

## Northumberland IASS Information Bulletin – December 2019 - Issue 2

Welcome to the Northumberland IASS information quarterly Bulletin sharing information with you on local events, services and news in Northumberland and the North East for children and young people with SEND (special educational needs and/or disabilities) and their families.

### SPOTLIGHT ON: Northumberland IASS (Information, Advice & Support Service)

The Northumberland Information, Advice and Support Service is an 'arm's length' service which offers impartial information, advice and support to families of children and young people with special educational needs or disabilities.

The service is free and confidential. We also support children and young people with special educational needs or disabilities up to the age of 25.

This can include:

- explaining how the special educational needs 'system' works
- listening to your concerns
- helping you to express your views
- helping you to prepare for meetings
- helping you understand the paperwork
- helping explore the options for a child or young person's education
- putting you in touch with other support organisations

We are a self-referral service. Feel free to contact us:

- **Telephone:** 01670 620350 or 01670 623555
- **Email:** [iass@northumberland.gov.uk](mailto:iass@northumberland.gov.uk)

### Organisation

**Active Northumberland - Ability 2 Play** is a leisure inclusive programme and adapts sessions to include everyone regardless of ability. Users range from people with mild learning difficulties to Autism and ADHD, as well as people with anxiety disorders and physical disabilities.

Email: [rscheu@activenorthumberland.org.uk](mailto:rscheu@activenorthumberland.org.uk)

Website: [www.activenorthumberland.org.uk](http://www.activenorthumberland.org.uk)

### Information/Events

**PLEASE GO TO WEBSITE FOR FURTHER DETAILS REGARDING ALL ACTIVITIES**

#### Ashington YMCA

Youth Club – Wednesday – 5.00 pm – 7.00 pm

Relax, socialise and make new friends. The majority of people have mild/moderate learning difficulties, ASD, ADHD.

12-24 years

Cost: £5.00

**Active Northumberland - Ability 2 Play**

**Blyth Sports Centre**

Bounce & Splash – Saturday – 10.00 am – 12.00 pm

This session can be accessed by people with varying levels of disability.

8 – 17 years

Cost: £5.00

Dance – Thursday – 4.30 pm – 5.15 pm

This session can be accessed by people with varying levels of disability.

5 – 17 years

Cost: £3.00

Football – Monday – 5.00 pm – 6.00 pm

5-a-side football in partnership with Newcastle United Foundation

Football sessions are mainly used by able bodied participants with learning difficulties/ASD etc, anyone is welcome to join.

5 – 12 years

Cost: £4.00

Teen Gym – Saturday – 1.00 pm – 2.00 pm

Fully qualified staff introduce into the gym and are present throughout the session to ensure a fun and safe time.

14-19 years

Cost: £3.00

Trampoline – Tuesday & Wednesday – 4.30 pm – 5.30 pm

Have a go at trampolining. For more severely disabled participants a hoist is available to use and coaches are rebound therapy trained. Booking required.

6-17 years

Cost: £4.00

**Concordia Leisure Centre**

Ten Pin Bowling/Boccia - Thursday – 4.30 pm – 6.00 pm

8-17 years

Cost: £4.00

**Northburn Sports & Community Centre**

Freestyle – indoor and outdoor activities – Monday – 3.30 pm – 5.30 pm

This session can be accessed by people with varying levels of disability.

0 – 10 years

Cost: £3.00

Football – Thursday – 4.00 pm – 5.00 pm

5-a-side football in partnership with Cramlington United and is played outside on varying pitch surfaces.

Football sessions are mainly used by able bodied participants with learning difficulties/ASD etc, anyone is welcome to join.

12-16 years

Cost: £4.00

### Organisation

**Beacon Films** is based in West Jesmond, Newcastle and supports young people and adults with learning disabilities, autism and additional needs to make films. These films are screened all over the world, challenging audiences and receiving praise from across the creative sectors.

Email: [info@beaconfilms.org.uk](mailto:info@beaconfilms.org.uk)

Website: [www.beaconfilms.org.uk](http://www.beaconfilms.org.uk)

### Information/Events

To find out more about opportunities throughout the year, contact Beacon Films or visit their website.

### Organisation

**Blyth Valley Disabled Form** provides home care within the community and runs the young people's project, which enables children and adults to access various activities, i.e swimming and a youth club environment to socialize.

Email: [trishfleming@bvdfhomecare.co.uk](mailto:trishfleming@bvdfhomecare.co.uk)

Website: [www.bvdfhomecare.co.uk](http://www.bvdfhomecare.co.uk)

### Information/Events

**Blyth Cricket & Rugby Club, Plessey Road, Blyth**

#### **Christmas Party - Saturday 21 December 2019, 7.30pm**

Disco, buffet and a raffle

Cost: £3.00 per person. Tickets are available from the office at 20 Stanley Street, Blyth.

Everyone is welcome to this event and all money raised is invested back into the youth projects to enable them to keep running.

### Organisation

**Border Links Ltd** is a community enterprise based in Berwick, covering north Northumberland/Scottish Borders, which develops new and exciting opportunities to support social and economic inclusion for people with learning disabilities - enabling them to play a part, gain in confidence and get the most out of life in their own community.

Email: [Borderlinks@btconnect.com](mailto:Borderlinks@btconnect.com)

Website: [www.borderlinks.co.uk](http://www.borderlinks.co.uk)

### Information/Events

#### **Amble - Activity sessions - Fourways 2, 6 Dilston Terrace, Amble, NE65 0DT**

3<sup>rd</sup> Tuesday each month – 1.15 pm – 2.15 pm

Activities include Boccia, New Age Kurling and indoor archery

Cost: £2.00 (including refreshments)

#### **Berwick - Community Drop in – Berwick Parish Church Hall**

1<sup>st</sup> and 2<sup>nd</sup> Tuesday each month – 1.00 pm – 2.30 pm.

BOCCIA - 3<sup>rd</sup> Tuesday – 10.30 am – 12.00 pm

Cost: £2.00 (including activities and refreshments)

#### **Berwick - Disco and Karaoke - The Black and Gold Club, Shielfield Park, Berwick, TD15 2EF**

1<sup>st</sup> Wednesday each month (except January and February) – 7.00 pm

Cost: £3.00

#### **Berwick - Voices Social evening – Costa Coffee, 32 Marygate, TD15 1BN Berwick**

3<sup>rd</sup> Friday each month – 6.00 pm – 7.30 pm

Meet up with friends or make new ones. One free hot drink per person (including carers and support staff).

**Border Links Ltd****Cornhill – BOCCIA – Cornhill Village Hall, TD12 4UA**

2<sup>nd</sup> Monday each month – 1.00 pm – 2.30 pm

Cost: £2.00 (including refreshments)

**Duns - BOCCIA – Southfield Community Centre, Station Road, Duns, TD11 3EL**

Monthly – 10.30 am – 12.00 pm

Cost: £2.00 (including refreshments)

**Kelso - Community Drop in – Kelso Rugby Club, Poynder Place, TD5 7EH**

2<sup>nd</sup> Tuesday each month – 1.30 pm – 2.30 pm

Cost: £2.00 (including activities and refreshments)

**Kelso - Meet & Move - Kelso Rugby Club, Poynder Place, TD5 7EH**

4<sup>th</sup> Tuesday each month - 1.30 pm – 2.30 pm

Cost: FREE SESSION

**Border Links Training Sessions**

18 sessions organised every week covering administration, personal interests, photography, marketing, veggie basket deliveries. Sessions run at different venues each week. Information available on website.

**Organisation**

**Calmer Therapy** is based in Guidepost and supports children, young people and adults who have additional needs, disabilities and mental health needs. They offer support, training, advice and activities. Diagnosis isn't required.

They also offer support to the whole family. Siblings and friends/family members are welcome to all our sessions.

Email: [calmertherapy@mail.com](mailto:calmertherapy@mail.com)

Website: <http://facebook.com/calmertherapypage/?ti=as>

**Information/Events**

Calmer Therapy offers weekly clubs which include:

- social community enterprise group for ages 12 plus
- family Pilates for children all ages and adults
- family group for all ages
- football club for ages 3 - 17
- family karate for children of all ages and adults
- fortnightly exclusive sessions at Airbox bounce for children of all ages and adults
- social monthly groups for adults
- various activities and trips during half term holidays

**Organisation**

**Evergreen Teens (North East) Limited** is a youth organisation who works exclusively with young people and adults with additional needs.

Email: [Toniglynnedunn@gmail.com](mailto:Toniglynnedunn@gmail.com)

Website: [www.evergreenteens.co.uk](http://www.evergreenteens.co.uk)

**Information/Events****Weekly Monday youth session – 5.30 pm – 7.30 pm – Amble Methodist Church Hall, Percy Street**

Sessions include evening meal prepared and cooked by young people.

Cost: £4.00. Young People from 13+.

**Christmas Party – Thursday 19 December 2019 – 6.00 pm – 8.30 pm – Old Store House Events Space, Amble Links caravan park**

There will be games, a disco and stalls. Father Christmas will be handing out gifts and for pictures.

Cost: £3.50 (to cover the cost of the gift and raise funds for the Evergreen Teens Allotment Project)

Club closed for Christmas – last session 16 December. Activities resume 6 January 2020.

### Organisation

**Happy Faces Prudhoe** is a small charity providing social activities for children with additional needs. They also provide support for parents and carers through interaction with others going through similar experiences.

Email: [info@happyfaces-prudhoe.co.uk](mailto:info@happyfaces-prudhoe.co.uk)

Website: [www.happyfaces-prudhoe.co.uk](http://www.happyfaces-prudhoe.co.uk)

### Information/Events

#### **Youth Club – 5.00 pm – 6.30 pm St Matthews Hall, South Road, Prudhoe**

Monday (term time)

Age: 7 – 15 years

This club is run in conjunction with North East Youth. Children can be left or parents can make use of the parents room next door.

#### **Supervised Play session – 5.00 pm – 6.30 pm – diandjims Fun Station, Prudhoe**

Wednesday (term time)

Age: 2 – 12 years

Subsidised session

A parent or carer must remain on site with the children – but can enjoy a drink and socialise with other parents whilst the children play in a supervised play area.

The sessions are open to children with additional needs and their siblings.

The sessions are supervised but we ask that if a child needs 1:1 supervision that they bring a responsible adult with them for support.

#### **Various activities**

Various trips and activities are organised during school holidays – further information can be found by joining the Happy Faces Facebook page <https://www.facebook.com/happyfacesprudhoe/>

There is also a private Facebook group for members.

Cost: £2.00 per session (or a monthly standing order can be set up)

### Organisation

**Hextol Foundation** provides working opportunities to people with learning disabilities and mental health needs.

They believe work is good for people and that the groups they work with deserve the same opportunities as others. Hextol Foundation is based in Hexham where they run a vegetarian/vegan café, and operate gardening teams (in both Hexham and Newcastle), handyperson service, a post and pack operation, catering and admin.

Email: [contact@hextol.org.uk](mailto:contact@hextol.org.uk)

Website: [www.hextol.org.uk](http://www.hextol.org.uk)

### Information/Events

Hextol Foundation cater for people over the age of 16 with no upper age limit.

Anyone interested in their services can contact them direct – no referral is necessary. All posts are voluntary vacancies.

To find our more contact Cherie Sutherland - [cherie.sutherland@hextol.org.uk](mailto:cherie.sutherland@hextol.org.uk) or 01434605253.

### Organisation

**Hippotherapy Northumberland** is a community club, operating from Townfoot Stables, Shilbottle and Kirkley Hall Equestrian College, Ponteland. It is a registered charity which provides an opportunity of Therapeutic Sport for children and young people with disabilities, who will experience an active physical workout through a horse.

There is interaction in and with 'normal' environments and young people (volunteers) therefore succeeding, achieving, engaging in and with physical activity, sport and games.

Email: [hipponorthumberland@gmail.com](mailto:hipponorthumberland@gmail.com)

Website: <https://www.facebook.com/Hippotherapy-Northumberland-376814322445071/>

## Information/Events

### 6 week (termly) sessions

Hippotherapy is subsidised by charitable donations and grants and 'partners' with families in the cost.

Cost: £6.00 annual membership

Subsidised cost: £130 per term

Cost: £55.00 - If an assessment and 'taster' session is required by families prior to commitment (this is then deducted from the full fee of £130 when proceeding with the full term - missed sessions are not refundable).

Suitability - Any child 6 months -18 years with complex motor neurone disability/syndrome, requires an assessment to ensure the activity is one which will benefit the child, taking into account their medical condition. This assessment is by an HPC registered chartered physiotherapist, specialist paediatric neuro-developmental area and certified in hippotherapy.

There is wheelchair accessibility but ability to weight bear with assistance/support is required. The assessment will also give an indication of individual approach and input required to maximize the positive impact of Hippotherapy.

## Organisation

**SMILE Through Sport** is a disability organisation providing a wide range of sport and activity sessions across the North East for individuals with a disability and their families.

Activity sessions and events are fun, friendly and delivered in a relaxed welcoming environment. Activities are for all ages and all disabilities.

Email: [carl@smilethroughsport.com](mailto:carl@smilethroughsport.com) / [rachel@smilethroughsport.com](mailto:rachel@smilethroughsport.com)

Website: <http://www.smilethroughsport.com/>

## Information/Events

### Family Taster Activity Sessions

**Willowburn Leisure Centre, Willowburn Avenue, Alnwick, NE66 2JH**

**Sunday 2 February 2020 and Sunday 7 June 2020 - 10.00 am – 12.00 pm**

Taster session for families with a disabled child or adult to take part in sports and physical activities together.

**Type of need:** All disabilities

**Ages:** minimum age 4 years, no upper age limit

**Cost:** FREE

**Concordia Leisure Centre, Forum Way, Cramlington, NE23 6YB**

**Saturday 7 March 2020 and Sunday 5 July 2020 – 1.30 pm – 2.30 pm**

Taster session for families with a disabled child or adult to take part in sports and physical activities together.

**Type of need:** All disabilities

**Ages:** minimum age 4 years, no upper age limit

**Cost:** FREE

**Riverside Leisure Centre, New Market, Morpeth, NE61 1PR**

**Sunday 5 April 2020 - 10.00 am – 12.00 pm**

Taster session for families with a disabled child or adult to take part in sports and physical activities together.

**Type of need:** All disabilities

**Ages:** minimum age 4 years, no upper age limit

**Cost:** FREE

### **SMILE Through Sport**

**Prudhoe Community High School, Moor Road, Prudhoe, NE42 5LJ**

**2 May 2020 – 1.30 pm – 3.30 pm**

Taster session for families with a disabled child or adult to take part in sports and physical activities together.

**Type of need:** All disabilities

**Ages:** minimum age 4 years, no upper age limit

**Cost:** FREE

### **Family Activity Sessions**

**Ashington Leisure Centre, Lintonville Terrace, Ashington, NE63 9JY**

Monthly activity session for families with a disabled child or adult to take part in sports and physical activities together.

**Type of need:** All disabilities

**When:** 2<sup>nd</sup> Saturday of the month.

**Time:** 1.30 pm - 2.30 pm – 4 - 7 years

2.30 pm -3.30 pm – 8+ years

**Cost:** £2 per person (first session FREE)

This session runs every month until July 2020, excluding December 2019.

**The Swan Centre, Northumberland Road, Tweedmouth, Berwick, TD15 2AS**

Monthly activity session for families with a disabled child or adult to take part in sports and physical activities together.

**Type of need:** All disabilities

**When:** 3<sup>rd</sup> Saturday of the month.

**Time:** 10.30 am -11.30 am – 4-7 years

11.30 am -12.30 pm – 8+ years

**Cost:** £2 per person (first session FREE)

This session runs every month until July 2020, excluding December 2019.

**Northburn Sports and Community Centre, Crowhall Lane, Cramlington, NE23 3YP**

Monthly activity session for families with a disabled child or adult to take part in sports and physical activities together.

**Type of need:** All disabilities

**Ages:** minimum age 4 years, no upper age limit

**When:** 4<sup>th</sup> Wednesday of the month. **Starting** Wednesday 22 January 2020.

**Time:** 6.30 pm -7.30 pm

**Cost:** £2 per person (first session FREE)

### **Boccia Northumberland**

**Ashington Leisure Centre, Lintonville Terrace, Ashington, NE63 9JY**

Boccia session to learn and develop boccia skills in a fun and friendly environment. Open to all abilities and all levels of experience, whether new to the sport or are an experienced player there will be activities for everyone.

**Type of need:** All disabilities

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month.

**Time:** 3.30 pm –5.00 pm

**Cost:** £3.50 per person

This session runs every month until July 2020, excluding December 2019.

### **Boccia Open 2020**

**Sports Central, Northumbria University, Northumberland Rd. NE1 8ST**

**Type of need:** All disabilities

**When:** Sunday 9 February 202

**Time:** 11.00 am

**Cost:** £5 per person

## **SMILE Through Sport**

### **Multi-Sport Sessions**

**Washington Leisure Centre, Washington, NE38 7SS**

**Junior Multi-Sport Session** - Monthly sport session for disabled children to take part in a range of inclusive and adapted sports and activities. Siblings welcome.

**Type of need:** All disabilities

**Ages:** minimum age 4 years, no upper age limit

**When:** 4<sup>th</sup> Saturday of the month.

**Time:** 11.00 am-12.30 pm

**Cost:** £3 per person

This session runs every month until July 2020, excluding December 2019.

**St James Community Centre, Well Way, Morpeth, NE61 1AF**

**Youth Multi-Sport Session** – Monthly youth session for sensory support students to take part in a range of different sports and activities delivered every month. Friends and siblings are welcome.

**Type of need:** Visual and hearing impairment

**When:** 3<sup>rd</sup> Friday of the month.

**Time:** 6.30 pm -7.30 pm

**Cost:** FREE

This session runs every month until July 2020, excluding December 2019.

## **Organisation**

**The Toby Henderson Trust** is based in Bedlington and offers a range of services for young people and their families who are affected by ASC (Autism Spectrum Conditions). They run a social group called MATES and a social group for Sibling Superstars. There are Social Communication Groups for children in mainstream education. They also run various family events and workshops. They specialise in early intervention and their flagship Intensive Interaction Service has now been running for over 15 years. In a uniquely designed environment which is totally distraction free, where children are approached completely as an individual with their own specific needs. Advice, information and signposting are an inherent part of their role. They also offer support and guidance, and are always there to listen. They have a depth of a personal and professional experience to offer, which has grown over many years.

Email: [support@ttht.co.uk](mailto:support@ttht.co.uk)

Website: <http://www.ttht.co.uk>

## **Information/Events**

**Saturday 29 February 2020, Waves Leisure Centre - Whitley Bay**

An autism friendly family swimming session. This can be accessed by the whole family. If you're interested in booking a place, please contact us directly.

### **Workshops**

Various workshops are organised for parents who have children with autism/going through a diagnosis of autism. Upcoming workshops: sleep issues, challenging behaviour/managing meltdowns, toilet issues, sensory issues, using visual aids, social stories and comic strip conversations. Keep up to date with the workshops by liking the Facebook page or checking the website. Professionals are also welcome to attend workshops. You do not need to be a registered family to attend, however if you are registered with the trust, workshops are half price. Booking is essential.

Please contact [support@ttht.co.uk](mailto:support@ttht.co.uk) to register to access services, such as social groups and early intervention.



## Organisation

**Useful Vision** is based at Newburn, Newcastle upon Tyne and is a charity that supports children and young people who are vision impaired. They provide a range of free, accessible activities to reduce social isolation and to build confidence.

Email: [Laura.tambin@usefulvision.org.uk](mailto:Laura.tambin@usefulvision.org.uk)

Website: <https://www.usefulvision.org.uk/>

## Information/Events

### Activities include:

Horse Riding – 4 years +

Trampolining – 4 years +

Regular Choir – all ages

Christmas pantomime – suitable for the whole family

Steel Drum Session – 7 years +

**All activities are suitable for those with a vision impairment.**

**Once a child has been registered on the Useful Vision website, they can attend as many activities as they like, until their 19<sup>th</sup> birthday.**

If you would like to be added to the distribution list to receive a copy of the Bulletin, or if you would like your details removed from the list, please email

[julia.mccormack@northumberland.gov.uk](mailto:julia.mccormack@northumberland.gov.uk).

### Disclaimer:

Please note that we have done our best to ensure that the contents were correct at the time of printing. Contact [julia.mccormack@northumberland.gov.uk](mailto:julia.mccormack@northumberland.gov.uk) to let us know about any inaccuracies/information that needs to be added.

Please note that inclusion of services in the bulletin is not an endorsement or guarantee of that provision.