

# Notice of Annual General Meeting

You are invited to our 20th anniversary AGM between 6 and 7 pm on Thursday 27th October 2011 at The Scottish Parliament

Guest speaker, Dr Helen Downie, will speak on *Self-esteem for Children and Young People with Disabilities*, with presentation by David Walton, Trustee.

Like many charities, Kindred has taken the decision to become a company limited by guarantee. The main reason for this is to protect our trustees from liability.

## Members will be asked to vote on the following resolution:

"Further to the resolution of 28th October 2010 to become a company limited by guarantee and in accordance with clause 13 of the constitution, the members, having been provided with a draft transfer agreement and a draft constitution for a new company limited by guarantee named Kindred Advocacy, hereby confer power on the Executive Committee to transfer all assets of unincorporated Kindred Advocacy to Kindred Advocacy in accordance with relevant OSCR procedures and thereafter to dissolve unincorporated Kindred Advocacy."

Kindred is keen that as many members as possible attend this AGM - please see page 3 for further details.

## What have you been up to? **City School Place Update**



Above: Greta out and about in her new buggy - see page 4

Last year Kindred organised a consultation with parents about their experiences of trying to find the right school for their child. The findings of the consultation were in line with other developments within City of Edinburgh Council, and this led to a series of productive meetings and discussions.

We will be meeting again to discuss progress on providing helpful information to parents on decision making with regard to school placement, and other specialist support. The meeting will take place on Friday 23rd September at 10am, at Kindred, 7 Rutland Court Lane, Edinburgh.

If you would like to attend, please contact the Kindred office by calling 0131 538 9354 or emailing [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)

## In this Issue

- Free Financial Planning Seminar
- Rock and Writing
- Supporting Siblings Workshop
- Views on School Transport Sought
- Fancy a Bit of Baking?
- Free Fitness Classes for Carers
- Braidwood Women and Children Group
- What have you been up to?
- Exploring the Earth

## Kindred Dates for your diary:

### SCHOOL PLACE PROVISION:

Friday 23rd September  
 10am - 11.30am  
 Kindred (West End)  
 7 Rutland Court Lane,  
 EH3 8ES - see left

### TRANSPORT MEETING:

Weds 28th September  
 10 am - 11.30am  
 Kindred (West End)  
 7 Rutland Court Lane,  
 EH3 8ES - see page 3

### FINANCIAL PLANNING:

Tuesday 4th October  
 9.30am - 12.30pm  
 Gillespie Macandrew LLP,  
 5 Atholl Crescent,  
 EH3 8EJ - see page 2

**KINDRED 20 YEARS AGM:**  
 Thursday 27th October  
 6 - 7 pm, Scottish Parliament  
 - see above left

To confirm attendance or for more info call us on 0131 538 9354 or email [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)

# Thinking Ahead Free Seminar:

## Planning for your own and your dependants' futures, Powers of Attorney, Guardianship & Wills

In response to requests from parents and carers, Kindred has teamed up with a leading Scottish Law firm, Gillespie Macandrew, to offer what we hope will be an informative event, helping you to plan for all eventualities in the longer term.

Gillespie Macandrew's private client and family law experts will provide you with a range of insights and advice which will help you to discuss planning for your own future and your children's future.

This half day session will address a range of issues including:

**Planning for the unexpected:** what would happen if one of the parents or carers loses the ability to make decisions for children as a result of an accident, illness or simply old age. Having a power of attorney in place could be the answer.

**Today's child – tomorrow's adult:** when your son or daughter becomes 16 they become an adult in Scotland. If they have a condition which makes it difficult for them to make decisions personally, or to grant powers of attorney, who will make the decisions about the child's future?

**Where there's a will** – only a minority of people get round to signing a will which often leads to unwelcome results e.g. an unexpected Inheritance Tax bill, or if there are young children to be considered, in the absence of a will the parent, guardian or carer may have no say on who should care for them after the parent/carer has gone.

**Date:** Tuesday 4th October, 2011

**Time:** 9.30am – 12.30pm + buffet lunch.

**Venue:** Gillespie Macandrew LLP, 5 Atholl Crescent, Edinburgh, EH3 8EJ

**Speakers:** Elspeth Paget, Partner & Donald Winskill, Associate.

If you are interested in attending please email [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com) or call Mel on 0131 538 9354.



## Rock and Writing for Kindred

As part of the Independent Booksellers Week in June, 80 people gathered in the Corn Exchange in Biggar to hear authors Ian Rankin and Richard Havers chat about their musical influences and their writing, in a relaxed, informal and often amusing way.

Ian Rankin, a long time friend and supporter of Kindred asked that money raised through ticket sales go to the charity as well as a local cause: The Biggar Museum Trust Stephens Garage Appeal.

Independent  
BOOKSELLERS WEEK  
18TH → 25TH JUNE 2011  
CELEBRATING  
INDEPENDENT BOOKSELLING



Photo by Helen Barrington  
Ian Rankin and Richard Havers mixing it up for Kindred.

We would like to thank Ian and Richard for raising over £500 for Kindred, and also all those who helped make the Rock and Writing event a success, including the Atkinson-Pryce Bookshop in Biggar.

Atkinson-Pryce are hosting a further array of 9 literary events as part of the Biggar Little Festival in October. Highlights will include a Richard Havers talk "A Real Live Ghost", and a literary lunch and book launch with best-selling author Victoria Hislop. To find out more about the arts festival see [www.atkinson-pryce.co.uk](http://www.atkinson-pryce.co.uk) or [www.biggar-little-festival.com](http://www.biggar-little-festival.com)



## Notice of AGM cont. from page 1

Kindred is keen for as many members as possible to attend this landmark AGM and hope to see you there. There will be a chance to socialise with other members and Kindred staff before and after the event and light refreshments will be available on arrival.

Assistance with transport and childcare costs is available on request. To confirm your attendance please contact Mel or Alan on 01315389354 or email [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)

## Supporting Siblings Dunfermline Workshop

# Sibs

for brothers and sisters of disabled children & adults

**contact a family**  
for families with disabled children

Contact a Family Scotland has teamed up with Sibs, the UK charity for people who grow up with a disabled brother or sister, to present this workshop for parents on supporting non-disabled brothers and sisters in the family.

The day will include sessions on the needs of siblings, responding to feelings, including those of embarrassment, resentment and feeling left out, and helping siblings to cope better.

The day will run from 10am to 2.30pm with refreshments and lunch included. With the Carnegie Trust also supporting this event, the workshop is free and help with travel and childcare costs is available, but you must book a place. Call Lesley Gray on 0131 659 2930 or email [lesley.gray@cafamily.org.uk](mailto:lesley.gray@cafamily.org.uk) for more details.

## Views on School Transport?

Kindred are seeking parents and carers who have something to feedback to Edinburgh City Council at a meeting to discuss issues around school transport:

Date: Wednesday 28th September,  
Time: 10 - 11.30am  
Venue: Kindred's West End Office,  
7 Rutland Court Lane, EH3 8ES

Please let us know if you can come and provide contact details: call Louise on 0131 538 9354 or email [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)

## Fancy a Bit of Baking?

Kindred is looking for volunteer bakers with an interest in fundraising fayre: we will be holding a fundraising bake sale near our West End office on the morning of Friday 14th October.



Ali Ford from Fife's, beautiful fundraising cupcakes! Fancy having a go?

If baking is one of your hobbies and you would like to donate your time and/or wares to Kindred contact us on 01315389354 or email [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com).

## NOTICEBOARD



### Free Fitness Classes for Carers

Are you interested in getting fit and staying healthy?

Would you like to try something new?  
Get out and maybe meet some new people?

Edinburgh Leisure and Vocal's short courses for carers include Aquafit, Body Balance and Zumba. They offer carers a safe, friendly place to try something new, kick start a healthy lifestyle or just have fun!

Call Jane or Debbie on 0131 622 6666 or email [JGreenacre@vocal.org.uk](mailto:JGreenacre@vocal.org.uk) for more info.

## Braidwood Edinburgh Women and Children Group

Wednesdays 11am to 2 pm

Braidwood Centre, 69 Dumbiedykes Road, EH8 9UT

Helping to create a united and healthy community by offering a safe and friendly environment where women and children from all backgrounds can meet and enjoy activities. Children with additional needs are welcome to come and enjoy the fun too!

Sessions include:  
healthy lifestyle - fitness - cooking - crafts  
outings - sewing

Cost £2 per session including refreshments and materials

# What a Difference a Buggy can make!



Above: Greta enjoys the view at Loch Tay

Thea McMillan sent Kindred some photos recently of her daughter Greta in her new buggy, which Kindred helped secure funding for from The Children In Need Fund. She also shared what the new buggy means for Greta and her family:

"We live by the sea, and for the last two years Greta had only been able to go for walks along the Prom, because her old buggy couldn't cope with the sand. Then we discovered the Danish KFN buggy which promised to cope with any off road terrain. The first time we went right down to the sea at low tide with Greta, she was wide eyed and smiling, I think she couldn't believe what she had been missing! We got the buggy just in time for a camping weekend (which was also a new adventure, but that's another story). It meant that Greta could move around the grassy campsite, and we went on a very adventurous woodland walk down to the banks of Loch Tay - she and her Dad

even managed to 'climb' over felled tree trunks. The difference it makes to Greta, and the whole family to be surrounded by beautiful nature is wonderful to see!"

## Exploring the Earth

A few weeks ago Trudy Coull dropped us a line to thank Kindred for enabling her son Callum and the whole family to visit Our Dynamic Earth for free. Callum was able to try on a spaceman's helmet, to touch an iceberg and to taste some astronaut freeze-dried strawberries and ice cream (amongst lots of other things).

According to Trudy the whole family were very impressed and Callum was fascinated by the whole experience!

Kindred would like to thank Our Dynamic Earth who award The Golden Ticket every year to charities and voluntary organisations working with children in Edinburgh. If you would like the chance for your child and up to an additional 11 people to visit "The Mother Earth of All Adventures" just email [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com) or call Mel on 0131 538 9354. Who knows what you might discover....



Above: Callum explores Our Dynamic Earth on a Golden Ticket

## How did the Kindred Runners Do?

Six Kindred staff and supporters took part in the Great Scottish Run on 4th September. Thanks to them and all who have donated they have raised over £1700 for Kindred.



Above: Alan, Kiran and Sam after their 13.1 mile run for Kindred

But it's not over yet with Deputy Director Louise Baker due to take part in The Great North Run on 18th September!

You can still visit [www.justgiving.com/KindredTeam](http://www.justgiving.com/KindredTeam) and help us reach our target of £2000.



Scottish Charity 000264

Royal Hospital for Sick Children  
14 Rillbank Terrace  
Edinburgh  
EH9 1LL

Tel: 0131 536 0583 (helpline)

Fax: 0131 536 0583

Email: [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)

Web: [www.kindred-scotland.org](http://www.kindred-scotland.org)

**Please let us know if you'd like our newsletter in another format, or if you'd like it emailed to you! Simply email us at [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)**