we have secured, we are able over the summer holidays to plan trips to:

- Leeds Castle
- Shorne Wood Country Park
- The Strand
- Chatham Dockyards
- Bowl Water
- Howletts Wild Animal Park



"It was a great idea to get all the family involved as days out together can be really difficult for me with my three children. The extra help from the Community Care Workers made it possible for us to enjoy our day".

To access the trips please contact Carers FIRST Aiming High in Medway Co-ordinator Sarah E. Kerr at The Medway Carers Centre on 01634 577340 for more details.

PS: Very shortly we will be giving our project a new name Carers FIRST: Home and Community Support. Please look out for more information on the change

Magic easter egg hunt

MAGIC held an Easter Egg Hunt at Kingsnorth Nature reserve on Good Friday. The weather was glorious and every one enjoyed the activities - playing on the rope swing, football and Easter crafts as the pictures below show. Each child received an Easter Egg after following a trail around the Nature Reserve followed by a picnic. MAGIC wish to thank Kingsnorth Nature Reserve who have kindly donated the Easter Eggs as well as allowing us access to this lovely area.

"They are fine and well organised"



Demelza House

Aiming High funding for 2010- 2011 has given Demelza the much valued opportunity to offer the families using our service a choice of different short breaks and events. These have ranged from music therapy (either individual or family sessions), specialised fun theme day events, interactive workshop programmes for teenagers, complementary therapies comprising of massage and reflexology and of course day care.

"Sometimes if he has little to do he can get very down"

"A great boost in confidence opened up an entire new range of activities for him"

Contact us



For information on Aiming High funded activities in Medway or for provider organisation contact details: phone Medway Council's Family Information Service on **01634 335566**, or visit **www.medwayfisd.com** or **www.medwaychildrenstrust.co.uk**.

This information can be made available in other formats from **01634 333333**

If you have any questions about this leaflet and you want to speak to someone in your own language please phone **01634 335577**.

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