



Children in the Highlands Information Point

CHIP Bulletin

September 2016

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

CHIP AGM

The **CHIP** AGM will be held on Thursday, 29th September 2016 in the Pines, Drummond Road, Inverness, IV2 4NZ from 1pm. Tea, coffee and a light lunch will be available from 12.30pm. Please let us know if you can join us for lunch or not by calling 01463 711189 or e-mail info@chipplus.org.uk when you can make us aware of any dietary requirements.

Our guest speaker will be Susan Walls from Contact a Family who will be talking about the work of Contact a Family, in particular the results of "Counting the Costs" survey and their recent survey of the information needs of parents & carers in Scotland. All welcome!

Guide to ADHD for Teachers

CHIP have recently received a great new resource for those who work with children with ADHD and ODD (oppositional defiant disorder) in a classroom setting. Includes tips for homework, understanding treatments and how the child with ADHD is feeling. Also offers advice for friendship & peer relations. Contact the **CHIP** office for a free copy of the booklet - 01463 711189 or info@chipplus.org.uk.

Check out our "Information Packs" section on our website, where we've added our Transitions guide. Although aimed at children with autism, the strategies to cope with transferring to secondary school apply to all. www.chipplus.org.uk

All of us here at **CHIP** would like to thank Mr Cunningham for his kind donation given to help us continue to offer advice & support to families in Highland. Don't forget to register for Easyfundraising so you can donate to **CHIP** through online shopping at no extra cost to you!

Creative Studio Sessions- Green Tree Arts Studio

Offer children and young people a calm and safe space to be able to undertake a range of art and play activities. The sessions are tailored to meet individual children's interest and needs. The ethos of these creative sessions is not about artistic skill, but about empowering children/ young people to express themselves in a creative medium that feels comfortable for them and at a pace that suits them. The outcomes for these sessions are to encourage choice, independence, reduce isolation and build self-esteem whilst also having fun and relaxing. These sessions are suitable for children with a range of additional support needs. Session times can range from 1.5 hours to 3 hours and can take place as a one to one session or as a sibling/family group. Please note these sessions are not Therapy Sessions. A one off taster session is always offered first. For more information or to make a referral please contact: Nicola Kennell Project Manager/Art Therapist on 01309 651319 / 07860 867 118



Right Start Project

Bobath Scotland has received Big Lottery funding to deliver the Right Start project for young children with cerebral palsy between the ages of 2-6 years old. The project will support children and their families in preparing them for the transition into school life.

Right Start's objectives are two-fold, focussing on the child and the family around the child. As part of the project they are able to offer Bobath therapy sessions to families of children between the ages of 2 – 6 years old, open to any family.

You would need to pay for your own travel and attend one hour sessions two to three times per week across four intermittent weeks between October 2016 and June 2017 [Inverness location TBC]. If you would like to know more about the project or if you would like to nominate a family to be considered for this project please contact: The Project Co-Ordinator Right Start Project, Bobath Scotland or Tel: 0141 352 5000. Go to www.bobathscotland.org.uk to find out about their therapies. Contact **CHIP** for a referral form.



Tired out is a new online information resource to support families raising children with disabilities with information about sleep. It has been created with support from the Family Fund and other partners. The website includes information and tips on a range of issues, as well as other family stories and information about sleep events happening around the country. www.tiredout.org.uk

Upcoming Events

22/9/16 - Advocacy Highland AGM will be held at 2pm in Inshes Church, Inverness, where Highland SDS Consortium Advisors will speak on Self Directed Support. Tea & coffee from 1.30pm. Contact 01463 233460 or e-mail info@advocacy-highland.org.uk to book a place.

24/9/16 - Sense Scotland are holding Outdoor Sensory workshops for families that have a child under 8 years who has complex communication needs; this can arise from a learning disability, a physical disability or a dual sensory impairment. To book your time slot at the Glen Nevis Centre in Fort William, call Gillian Bell or Kim McKay on 0300 330 9292 or e-mail gillianbell@sensescotland.org.uk or kimmckay@sensescotland.org.uk.



26/9/16 - The Highland ADHD group are holding their AGM in the Culloden/Balloch Baptist Church from 7-9pm. Please e-mail highland.adhd@hotmail.co.uk to let them know if you can attend for numbers.

1/10/16 - The Parasport Festival, run jointly by Scottish Disability Sport & Highlife Highland is open to primary & secondary school age children with a physical disability or visual or hearing impairment. It will take place at the Sports Centre, Inverness from 10-2pm (times approx, check with **CHIP** nearer the time to confirm).



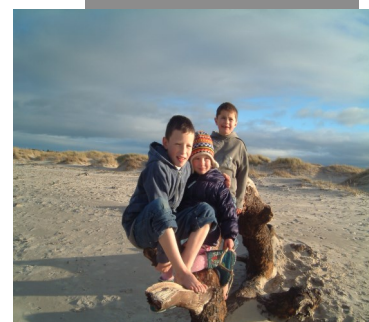
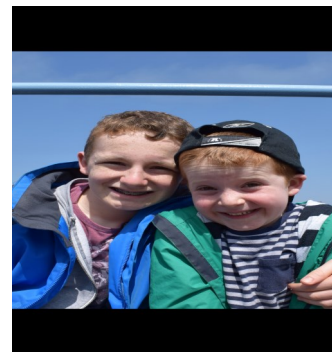
1/10/16 - DS Scotland Highlands & Islands Branch next family meet-up is from 1-3pm in Hilton Community Centre, where the second ABC workshop (Achieving Better Communication) will take place for families. The speech & language therapist will answer your communication queries.

1/10/16 - Autism Network Scotland are holding a **FREE** event for practitioners within early years education, nursery teachers, childcare & childminders entitled "Autism in Early Years". (9.30am -2.30pm at Raigmore Community Centre, Inverness) They ask you to kindly bring your own lunch (tea & coffee provided).



Autism Network Scotland

Listening. Informing. Empowering.



To hear about the latest upcoming events, like our facebook page!

Carers discount in Raigmore canteen

Unpaid carers can now access catering discount of 50% in staff canteens within Raigmore Hospital. This system has been in operation in the Children's Ward for a number of years and now recognises the valuable contribution that unpaid carers make during their visits to the Hospital. Wristbands will be supplied by ward staff, free of charge, for a limited time and ward staff will add the ward number and the name of the person wearing the wristband on a daily basis. If you are visiting Raigmore Hospital with someone you care for, please ask ward staff for more information and

The Scottish Commission for Learning Disability have issued a report of statistics about adults with learning disabilities who Scottish local authorities knew about in 2015.

www.sclد.org.uk/evidence-and-research/2015-report/



Scottish autism

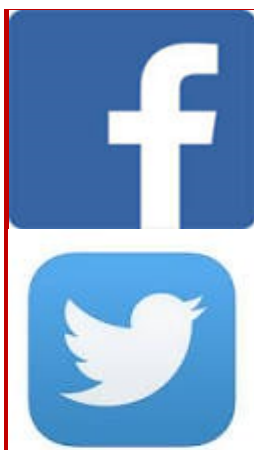
Scottish Autism, in association with the

Clydesdale Bank have developed six video animations to support and enable individuals with autism to manage some of the unique challenges they face when going to the bank. These short animations highlight some of the common experiences that come with a trip to the bank such as waiting in queues, speaking to different people and having to remember PIN codes. Go to www.scottishautism.org.

Connecting Young Carers have had a make-over with a new logo and new website coming soon. The next events planned for secondary age young people are a music video project & drama workshop with primary age events by the year end. Call 01463 723 562 or e-mail youngcarers@connectingcarers.org.uk



Connecting Young Carers
A better life for unpaid carers in Highland



Published by CHIP

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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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