

# Link-Upp (Birmingham)

Networking for Parent/Carer Groups

www.link-upp.org.uk

Issue 63

January 2011

## Link-Upp AGM. Wednesday 26th January

We are pleased to invite you to our AGM on **Wednesday 26<sup>th</sup> January 2011** in the Deloitte Room at the Midland Arts Centre (The MAC) in Cannon Hill Park.

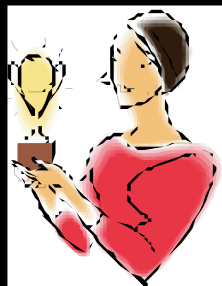
The meeting will last from 10.00am to 2.00pm. Arrive from 9.30am.

Lunch included.

The agenda for the day will be:

- ❖ A celebration of Link-Upp's 10<sup>th</sup> Birthday.
- ❖ The 2<sup>nd</sup> Link-Upp Parenting Awards.
- ❖ The official launch of the Birmingham Face2Face bi-lingual support line.
- ❖ A buffet lunch, with time to talk to other parents, members of the committee and representatives from Disability/Carer organisations in Birmingham.
- ❖ After lunch there will be a short business meeting where the current Committee will give information about finances, events and a Trustee's report.

See enclosed flyer for details of how to book your place.



### PARENTING AWARDS

Due to the low number of nominations we have extended the return date for Parenting Award nominations.

You should still have your information that was sent out with the last Newsletter, that form is now valid until Friday January 14th.

Alternatively you can e-mail your nomination to [info@link-upp.org.uk](mailto:info@link-upp.org.uk) Simply give us the name of the parent you wish to nominate, the category in which you are nominating them and a few sentences as to why you are nominating them.

Please help to make these awards a success by giving the Trustees a good range of candidates to select from.

Go on! Say "thanks" to someone who's been good to you by nominating them today!



If you are a Facebook user then search for "Link-Upp Birmingham" and "like" our page. That way you'll be one of the first to hear about any up and coming events. If

you're not a Facebook user, but you do use the internet, then please add our website to your "favourites" and check regularly.

## www.link-upp.org.uk

It is our New Year's Resolution to keep our electronic updates more regular so that you, our members, can get information quicker and more effectively.

#### Acknowledgment

We are grateful to Children, Young People & Families, Birmingham City Council for funding the work of Link-Upp.

#### Disclaimer

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[www.netbuddy.org.uk/](http://www.netbuddy.org.uk/)

NetBuddy

## Are you caring for someone with a learning disability?

Then visit Netbuddy!

You'll find over 800 practical tips and ideas there from parents, carers, teachers, therapists ... people with everyday experience of learning disability.

Join their friendly, supportive community and get involved! Share your own handy hints and 'lightbulb moments'. Download your video clips... or join their forum and swap ideas.

# face2face

## Parents supporting Parents of Disabled Children

Are you a parent of a disabled child?

You could use your unique experience to support another parent

Face 2 Face offers emotional support to parents of children who have been newly recognised as having a special need or disability.

We are currently seeking volunteers throughout Birmingham to support other parents. Many parents of a child with a disability or special need find it invaluable to talk to another parent who can understand and listen.

**We have an established Face 2 Face Scheme in Birmingham, but we need more befrienders.**

The foundation training to become a befriender is over 10 sessions. Each session lasts from 9.45am until 2.15pm and includes lunch. The dates for this Spring's training are: **January 27<sup>th</sup> & 28<sup>th</sup>. February 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup>. March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> and April 1<sup>st</sup>.** You do not have to attend every hour of every session, although it is quite important to attend the first 2 dates.

All training is held in the Lounge at Carrs Lane Church Centre.

The training itself is very rewarding and worthwhile and at the end of it you are under no obligation to go on to become a volunteer befriender for the scheme here in Birmingham. If you are interested it is important to contact Anne, the scheme co-ordinator, **AS SOON AS POSSIBLE**.

The best way is to call **07827 472 659** or send a message by e-mail to: **face2face-birmingham@live.co.uk** There is a short application form to complete and before training begins you will need to meet with the co-ordinator in order to complete some of the paperwork essential to becoming a befriender.

One current befriender said of this course, *"I have grown as a person, learnt new skills, which is very good. I have gained more confidence and learnt to be more assertive. It's changed my life!"*

## Keep in touch!

**Link-Upp (Birmingham)**

Prospect Hall  
12 College Walk  
Selly Oak  
Birmingham  
B29 6LE



0121 415 4445  
07767 086 417

info@link-upp.org.uk

