



Link-Upp (Birmingham)

Networking for Parent/Carer Groups

www.link-upp.org.uk

Issue 50

January 2008

HAPPY NEW YEAR!



A happy, healthy and prosperous New Year is wished to all of you from everyone at Link-Upp.

Following our AGM in November we now have 2 additional charity trustees on our board

and 4 more members of the Steering Group. So, for your information, our Charity Trustees are: Matthew Doyle, Sarah Lee, Laura Watts, Laila Khan, Anne Barnes and Nazia Nazir. The Steering Group is responsible for the day-to-day running of Link-Upp and any member of Link-Upp can volunteer at any time. Current members are: Anne Barnes, Saeeda Bi, Liz Garnham, Laila Khan, Sarah Lee, Lin Lloyd, Pat Marsan, Nazia Nazir, Raymond Polack, Kristen Sanders, Jacqui Towers and Chris Vinnecombe.

New Year - New You!



A personal development workshop for Link-Upp members looking to get their life in perspective:

Held at the Mal Maison Hotel in The Mailbox on Tuesday January 22nd, there are a very limited number of places.

Look for the flyer that has been sent with this newsletter and respond NOW!

For more information contact Sarah Lee at Contact-a-Family on 0121 415 4624

Parent Views Count



A quick reminder that the next open meeting for parents will be held on **Wednesday 16th January 2008** at 10am-12.30pm at the Carrs Lane Church Centre, Birmingham B4 7SX

Unlike the usual format, at this meeting there will be two members of Birmingham Children's Services, who are writing strategies for children and who will be coming to share their work and consult with you.

You will hear from:

- Andy Jenkins - Family Support**
- Angie Cardwell - Inclusion Strategy**

There will be plenty of opportunities for questions. Also at the meeting, you will get a general update and feedback about the key Strategy for Special Provision and the forthcoming consultation events at schools.

Parents' views are still needed, so please come along and also pass this message to other parents who might be interested, and help to ensure that Parent Views Count.

Future Meeting Dates

Dates for your diary. Future Carrs Lane meetings in 2008 will be held on Wednesday 20 February, 10am-12.30pm Wednesday 19 March, 10am-12.30pm

All parents/carers of a child with Special Needs that attend these meetings to contribute their opinions, receive a shopping voucher as a thank-you for their time.



Helpline: 0121 675 8000

January is "Pamper Month" at the Carers Centre on Colmore Row.

Mon 21st Jan: 11am-1pm **Carers Coffee Morning** Hydrotherapy Massage. This is a deep, profoundly relaxing treatment. It is carried out whilst you lay face up on warm water filled cushions. It can be beneficial for stress and joint / muscle stiffness.

Mon 28th Jan: 11am-1pm **Carers Coffee Morning** Reiki & Meditation. Reiki is received through light hand placements on client's fully clothed body, for relaxation & energy, to decrease pain & anxiety and promote health.

Website

of the

Month

For further information about what's on at the Carers Centre and what they can offer you as the parent/carer of a Child with a Special Need. Visit their website at:

www.birminghamcarers.org.uk.

Every Disabled Child Matters.

The "Every Disabled Child Matters" campaign have re-launched their Local Authority Charter. The Charter is a series of specific commitments EDCM is asking Local Authorities to make to improve services for disabled children and their families. These commitments are specific but realistic

This charter makes Disabled Children a local priority, but BIRMINGHAM has NOT yet signed up to the charter.

Visit www.edcm.org.uk to learn how you can lobby Birmingham City Council to sign the charter. You fill in a simple form and you are then given a standard e-mail message that will be forwarded to Councillor Les Lawrence. There is space to personalise this message to emphasise the specific problems that you have with the Council's services. Every extra message puts more pressure on the Council to make our children count.

NEW GROUP

Millennium Carers

Parent Support Group for Parents of children with Special Needs in the Weoley Castle, Northfield, Selly Oak, Woodgate and Quinton areas.

Meeting once a month on a Friday from 10am-12pm at the Millennium Health Centre, Weoley Castle Square, Weoley Castle.

Funding available for Parent Support events and also: holiday play schemes; after-school clubs; and family trips. Priority given to Support Group members when allocating places on play schemes and trips.

For more information : call Rachel Dingley (KIDS) on 07793 777 308

Carers Join

The new Men's Carers' Group, Carers Join, is officially launched on Monday 14th January.. Plans for future meetings include:

February 08: Country Park Ramble.

Mach 08: Talk on Welfare & Carers benefits.

April 08: Talk n Men's Health issues.

For more details and to receive regular information contact Chris Barber on 0121 246 8464



Proposed Link-Upp Activity Plan January/February 2008

Tuesday January 22nd: "New Year—New You" Workshop. See page 1

Wednesday January 30th: "Stronger" a Women & Theatre performance at Carrs Lane Church Centre. From 10am. Lunch included. Seats **MUST** be pre-booked.

Monday February 25th: Annual Members Meal at "The Big Wok". 12 noon **OR** 7.30pm. Cost: £1 per person. Please return an application form.

Thursday February 28th: Transition Workshop. 10am—2.30pm at "The Hub" Kings Heath. Places must be pre-booked for this workshop.

If you receive this letter as a direct mailing from Link-Upp then flyers for the above events should be included. For more information about any of these events please contact us using any of the methods described on page 4 and we will send you the flyers.



Moving On: The support group for parents of a teenager/young adult with Special Needs.

2008 meeting dates: Jan 17th, April 17th, July 17th, Oct 16th. All held at the Birmingham Carers Centre on Colmore Row from 10.30 am-12.30pm.

Contact Pat Marsan for more information on 0121 442 3468

GROUP REPORTS

BIRMINGHAM NORTH AUTISTIC SUPPORT GROUP

For the first time we decided to go on holiday as a group in the October half term holidays. We stayed in log cabins just outside Bournemouth with Hoseasons. The facilities including a swimming pool, football pitch, tennis pitch, play area, crazy golf, table tennis, games arcade and a clubhouse with entertainment put on for the children early evening followed by a cabaret later

on for adults. It also served food. It was really successful and gave the brothers and sisters of our autistic children bonding time with the families children. Everyone enjoyed themselves and it is something which we are looking into for this year. A great time was had by all!!!

Many thanks to Lin Lloyd for providing this report, it just goes to show what can be achieved when parents get together!





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The following advert has been placed by a driving school that offers discounts to Parents/Carers of Disabled children.

Dr L Test
school of motoring

Take control. Learn to drive with 50% off your first 3 lessons.

Other discounts may apply.

Call for full terms, conditions and details.

Quote ref: nhs07

Call 0121 285 85 85 or 07977 916496

- ◆ L Test Driver Training
- ◆ Pass Plus
- ◆ Motorway Lessons
- ◆ Refresher Lessons
- ◆ Mock Tests
- ◆ Crash Courses
- ◆ Theory / Hazard Training

Give us a call now or drop us an email at info@drtest.co.uk

More information can be found at :

www.drtest.co.uk

Driving Standards Agency Approved
Driving Instructors.

EVENT REPORT: Dads' Karting Event 11th November 2007

The Sunday dawned fairly bright and sunny, a relief to all who had been worried about a wet and slippery track.

Despite the closeness of the "WHEELS" site to the St Andrews home of Birmingham City on the day of a match against local rivals Aston Villa, nearly all of the participants arrived in good time for the pre-race safety briefing and a chance for a coffee and chat.

All the Dads were issued with souvenir baseball caps and kitted out in overalls and helmets. Anxious partners and offspring watched from the railings as the men were paired up in teams and qualifying began.

After the starting order for the race had been established it was straight on with the main event, an endurance Karting race of an hour. Teams of two would each drive 2 stints of approximately quarter of an hour each, meaning that we were all to witness 3 rather hectic "pit stops" whilst the drivers changed over!

Spectators were able to keep track of all the race statistics, such as fastest lap and (more importantly) who was winning, on the computer screen in the tea room.

By 3.30pm it was all over, the top three teams were rewarded with medals, and a chance to spray a bottle of bubbly stuff over everyone from the podium! **The winners are shown below!**



Disclaimer

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children & young people
matter
BIRMINGHAM