



Welcome to Lewisham Newsletter January 2020

We are Contact, the charity for families with disabled children. We understand that life with a disabled child brings unique challenges, and we exist to help families feel valued, supported, confident and informed.

To make that happen, we work in three closely linked ways. We support families with the best possible guidance and information. We bring families together in local groups and online, to support each other by sharing experiences and advice. And we help families to campaign, volunteer, fundraise and shape local services to improve life for themselves and others.

Contact are based at: Leemore Community Hub, Bonfield Road, Lewisham, SE13 5EU. Office Number: 0208 297 8056 or email lewisham.office@contact.org.uk

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1. Lewisham Team:

Manager: Liam Synnott

Service Manager

liam.synnott@contact.org.uk

Available - Tuesday and Friday



Family Worker : Jennifer Cole jennifer.cole@contact.org.uk

Support to ensure all families are able to access their benefit entitlements and support with applying for other grants that may be available.

Jennifer is available on Mondays, Tuesdays and Fridays term time only.



Service update:

Dear All

We hope you had a lovely Christmas and if it's not too late to say so Happy 2020.

Thank you to families that joined us at the pantomime on the 11 January. We really hope you enjoyed the afternoon at Greenwich Theatre. Please could I ask if you have not sent back your feedback form could you forward back to us. What we have received so far about the panto has been really positive and parents and their young people really enjoyed the show.

Here's to the next one!!

Reminder:

Jennifer works term time only on Monday, Tuesday and Friday. If you need support with Benefit Forms please contact as soon as possible as 1:1 appointments are in great demand.



Dates for you diary:

Planned Workshops coming up:

27 March 2020— Disability Living Allowance (DLA)

Please arrive for 9.45 for coffee and sign-in so we have a prompt start at 10am.

This free workshop aims to provide you with a basic awareness of the rules for claiming Disability Living Allowance for a child under 16.

We'll show you how to deal with common claiming issues such as:

- How to complete a claim form effectively;
- Rules for those claiming Disability Living Allowance for a child.

The workshop will be run by the DWP. You will have a chance to ask questions and receive information on where you can obtain further help.

Venue—Leemore Central Community Hub, Bonfield Road, Lewisham SE13 5ES. To book a place please email lewisham.office@contact.org.uk

17 June Universal Credit

Please arrive for 9.45 for coffee and sign-in so we have a prompt start at 10am.

The workshop will be run by the DWP. You will have a chance to ask questions and receive information on where you can obtain further help.

Venue—Leemore Central Community Hub, Bonfield Road, Lewisham SE13 5ES. To book a place please email lewisham.office@contact.org.uk

October 16—PIP

This free workshop is for parents/carers of young people aged 15 plus and young adults with disabilities or additional needs claiming



Personal Independent Payment (PIP) or who will be claiming PIP at 16. We will discuss;

The process of claiming PIP

Rules and criteria relating to PIP

Other benefits associated with PIP

This workshop will be led by the Department for Work and Pensions (DWP)

Venue—Leemore Central Community Hub, Bonfield Road, Lewisham SE13 5ES. To book a place please email lewisham.office@contact.org.uk

Kaleidoscope—Drop-in

Contact will be at Kaleidoscope on the following dates:

February—12 February 2020

March—18 March 2020

If you need information or advice do please come and see at these drop-ins

Contact and coffee mornings in Schools.

Contact are supporting coffee mornings for parents in

Greenvale School—14 February 2020

Brent Knoll school—13 March. 2020

If you child or young person attends one of these schools please do come along to their coffee mornings, get information, meet with other parents and say hello.

Schools will send out reminders for their coffee mornings.

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For families
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In Contact
LEWISHAM



Other local information:

Drumbeat Outreach service are running some workshops for parents

- **Understanding Behaviour** - Tuesday 11th February 2020, 10am-2pm.
- **Understanding Behaviour** - Tuesday 11th February 2020, 6pm-8pm.
- **Preparing for Puberty and the Teenage Brain** - Tuesday 17th March 2020, 10am-12pm.
- **Preparing for Puberty and the Teenage Brain** - Tuesday 17th March 2020, 6pm-8pm.

Please note to book for these workshops.

TO BOOK - please contact Drumbeat directly: 020 7635 9022 or outreach.admin@drumbeat.lewisham.sch.uk

Millwall DS Active Lions Programme

FREE WEEKLY DOWN'S SYNDROME FOOTBALL SESSIONS

VENUE:
LIONS CENTRE (INDOOR 3G PITCH), BOLINA ROAD, SE16 3LD

DAY: SATURDAY'S
TIME: 1-2PM
AGES: 6-15

DSActive
Activities for people with Down's syndrome

Jed Wallace
Disability Ambassador

Re-launch date: 29th February 2020

HUSKI CHOCOLATE

THE PFA

For more information please contact Millwall Community Trust on:
020 7740 0503 | rwhite@millwallcommunity.org.uk | MILLWALL_MCT

Lewisham

contact

For families
with disabled children

Visit the [Contact website](#) for advice and support and our [Fledglings shop](#) for toys, clothing and sensory products for





Contact Freephone Advice & Support Helpline

For information and advice on any aspect of caring for a disabled child, parents can call our free phone helpline. Our helpline is available from Monday to Friday 9.30am – 5.00pm on free phone number **0808 808 3555** free from UK landlines and UK mobiles

<https://www.contact.org.uk/advice-and-support/our-helpline/>

Medical information Our medical information is written by experts to be accessible for parents and carers as well as professionals. For further information please see:

<https://contact.org.uk/advice-and-support/medical-information/>

Campaigns

We help families to campaign, volunteer and fundraise to improve life for themselves and others. We are a force for change and campaign with families to remove the barriers they face every day. For more information on our campaigning

<https://www.contact.org.uk/get-involved/campaigns-and-research/>

Website and parent resources

We have online information on many issues that affect families. We have a common questions tool that can help you find the advice you need on our website:

<https://contact.org.uk/advice-and-support/common-questions/>

As well as a resource library

<https://contact.org.uk/advice-and-support/resource-library/>

Online community

Welcome to Contact's online community! Find other families like yours.

Chat. Ask. Share. Support.

Register or join a group for parents whose child has the same condition.

For more information: <https://community.contact.org.uk/>

Working with professionals

We offer a range of training courses for professionals to take themselves, for professionals to commission for the parents they work with, and courses for networks, groups, and parent carer forums.

Click this link <https://contact.org.uk/professionals/training/> for more

Want to support us?

Visit: <https://www.contact.org.uk/get-involved>

The Helpful Guide

Our new helpful guide is our all-in-one book with all the information and help you need to enjoy family life. With our guide, we'll talk you through what can be a confusing system of support and the guide is split into easy read sections so you can find advice when you're ready to. If you'd like a copy of our helpful guide, simply complete our online application form. <https://contact.org.uk/order-your-copy-of-the-helpful-guide-for-families-with-disabled-children/>