



Children in the Highlands Information Point

# CHIP Bulletin

## November 2016

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

### Crabtree & Evelyn Fundraiser for CHIP+

Crabtree & Evelyn  
LONDON

Crabtree & Evelyn have very kindly offered to host a fundraising shopping event to raise funds for **CHIP+** in the Eastgate Shopping Centre, Inverness.

Come along on **Wednesday, 16th November, 2016** between **6pm - 8pm** when you could have a mini hand treatment, watch demonstrations, a raffle, refreshments and each guest will receive a gift worth £10.

All this for £10 per ticket as well as a 10% discount that evening on all full price items - an ideal opportunity to start your Christmas shopping!

To buy your ticket, contact the **CHIP** office on 01463 711189, e-mail [info@chipplus.org.uk](mailto:info@chipplus.org.uk) or message us on our facebook page. Go to the Crabtree & Evelyn website to see what lovely gift items they stock for a loved one - or yourself! [www.crabtree-evelyn.co.uk/home.html](http://www.crabtree-evelyn.co.uk/home.html).

### Exciting Opportunity to work with **CHIP**

**CHIP** has been awarded funding through NHS Highland to hold Training events for Carers in the new year in Caithness and Lochaber. Look out for more details of the events in our next Bulletin! We are looking for two people, one in Caithness and one in Lochaber, to work on this exciting new project from December to March 2017. Ideally with experience of caring themselves, and working approx. 3.5 hours per week, they will help organise 3 training events for parent/carers and promote **CHIP**'s work in each area. Good rate of pay; home-based and with full support from **CHIP** staff. Applications close 21.11.16. Please e-mail us on [info@chipplus.org.uk](mailto:info@chipplus.org.uk) for further details.

### **Donations Thanks!**

We at **CHIP** would like to thank all the Ladies members of Boat of Garten golf club, who made **CHIP** their charity of the year and raised over £1000! This very generous donation will enable us to continue our work supporting Highland families.

Thanks are due as well to Dyslexia Scotland who donated two books for our library, and to Katherine Highland, a local author with autism who has donated a copy of the book she has written about her experiences. They are all available to borrow from the **CHIP** library.



Words Up has been developed in Highland and is now being used universally to help with supporting children to develop their language and communication skills. It is usually introduced through some training and sharing of posters for the settings the children are in. It uses basic key messages to remind us all what we should be trying to do to help ALL children develop their language and communication, depending on what developmental stage they are at. When it looks at the child's individual stage, Words UP suggests 4 stages that a child could be at and what those around the child should try doing to help them develop on to the next stage in their development. For example when at the "using first words" stage ;

Pause & Wait - This gives the child a chance to take a turn in the interaction and gives them time to figure out what to say/try saying.

Copy and Add words – Copy what they say and add one word, keeping it at their level.

For more information on this or other stages of development, contact the Speech & Language therapy development team on 01349 868700 or the **CHIP** office on 01463 711189 or e-mail [info@chippplus.org.uk](mailto:info@chippplus.org.uk).

### Soar Bereavement Support for Young People

After the death of a close friend to cancer, teenager Gennifer Graham started the "Fixers" project to offer support and advice to young people experiencing bereavement whilst balancing exams and school. Look on [soar.fixers.org.uk/home.php](http://soar.fixers.org.uk/home.php) for help.

### Contact a Family Sleep Booklet

With 86% of children with additional needs having some kind of sleep problem, the CaF updated booklet on sleep could be a real help to families. See [www.cafamily.org.uk/advice-and-support/resource-library](http://www.cafamily.org.uk/advice-and-support/resource-library) or you can get a hard copy from the **CHIP** office.

### Book Recommendation on ADHD

A parent recently borrowed a book from the **CHIP** library to help her child understand his newly diagnosed condition as the Mum wasn't sure how to explain things. The book is called "Zak has ADHD" by Jenny Leigh and after reading it to her child, she said it really helped him to understand why he feels like he does and that there is help for him to manage day to day pressures better. It also helped his siblings understand what their brother was feeling and why he sometimes acted as he did. Available to borrow free of charge for a month from the **CHIP** library.

Brook is the UK's leading provider of sexual health services and advice for young people under 25. As well as working with



young people, Brook provides free e-learning for professionals involved in discussing SRE (sex & relationships education) with young people. This will help to empower, support and encourage the effective delivery of SRE. Go to [learn.brook.org.uk](http://learn.brook.org.uk).

### **Obsessive-Compulsive Disorder**

OCD-UK is the charity dedicated to improving the mental health and well-being of almost one million people in the UK whose lives are affected by Obsessive-Compulsive Disorder. It is a service-user led charity for children & adults, run by sufferers for sufferers. Their services include an advice line, advocacy service & the resources to access treatment. Information is also covered on body dysmorphic disorder (BDD) and associated conditions such as eating disorders, Tourette's & Trichotillomania (pulling out hair). There are also guides for children and young people available to download. Go to [ocduk.org](http://ocduk.org) to find out more.



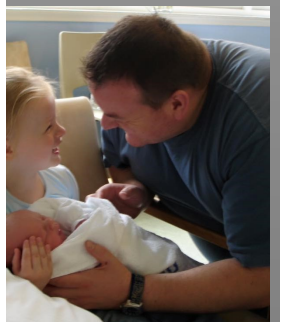
Supporting Children and adults affected by Obsessive-Compulsive Disorder

### **Life on the Edge of the Cliff**

Tracey Francis travelled to Norway, Italy & the Czech Republic to explore transition & post-school experiences of young people with ADHD, Tourette's and autism to assess the inclusion & integration of people with learning difficulties in mainstream education, employment & community life. These three countries have a history of strong legislative commitments to inclusion, so to assess how this translated into support, Tracey was funded through the Winston Churchill Memorial Trust to report on her findings, blogging and finalising with reports which are all available to read on the website. Parents and individuals have also written reports on their own experiences and there are helpful links and strategies. [lifeontheedgeofthecliff.com](http://lifeontheedgeofthecliff.com)



**Listening. Informing. Empowering.**



## The Pines Autism Training 2017

### *Understanding Autism*

22nd February at The Pines; Skye & Ft William TBC  
for March/April

### *Social Stories*

18th January (AM) at The Pines; Skye & Ft William  
TBC for March/April

### *Everyday Challenges*

18th January (PM) at The Pines;  
Skye & Ft William TBC for March/April

### *Food, Mood & Behaviour*

6th March at The Pines; Skye & Ft William TBC for April/May



For further information on  
Pines Autism Training times &  
booking, call 01463 720030

### **Pines Drop-ins**

17th November - New Parent drop-in from 10.30-12pm

1st December - Puberty from 10-12pm

6th December - Christmas event from 5.30-7pm (bookable)

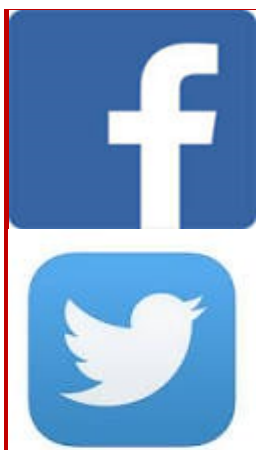
15th December - Informal Christmas event from 10-12pm

Down's Syndrome Scotland are holding further parent workshops on  
"Helping your child read" on Saturday, 4th February 2017 from 1pm-3pm at



helping people realise their potential

Hilton Community Centre. Contact Shona Robertson,  
Family Support Officer for a place;  
[shona@dsscotland.org.uk](mailto:shona@dsscotland.org.uk).



Published by CHIP

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