

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

### CHIP+ is going paper free!

For some time now, to save printing and posting costs, **CHIP+** has taken the decision to switch to email distribution of this newsletter. If you want to continue receiving it we need your email address!! However we realise that not everyone has access to the internet and are quite willing to continue to post out a newsletter if requested as we will still print some copies for distribution to Service Points, Libraries etc.

Please call the **CHIP+** office on the number on the back of this newsletter if you would still like a hard copy, or e-mail us on [info@chipplus.org.uk](mailto:info@chipplus.org.uk) to ensure that we have your email.

### Community Charity Shop

All of us here at **CHIP+** would like to say a huge “Thank-You” to the many wonderful volunteers involved in helping us staff the Community Charity Shop in Academy St./Strothers Lane, Inverness when we had it for a week in June. Parents/carers, Directors of **CHIP+**, staff and their children all took turns to lend a hand in sorting stock, ironing, on the till and even making the tea!

Special thanks must go to parent/carer Tracey Smith who organised a very detailed rota for covering shifts, including herself more than anyone else and also selling excess stock of a better quality on-line for us too.

Many people also handed in fabulous items for us to sell, which helped to raise over £2000, giving some much needed funding for **CHIP+**.

Thanks also to the Committee who manage the premises for their support.

### CHIP+ Staff Fundraisers

The sun shone on **CHIP+**'s own Karen Kelbie, Information & Support Officer when she took part in the **Golspie 10k** to raise funds for **CHIP+**. Karen had wanted to get fit enough to be able to take part in a 10k for some time and had the thought that she could raise funds for **CHIP+** at the same time through sponsorship.

Money is still coming in and it's not too late to make a donation to support Karen's fantastic achievement. Call or e-mail the **CHIP+** office.

Catherine Louttit, our other Information & Support officer in **CHIP+** had a clear-out and did a **car boot** sale with a friend which also raised a good sum to support **CHIP+** in our work supporting parents/ carers.

Thanks to you both!

### CHIP+ AGM - Board Changes

We recently had our 21st **AGM** with another good turnout attending from all sectors. Our speaker, Donald MacLeod, a parent/carer gave a very inspirational and moving talk.

A number of changes were made to the **CHIP+** board, with four Directors standing down due to other commitments. However, we welcomed three new Directors on board which was great.

A big thank-you to Gillian Newman who stood down as our Chair after a wonderful year of motivational leadership and can-do attitude. And welcome to Duncan Finlayson who stepped up from Director to fill the post of Chair for **CHIP+**. Thank-you Duncan!

## Cantray Park

Cantray Park is a new development at Cantraybridge, Croy, near Inverness incorporating a lecture theatre, meeting hall and café. Their new website is dedicated to highlighting social enterprise, festivals, events and activities taking place at Cantraybridge in the coming months. Events coming up include an Eco Fair, Craft Fair & Christmas Fair to not only showcase Cantray Park but to celebrate their 20 year anniversary.

Go to [www.cantraypark.co.uk](http://www.cantraypark.co.uk) to find out more information.

## Cairngorm Sports 4 All

Cairngorm Sports 4 All is a group that meets monthly in **Badenoch & Strathspey** to enjoy activities that the whole family, including children with additional needs can take part in. Previous outings have included kayaking, trampolining and orienteering.

This is great for **everyone's** fitness levels but is also a fun, social occasion.

The group is affiliated to Highland Disability Sport and meet on the last Saturday of each month from 1.30-3.30pm. Cost is £3.50 per family and annual membership is £20. To contact the group and find out more, e-mail [fiona.wares@yahoo.co.uk](mailto:fiona.wares@yahoo.co.uk) or go to [www.facebook.com/CairngormsSports4All](http://www.facebook.com/CairngormsSports4All).

## Running Bikes Launch

Last month the **Highland Cycle Ability Centre**, near Cantray took charge of some running bikes to add to their collection of adapted cycles. For those who haven't heard of running bikes before, they have a support for the body as well as a seat and instead of pedalling, your feet propel you along with very light touches to the ground. They would be great for **all ages** who have a variety of conditions to use. To see what they look like and to find out more, go to

[www.facebook.com/highlandcycleabilitycentre](http://www.facebook.com/highlandcycleabilitycentre).

## What is Dyslexia?

What is Dyslexia? is now available in **Polish** from the Dyslexia Scotland website. Go to [www.dyslexiascotland.org.uk/sites/default/files/page\\_content/WhatisdyslexiaPolish\\_0.pdf](http://www.dyslexiascotland.org.uk/sites/default/files/page_content/WhatisdyslexiaPolish_0.pdf)

## A new Colorimeter in Inverness

Research shows that some children who have **reading difficulties** may benefit from coloured overlays placed on text. If a child feels the print moving or blurring, sees patterns in the print or tires easily whilst reading, this could indicate visual stress. This may seem normal to a child who could think that everyone sees text or print in this way. School may have tried overlays to see if it helped but an appointment should always be made for an Optometrist to carry out their own assessment of the child's vision. If overlays are beneficial the optometrist may suggest **Clorimetry** as the next stage. This may result in the prescribing of spectacles with coloured lenses. The colour will be more specific to each individual's needs, much more precise than the overlay and very often a different colour to the overlay.

Children can be tested at Raigmore Hospital, Inverness and local optician JM Macdonald, 8 View Place Inverness now have their own colorimeter as do Campbell Eyecare, 36 High Street, Alness. For more details call 01463 231975 or go to [www.invernessopticians.co.uk](http://www.invernessopticians.co.uk) for Inverness and call 01349 882863 or go to [www.campbell-eyecare.co.uk](http://www.campbell-eyecare.co.uk) for Easter Ross.

## Over the Wall Camps

Over the Wall children's charity was founded by the actor Paul Newman and is part of the **Serious Fun Network**. They offer free, therapeutic, recreational activity camps for children aged 8-17 who have a wide range of life-limiting illnesses and conditions. They also run camps for families & siblings, all at two venues in Scotland, Tulliallan Castle in Fife & Strathallan School in Perth. The intensely-trained volunteers help the campers see what they can still achieve when slightly out of their comfort zone, whilst raising self-confidence through their successes. For further information go to [www.otw.org.uk](http://www.otw.org.uk)

## Menu of Interventions

The **Menu of Interventions** was drawn up by a multi-agency group including parents and carers as a guide to ways of supporting autistic people. It highlights some of the challenges autistic people face at all abilities and stages of life and identifies what supports an individual may need to help them with these challenges. It is part of the objectives of the Scottish Strategy for Autism. The Menu of Interventions can be accessed by going to:  
[www.scotland.gov.uk/Resource/0043/00438221.pdf](http://www.scotland.gov.uk/Resource/0043/00438221.pdf)

### Update Disability Scotland

Update is an online information service for disabled people & their families to access a wide range of services locally & nationally. This could be through their Scottish Disability Directory, factsheets and FAQ's on benefits, aids & adaptations to your home, grants, equality and much more.  
Their helpline number is 0131 669 1600 or go to [update.org.uk](http://update.org.uk).

### Adapted Clothing & New Equipment

CAPR-style is a new company producing hand-made adaptive clothing for children & teens with additional needs. [www.capr-style.com](http://www.capr-style.com) is their website.

Fledglings have sourced a cooling gel pad for hot weather, ideal for anyone in a wheelchair or who sits for long periods. Offering practical solutions for your problems. Go to [www.fledglings.org.uk](http://www.fledglings.org.uk).

Pop "n" Grow produce clothes suitable for the most premature of babies and their clothes allow for any tubes or wires so the baby is dressed. [www.popngrow.co.uk](http://www.popngrow.co.uk) for more info.

### Home-Start Highland

Home-Start is a unique service for families where they recruit and train volunteers to support parents with young children under the age of 5, who ask for their help.

At Home-Start they understand all kinds of families can find it hard to cope at times. They support parent for many reasons, maybe because of illness, disability, depression or loneliness.

They have been supporting families in Ross and Cromarty for over 25 years and have now expanded into Inverness. All the volunteers have a PVG check and are parents themselves, or have had parenting experience.

If you would like more information about becoming a volunteer or to chat about a family that would benefit from Home-Start please contact Marion Rennie on 01349 885205/ 07710392532 or e-mail [homestartrandc@btconnect.com](mailto:homestartrandc@btconnect.com)

### The Fragile X Society

Fragile X Syndrome is the most common cause of inherited learning disability. It can cause a wide range of learning, social, emotional and behavioural difficulties alongside problems with language and maintenance of attention. Despite being the most common cause of inherited learning disability, Fragile X is actually a rare condition and is not widely recognised.

**Sandra Thoms** is the new family support worker covering Scotland and is available to talk through issues, provide information & signpost to other agencies. Sandra can take calls from professionals also and can offer them an e-learning course to help them better support individuals & families. You can call 078205050072, e-mail [sandra@fragilex.org.uk](mailto:sandra@fragilex.org.uk) or check online – [www.fragilex.org.uk](http://www.fragilex.org.uk).

### High Life Highland e-books

Did you know that you can now borrow **e-books** from Highland Libraries to a wide range of devices? All you have to do is be a member of your local library & have a PIN number which gives you access to thousands of titles. You can then borrow up to five at one time. To join or find out more, go to [highlifehighland.com/libraries/ebook-service](http://highlifehighland.com/libraries/ebook-service).

Arranged in conjunction with the NAS Highland, there are now thirty titles included specifically about Autism for adults and children to borrow. So if you can't get to the Autism specific library at The Pines, Drummond Road, Inverness you can download a e-book instead.

## Cairngorms National Park Travel Grant

To offset the high cost of travel to or around the Cairngorms National Park, the Outdoor Learning travel grant is available to schools anywhere in Scotland. Voluntary and community groups within or close to the Park will also be eligible for up to 75% transport costs, up to £200. Priority will be given to schools and groups from deprived areas, those who have not visited the Park before and groups who support people with disabilities, young people, ethnic minorities and those who experience economic disadvantage or health inequality. The visit should take place in or around the park, raise awareness & understanding of the park & involve Ranger services, where possible. Download an application at [cairngorms.co.uk/learn/learning-resources/outdoor-learning-travel-grant](http://cairngorms.co.uk/learn/learning-resources/outdoor-learning-travel-grant).

### Dates for your Diary

The **SOAR AGM** will be on Tuesday, 21st October, 2014 at 1pm and will be held in Alness Academy, Dalmore Rd, Alness, IV17 0UY. You can download the agenda by going to [soaryp.org.uk/docs/SOARAGMNotification.pdf](http://soaryp.org.uk/docs/SOARAGMNotification.pdf)

**Dyslexia Scotland Inverness AGM** is to be held on Wednesday, 8th October from 7-9pm in Smithton-Culloden Free Church, Murray Road, Inverness IV2 7YU. Their speaker is the Chief Executive of Dyslexia Scotland, Cathy Magee. You are also invited to informal coffee evenings on 12th November and 10th December from 7-9pm, again in Smithton-Culloden Church.

### Changing Places

**Pamis** are highlighting the Changing Places campaign for people who cannot use standard accessible toilets. This includes people with profound and multiple learning disabilities and their carers, as well as many other disabled people.

They need Changing Places toilets which are publicly accessible with enough space and the right equipment, including a height adjustable changing bench and a hoist. Go to [www.pamis.org.uk/\\_page.php?id=28](http://www.pamis.org.uk/_page.php?id=28) for the easy-read version and [www.changing-places.org](http://www.changing-places.org) to see the directory of Changing Places toilets in the UK so far and to find out more.

### Disability & Air Travel

The Equality & Human Rights Commission have published a passport sized guide for disabled people, people with reduced mobility & their families outlining what to expect when they travel by air. Go to [www.equalityhumanrights.com/your-rights/service-users/transport-and-travel/disability-and-air-travel](http://www.equalityhumanrights.com/your-rights/service-users/transport-and-travel/disability-and-air-travel).

### Carr Gomm - Dreams Can Come True Fund

If you are supported by Carr Gomm you can apply to their Dreams Can Come True fund. They want to encourage people to re-connect with their hopes & dreams by way of a grant. This could be through a taster session of some new skill, develop an interest or broaden your horizons. Download the application form from [www.carrgomm.org/dcct?back=what-is-going-on](http://www.carrgomm.org/dcct?back=what-is-going-on).

### Friends Connect

Friends Connect is a new group organised by Down's Syndrome Scotland for adults & **young people (16+)**. Its aim is to increase social skills, independence, confidence & involvement in social & community opportunities. Groups will be set up in many areas, including Inverness. For more information or to join a group, call Brenda on 0131 313 8614 or e-mail [brenda@dsscotland.org.uk](mailto:brenda@dsscotland.org.uk). Click on the link at [dsscotland.org.uk](http://dsscotland.org.uk).

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

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