

Parents Update

For families of children with disabilities and special educational needs

Local News
page 2

Parent
Participation
page 3

General News
pages 4 - 8

Courses
page 9

Reminders
page 10

Useful tel nos
page 11

Centre 404
Calendar
page 12



Festive fun

Everyone thoroughly enjoyed Centre 404's Children's Party on Saturday 10 December. There was a great turnout with lots of fun, games, dancing, arts and crafts and even a performance from Centre 404's very own performing arts group 'Stages'.

The children were not disappointed by their visits to Santa - well done to Santa's helpers for getting it right again this year! There was a lucky dip and a raffle game which proved very popular not just with the children. Thank you to the N1 Centre, HMV, Paperchase and Odeon Holloway for the generous donations, and thank you to Arsenal in the Community for coming along for model making.

Photos from the Christmas party will be available at Friday Matters group for £1 each.

Produced by
**Parent Carer
Information &
Support Service
run by Centre 404 at
Northern Health
Centre
580 Holloway Road
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Personal Budgets

Following the successful piloting Personal Budgets for children and young people for the last 18 months, Islington Disabled Children's Services has decided to provide all support via a Personal Budget where families have been assessed as needing high level support.

A Personal Budget builds on the user control concept, and has evolved with learning from users experiences of Direct Payments. The beginning of the process is a supported assessment where the user gives their opinions on the support that they or their child may need.

One of the main differences of the new system is that the user's annual budget is agreed at the beginning of the service, and then a support plan is made and can effectively be used either to buy a council service or organise their own support through a Direct Payment. In the past it would not have been possible to purchase a council service in this way. This makes for a service which is more flexible and focussed on user choice and outcomes.

If you are interested in finding out more, please contact the Children's Self Directed Support Team on 020 7527 7263.

Short breaks plans for 2012

After listening to the ideas of parents and the children and young people who use Short Breaks, fresh activities are in the pipeline. Among them are Centre 404 Horse Riding Club, day trips to the theatre and beyond with Action For Kids, as well as further mini expeditions with the Centre 404 'London Day Out'. Centre 404 and The Camden Society are also piloting a 'residential' scheme, which will offer overnight stays at outdoor activity centres. Palace For All Lunch Club is a new addition to the Palace offer, and will be making good use of a local primary school to accommodate the increasing demand.

On these new offerings from Short Breaks, Richard Wells, Short Breaks Manager, says "It's great that 300 people are now using short breaks activities or taking the cash offer to organise their own support. We're keen to hear from the other 300 people we have written to about short breaks so that we can plan for 2012".

The Short Breaks statement is now available to read and can be found on the Islington Short Breaks website. The statement is intended to make Short Breaks easier to understand and sets out the minimum offer for Islington.

www.islington.gov.uk/childrens-and-families/cs-disabled-children/services/short_breaks/. Eligible families can still request Short Breaks activities for the spring term by contacting the Short Breaks team on 020 7527 8611 or email short.breaks@islington.gov.uk

Children's Christmas Party

Centre 404 would like to say a huge thank you for the generous donations from the N1 Centre, Paperchase, HMV, Odeon Holloway.



Centre 404 building works

Building works are progressing well. There are going to be a lot of changes for the better to the interior of the building.

Follow progress at <http://centre404.wordpress.com/>



The Stages

Centre 404's Learning and Leisure Services recently started an exciting and innovative new group for young people aged 11 to 19 with a learning disability. The Stages is a performing arts group based every Saturday morning at Platform Youth Hub, a stunning new performing arts venue in Islington.

The group is run by Centre 404 with funding from Islington Council, and contributes towards the Short Breaks package of offers. This group has been designed around the needs and interests of our members, with families letting us know when the group should run and what its purpose should be. The group is led by Lorraine Grout who is also artistic director of Angel Shed Theatre Company, and has a long-standing reputation in the borough for providing inclusive drama groups.

For more information about this opportunity please call James or Katy at Centre 404 on 020 7697 1323.



Talking Shop

On **Thursday 29th September 2011**, Talking Shop welcomed Lesley Platts (Islington Borough Lead Paediatric Therapy and Specialist School Nursing, Professional Lead Adults and Children Occupational Therapy) who spoke about the redesigning of specialist children services and how the services are going to look. Lesley told parents/carers that the redesigning of services would hopefully shorten waiting times and would simplify referrals, assessments and access to services for families. Sharon Till and Paul Carter (Transport for London) attended and asked parents/carers for issues that they had had with public transport. They also stressed that if you experience any problems on public transport that you should always report it so that services can be improved. To make a complaint about an issue on a bus you need to call 0845 300 7000 and the information you need is what bus you got on, which stop and what time and Transport for London can track them.

On **Thursday 24th November 2011**, Talking Shop welcomed Phil Watson (Head of Children and Young People's Integrated Care Whittington Health and London Borough of Islington). He spoke to parents about certain changes to assessments as a result of the green paper on SEN (released at the beginning of the year). Phil also spoke about the hub where all specialist children services will be based at the Northern Health Centre and asked parents/carers to vote on some of the suggestions that had been put forward for the name of the hub or to come up with their own. Richard Wells (Short Breaks Manager) also attended and presented the Short Breaks statement to parents/carers and explained about the statement and gave a copy to all who attended. He also spoke about future plans for the Short Breaks service.

For the full set of minutes from Talking Shop please contact Helen on: 020 7697 1325 or helent@centre404.org.uk.

The next Talking Shop will be held on

Thursday 19 January

10.00-12.30

at St Luke's Church, Hillmarton Road, N7 9RE.

Light lunch will be provided.



Disability & SEN Forum

'Do nothing about us without us'

If you are interested in helping to shape the future of children's specialist services please get in touch. You can also get in touch to read previous minutes and to find out future meeting dates. Also please get in touch too to be added to our mailing list or to join the forum.

Helen 020 7697 1325 or helent@centre404.org.uk

Working towards a 'single plan' for disabled children

By 2014 the Government expects that children with severe and complex needs will have a 'single plan' setting out how their health, education and care needs should be met. This plan should be based on all the information that has been captured through a 'single assessment process', which should have parents at its heart. And, if they want to, parents should be able to have the plan supported by a 'direct payment', rather than having services provided on their behalf by their school, health services and the Council.

There is obviously a long way to go, and over 30 local authorities have been chosen to be 'pathfinders' to test out different ways of getting there.

Although Islington was not selected to as a pathfinder, the Strategy and Commissioning Board for disabled children and their families has decided to press ahead. The first step will be to set up discussion sessions with parents and with professionals to explore what a 'single plan' might look like.



Every Friday during term time 10am-12pm, please contact Helen for Venue information.

If you care for a child with a special need and/or disability and you want to meet other parents/carers. Then come along to Friday Matters to discuss what matters to you.

A legal handbook for parents and all those who work with them

This guide, written by the UK's top legal authorities on rights and entitlements for disabled children, is now available as a free download from the Council for Disabled Children (CDC). The handbook covers the law in England and Wales and explains the difference between what public bodies **must** do to support disabled children and what they **may** do.

Free download here : <http://www.councilfordisabledchildren.org.uk/resources/cdcs-resources/disabled-children-a-legal-handbook>



Challenging a refusal to assess

The Every Disabled Child Matters campaign has produced a letter, in association with Irwin Mitchell Solicitors, to help parents who have been told that their council will not assess their disabled child in relation to short breaks or any other specialist social care service.

Find out how to challenge your local authority at http://www.edcm.org.uk/media/8269/assessment_letter.pdf.

The new SEN National Advice Service

Contact a Family is delighted to announce that they have been awarded the Department for Education contract to include a Special Educational Needs advisory service within their existing range of services for families.

The new SEN National Advice Service will be part of their integrated Helpline/Online service for families. It will be staffed by experienced SEN advisers. It will be a one stop shop for parents and other family members caring for a child with SEN, on all education issues, including: Early years/portage, School Action and Action Plus, Individual Education Plans (IEPs), Statutory Assessments, Statements, Transition Planning, 139A assessments and post-16 provision, home education, bullying, exclusions, school transport, 16-19 Bursary Fund.

To contact the helpline telephone 0808 808 3555 or email helpline@cafamily.org.uk or visit www.cafamily.org.uk

The Back Pain Show

will return to Olympia, London on the 24 - 25 February 2012.

New show, with never seen before demonstrations, speakers, exhibitors, specialists and therapies for all you need to know regarding back health.

Register today and go for **FREE** ! Save £10 by simply registering to attend in advance and printing off your own ticket www.backpainshow.co.uk/go/eclinic

The Back Pain Show will co-locate with Clinic Expo 2012, a stand alone exhibition just for healthcare professionals www.clinicexpo.co.uk. So whether you are suffering from back pain or treating those with it, there will be something at the show for you. Education, help, advice, new technologies, new thinking, demonstrations and inspiration to a better back.



Introducing Benefit Integrity Centres

DWP has set up a number of Benefit Integrity Centres (BIC) with the specific aim of ensuring that claimants are receiving the correct amount of money. This is part of a wider programme to review almost one million cases each year, in response to the priority the Government is placing on getting and keeping benefit claims right.

BIC sites are contacting claimants by telephone and post to carry out full case reviews on claims for Income Support, Jobseeker's Allowance, Employment and Support Allowance and Incapacity Benefit. They are also contacting claimants by text to remind them of the need to return forms and to notify changes of circumstances within laid down timescales.

BIC letters all bear the Jobcentre Plus logo and forms are standard JCP issue. If a claimant wants to check the authenticity of a letter or form, they can contact their local Benefit Centre who will be able to confirm that BIC action is in progress.

When a BIC contacts a claimant by telephone they always ask a set of random security questions to verify the claimant's identity. These may include the name of the claimant's bank or building society, but they will never ask for the bank account number or sort code.

When claimants are contacted by text the number will display "Jobcentre Plus" or "Jobcentre +". They will never ask claimants to reply by text and these text messages will be for information only.



Child Law Advice Line

operates a telephone helpline for users to contact a legal adviser. Also, on the website there are factsheets, a virtual assistant and web-chat facilities to talk with an advisor.

Advice is offered on all areas of family, child and education law. This includes: family breakdown, children at risk of going into care, local authority support services to children in need, and school issues.

The instant messaging facilities will be available from 9am until 6pm, Monday to Friday. The advice line will be staffed 8am to 8pm, Monday to Friday and a voicemail facility outside of these hours.

Freephone 0808 802 0008 :
website www.childrenslegalcentre.com.



ACE

In recent months ACE has gone through significant change. The Department for Education (DfE) had decided not to fund their advice lines anymore.

You may be aware of the recent information posted on the DfE website, stating that the Department's exclusion helpline for parents is no longer provided by ACE. Whilst this is correct, please note that ACE still continues to give free independent advice to parents and carers, on exclusions and other educational issues affecting children in England and Wales.

However, due to reduced funding, ACE's advice line hours have changed as follows: Monday to Thursday 10.00-1.00pm on 0808 800 5793. Information downloadable publications continue at <http://www.ace-ed.org.uk>.



Fledglings

is a national charity which aims to assist parents and carers of disabled children, or those with additional needs of any kind, by identifying, sourcing and supplying practical, affordable products to address every day issues.

Their approach is to focus on finding solutions to difficulties which arise as a consequence of the disability, rather than on the disability itself. Products include toys, mobility solutions, clothing, chew pendants, and much much more.

Telephone Helpline 0845 458 1124 open Monday to Friday 9.15am to 5.00pm. View the brochure at www.fledglings.org.uk.



Ofsted

has launched Parent View, a new online questionnaire that will allow parents and carers to give their views on their child's school at any time of the year. Covering over 22,000 schools across England, the 12-question survey will help other parents as they make important choices about their child's education and provide Ofsted with information about schools that will help inform priorities for inspection.

Want to take a look? You can access the site at <http://parentview.ofsted.gov.uk/> after which you'll be able to search for results for schools or, if you have children attending a school, register to complete a questionnaire.

The questions have been carefully chosen to cover those issues that parents have told Ofsted are the most important to them. They are also designed to provide Ofsted with the information to support decisions about inspection and will give headteachers a direct route into gathering the views of their parent group.

We hope you find the new 'Parent View' service useful, if you'd like to tell us what you think of the new service, please use the contact us page <http://parentview.ofsted.gov.uk/contact>.



Postural care *protecting and restoring body shape*

The Postural Care Action Group has launched a campaign to raise awareness of the importance of good postural care for thousands of people with multiple disabilities. People who find it hard to move are most at risk of developing body shape distortions. This is because they often sit and lie in limited positions.

Postural care is about using the right equipment and positioning techniques to help protect and restore body shape. The earlier the intervention, the better - but it is never too late to start. Failure to protect body shape can have serious consequences for a person's health and quality of life. It can even cause premature death.

You can download the booklet, order printed copies and watch the film on the Mencap website

<http://www.mencap.org.uk/posturalcare>



Gold Challenge once in a lifetime opportunity to run the 100m in the London Olympic Stadium



An exciting opportunity has arisen for anyone who signs up to take part in the Gold Challenge for Contact a Family - you could run the 100m in the Olympic Stadium or be part of the Charity Parade!

Gold Challenge allows groups of people – families, work colleagues, parent support groups - to take on Olympic & Paralympic sports at the same time as raising money for Contact a Family.

Gold Challenge will host a key test event in the Olympic Stadium for 20,000 people on Sunday 1st April 2012. Two Contact a Family Gold Challengers get the chance to run the 100m track in the Olympic Stadium before even the world class athletes get a chance to! The event will culminate in a number of celebrity and athlete races and an exciting and colourful show, including a Charity Parade.

Find out more at www.cafamily.org.uk/getinvolved/eventsandcommunity/goldchallenge.html.

Queen marks Motability milestone

The Queen met several paralympians at Westminster Hall at an event to mark the production of three millionth Motability car.



The Queen presented the keys to the three millionth Motability car to David Smith, one of the world's leading boccia players - a sport similar to crown green bowls.

The 22-year-old, who has cerebral palsy, said: "This is my second car but this time, instead of riding in the back, this has been adapted so I can drive it."

The Queen is chief patron of Motability. In a written message featured in a programme to mark the milestone, she praised the efforts of the organisation which launched its scheme in 1978: "During this time Motability has changed and enriched the lives of thousands of disabled people and their families by helping them to access a world of increased mobility and freedom."

Vehicle tax

Changes are being introduced by the DVLA and Pension, Disability and Carers Service (PDCCS) to improve the way free vehicle tax is obtained.



A new Certificate of Entitlement to Disability Living Allowance (DLA) will be introduced, which means DLA benefit recipients can claim their free vehicle tax for as long as they remain entitled to the Higher Rate Mobility Component of DLA. Therefore, there is no longer a need to renew certificates annually.

New DLA claims awarded, and existing recipients who are replacing their current DLA404 or annual Certificate of Entitlement, will receive the new certificate.

More information can be found on the Directgov website *Vehicle tax for disabled people*.

Government Bursary

Parents might be unaware that a new bursary is now available for 16 to 19 year olds in further education. This is being introduced as a replacement for the Educational Maintenance Allowance. The most vulnerable students will be guaranteed a payment of £1,200 per year - and this includes some young disabled students. To find out if your child is eligible call Contact a Family's Helpline on 0808 808 3555.

Hello

In the UK today over 1 million children and young people have some form of speech, language and communication need. This is at least 2 or 3 children in every classroom. The ability to communicate - to say what you want to say and to understand what other people are saying - is fundamental.



"Hello" is a campaign that aims to increase understanding of how important it is for children and young people to develop good communication skills. Join "Hello" to make communication for all children and young people a priority in homes and schools across the UK so that they can live life to the full.

Islington's Inclusion Advisory Service and Speech and Language Therapy Service have both signed up to the campaign. Teachers from the Inclusion Advisory Service have taken the message into schools and many schools registered with the campaign. Islington held a week of events in September and some schools signed up for the "National No Pens Day Wednesday".

For resources and ideas on how to help your child (whatever his or her age) develop good speech, language and communication skills visit the Hello website at <http://www.hello.org.uk>. Resources include packs with activities for parents and teachers. You can also find out about local events. Follow the campaign on twitter at "Hello_2011" and join the Facebook group <http://www.facebook.com/Hellocampaign>

Freddy the Mouse allergy books for small children

The 'Freddy the Mouse' are a series of paperback books written by Josie Warburton, herself the mother of an anaphylactic daughter, to educate three to six-year-olds with severe food allergy and anaphylaxis in a gentle and age-appropriate way.



The books follow the adventures of Freddy the Mouse and his friends Nutmeg, Isobel, Ginger, and Bones (a squirrel, another mouse, a fox and a pirate) all of whom suffer from different severe allergies. They are really lovely fun books and a hugely useful tool for families trying to teach their children with a food allergy how to remain safe.

There are five books in the series are covering allergies to nuts, milk, eggs, fish. They cost £5.99 each or £25 if you buy the whole series at once either from www.freddythemouse.com or from Amazon.

New look Family Directory

The online Family Directory is going live with a new look and feel. With an improved search, view on map, journey planner and shortlist functionality, the Family Directory is a quick and easy guide to services for families.



Managed by the Family Information Service, FIS, the new look directory builds on the success

of the Family Directory as a key tool for finding services for children, young people and families. The directory enables users to search for information and services for a range of needs including schools, parenting support, things to do, childcare, health services, disabled children and much more. The directory has been designed to be easily used by parents and carers as well as the full range of practitioners working with families in Islington.

The link to the Family Directory has not changed. You can find the Family Directory at www.islington.gov.uk/familydirectory.

For further information, contact Nicky Hirsch, Family Information Service on 020 7527 5959 or email nicky.hirsch@islington.gov.uk.

Chair Yoga Seated Exercises for Health and Wellbeing

Chair yoga is a revolutionary concept designed to make the numerous benefits of classical yoga available to a wider range of physical abilities. This step-by-step program can be practiced by virtually anyone, anywhere, in any chair, to stimulate physical and mental well-being.



This fully illustrated guide contains ninety easy-to-master exercises that have been specially developed for those with a limited range of movement. Clear instructions guide the reader through each routine, all of which can be carried out safely without any previous knowledge or yoga expertise. The exercises can also be adapted by yoga teachers who want to incorporate chair yoga into their classes.

ISBN: 978-1-84819-078-8, paperback £12.99.

Silence on acoustics at cost to deaf children's education



NDCS has criticised the Government's continued failure to take action and improve acoustics for all school children as the Government launched a consultation on a school capital review today.

Over the past three years, NDCS has campaigned to highlight how high quality acoustics are essential for children of all abilities to be able to learn in school. The lack of action is particularly frustrating in light of a Ministerial statement two years ago on improving acoustics that received cross-party support. This followed NDCS's *Sounds good?* campaign which highlighted the scandal of new schools being built with poor acoustics.

The Government has now issued a consultation on their schools capital proposals. NDCS is asking parents to send their views on the importance of acoustics and accessible schools by emailing campaigns@ndcs.org.uk.

It's Raining Cats and Dogs An Autism Spectrum Guide to the Confusing World of Idioms, Metaphors and Everyday Expressions



by Michael Barton

The English language can be extremely confusing and illogical, especially for people with an autism spectrum disorder (ASD) who interpret meaning in a very literal way. Why should an announcement that cats and dogs are falling from the sky indicate heavy rain?

It's Raining Cats and Dogs is a witty and stylish insight into the mind of someone with an ASD. It beautifully illustrates why people with ASDs have problems understanding common phrases and idioms that others accept unquestioningly as part of everyday speech. The quirky drawings will entertain and inspire those on the spectrum, giving them the confidence to recognise

I worked my socks off



I worked really hard

figures of speech, feel less alienated and even use idioms themselves. The author, Michael Barton is a student with high functioning autism and is currently undertaking a Physics degree at the University of Surrey. He says "Throughout my time in school I struggled with idioms and metaphors because they simply made absolutely no sense to me. Therefore a technique which my support assistant used to help me understand these expressions was to have an exercise book, in which the confusing phrase would be written at the top of the page. Below I would draw a picture of what first came into my mind and then my support assistant would write down the true meaning underneath. Next time I heard the idiom, a mental image of the picture would pop into my head, which would remind me that this phrase is an idiom and then I'd remember the true meaning written under the picture."

Parent Workshops

by Islington Child Development Team

"Great to know you're not alone and that there's help and advice out there"

These are a series of free two hour workshops for parents of children with complex needs aged 2-5 who are known to the Child Development Team. Each week covers a specific topic with discussions facilitated by professionals with specialist knowledge in the area. It is a valuable opportunity for parents to hear other parents' stories and to share their own expertise with one another. Each week parents take away new ideas to try with their child.

"I've realised that other parents have a lot of good advice and it is important for me to learn from their experiences"

"[The workshop's] given me understanding of things I hadn't thought about"

The next round of Parent Information Sessions will be running in the summer term 2012. They are for parents of children who have had an assessment by the Child Development Team. Please ask your CDT therapist if you would like more information.

A Parents'/Carers' Guide to Special Educational Needs A course for parents/carers with a child with Special Educational Needs

Come and meet the tutor on Thursday 12th January 2012 10.00 – 11.00 at North Islington Children's Centre 110-112 Tollington Park, N4 3RB and then weekly on Thursday mornings for 8 weeks For more information please contact the WEA on 020 7426 1988



Wizzybug

is a fun powered vehicle for disabled children to experience early years mobility. It has a range of controls and seating adjustments and can be used with close adult supervision indoors and out of doors in accessible areas such as level gardens, playgrounds and parks enabling children to have a fun experience with their "First Wheels." Thanks to some generous donations they are delighted to be able to loan out a number of Wizzybugs to children who would benefit. See <http://www.wizzybug.org.uk/>



Parent Training Sessions

To avoid disappointment please book your place in advance - if we don't have enough people booked on the session, we may have to cancel it.

English Conversation Group

Informal English conversation group - improve your conversational English in a friendly and relaxed environment over coffee.

weekly on Tuesdays from 17 January to 27 March

10.00-12.00

at the Resource Centre

Communication Tools Workshop

Would you like to be able to create communication tools to use with your child? Use PECS, symbols and pictures for social stories, visual timetables, and other interactive aids. Make something to take home.



Tuesdays 17, 24, 31 January

9.30-12.00

at Northern Health Centre

Makaton



Nigel is back for the ever-popular Makaton training. Makaton is a way of assisting communication using signs and symbols.

Makaton Stage 1 : Thursday 9 February

Makaton for Families : Wednesday 15 February

Makaton Stage 2 : Thursday 29 March

all sessions 10.00-1.00

at St Luke's Church Hall

First Aid for Carers

The British Red Cross will be running a session on key first aid skills run specifically for carers of people with disabilities, including helping people with breathing, choking, bleeds, burns and seizures/epileptic fits etc.



Wednesday 7 March

10.00-1.00

at St Luke's Church Hall

Welfare Rights



With Emily Scott from the National Autistic Society

Wednesday 29 February

10.00-1.00

at St Luke's Church Hall

ring Centre 404

020 7697 1325 to book your place

Friday Matters! Come along to the Friday Focus Group at St Luke's - 10.00-12.00 term time only. Discuss the Parents Update newsletter, Islington Children's Services, and matters relevant to you and your family. **With the added bonus of food!**

Osteopathic Centre for Children, 22a Point Pleasant, SW18 1GG, aims to make paediatric osteopathy available to all children. Families who would not otherwise be able to afford osteopathic treatment are requested to pay a donation towards the cost of treatment but no child is turned away because they are unable to pay. www.occ.uk.com 020 8875 5290.

Angel Shed is the Islington branch of the Chicken Shed Theatre Company. It meets at City & Islington College in Camden Road on Thursday evenings. 7-11 years 5.30-6.45, 11-16 years 7.30-8.45. 07910 822 412 email angelshed@yahoo.co.uk.

Do you get two copies of the Newsletter? - if this is happening to you, please let me know so that I can take you off one of the lists. Caroline, Centre 404 Outreach office, 020 3316 1930.

Talking Shop on Thursday 19 January, 10.00-12.30 with lunch provided. If your child is under 5 we may be able to help pay for childcare. If you have a burning issue that you would like discussed at a Talking Shop, raise it with Centre 404 on 020 7607 1325.

Library - carers and childminders are entitled to a special library ticket to borrow up to 20 books (including story CD's) for up to 6 weeks at a time. Also, free of charge, 2 DVD's and 2 music CD's for a more limited time. This is additional to any tickets you already have. All libraries have holiday activities.

ID card - Islington's card for children with special needs. Use it to explain to people that your child is disabled and for concessionary rates and facilities at attractions (e.g. get a "carer free" at London Zoo, London Eye, Legoland, Chessington and many more). Ring Caroline on 020 3316 1930.

Family Fund helps families caring for a disabled or seriously ill child under 18 by offering grants where the household income is less than £28,000 p.a. and savings do not exceed £8,000. More information and forms from Caroline on 020 3316 1930.

Picturehouse Cinemas offer autism-friendly screenings. Contact Alice Warren on 0207 326 2611, email alice.w@picturehouses.co.uk or visit their website at www.picturehouses.co.uk.

The Speech, Language & Hearing Centre in Christopher Place, NW1, is an assessment and therapeutic centre for children under 5 who have a hearing impairment or a delay in speech, language or communication. There is a cost to having your child assessed but there is a means-tested Child Sponsorship Fund. Ring 020 7383 3834. www.speech-lang.org.uk.

Want to get more involved? Centre 404 always welcomes volunteers to help with coffee mornings, groups, admin, etc. If you're interested ring Carla on 020 7607 8762 or drop in to Centre 404.

Dyslexia Parents Support Group - runs touch typing computer classes for children and young people. Contact Bob on 020 7272 7064.

Guide to SEN is a popular one-term course looking at provision for children with special needs in schools. The next course will start in January at North Islington Children's Centre. For more information contact the WEA on 020 7426 1988.

KEEN London offers one-to-one sports and recreational opportunities for children and young adults with special needs and their siblings at no cost to their families and caregivers. Contact 07858 899066 or info@keenlondon.org for more information.

Palace for All offers therapies, communication support and plenty of play for children with special needs. For more info phone 020 7561 1689.

Nordoff Robbins is the largest charity in the UK specialising in the transformative and communicative power of music. At their London Centre up to 200 children and adults receive music therapy weekly. 2 Lissenden Gardens, London NW5 1PQ. Tel: 020 7267 4496. Email: admin@nordoff-robbins.org.uk. Web: www.nordoff-robbins.org.uk.

Cinema Exhibitors' Association Card - have you got yours yet? The card entitles the holder (who must be in receipt of DLA or be registered blind) to one free ticket for a person accompanying them to the cinema. Application forms available from Centre 404 Outreach on 020 3316 1930.

Swimming at Archway Pool - don't forget to come along to the special needs swim session on Saturdays 4.30-6.00. Enjoy the waves and the water fountains. A special needs ticket costs just £2 and includes free admission for one carer.

Sunrise Children's Homeopathic Clinic is based at 1 Cazenove Road, Stoke Newington, N16 6PA. Clinics only run on a Saturday morning and fees are affordable. Call 020 8806 4138 for an appointment.

Look out for the BBC TV programme **Something Special** which uses **Makaton** symbols and signs, as well as rhymes and songs, to help encourage communication and develop language in a fun and exciting way. It is broadcast on BBC2 and Cbeebies. Information on screening times and DVD's at www.makaton.org.



ACE (Advisory Centre for Education)	0808 800 5793
Action for Kids	020 8347 8111
ADDISS (ADD & ADHD)	020 8952 2800
Afasic (speech & language)	0845 355 55 77
Alliance for Inclusive Education	020 7737 6030
Benefits Advice Line	0800 88 22 00
Carers Allowance	0845 608 4321
Centre 404 Family Support office	020 7697 1325
Centre 404 Outreach office	020 3316 1930
Challenging Behaviour Foundation	0845 602 7885
Child Brain Injury Trust	0845 601 4939
Childline	0800 11 11
Children's Centres:	
Ambler	020 7359 7628
Archway	020 7527 4827
Bemerton	020 7527 4806
Conewood Street	020 7527 4440
Golden Lane	020 7786 4800
Goodinge	020 7607 5850
Hornsey Road	020 7527 2005
Hungerford	020 7619 9149
Kate Greenaway	020 7527 4850
Margaret McMillan	020 7281 2745
Moreland & King Square	020 7253 5133
New North Community	020 7704 3903
New River Green	020 7527 4813/7
North Islington	020 7527 4844
Paradise Park	020 7697 7330
The Factory	020 7923 9879
Willow	020 7527 1990/1
Child Law Advice Line	0808 802 0008
Children's Support Service (ICSS)	020 7272 6933
Connexions Service	020 7527 7031
Contact-a-Family Helpline	0808 808 3555
Coram Parenting Support	0808 168 5717
Cry-sis (crying babies)	0845 122 8669
DLA Helpline and form request	0845 7 123 456
Disability Law Service	020 7791 9800
Down's Syndrome Association	0845 2300 372
Dyslexia Support Group	020 7272 7064
Dyspraxia Foundation	01462 454 986
Education - CEA@Islington	020 7527 5566
Equality & Human Rights Commission	0845 604 6610
Family Fund	0845 130 4542
Family Information Service (Islington)	020 7527 5959
Family Lives (formerly ParentlinePlus)	0808 800 2222
ERIC (enuresis, bedwetting)	0117 960 3060
Gingerbread (lone parents)	0808 802 0925
Hayward's Adventure Playground	020 7607 0033
Health Centres:	
City Road	020 7530 2750
Elizabeth Avenue	020 7226 6363
Finsbury	020 7530 4200
Goodinge	020 7619 6670

Highbury Grange	020 7226 2462
Hornsey Rise	020 7530 2473
Killick Street	020 7833 9939
Northern	020 3316 1900
Ritchie Street	020 7837 1663
River Place	020 7530 2900
Roman Way	020 7607 7502
St John's Way	020 7272 1585
St Paul's Road	020 7226 6333
St Peter's	0844 477 8717
Hospitals:	
Whittington	0207 272 3070
UCLH	0845 1555 000
Royal Free	020 7794 0500
IPSEA (education advice)	0800 018 4016
Islington Carer's Centre	020 7263 9080
Islington Council "Ask Islington"	020 7527 2000
Islington Law Centre	020 7607 2461
Islington People's Rights	020 7561 3685
Islington Welfare Rights	0800 731 8081
KEEN London	07858 899066
Kidscape (bullying, sex abuse)	08451 205 204
Lone Parents Helpline	0800 018 5026
Mencap (learning disability)	0808 808 1111
Mary Ward Legal Centre	020 7831 7079
Motability (car scheme)	0845 456 4566
National Autistic Society helpline	0845 070 4004
National Blind Children's Society	0800 781 1444
National Deaf Children's Society	0808 800 8880
Network 81 (education)	0845 077 4055
Newlife Foundation (birth defects)	01543 462 777
PALACE for All	020 7561 1689
Parents for Inclusion helpline	0800 652 3145
Scope Response	0808 800 3333
Shelter (housing advice)	080 8800 4444
Sibs Org	01535 645453
Social Services:	
Disabled Children's Team	020 7527 3366
Children & Families Team	020 7527 7400
The Lough Road Centre	020 7527 2095
(support services for disabled children and their families)	
Self Directed Support Team	020 7527 7263
Short Breaks	020 7527 8611
Tax Credit Helpline	0845 300 3900
Transcend	020 7609 5525
Young Minds (mental health)	0800 018 2138

CALL CHARGES:

Landlines:	0800 free
	0808 free
	0845 local call rate
	0870 national call rate
Mobile phones:	check with service provider



Form filling drop in

term time only

Wednesdays

at the Resource Centre

10.00-12.30

forms such as Family Fund, Community Care Grant, Blue Badge, Taxi Card etc.
But **NOT Disability Living Allowance or parental advice for a Statutory Assessment - for these ring Centre 404 for an appointment**

CENTRE 404



Care 4 Carers

A range of alternative therapies - up to three sessions free of charge by appointment only
ring 020 7697 1336



Transition Group

10.30-12.00

Thursdays

19 Jan, 23 Feb, 15 March

at the Resource Centre

A group of family carers of young people (14-25) who want to ask questions and get answers about their loved ones' future.
(Gauri)



Friday Matters

Fridays

10.00-12.00

term time only

at St Lukes

Keep updated and discuss issues relevant to you in Islington's Children's Services.

Come join us for a coffee

£1 per person

(Helen)



Councillors Surgery

Wednesdays

10.30-12.00 and 7.00-8.00

18 Jan, 22 Feb, 21 March

at the Resource Centre

raise your issues with a Borough Councillor

(Bob)

The Bridge Partnership

Parent carer support worker providing support and information for carers of children who attend The Bridge School.

Monday-Wednesday : 9.00-3.00pm

ring 020 7619 1000 or 020 7697 1336

for an appointment

(Jo)



The Bridge

Secondary Drop In

Wednesdays

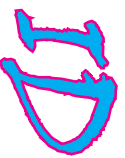
4 Jan, 1 Feb, 7 March

10.30-12.00

Short pieces of work and general information only.

No appointment necessary.

(Gauri)



Islington ID card

for your child - bring along a passport size photo and proof either they receive DLA or have a Statement

available from **Centre 404 Outreach**

Temporary locations:

St Luke's Church, Hillmarton Road, N7 9RE (at junction of

Penn Road, behind Centre 404)

The Resource Centre, 356 Holloway Road, N7 6PA (next to Waitrose)



Information drop in

every

Monday, Tuesday,

Wednesday and Thursday

9.30-12.00

at Centre 404 Outreach

Parent Carer Information &

Support Service

want to ask a question or have a chat?

(Caroline + Jo)

Centre 404 : 020 7697 1325
Centre 404 Outreach, Northern Health Centre, 580 Holloway Road, N7 6LB : 020 3316 1930