



Children in the Highlands Information Point

# CHIP Bulletin

## January 2017

### Happy New Year!

*News for families who have children with additional needs and the professionals who work with them*

#### **In this Bulletin you'll find....**

- Articles on new groups for Polish families in Highland
- Developments with Young Carers
- A new guide called "Understanding Your Child's Behaviour" and More!

#### **CHIP News**

Thanks to Carers support funding from NHS Highland **CHIP** is holding **three events for parent/carers** in Lochaber and the same in Caithness over the spring. Plans are well underway for the Fort William events, thanks to Izzy Valenti who has been appointed to organise events there, and we hope to appoint someone in Caithness soon. Each event will have sessions on topics relevant to your child or young person (such as Education) and to you as a carer-plus free lunch and a chance to discuss enquiries with **CHIP** staff. Check our website for further details.

**CHIP** is looking for **2 new Directors**, one with fundraising experience and one willing to become **CHIP** Treasurer. Directors meet on Wednesdays (12.30 to 2.30) 8 times per year. Please email [christian.maclean@chipplus.org.uk](mailto:christian.maclean@chipplus.org.uk) if you would like to know more.

And Audit Scotland recently visited Inverness to meet parents and listen to their views on Self Directed Support. **CHIP** and Highland Children's Forum staff hosted a lunch in the Pines with a lively discussion around good and bad experiences of SDS. If you have questions on **SDS**, **CHIP** can either help directly or signpost to sources of further information.

#### **Festive Fundraiser**

Huge thanks to Crabtree & Evelyn for the fundraising evening they held for us in November.

Local businesses generously donated vouchers and items for our raffle and many thanks go to; a local Distillery, Landmark Adventure Park, Highland Wildlife Park, Bodycare Beauty Salon, Temple Spa, the Cairngorm Reindeer Centre and Richard Collis of Loch Ness Tree Planters. The event raised over £500 for **CHIP**.



And a big thank you to local knitting group, Blazing Needles, who very kindly made a Christmas donation to **CHIP**.

All donations and fundraising enable us to continue to support Highland families and are greatly appreciated.

There is a new Autism support group that meet on the 2nd Friday of each month in the Barn Church, Culloden, Inverness at 8pm.

Parents from any area are welcome to come along, have a chat, share experiences & get support.

Parents only at the moment although they hope to organise events for the whole family in the future. Contact them on

**autisminverness@mail.com** or

look under [autism parent support inverness](#) on facebook.



Eric is a children's bowel & bladder charity who are one of the many communities on Health Unlocked, a social network for health. Including peer-to-peer support as well as blog spots to talk to other members, Eric support families that have children or teenagers with bladder &/or bowel problems. The blog posts & replies may mirror a situation you are facing with your own child. For more info, [www.eric.org.uk](http://www.eric.org.uk) or [healthunlocked.com](http://healthunlocked.com).

During 2016 Connecting Young Carers has seen an increased number of young people who have either taken on a caring or support role for a sibling with additional support needs or are significantly impacted by a sibling's health or complex disability.

Sibling Young Carers are often overlooked when the term Young Carer is mentioned, however many families say how supportive, helpful and patient their children are with a brother or sister who requires additional care or attention.

To alleviate the pressures on Young Carers Connecting Young Carers provide opportunities for Young Carers to have a break from caring, an opportunity to do something fun with other young people who have similar caring experiences. Throughout the year

Connecting Young Carers run a variety of days out and events and are keen to encourage more young people to come along.

In recognising the importance of time out or quality family time for Sibling Carers Connecting Young Carers are excited to announce the introduction of a new fund for Sibling Carers. Young people aged 11+ are eligible to apply for up to £150 towards the cost of a break or activity that allows them to have a treat.

With an estimated **31,000 unpaid carers in Highland**, the total number of carers in the area has risen by 10% in 10 years and that figure is expected to keep on rising. Carers can be as young as five years old and it is acknowledged that one in 12 secondary schools pupils has a caring role.

Caring can happen at any time, to any one and every day in the UK 6,000 people become carers. For some it's sudden and unexpected; someone is taken ill or has an accident, a child is born with a disability. For others caring creeps up unnoticed; parents who can't manage any more on their own or a partner whose health gradually gets worse.

For more information about Connecting Young Carers and the opportunities available contact 01463 723562 or [youngcarers@connectingcarers.org.uk](mailto:youngcarers@connectingcarers.org.uk).



**Connecting Young Carers**

*A better life for unpaid carers in Highland*

The next Disability Sportshall Agility Challenge will be on Tuesday, 7th February 2017 in the Inverness Sports Centre. It's open to pupils from P4 to S6 with learning,



Scottish Disability Sport

physical and/or sensory impairments and is an opportunity to try out their skills over 10 disciplines. Entry fee is £4 per person and is on from 9.30am till 2.30pm. Application forms

are available from the **CHIP** office or contact Lesley Jones, the administrator for Highland Disability Sport on 01463 232262 or e-mail [hdsport@oranoehome.co.uk](mailto:hdsport@oranoehome.co.uk).

### Grupa dla dzieci i niemowląt

Zapraszamy wszystkich z małymi dziećmi w wieku od 0-3 lat. Różnorodność zabaw oraz wiele wspaniałych gier. Zapewniona szeroka gama zajęć kreatywnych i stymulujących dla niemowląt i starszych dzieci a dla dorosłych kawa i herbata.

Inverness Crown Church

Piątki 9.30-11.30 am

Alness, Perrins Centre

Poniedziałki 10.00-11.30am

Kontakt Monika po więcej informacji - 07907 482 934.

Little Storks is a baby and toddler group aimed at Polish families but all are very welcome.

Come along to the Inverness Crown Church on Fridays from 9.30-11.30am and to the Perrins Centre in Alness on Mondays from 10-11.30am. Contact Monika on 07907 482 934 or e-mail [m.maleszka-ritchie@calachildcare.co.uk](mailto:m.maleszka-ritchie@calachildcare.co.uk).



### My World of Work

My World of Work Live! aims to inspire young people's interest in science, technology, engineering and maths (STEM) careers. They provide children and young people with hands on activities – building, making, designing – making the best use of the latest technology. Every activity is free.

Open at 1-5 Church St, Inverness, groups from schools or other organisations are welcome, learning about robotics, coding, renewables and much more. Best suited for children between

Primary 7 to S3 ages. For more information contact

[studioinv@sds.co.uk](mailto:studioinv@sds.co.uk) or call Kirsty on 0300 013 4573.



Listening. Informing. Empowering.

The Pines New Parent drop-in is for families going through the diagnostic process for autism with their child or those with a recent diagnosis. The first meeting this year is Thursday, 16th February. The session on Thursday, 16th March is especially for Polish families & is an informal chat over a cuppa with other parents. Both sessions at 10.30-12 in the Pines, Drummond Rd, Inverness.

The dates and subject for the drop-ins have been decided and include Benefits with CAB, Positive Futures with Kabie Brooks and Education & additional support needs with Bernadette Cairns. Full details on the **CHIP** website [www.chipplus.org.uk/news.asp](http://www.chipplus.org.uk/news.asp).





The Scottish Intercollegiate Guidelines Network (SIGN) writes guidelines which give advice for healthcare professionals, patients and carers about the best treatments that are available. They write these guidelines by working with healthcare professionals, other NHS staff, patients, carers and members of the public.

Their latest booklet is aimed at adults who may have autism or who have had a diagnosis. It would also be useful to parents/carers, friends, family and partners. You can view it on our website under "Information Packs"

[www.chipplus.org.uk/index.asp?pageid=331379](http://www.chipplus.org.uk/index.asp?pageid=331379) or contact the office for a hard copy.

If you would like a copy of this booklet in another language or format such as in large print, phone SIGN on 0131 623 4720.

A new publication from Contact a Family could help families who have a child with additional needs and who find their behaviour becoming challenging. Called Understanding Your Child's Behaviour, it includes advice on why your child behaves a certain way, how to respond to challenging behaviour and also covers more specific issues from early years through to puberty & teens.

You can download the guide from the Contact a Family website

[www.cafamily.org.uk/media/629551/understanding\\_your\\_childs\\_behaviour.pdf](http://www.cafamily.org.uk/media/629551/understanding_your_childs_behaviour.pdf)

or contact the **CHIP** office for a hard copy.



REACH is a website for young people about school and some of the many challenges that they face there. It includes moving to a new school, bullying, exam stress, how your home life can affect your school life and more. There is lots of advice from other young people who've had similar experiences, through films and blogs as well as useful links to other sites.

Go to [reach.scot](http://reach.scot)



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If you would like to be placed on our mailing list or contribute to the bulletin, please contact us

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