

Kindred selected as AEGON Charity for 2012

We've just had some very exciting news on the fundraising front. AEGON, one of the world's largest insurance and pension companies, has selected Kindred to be one of their 3 nominated charities for 2012. We are delighted to have been chosen and will be working with them throughout the year on a range of events.

This year's three charities were selected following an employee vote late in 2011, from a list of over 40 nominations, and AEGON will be supporting two national and one local charity. All three charities are important to employees at AEGON, with a number of employees lending their support, through the AEGON Charity Committee, to ensure every event runs smoothly and raises as much money as possible.



The money will be raised by employees at AEGON UK's Edinburgh headquarters through regular fundraising events such as 'dress down' days, quizzes, bring and buy sales and the big Easter Bash. The final amount raised by the employees during 2012 will be matched by AEGON and divided equally between the three charities.

AEGON offers pensions, investments, protection and advice to two million customers in the UK from their headquarters in Edinburgh. AEGON uses years of expertise to deliver innovative and practical solutions that meet customers' challenging needs.

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Happy Endings!

Kindred's Young People's Society has now come to an end due to funding restrictions. It was a very successful youth group that ran for 3 years and gave young people aged 14-24 the opportunity to socialise with peers. We enjoyed events such as meals out, bowling, cinema, theatre and day trips.

Bev, one of our young people's workers, would like to send a huge thank you to both the young people who came along and to the staff who volunteered their time. It is unfortunate that the group had to end but Kindred's information and advocacy service for young people continues to work with individuals and families on a range of issues.



Abdul gets his strike with the Young People's Society

Do You feel in control?



As part of a new initiative to find out what support in Scotland could look like in the future, Kindred is running two small projects this year to support families who want to feel a bit more in control of their lives. Details of each project follow and further information about the new initiative, *Discoveries*, can be found below.

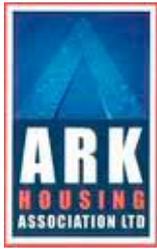


Discoveries: Families of young children and babies (under 4 years)

This project is for families of children with complex needs, who have to make many care arrangements at home. The project would be particularly suited to families who have spent a long time in hospital and are preparing to return home.

Kindred would organize for ongoing support from an Information and Advocacy Worker, but you would also have the opportunity to pick and choose from a programme of 10 information sessions specially designed to meet the needs of parents like yourself. Hopefully, at the end of the project you will feel more confident and better able to cope with your caring role.

*Introductory information session: **Wednesday 2nd May, 10-11.30am (children welcome).**



Discoveries: Transition to adult services (for families of young people aged 14 – 17)

This is a project designed for families who are thinking ahead and wondering what the future holds after school.

The aim of the project is that you will feel:

- (1) knowledgeable about what is available
- (2) understand how adult services are funded
- (3) able to make choices about your own or your young person's funding arrangements.

The project will involve visits to services for young adults and is aimed at both young people and their parents.

*Introductory information session for parents and carers: **Friday 4th May, 10-11.30am.**



For children and adults with support needs and learning disabilities and their carers

Interested? We would like to invite you to the relevant introductory session where we hope to simply chat with you and other parents and carers about the kinds of issues you may need a bit of information or support around. This would then enable us to focus future project events on the topics you would find most useful. *Both sessions will be held at the Kindred Rutland Court Lane office, and refreshments will be provided.

For more information or to register your interest in either introductory session or the projects themselves, please contact Beverly Wilson (Self-directed Support Project Development Worker based at the Action Group) by calling 0131 475 2315 (ext 2443) or by emailing BeverlyWilson@actiongroup.org.uk

Discoveries: uncovering what Support could look like in Scotland

The two Kindred projects detailed above are part of a larger one, just launched, called *Discoveries*.

Discoveries consists of a consortium of five voluntary organisations, pictured above left. It is funded by the Scottish Government to find out from people what they need in order to direct their own (or their child's) support and to then build on our abilities as organisations to provide it. Kindred looks forward to working with you and the dedicated, person centred organisations involved, to help discover the support of the future.

Thank you Rotary!



Kindred wants to say a big thank you to the Dunfermline Rotary Club who recently donated £200 to the charity. The donation came as a lovely surprise following a presentation to the club by Kindred's Fife based Information and Advocacy Workers, Linda and Lindsay.

Find out more about what the Dunfermline Rotary are up to at www.dunfermlinerotary.org/

Gratefully Received

A big thank you from Kindred for the donation of a surplus photocopier from the Royal Commission on the Ancient and Historical Monuments of Scotland.

Everyone at the Rutland Court Lane office is looking forward to benefiting from the convenience of having a colour copier in situ!



Royal Commission on the Ancient and Historical Monuments of Scotland

Take a Break Fund to close!



The Take a Break fund will close to new applications on 31st March.

The aim of the fund is to support carers and their families to take a break and improve their physical and emotional well being.

The scheme is not means tested and to apply you will need to complete an application form.

For more information about eligibility criteria and the application process visit www.takeabreakscotland.org.uk, call 01904 571093 or email info@takeabreakscotland.org.uk.

But hurry as the fund will close on 31 March or when the funds are allocated.

Scottish Epilepsy Initiative launches



TEA Breaks

Scottish Epilepsy Initiative recently launched TEA Breaks, a fund to allow families living with epilepsy to take a short break in Scotland.

The fund will provide high quality short breaks for families living with epilepsy in Scotland and is available to anyone who cares for a family member with epilepsy and can include the person being cared for.

For further information, or for an application form, please contact Gemma O'Hare by calling 0141 248 9972 or visit www.scottishepilepsy.org/projects/tea-breaks

Please note completed applications must be received by Friday 30th March 2012 to be considered.

Fun Sharing

Miriam Leighton raised £200 for Kindred by asking family and friends to celebrate her son Oliver's 3rd birthday by giving donations to the charity instead of presents.

Happy Birthday Oliver and a big Kindred thank you from us all!



All aboard! Oliver eyes up his train cake.

NOTICEBOARD

Family Fun Technology Day

Saturday 24th March, 11am-4pm at CALL Scotland, in Paterson's Land, Holyrood Road, Edinburgh

Run by specialist staff the day is a chance for families of children with additional support needs to try out and learn about the software, hardware and specialised communication technologies that might help support them. Relevant professionals are also welcome.

The day is free but booking is essential!
call 0131 6516235 or email info@callscotland.org.uk

New Fife Parent Support Group

A new parent support group has been set up in Kirkcaldy for all parents of Disabled Children regardless of their child's age and/or ability, including parents of children who are now adults.

Run by parents for parents, the group meets every Thursday afternoon from 12.45 - 2.30 pm, at Hayfield Community Centre, Hayfield Road, Kirkcaldy, KY2 5DG.

Anyone looking for further information should contact Aileen Dryburgh on 07752792501

Baby Signing



Are you interested in doing a course with a group for older babies to learn baby communication and the basics of Makaton signing, which is used to boost communication skills? Helen Krushave (mum of 9 month old Ben) is hoping to get a group of parents together in Edinburgh to learn baby signing.

The course involves 6 weekly sessions and costs £65 in total per baby (with up to 2 adults attending). Further information can be found online at: www.chattyhands.co.uk/page4.php. If 6 or more people are interested, Helen will organise the details with the course tutor.

To register your interest, email Helen at helen.krushave@yahoo.co.uk

Carers Training Website

There is a new carer website for carers in Edinburgh and Lothian!

The website, managed by VOCAL, will tell you about training, learning, social and leisure activities for carers who live or care for a family member, partner or friend in Edinburgh and Lothian.

All events are free of charge and provided by a number of different organisations.

To find out more go to:
www.carerstraining.co.uk

Having a child with complex needs: a new survey asks *how does it feel?*



Fleur-Michelle Coiffait is a trainee clinical psychologist working in an NHS CAMHS learning disability service that supports families with behavioural and emotional aspects of having a child with a learning disability.

According to Fleur-Michelle *"Very little research has explored the wellbeing of families of children with profound and multiple disabilities. The additional complexities and life-limiting nature of these children's physical needs present additional challenges to families. Understanding the psychological needs of families is crucial so that appropriate support to promote wellbeing and quality of life can be provided."*

As part of her studies with The University of Edinburgh she is currently researching how parents' perceptions of their parenting, coping and their child may influence their own psychological wellbeing. She is looking for parents who have a child with profound and multiple disabilities to complete an anonymous online survey, which takes around 25 minutes. You can contribute to the study until the end of July.

For more information and to have a look at the the survey go to www.survey.ed.ac.uk/parentcarerwellbeing or email: parentwellbeingresearch@gmail.com

Kindred awarded new Golden Ticket and you're invited!

Kindred is delighted to tell you we have received a new Golden Ticket from Our Dynamic Earth. This enables us to offer parents and carers the chance to visit the amazing attraction for free until March 2013!

With our Golden Ticket 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 538 5650, email kindred.enquiries@gmail.com or speak to your Information and Advocacy Worker directly.

If you haven't been before why not try something new? And if you accessed our ticket last year and would like to go again - don't worry, just let us know. But remember, only one family can use our Golden Ticket offer on a single day, so book in advance if you have a special date in mind.



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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