



supporting families of
children and young people
with additional needs

Spring Issue
April 2011

Thank you Edinburgh!

Edinburgh Council sets budget to protect children with disabilities

Despite the recession, our Council has chosen to increase spending on vulnerable children. Services for children with additional needs have been protected, and there will be investment of £2.4 million in a new Seaview respite centre. The Council has also pledged an additional £4 million towards vulnerable children.

There are fifty-nine Councillors who can vote on Edinburgh's budget. A big thank you to every Councillor for understanding the importance of services for children with disabilities and other additional needs.

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YOU

are invited to
a magical day
with Kindred:



Kindred Tea Party in 2009

- ☀️ **Friday 17th June**
- ☀️ **2pm to 4pm**
- ☀️ **At the Botanics**
- ☀️ **Tea and scones**
- ☀️ **Juice and cake**
- ☀️ **Winning art entries to be announced**
- ☀️ **MAGIC guaranteed!**
- ☀️ **FUN come rain or shine!**

FREE WORKSHOPS FOR PARENTS AND CARERS

"Having trainers in the same position makes all the difference to me."

"You do not always realise what you need to be thinking about. This workshop helped me think ahead."

"The course was very positive, relaxing and I felt able to discuss how I felt."

Interested?

Turn to page 4 to find out more...

See page 2 for details of your invitation!

Fundraising Notes

Everyone at Kindred would like to thank two very special musical fundraisers: Annis, aged ten, attends Roseburn Primary School in Edinburgh. Her brother Ruben, is five and goes to the Montessori Nursery School in Murrayfield.

Our budding musicians raised an amazing £182 for Kindred through a sponsored piano playing. Thank you!



Annis and Ruben, musical fundraisers!

An invitation to Kindred's Magical Summer Tea Party

Come to the party in the Caledonian Hall at the Botanics in Edinburgh, on Friday 17th June between 2pm and 4pm.

With light refreshments served, and spell binding entertainment from prize winning Tricky Ricky The Magician, a magic day is guaranteed!

RSVP: to tell us you're coming email kindred.enquiries@gmail.com or call Mel on 0131 538 9354 before 31st May.

We're looking forward to seeing you!



Magic! Tricky Ricky and Bingo the Dog

CEN seeks your views

Kindred is pleased to be working with the National Managed Clinical Network (NMCN) for Children with Exceptional Healthcare Needs (CEN).

CEN launched in March 2009 with the aim to strengthen and develop specialist services for children with exceptional healthcare needs. They hope to achieve this by involving not only relevant professionals but crucially, children and young people, and their families and carers, in their work.

The CEN NMCN is supported by a steering group and four working groups which anyone is welcome to join.



One of the first projects developed with input from parents and carers, is a DVD with an accompanying leaflet on 'The emotional impact of tube feeding'. It was felt this area was widely ignored by professionals who didn't recognise how this could affect parents.

If you would like to obtain a copy of the DVD, or for information about CEN visit www.cen.scot.nhs.uk and contact the Network Manager, Dr Marit Boot.

ALL CHANGE at IKEA®

Part of the IKEA concept is 'to bring a better everyday life to the many'. IKEA in Edinburgh has extended this definition to cater for customers with complex needs and their carers. IKEA recently installed a 'changing places' facility on the ground floor of their entrance hall. There is an 'H' frame with hoist, an electronic height adjustable changing bed and hand wash sink, as well as a Clos-o-mat toilet (a conventional toilet with integral washing and drying) with privacy screens.

The facility is the first of its kind in a retail unit in the UK so please use it as much as possible and then the need for these kinds of facilities can be shown. Hopefully, a 'changing places' room will then be installed in every IKEA in the United Kingdom, with others retailers also following their lead!

When at IKEA ask at the front desk for the key to the facility and if required, a choice of slings for the hoist.



Sean, Kevin and Linton open IKEA Edinburgh's new Changing Place



For more information about Changing Places and the campaign the Changing Places consortium has launched, go to www.changing-places.org

Golden Ticket

Our Dynamic Earth have teamed up with Kindred to offer parents and carers the chance to have an amazing day out with friends and family for free!

With one of our Golden Tickets you can prebook free entry to "The Mother Earth of All Adventures" for up to 12 people. And what's more you can also get 15 – 20% off at their café or gift shop too!

So what do you need to do? You must contact Kindred to get a letter of application in advance of your visit. Call us on 0131 536 0583, email kindred.enquiries@gmail.com or speak to your Information and Advocacy Worker directly.

This amazing offer is available from now until April 2012 but, as only one family can use the Golden Ticket offer on a single day, you had best book in advance. So if you have a special date in mind contact Kindred today!

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.

Kindred Changes

This spring brings some new faces to the Kindred team!

Jordan Smith is joining Bev Wilson as our new Young People's Information and Advocacy Worker in Edinburgh, whilst Bev has become our Young People's Information and Advocacy Coordinator.

Louise Adam also has a new job title of Deputy Director.

Mel Grenfell is joining the team as the Office Administrator, and Sandra Stewart is coming over from Fife to join our team of Information and Advocacy Workers in Edinburgh.

The Fife team are delighted to welcome Maureen McClelland who will be joining them, providing Information and Advocacy in Fife.

For more information about the whole staff team at Kindred visit our website: www.kindred-scotland.org



NOTICEBOARD

'Enabling inclusion throughout the lives of people with profound intellectual and multiple disabilities: Overcoming barriers'

A meeting organised jointly by the Intellectual Disability Forum and PAMIS (Profound and Multiple Impairment Service)

Tuesday 28 June 2011

Bonar Hall,
University of Dundee,
Park Place, Dundee, DD1 4HN, Scotland

• CPD: 5 credits (Applied for)
www.rsm.ac.uk/intellectual-disability

**'Moving onto Adult Life'
A Transition Event**

**Saturday 14 May 10am - 3pm
Rothes Halls, Glenrothes**

**There will be workshops, stalls and activities in a chill-out zone.
Stall holders/workshops include - Fife Council, Local colleges, Social Work, NHS Fife, RNIB, Enable, PAMIS, People First, Fife Carers Centre and many more, including of course Kindred!**

We look forward to seeing you there!

WORKSHOPS FOR PARENTS AND CARERS

To book your FREE place call Melissa on 0131 538 9354
or email kindred.enquiries@gmail.com

And So it Begins :

Coming to terms with being the parent of a child with additional support needs

Monday 6 June 2011, 10am–1pm

This is suitable for parents of pre-school children and primary age children whose additional support needs are now emerging. We explore the often mixed feelings we might have when our child is not as we expected.

My Time :

Remembering who you once were and getting some of yourself back

Tuesday 7 June 2011, 10am–1pm

This workshop is for parents of children in early years of secondary school.

The Three As:

Acknowledge, Adapting and Adjusting to the child you have

Monday 13 June 2011, 6.30pm–9pm

This workshop will be for parents of primary age children. We consider some of the tensions we can experience as the gap between our child and others becomes more apparent.

Moving On:

Your transition as your young person moves into adulthood

Wednesday 15 June 2011, 6.30pm–9pm

For parents of disabled young people aged 14 and upwards. This workshop looks at the changing roles for parents and setting boundaries.

Who Facilitates Our Workshops?

Shirley Young and Claire Edwards are experienced trainers and coaches, and have designed these workshops drawing on both their own experiences as parents and their work with families over the years.

Both are parents of disabled sons who range in age from 12 to 27. They have both been the Director of SNIP (Kindred) and continue to deliver the organisation's training programme.

The workshops provide a supportive and structured setting. Each workshop offers an opportunity to:

- Share experiences and gain skills in communicating your needs through coaching.
- Gain some insight into balancing your own needs with those of a disabled child/young person and other family members.
- Develop a person or family-centred plan.
- Receive an optional free coaching session following the workshop.
- Be with other parents who have children of a similar age.



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or if you'd like it emailed to you! Simply email us at
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