

Link-Upp (Birmingham)

Networking for Parent/Carer Groups

www.link-upp.org.uk

Issue 54

September 2008



The National Autistic Society *help!* Programme.

New courses available.

The help! 2 seminars are for parents who have a child diagnosed with an Autism Spectrum Disorder.

Managing Anger in Young People with Asperger Syndrome

4 November 2008 - 10.30 am - 2.30 pm at The Warwickshire County Cricket Club, Edgbaston, Birmingham B5 7QU.

Anti-Bullying Support & Strategies for your child with ASD

5 November 2008 - 10.30 am - 2.30 pm at The Warwickshire County Cricket Club, Edgbaston, Birmingham B5 7QU

Contact Michaela Krupinski (*help!* Programme Administration Officer) for an application form.

Michaela Krupinski, *help!* Programme Administration Officer, The National Autistic Society, Castle Heights, 72 Maid Marian Way, Nottingham NG1 6BJ

Tele: 0115 8473530

Fax: 0115 9112259

Michaela.Krupinski@nas.org.uk

JOIN THE UK'S BIGGEST EVER
EVENT TO END CHILD POVERTY

OCTOBER 4th
TRAFALGAR SQUARE
1-3PM



Read more about this event on page 3

Lone parents with disabled children incorrectly told they will need to sign on.

From November lone parents with a youngest child of 12 years old or over will no longer be entitled to Income Support (IS) - and will be expected to sign on for Jobseeker's Allowance in order to get benefit. However, this change in the rules should not affect lone parents of a child receiving the middle or highest rate care component of Disability Living Allowance.

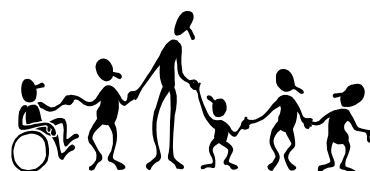
It should also not affect those who get Carer's Allowance or who are fostering children. Lone parents in any of these circumstances will still be able to claim Income Support.

Contact a Family's helpline has already had calls from lone parents with disabled children who have wrongly been told by staff at the Department of Work and Pensions (DWP) that their IS will stop in November. Any lone parent caring for a disabled child who is told their IS will stop can call the Contact a family free helpline on Tel: 0808 808 3555 for advice.

Link-Upp group directory

The latest edition of the Group Direction is almost complete. We are still waiting for some groups to update their details. If your group has made any changes to dates or times please call us.
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Sorry if some of the type is a bit small this month. There's lots to fit in!





Family Fund Extra. New service launched.

The Family Fund is launching 'Family Fund Extra' during October and is calling on families with disabled children to register their interest. Family Fund Extra is a separate scheme from their grant making programme and aims to help families make their money go further. It will offer a variety of discounted goods and services like electrical products and holidays.

It will also allow supporters of Family Fund to make a difference to disabled children through donations and 'donate as you shop' opportunities.

If you care for a child or young person up to the age of 25 years old and would like to benefit from the discounts and services Family Fund Extra will offer, register now at Web: <http://www.familyfundextra.co.uk>

**Families with disabled children - Win a laptop.
Tell your story. Raise public awareness.**

Contact a Family is calling on parents to tell their story of raising a disabled child in a national competition which aims to highlight the many issues they face.

On the theme of 'Me and my disabled child', Contact a Family is looking for families to make a short video about the joys and challenges of caring for a disabled child. For those families who don't have a video camera, or have other creative impulses, you could share your experience in a written story, make an audio recording or take a photograph.

The competition has been launched in the run up to Contact a Family's 30th anniversary and entries are invited from any family member or friend involved in caring for a disabled child since the charity was set up in 1979.

Mark Robertson, Contact a Family's Head of Information and New Media, said: "The best clips, pictures and stories will be featured on Contact a Family's website and other online channels such as Youtube, My Space and in our parent magazine, Connected.

"And throughout our 30th anniversary year we'll be using submitted stories whether they're in words, images or video footage, to raise public awareness of the everyday challenges families face raising a disabled child."

Entries can be a diary account, show a day in the life, or focus on a particular time raising your child, such as around diagnosis. Or entries can highlight a particular challenge - using public transport, coping with behavioural problems, peoples' attitudes, attending endless assessments and meetings.

All entries will be considered in a category alongside others using the same medium, with a chance to win a digital camera - and for the overall winner, a laptop. Prizes for the competition have been kindly donated by Hobbs the Printers.

Entries must be submitted by 30 November 2008. Video entries should be no longer than three minutes and written stories no longer than 2,000 words. Videos, podcasts, word documents and digital photos can be submitted by e-mail to new.media@cafamily.org.uk with Competition in the subject header. They can be submitted either as an attachment or a link. All printed stories, photographs, tapes, DVDs can be posted to: Competition, Contact a Family, Freepost Lon8801, London EC1B 1EE.



£22million announced for SEN teacher training.

The government has announced an extra £10m a year for all new SENCOs to get high quality, nationally accredited training. The extra funding will bring into line a new requirement from September 2009, for all new SENCOs to be both qualified teachers and to get additional training. A further £12m will be made available to existing and trainee teachers. Trainee teachers will have new Special Educational Needs (SEN) and disability course materials and students will be provided with opportunities for placements in special schools or other specialist SEN units. Teachers already in post, will get specially designed training materials to increase their confidence in dealing with children with SEN.

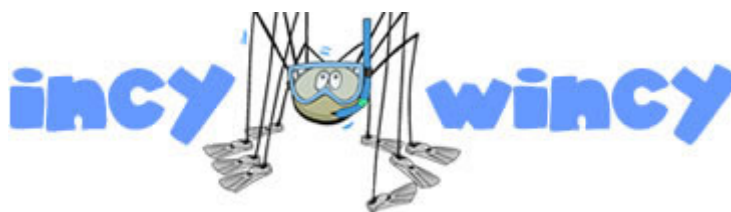
And as parents we all say
.... "And about time too!"





Website
of the
Month

[http://
www.incywincy.net](http://www.incywincy.net)



Does your child use incontinence products?

Do you worry about "accidents" when they go swimming?

Then this site could supply you with the products to give you peace of mind.

They say: "About Us Incy Wincy are completely dedicated to your total satisfaction. We specialise in Swimming Products for babies and toddlers as well as Flotation Aids and Continence Swimwear for older children and adults. From Armbands to Swim jackets and Swim Nappies to Sun Protection swimwear. We sell quality products at a reasonable price. Phone order line : 0845 365 3645

If you have any suggestions or comments please email us at info@incywincy.net"

On visiting the site, if you wish to view the child & adult swim wear that has a built in swim-nappy you will need to type "Hi-Line" into the Quick search box.

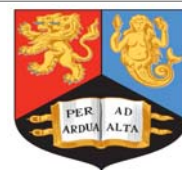
A Link-Upp member who has used the company praised their efficient and personal customer service.

PARENTS OF CHILDREN WITH DEVELOPMENTAL DISABILITIES ARE MORE STRESSED AND MAKE LESS ANTIBODIES FOLLOWING VACCINATION

Could you help with further research?

Researchers at the University of Birmingham have found that parents of children with developmental disabilities, including autism, made fewer antibodies following a vaccination against pneumonia than parents of normally developing children.

Stephen Gallagher and his colleagues from the University's School of Sport and Exercise Sciences wanted to see if the stress of caring for a child with a developmental disability would have a negative affect on their parents' immune systems. He found these parents, who were mostly caring for a child with autism, were much more stressed and made far fewer antibodies to the vaccine than other parents. Some Link-Upp members participated in this research.



Study Implications

This study showed that providing care to a child with a developmental disability can often be very stressful and, when it is, parents' immune systems can be affected in a way that could put them at risk of ill- health. Currently these younger caregivers are not prioritized in annual vaccination programmes. However, our findings suggest that they should be.

Mr. Gallagher says "Although, our results help to raise awareness of the challenges faced by parents caring for a child with a developmental disability, they also indicate that further study is needed in this area". Our group are continuing this research and would be very interested in hearing from similar parents willing to complete some questionnaires about their sleep patterns and rates of infection.

Those potentially interested in participating should contact Stephen Gallagher from the School of Sport and Exercise Sciences on 0121 4148747 or sxg598@bham.ac.uk or Dr. Anna Phillips at A.C.Phillips@bham.ac.uk

Every disabled child Matters—Campaign News



EDCM is gearing up for major events at the political party conferences and the Keep the Promise rally for End Child Poverty. We need as many of our supporters as possible to join us at **Keep the Promise on 4th October 2008** in central London, ending with a child-friendly event in Trafalgar Square to demand government action to end child poverty. There will be activities for children in the square.

As you know, disabled children are much more likely to grow up in poverty than other children. If you have not already done so, please pledge your support to end child poverty at <http://www.endchildpoverty.org.uk/promise>

EDCM is co-ordinating a short march for people with mobility needs or families with young children who may not wish to take part in the longer march. The short march will lead into Trafalgar Square and will be the joining point for politicians and media engaging in the rally. Please do let us know if you intend to come. For more information on how to join EDCM at the short march please email info@edcm.org.uk

The Family Fund is keen to help all families with disabled children to attend Keep the Promise. If you know a family that would like to come but needs financial or other help to do so, please ask them to sign up on the Family Fund's website at <http://www.familyfund.org.uk> All families that join the Family Fund's group will be put in a draw for £250 for a Comet gift card or towards a holiday. All information about the event including an accessibility guide can be found at <http://www.endchildpoverty.org.uk/keepthepromiseevent>



www.link-upp.org.uk

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PICNIC In The Park 08

Well it rained, and rained and then it rained some more! Finally it stopped. But despite all of that 20 Link-Upp families came to join in the fun at Cannon Hill Park. We had singing, crafts, drums and Magic. We also celebrated the launch of Birmingham's first "Face2Face" befriending scheme, which is managed by Link-Upp. Anne and Rizwana managed to get themselves interviewed by BBC Radio WM (did anyone hear us?) and we hope to get more publicity for the service soon, if there's anyone with good media contacts, Anne would love to hear from you on; 07827 472 659 or e-mail face2face-birmingham@live.net

face2face

Parents supporting Parents of Disabled Children

Link-Upp equipment for loan

If you were at the Picnic in the Park on August 5th then you will have spotted our new piece of kit, the i-Pod Party speaker with microphone. The i-Pod Party Speaker is the ultimate in mobile party systems. Made from heavy duty aluminium and sitting on a two wheeled base with a retractable handle, this 22W mobile speaker system will blast out your tunes wherever you are. As well as a mains cable it also has an internal re-chargeable battery that will give you a mighty twelve hours of play. You can plug in any iPod you care to mention, as well as other CD or MP3 players, musical instruments (with 6.3mm output jacks), and it comes with a jolly decent microphone! If any Link-Upp affiliated groups need a small PA system for an event or for a speaker, then this could provide the solution. We will not be charging for its hire, but you will need to leave a deposit cheque which will be returned to you on the safe return of the speaker. Though of course if you want to pass on a donation to Link-Upp we would be very grateful! Please give us a call on the usual numbers for more details.



Link-Upp Family Cinema Outing— August '08

This event was a great success with over 60 families joining us to see Kung Fu Panda. We were impressed with the amount of wheelchairs we could get in, and everyone was impressed with the size of the screen! It is **HUGE!**

Many thanks go from Anne and Lin to Shazia and Jean from Contact a Family for all their help on the day.

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

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



Parent Views Count

The next 2 daytime meetings at Carrs lane Church Centre will be Weds Nov 26th and Thurs 15th Jan from 10.00am-12.30pm.

There will also be an evening meeting option. Call for dates & times. Find out the latest updates on the outcome of recent consultations including the Strategy for Special Provision

All parents welcome. See you there!

For more information contact:

Juliette Smillie - T: 0777 878 3596, or Sue White - T: 01676 533 565
Or e-mail: ParentViewsCount@aol.com