



Children in the Highlands Information Point

2015 Second Edition

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

Thanks!

CHIP+ would like to offer a big “Thank you” to the **Rotary Club**, Inverness Riverside branch who gave us a most generous donation of £1200! **CHIP+** needs to raise £10 000 every year just to keep going.

Donations from organisations large & small make a huge difference to the work **CHIP+** can do in the Highland area with families who have children with additional needs and we really do appreciate every penny received.

By registering free online with “**Just Giving**”, you too can help **CHIP+** fundraise every time you shop online. Just choose **CHIP+** - Children in the Highlands Information Point - when registering and every time you shop online from a wide range of retailers, we will receive a percentage of the sale. It couldn't be easier to support our work so please help us help families in Highland by going to www.justgiving.com.

CHIP+ AGM

The **CHIP+** AGM will be held on Thursday, 17th September in The Pines, Drummond Road, Inverness. A light lunch will be available from 12.30pm. Save the date in your diary. All are welcome.

Thank you to SCVO for their grant for a **Digital Media Intern!** **CHIP+** and Highland Children's Forum were successful in their bid for funding for a 12-week post to work with both organisations through the summer, helping us to work on our Communication Strategies – social media, websites and staff training. Hopefully more exciting developments in our next newsletter!

CHIP+ Library

The **CHIP+** library has a broad range of books for parents/carers & professionals to borrow from which includes titles on subjects such as behaviour, grief, ADHD, fragile X syndrome & emotional difficulties. You can borrow one book for a month and then up to three, free of charge.

We have recently had some donations of books from professionals & parents and are very grateful for these. Titles include “1-2-3 Magic” about parenting and “All Dogs Have ADHD” which follows on from “All Cats Have Asperger Syndrome”, also in our library.

Occasionally, books are taken out of our library as contact details & references become out of date, although the information is still relevant. We have a number of these books to give away, best suited to teachers & Pupil Support Assistants' which can be collected from the **CHIP+** office or posted out if required. Titles include Supporting Children with Behaviour Difficulties/Asperger Syndrome/Emotional Difficulties/ ADHD/ Epilepsy/Down's Syndrome & Cerebral Palsy in the classroom. One of the new books we now have available to borrow from our library is “Just Schools”, a practical handbook for a whole school approach to restorative justice.

A Pupil Support Assistant who is a regular borrower from our library had this to say about “Dinosaurs Divorce”, a book about changing families: “This is the second time I have borrowed this book & it's excellent. This book lending service enhances my own work with children greatly. Thank you for your help”.

You can browse our full library list by going to www.chipplus.org.uk and clicking on Lending Library. Then e-mail info@chipplus.org.uk or phone 01463 711189 to see if we have the book available for you before making a journey or we can post resources out to you.

Disability Matters

Disability Matters - www.disabilitymatters.org.uk - is a new, practical online resource aimed at everyone who works with children and young people with additional needs and their families. It is hoped that the young people & their families/carers will also find the website useful. Each of the 57 e-learning sessions has been co-produced by young people with disabilities & their families/carers as well as experts in each field of communication, social care, travel, leisure and more. Each session takes no more than 20-40 minutes to complete and can be done as a one-off or you can sign up and have a confidential record of your progress kept. There are also group training modules including real stories of lived experiences and tips on how we can all do better to improve communication, inclusion and make everyone welcome in activities, organisations and services. Bearing in mind the resource was developed in England, the mentions of the Mental Capacity Act in the "Decision Making & Growing Up" sessions do not apply to Scotland as we have the Adults with Incapacity (Scotland) Act 2000. However, the many other topics are applicable to all and they are all free to access.

Motability Scheme

The Motability Scheme is available to all who receive the government funded high rate mobility component of Disability Living Allowance (DLA) or the enhanced rate of the mobility component of Personal Independence Payment (PIP). All or part of the allowance is transferred for the duration of the lease, which is usually every 3 years, 5 years with a wheelchair accessible vehicle (WAV). Parents can join the scheme on behalf of their children or a carer can be nominated. If you would like to join the scheme, you can choose a vehicle, test drive it and consider adaptations. Once you've found a dealer who participates in the Motability Scheme, they will let you join the scheme and order the vehicle. A means tested grant may be available to help some customers towards the best value motability solution for them. Go to www.motability.co.uk to find out more information. To find out more about DLA & PIP go to www.gov.uk.

Autism Toolbox

Now updated from when it was first published in 2009, the Autism Toolbox offers guidance to teachers working with pupils with autism. The website supports the inclusion of children & young people with autism in mainstream education services in Scotland.

It offers real life case studies and practical examples of support that can be implemented within individual school settings as well as signposting to documents and other useful websites.

The support a pupil with autism needs is likely to change as they get older and while there may be common features in the teaching approach, the guidance recognises that every child with autism is unique.

The resource was developed by the Scottish Government & Scottish Autism with support from Autism Network Scotland.

Go to www.autismtoolbox.co.uk.

Before Words

Even before they are born babies are learning all sorts of things. At around 16 weeks pregnancy they can hear, and a few weeks later they are beginning to recognise voices. The Before Words project helps everyone who talks to babies and young children learn the best ways of interacting with them. We now know a lot more about brain development and the importance of the first few years of life. We know that if we get this stage right then children are more likely to do well later on- at school, in work, in relationships, etc. This project supports parents and others in learning the best ways of interacting with babies to help build positive relationships and develop good communication. Highland Council funds and NHS Highland supports this initiative. The main focus is around pregnancy and the first year of life. All parents are given information in cartoon based handouts and the key messages from this are discussed. This is usually given by staff at the 12 week scan in pregnancy, and then by the early years family team members shortly after the baby is born. If needed further support can be given at these and later stages, and further handouts, some of which link to Play@home, are then available.

More information is available from – www.before-words.co.uk

Carers Bill

A new Carers Bill was published in March and will underpin carers' rights in law in Scotland. The bill will entitle every adult carer in Scotland to their own support plan, with young carers receiving a similar young carer statement. These measures will set out the needs of each carer, and the help and support they are entitled to. This means they will have a right to receive certain support from their local authority if their needs meet local eligibility criteria. The local authority will also consider whether the support should take the form of, or include, a short break.

Local eligibility criteria will be set with reference to a set of national core principles. This will ensure that consideration is given to important factors, such as making sure that carers get the right support at an early stage. Local councils will also publish local carer strategies that will focus on identifying carers' needs, assessing the needs which exist locally, and the availability of services.

Other measures included in the Bill include the establishment of local carer advice and information centres in every local authority area.

Jamie Hepburn, Minister for Sport, Health Improvement and Mental Health said: "Society owes those who provide a caring role a massive debt of gratitude. We will probably never be able to do enough to truly reflect the contribution they make, but I believe that the Carers Bill is an important step towards recognising the huge contribution that carers make to their family, friends, communities and the wider economy".

Go to news.scotland.gov.uk/News/New-rights-for-carers-170b.aspx.

Launch of new Down's Syndrome Highlands & Islands Group

A new group supporting parents & children with Down's Syndrome has been set up by parents, covering the Highlands & Islands and the official launch will be on Saturday, 20th June. The Fun Day starts at 12.30pm in the Hilton Community Centre, Oldtown Rd, Inverness, IV2 4HT and will go on until 3.30pm.

It will be a great family day out with lots of fun things for the kids to do including a bouncy castle, face painting, and a hairdresser to do little girls' hair as well as baking, crafts etc.

Raffle tickets are now on sale and selling fast due to fantastic prizes including :-

3 day Belladrum Ticket, an overnight stay in the Craigmonie hotel with breakfast, an overnight stay in the Clubhouse Nairn, round of golf for 4 at Nairn West, Wonder Years Photo Shoot, tea for 2 at Culloden House Hotel, Saffron Indian voucher, spray tan vouchers, boiler service, beauty vouchers, meal vouchers, 40 pound voucher for Sheila Gray Cakes, Eden Court Vouchers, Duncan Fraser Butcher, Ken Roberts Photography and many more! The raffle will be drawn on the day and tickets are available by calling 07796170066 or 07926057202.

The group hope to have monthly meetings in the Community Centre, open to all the family with soft play and access to a gym hall for the children.

For more information on Down's Syndrome, go to www.dsscotland.org.uk/.

Face2Face Project

Face2Face is currently recruiting young people for their opportunity starting at Stage 1 of the Skills Pipeline. The Face2Face Project is available to eligible young people from the age of 15 & a half years and up to the age of 24. Eligibility includes young people who have experience of the care or criminal justice system either directly or via a family member/parent/carers etc. Young people can still be in school and it could potentially be suitable for Christmas leavers. Support through a Project Worker will lead to increased confidence, learning about the world of work and employer expectations, routine setting, budgeting and money management skills. E-mail Lorna Ferguson - lornaf@springboarduk.org.uk Telephone – 01463 232100. Full details can be found on

hi-hope.org/directory/listing/face-2-face/.

Reach4Reality

Reach4Reality have again been successful in receiving funding from Shared Care Scotland to offer short activity breaks to young people aged 9-18 who do not get funding from social work or through self directed support to access this service. The young people will have social communication difficulties such as autism spectrum disorder or a similar condition. Before attending a camp for a day or weekend, the project co-ordinator will get to know the young person through short activity sessions. For an idea of the activities on offer, go to reach4reality.org.uk/. To get in touch with the project co-ordinator, e-mail sylvialongbottom@reach4reality.org.uk or call 07796905339.

Pandas

Pandas is a support group for those suffering from pre and post natal illnesses. The support can be through an online community, support groups, e-mail support and there is also a helpline.

The service is also for partners, families and carers that would like to learn more and get support for themselves. For more information go to www.pandasfoundation.org.uk, e-mail viktoriaBruce@outlook.com or call 07834669558.

Take a Break Scotland

Take a Break is Scotland's short break fund for disabled children, young people and their families. Take a Break grants can be used for a break away, towards leisure activities or outings; sports equipment and much more.

They are hoping to begin processing applications again in the middle of May 2015 so if you like their page on facebook and check their website, they will notify you as soon as you can apply.

If you have any questions about an application you have already sent in to them or you would like an application form sent out, email info@takeabreakscotland.org.uk or look online, www.takeabreakscotland.org.uk.

Augmentative & Alternative Communication (AAC)

The AAC website provides straightforward access to a range of practical resources commissioned by NHS Education for Scotland (NES) and created by CALL Scotland to help people who have speech or language difficulties. Online videos show real-life case studies and short, accessible learning modules are available to help understand the many ways to communicate. Understanding AAC will help ensure positive outcomes for people who use AAC. Go to www.aacscotland.org.uk.

News in Brief

The Teapot Trust have made a film showing that a blood test is nothing to worry about. Show your child the video on You Tube by searching "Blood test video for children & teenagers"

Nairn Crafty Carers is a new group meeting at the Wool Shop on the Brae on the first & third Wednesday of the month from 9.30-11.30am. £3 for tea & cake, open to all carers & take your own project with you. Contact Sarah on 07799890864 or Vicky on 07885521710. June 3rd and 17th are the next two dates.

Dyslexia Scotland have two new information sheets to add to their publications; entitled "So, What is Dyslexia?" for young people & "Explaining Dyslexia to Children".

Best Beginnings' "**Baby Buddy**" app is the new, free phone app for parents & parents-to-be. Available on Google Play & from the App Store, it supports you through new parenthood in a fun way.

Cantray Park Café at Cantraybridge, near Inverness has now opened every Wednesday to Sunday, from 10am to 4pm, serving freshly prepared food.

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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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