

Summer 2012 Newsflash!

Dear Parent/Carer

We hope that you have had a wonderful summer – if you missed our newsletter we hope you'll find something to look forward to this autumn, in this, our late summer news update.

15 WONDERFUL TRAINING OPPORTUNITIES

Kindred has teamed up with VOCAL to provide fifteen places on a training course (please see overleaf for details). The training is based on years of feedback from carers on what really makes a difference. Don't miss out.

IS YOUR CHILD UNDER 5?

For parents of children under five, we have a parent support group *Discoveries – Under 5's*. We have guest speakers, but mainly it is a chance to chat and share experiences over a cup of coffee. Childcare is provided.

LEAVING SCHOOL?

Moving from children's services to adult services can seem so daunting. There is a lot of information to take in and many decisions to be made. Come and join our Discoveries Transitions group for adventurous parents. You will find you are not alone.

FUNDRAISING

Do you have any great fundraising ideas for us? If so, please visit the fundraising pages on our website. It is easy to set up your own JustGiving page by following the links from our website. Our star fundraiser is Adam Bojelian who has raised an incredible sum of £3,970 as a contribution to our Helpline. A big thank you to Adam.

HIBS FANS

City Cabs have very kindly purchased a season ticket for Kindred for two tickets (at least one of which must be for under 18) to attend Hibs Home SPL Fixtures. Let us know if you are interested in attending a match and we will tell you more.

HAVE YOUR SAY ON EDINBURGH SERVICES

Tell the City of Edinburgh Council what you think of services for children with additional needs:
<https://www.surveymonkey.com/s/pcsc>

DYNAMIC EARTH GOLDEN TICKET

Would your family enjoy a day out? Kindred's Golden Ticket allows free entry for the whole family and a discount at the café and shop.

EDINBURGH GREAT RUN,

Sunday 7th October...FOR KINDRED

Sophie Pilgrim (Director), David Walton (Trustee) and Nichola Printie (AEGON's Charity Committee) are all running in the Edinburgh Great Run. Come and cheer us on! And please sponsor us.....

<http://justgiving.com/NicholaPrintie>

<http://www.mycharitypage.com/DavidWalton>

<http://www.justgiving.com/Sophie-Pilgrim>

AGM – Tuesday 23rd October 5pm – 6pm, 7 Rutland Court Lane, Edinburgh

Please ring if you would like to attend our AGM and find out about all our achievements, activities, and plans.

KINDRED AT THE SCOTTISH PARLIAMENT, Tuesday 6 November, 5.30pm

Kindred is holding an event to promote advocacy services for families of children with additional support needs in Scotland. The event is hosted by Jackie Baillie MSP and our special guest is the Children's Commissioner, Tam Baillie. This is an event for advocacy workers to get together, and we will have five places for Kindred parents.

SATURDAY NIGHTS FOP YOUNG PEOPLE!

We are delighted to announce that we have new funding from Better Breaks for the Young People's Society. There will be places for 30 young people with disabilities (aged 14 – 20) to attend our *Saturday Nights Club* once a month and join us on outings such as meals out, bowling, and the cinema. Transport is provided. *Saturday Nights* start in October.

Connections, Choices & Changes: a course for carers

Would you like to feel less stressed?
Are you interested in finding out more about how to get the best out of other people and conversations?
Do you want to make changes to your situation?
Do you want more time for yourself?

If you answered yes to any of these questions then this course is for you

- **The course takes place over 6 weekly sessions on Tuesdays 2nd October to 6th November 2012**
- We ask that you attend all six sessions if possible
- They run from 10.00am to 1pm, after which a light lunch will be served
- The venue is VOCAL Carers Centre 8-13 Johnston Terrace, Edinburgh

The following topics will be covered on the following dates:

2nd October - Introduction to Connections, Choices & Changes

How are you managing your caring role?

9th October - Body and Mind

How are you managing your physical and mental health?

16th October - Priorities and Pleasures

How are you using your time and energy?

23rd October - Communication and Understanding

How are you at talking about your caring role? Are you able to say no?

30th October - Communication for Support

Are you creating a team to work with you? Are you asking for help?

2nd November - Future Focus

What kind of future do you want? What have you learned about your strengths?

Interested in Connections, Choices and Changes?

Book a place soon to avoid disappointment:
register online at

www.carerstraining.co.uk

or

for more information or to reserve a place
please call Jane or Debbie directly at VOCAL on 0131 622 6666

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