

Link-Upp (Birmingham)

Networking for Parent/Carer Groups

www.link-upp.org.uk

Issue 62

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Link-Upp News — Now always on page 1!

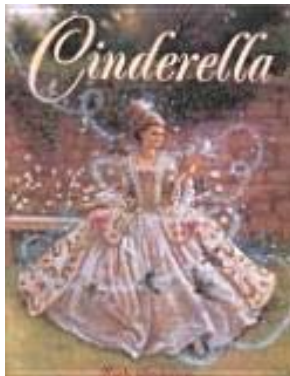
The **"PARENTING AWARDS"** are back! After our first award ceremony at last year's AGM we have decided to continue this as an annual event.



The awards are designed to celebrate the help and support that is given, parent-to-parent, by Parent Carers of children with disabilities and additional needs. Any parent of a child with any disability may nominate another parent. You do not need to be an individual member of Link-Upp, but you must live or work in Birmingham. The nominated parent must also be the parent, or carer, of a child with a disability. There is one additional award for a professional who works with families where there is a disabled child.

Nominations are open **NOW!**

There should be a nomination form attached to this newsletter. If not, please contact us in any of the ways described on page 4. The award ceremony will take place at the **Link-Upp AGM on January 26th** at the MAC, and will take pride of place in our 10th birthday celebrations.



The Link-Upp Panto is back!

Following the success of last years panto, we will be again hosting a pantomime from the excellent touring company, Chaplins.

The date is Monday 3rd January

2011, it's the Bank Holiday following New Year, so put away those madcap thoughts about going shopping in the January Sales and come along and join us for some fun. As before, we will be holding the panto at The Holy Name Parish Centre in Great Barr. This venue is accessible and has adequate parking. It's going to be a Matinee this year with the doors opening at 2pm, with the performance starting promptly at 2.30pm. Seats cost just £2 per person aged 2 or above!

The whole show lasts 2 hours with a short interval. We will be selling soft drinks and refreshments at cost price.

Seating is fully flexible and if your child tends to "wander" that's OK, we understand!

For full details & a booking form, please see the attached flyer.



Here are 5 of the 6 of last year's Parenting Award winners. Do you know anyone that could be "in the frame" for an award this year? Please nominate them using the form attached.

Parent Carers Coffee Morning

At the Carers Centre,
130 Colmore Row, Birmingham.
Tuesday 14th December 2010
10.00am—12.00pm

Come along and meet with representatives from Parent Views Count, Link-Upp and Face2Face. Find out the latest news and events!



Local News

If you represent any organisation supporting carers of disabled children in Birmingham, let us know and we could feature your work on these pages.



Parent Views Count (PVC) Parent Forum Meeting

Come along and have your say on:

Thursday 16th December
10:00 a.m. - 12:00 noon
Carrs Lane Church,
Carrs Lane
Birmingham.

"Children Centres are committed to developing inclusive services for disabled children under 5 and their families".

This is an opportunity for parents of under 5's with an SEN or Disability to come together with Children Centre staff to look at ensuring their centre activities are wide ranging. Parents of KS1 children will also be welcomed at the forum to share their experiences of Early Years settings and the transition to school.

Due to the high demand please could you text or email your details to ensure we reserve a place for you by 10th December 2010

Text to: 07795121281

Email: jasvinder.hayre@barnardos.org.uk

Please let us know if you require a crèche place by the 2nd December

Please send in any questions you may have on the topic, so that we can forward to the speaker in advance.

Do you live in the Winson Green, Edgbaston area of Birmingham? Close to City Hospital or Summerfield Park?



A small group of parents have expressed an interest in starting up a new Parent Carer Support group in this area and they are looking for potential members?

If you would like to be involved in a support group and benefit from being in a group of like-minded people who all know about the difficulties, and joys, of raising a child with additional needs, please contact Link-Upp and we will put you all in touch and help you to set up your group.

face2face

We are really hopeful that Link-Upp will secure funding to run a third Face2Face befrienders course in



January, February and March next year. The course usually runs every Friday for 10 or 11 weeks, though this depends on the availability of those wishing to train, the numbers on the course and school holidays.

Becoming a befriender is an enriching and empowering experience that will not only benefit the parents you may go on to befriend, but will also benefit you as a participant. A previous participant said, *"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!"*

For more information about F2F look at the website: www.face2facenetwork.org.uk then, if still interested contact the local scheme by e-mail at face2face-birmingham@live.co.uk or call 07827 472 659.

We should know if our bid for funding has been successful by the end of November, if it is we will hold an informal recruitment meeting for all interested where you can ask questions of parents currently volunteering as befrienders in Birmingham, but don't wait until then.... **If this is something that appeals to you, call Face2Face on: 07827 472 659 or e-mail: face2face-birmingham@live.co.uk**

contact a family
for families with disabled children

DLA and Benefit Workshop

Contact a Family are holding a workshop with their Family Worker, Amy Turner, on Tuesday 30th November 2010, from 10.00am—12 noon. At Prospect Hall, Selly Oak, Birmingham B29 6LE.

So if you need advice and guidance on the DLA process, unsure if you should claim, need advice on appealing a decision or if you simply need the motivation to complete the form, then book a place by contacting Jan or Liz on 0121 415 4624.

Please note that Amy will not be able to offer direct one to one support during this session, but will be able to answer general queries.





www.link-upp.org.uk

CONTACT US



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A Date for your Diary:

KIDZ IN THE MIDDLE

Thursday, 11th March 2010
9.30am - 4.30pm

At the prestigious Jaguar Exhibition Hall at the Ricoh Arena, 71 Phoenix Way, Coventry, CV6 6GE

A free exhibition totally dedicated to disabled children, their families and carers, and the health care professionals who work with them.

Information on mobility, seating, beds, communication, access, education, toys, transport, style, sensory, sports, leisure and much more...

Read more at www.kidzupnorth.co.uk/kidzinthemiddle.php

For more information on Kidz In The Middle, or to order your visitors FREE entry tickets contact the Exhibition Team at Disabled Living on 0161 214 5962/5959 or Email car-mel.hourigan@disabledliving.co.uk

Whether it's National News, International News, or just something that we ran out of room for on the other pages.... You'll find it here!

THE BACK PAGE



<http://www.sibs.org.uk/>

Sibs is the UK organisation for brothers and sisters of disabled children and adults.

They support siblings who are growing up with, or who have grown up with, a brother or sister with any disability, long term chronic illness, or life limiting condition.

Siblings have specific needs that require attention at different stages of their lives, including relief of isolation, information, and strategies for coping with the situations they find themselves in.

Sibs' aim is to enhance the lives of siblings by providing them with information and support, and by influencing service provision throughout the UK.

This website also has a good section for parents of disabled children that gives advice and help on a variety of subjects such as how to explain a disability to the brother or sister of the disabled child, and how to help the sibling child through difficult situations.



In Celebration Of
International Day of Disabled People 2010 & UK Disability History Month
Birmingham Disability Network with support from Birmingham City Council

Present "Our Place : Our Time"

Celebrating the struggles and achievements of disabled people

Friday 3rd December, 2010

Midlands Art Centre

2.00pm to 9.00pm

Cannon Hill Park, Birmingham

To book a place please contact BDN on telephone: 0121 789 7365

Or E-mail: kmaguire@disability.co.uk

Disclaimer

The editor retains the right to omit, include or edit any contributions. The views and suggestions in this newsletter are those of individual contributors and not necessarily supported by Link-Upp. Link-Upp cannot accept responsibility for any goods or services mentioned in or enclosed in this newsletter.

Acknowledgment

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