

Contact North East Forthcoming Events and News 2018

Contact Birth to Five Workshops – book now for 2018

Our Early Years project involves reaching out to parents by linking with Early Years' practitioners to build parents confidence in accessing childcare. As part of this project, Shona Chambers, North East Parent Adviser, will be delivering free welcoming and informative sessions for parents and carers of children aged 0–5 who have additional needs. Parents from any area are welcome to attend these free workshops.

Monday 15 January 2018 - Encouraging Positive Behaviour

Monday 22 January 2018 - Support and Information

Monday 29 January 2018 - Building Parental Confidence

Monday 5 February 2018 - Money Matters

At SEND to Learn Nursery, Pegswood Children's Centre, Longhirst Rd, Pegswood, Morpeth NE61 6XG

All workshops will run from 1.00-3.00pm - Refreshments provided

Friday 26 January 2018 - Encouraging Positive Behaviour

Friday 2 February 2018 - Support and Information

Friday 9 February 2018 - Building Parental Confidence

Friday 16 February 2018 - Money Matters

At Berwick Children's Centre, Ladywell Place, Tweedmouth, Berwick on Tweed, TD15 2AE

All workshops will run from 10.00am-12.00pm - Refreshments provided

If possible, parents should come to all 4 sessions to get the most out of the course. Very limited free crèche places are available too and need to be booked in advance.

To book onto these workshops and for any crèche places, please call us on **0191 213 6300** or email northeast.office@contact.org.uk

Free Contact Sleep Workshop

We have the final Sleep workshop in our North East suite taking place as follows:

Friday 19 January 2018 – The Grove School, [5A Grove Gardens, Tweedmouth, Berwick-upon-Tweed TD15 2EN](#)

10.00am-12.00pm and will include refreshments.

This workshop will be delivered by Shona Chamber, our North East Parent Adviser.

Bedtime routine and good Sleep Hygiene is important for us all – this workshop will look at strategies to help your child develop good sleep habits and manage problems such as difficulty settling and night time waking. This free workshop is open to parent/carers of children and young people aged 0-19 with any disability or additional need.

If you would like to book a place, please email northeast.office@contact.org.uk or call **0191 213 6300**

Start to Smile Community Sessions and Festivals

Smile Through Sport are holding a number of festivals in the new year. These festivals are one off taster festivals of disability/inclusive sport activities. They are taking place as follows:

- **Monday 22 January 2018** from 1.00-3.00pm at The Parks Sport Centre, North Shields. Boccia specific festival
- **Tuesday 30 January 2018** from 10.00am-12.00pm at the Willowburn Leisure Centre, Alnwick
- **Tuesday 13 February 2018** from 10.00am-12.00pm at Spennymoor Leisure Centre, Spennymoor County Durham
- **Wednesday 28 February 2018** from 10.00am-12.00pm at The Louisa Centre, Stanley

Community Sessions - disability/inclusive sport activities open to anyone to attend, different sports and activities each week will run on the following dates in 2018:

Durham area

- Monday 1-2pm at The Louisa Leisure Centre. Starting **Monday 8 January 2018**, running every week.
- Thursday 1.30-2.30pm at Spennymoor Leisure Centre. Starting **Thursday 11 January 2018**, running every week.
- Saturday 11am-1pm at New College Durham. Running every 2nd Saturday or a month starting **Saturday 13 January 2018**.

Northumberland area

- Friday 10.30am-12pm at the Willowburn Leisure Centre. Starting **Friday 12 January 2018**, running fortnightly.
- Saturday 10.30am-12.30pm at the Isabella Centre, Blyth. Running every 4th Saturday of a month, starting **Saturday 27 January 2018**.

Tyne & Wear area

- Thursday 1.30-2.30pm at Gateshead Leisure Centre. Starting **Thursday 11 January 2018**, running every week.
- Saturday 2.30-4.30pm at Springfield Community Association, North Tyneside, Running every 3rd Saturday of a month, starting **Saturday 20 January 2018**.

Community sessions and festivals are open to anyone aged 14 and over; friends, siblings and family members are welcome to take part too. Cost to attend is £4 per person.

For more information or to book places, please call **07749114807** or email info@smilethroughsport.com

Koki Karate Inclusion Karate Club

This new freestyle karate class is exclusively designed for individuals with learning difficulties and disabilities .

Weekly classes will run as follows:

Every Tuesday starting on **Tuesday 16 January 2018** at Hadrian School, Bertram Crescent, Newcastle upon Tyne NE15 6PY from 5.30-6.30pm

Every Saturday starting on **Saturday 13 January 2018** at Hadrian Leisure Centre, St Peters Road, Newcastle Upon Tyne NE28 7LQ from 12.30-1.30pm

First lesson is free and then £3 per session.

For more information, please contact Nikki -2nd dan Instructor and Inclusion coach on **07727157662** or Chris - 2nd Dan Instructor and Inclusion coach on **07757687012**

Don't forget, if you are looking for more local activities that your children and young people can take part in, take a look at your Local Authority Local Offer website.

News

1) Your views wanted on children and young people's mental health provision

The government has launched a green paper on proposals to provide access to [children and young people's mental health support](#) in schools and colleges.

Under schemes to improve services, the government plans to:

- Introduce 'designated mental health leads' in schools and colleges
- Set up mental health support teams working with schools to give young people earlier access to services
- Pilot a four-week waiting time for NHS Children and Young People's Mental Health Services

See the [Contact website](#) for more information.

2) Contact New Factsheet

We have a new factsheet available online on [Support with Mortgage Interest](#).

It describes the help available for paying mortgage interest if you are a homeowner on means-tested benefits.

The system is changing in April 2018 and the factsheet outlines the new loan system so have a read now if this is something that will affect you and your family.

3) EPICC Research

EPICC-ID is a new and exciting trial for parents of children with learning disabilities and challenging behaviour aged 30 to 59 months. The aim of the trial is to undertake a randomised controlled trial to evaluate whether, compared to treatment as usual, level 4 Stepping Stones Triple P (SSTP) delivered over 9 weeks, reduces challenging behaviour in children with moderate to severe intellectual disability at 12 months post randomisation. Stepping Stones Triple P is a parent-mediated intervention which seeks to support parents in understanding the reason for their child's behaviour and how best to manage and reduce the behaviour.

EPICC-ID trial is the first of its kind to evaluate the effectiveness and cost-effectiveness of Stepping Stones Positive Parenting Program (Stepping Stones Triple P) to reduce challenging behaviours in children aged 30 to 59 months with moderate to severe intellectual disability in the UK. Stepping Stones Triple P is a group intervention of nine sessions on positive parenting for parents; within the initial five sessions parents learn how to use positive parenting to develop good relationships with their children, encourage their children to learn new skills and

develop independence, promote children's health, development and wellbeing, and manage misbehaviour. The three follow-up telephone consultations assist parents to use positive parenting strategies at home and in the community.

As a starting point, the study is covering the Newcastle, Northumberland, Gateshead, North Tyneside and South Tyneside areas. If you live in one of these areas, have a child that meets the above criteria and would like to express an interest to take part in this research, email Contact North East at northeast.office@contact.org.uk and we can send you the forms to complete. We can also provide you with a contact number if you would like to speak to someone to find out more about what the study will involve.

Help us help more families like yours

The need for our services is growing all the time. Families with disabled children are more likely to struggle financially and often feel isolated and exhausted. With your support, we can help change this. **Text CNEC11 £1 to 70070 to donate to Contact North East and make a difference today. The amount can be changed between £1 up to £10, just specify the amount in the text. Costs of texts may vary depending on your network.** You can also contact our fundraising team to see how you can help on 020 7608 8786 or email fundraising@contact.org.uk

Sarah Lewis

Regional Information Officer

0191 213 6300

Contact

The Dene Centre, Castle Farm Road

Gosforth, Newcastle upon Tyne NE3 1PH

The Contact free helpline is an advice service for families caring for a disabled child. Freephone helpline 0808 808 3555 (9.30 – 5pm Mon-Fri) or helpline@contact.org.uk

www.contact.org.uk