Inside this issue:

Kidzspace News 2
Activity Club News 2
Family party & AGM 2
Help with Travel Costs to Hospital 3
Drop-in Sessions 3
Working in Partnership 3
Moving on... Free Transition Information Events 3
Government expands vital in-work support to disabled young people 4
InterAct Strength2Strength Resilience Training Course 4
New Transition Resource for Health Professionals 4
Other News Locally 4
Forthcoming Events/Talks 5
Helping to Make a Difference 6
Diary Dates Booking Slip 7 & 8

Huge Congratulations to Edward Mathews and David Neilson

Karen’s son Edward, has received a Jack Petchey Award in recognition of his progress at horse riding. Edward who is 12, and has Autism, attends the Columbus School in Chelmsford. He rides once a week at Barrow Farm Stables, Highwood. Edward used to find riding an anxious experience, because of all the new sights, sounds, people and environment and he had to wear a hard hat, which was alien to him! He is now at ease with the different environment and of course, his pony, Fergus. Riding is now a pleasurable activity for him.

Julie’s son David has continued to work hard this year in athletics field events (javelin, shot and discus) and he was recently named winner of the Cerebral Palsy Grand Prix Male Field Category Prize for the second year running. He has competed at events around the country and has obtained personal bests at every event he has competed in. David will be presented with his latest award at the Cerebral Palsy National Championships on 22nd September.

VERY WELL DONE BOYS!!

We are thrilled to report that a magnificent £34,877 has been raised by Chelmsford Star Co-operative Society, during our Charity of the Year, beating last year’s total by pounds! During the year the Society held many fundraising events, including pre-Olympic games, a mammoth tandem bike ride across Essex, fashion shows, football tournaments, shopping events and specialist talks on subjects ranging from vintage nightwear to the Titanic. We cannot thank everyone enough, from employees, customers, supporters and suppliers, for all the wonderful support, encouragement, commitment, enthusiasm, ingenious fundraising ideas and help to raise our profile with excellent media coverage throughout. The funds will be used to provide intensive support to at least 250 families across Essex and will ensure that we can continue to run our highly successful Saturday activity club and family events. We will also use some of the money to recognise the tireless efforts of our fantastic Volunteers. THANK YOU.
Hi Kids

I hope everyone has enjoyed the activities so far this year. At Hanningfield Reservoir, we went pond dipping, bug hunting and built dens. Roller skating at Madison Heights was a big hit, despite a few falls! And let’s not forget our trip to Brentwood Ski Centre for fun on the nursery ski slopes and tubing. Kidzspace is all about having fun so if you have never been before, do come and join us and make new friends.  

Jo

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 28th September</td>
<td>6.00pm to 8.00pm</td>
<td>No charge</td>
<td>Activity Club at Hanningfield Reservoir</td>
</tr>
<tr>
<td>Monday 29th October</td>
<td>10.15am to 2.00pm</td>
<td>£8.50 (includes minibus)</td>
<td>'Chill Out Night' at Lancaster House, Chelmsford</td>
</tr>
<tr>
<td>Friday 16th November</td>
<td>6.00pm to 7.30pm</td>
<td>£5.00</td>
<td>Brentwood Ski Centre, tubing and meal at Izumi</td>
</tr>
<tr>
<td>Friday 14th December</td>
<td>6.00pm to 8.00pm</td>
<td>£5.00</td>
<td>Meal Out at Chiquitos, Chelmsford</td>
</tr>
</tbody>
</table>

You are advised to book early as we only have a limited number of places on most events. To confirm your booking, we require an updated consent form, completion of reply slip returned with payment (postal orders acceptable if no bank account held). Cancellations are non-refundable. If you do not have a consent form or details need updating, please contact the office on 01245 353575. We do not wish children to be excluded due to financial difficulty. Please contact us in confidence as there may be a means of providing help.

FAMILIES IN FOCUS (ESSEX)

Join us for FUN every Saturday
Evening 3.30 to 5.30pm (unless advertised)

Play activities for children with a disability or special needs and siblings, accompanied by their parents/carers

- Qualified trampoline coach available (every Saturday)
- Free play, games and equipment (every Saturday)
- Gymnastics circuit and coach (15th Sept, 29th Sept, 27th Oct, 24th Nov, 22nd Dec)
- Sports coach – football (8th Sept, 13th Oct, 10th Nov)
- NEW Table Cricket coach (22nd Sept)
- Set in nice airy, secure and friendly environment for the children and somewhere parents, friends, family and carers can come to relax, talk to other parents or rush about with the children
- Suggested donation £1 per child

*PLEASE NOTE: Family Party/AGM will be held on 20th Oct and Family Christmas Party on 8th Dec, both at the centre.

NEW: Join Ken Godridge from Springfield Cricket Club for Table Cricket at our Activity Club on 22nd September. If we get enough support this may become a regular feature! Ken is Team Manager at ‘Springfield Funsters’, the only cricket team for both disabled children and adults in Mid Essex. For more details contact Ken on 01245 257594

FAMILY PARTY & AGM
SATURDAY 20th OCTOBER 2012
3.30pm to 5.30pm
Chelmsford Sport & Athletics Centre,
Salerno Way, Chelmsford, CM1 2EH
Includes entertainer, gymnastics, free-play and light refreshments
Annual General Meeting at 4.00pm
our chance to report on our finances and plans and your chance to have your say and become involved.
All very welcome to attend although only members can vote at the AGM. To become a member contact us for an application form.

To help us with catering please let us know if you intend coming by completing the slip on page 8.

For further details please phone us on 01245 353575
email: karen.fif@btconnect.com or come and visit
Help with Travel Costs to Hospital

Some parents of children attending hospital for NHS treatment may qualify for help with necessary travel costs to and from hospital. Check with the hospital before travelling if you are not sure whether you are eligible.

Who can get help?
If you (or your partner) gets one of the following:
- Income Support
- Income-based Jobseeker’s Allowance
- Income-related Employment and Support Allowance
- Pension Credit Guarantee Credit
- If you are entitled to, or named on, a valid NHS tax credit exemption certificate
- If you are on a low income you may qualify. You will need to complete an HC1 form (from the hospital/DWP) or phone 0845 610 1112) in order to get an exemption certificate (HC2 or HC3).

What form of transport?
- The cheapest available, public transport where possible, but petrol costs equivalent to public transport may be claimed.
- If public transport unavailable, full petrol costs will be paid.
- Taxis if no alternative/unable to use public transport.

How do I claim?
- Keep all receipts and claim at time of visit with proof of eligibility.
- If unable to pay in advance, check with hospital.

Further information
see http://www.co.uk/health/Help-with-Travel-Costs-to-Hospital.htm

Please note we will also be holding a drop-in session on Tuesday 30th October 10am to 11.30am at Galleywood Heritage Centre in partnership with the Children’s Centre. All welcome

Moving on… Free Transition Information Events for parents of young people with a statement of special educational needs, providing families with the information and tools to make a positive transition into adult life.

Organised by Essex County Council’s Transition Pathway Service, Parent Partnership, Essex Carers Network, Families Acting for Change Essex and Families InFocus (Essex)

There will be four events, to run from 9.30am to 2.15pm.
- Thursday 6 November Western Homes Community Stadium, United Way, Colchester CO4 5UP
- Monday 12 November Hilton London Stansted Airport Round Coppice Road, Stansted CM24 1SF
- Tuesday 20 November Wat Tyler Centre, Pitsea Hall Lane, Pitsea, Basildon SS16 4UH
- Saturday 24 November Anglia Ruskin University, Bishop Hall Lane, Chelmsford CM1 1SQ

Four discussion topics offer important information:
- ‘Introducing transition’ (starting in Year 9)
- ‘Know your legal rights’
- ‘Support for parents and carers’ and
- ‘How to get the best for your child post 18 years’.

Places are limited, so book early (by 19th October) sending an email to transition.pathwayservice@essex.gov.uk or call 01245 392 385.
Government expands vital in-work support to disabled young people

Young disabled jobseekers on work experience will be able to access extra support to help them into mainstream placements for the first time. They will be given access to the government’s Access to Work scheme, which provides more than £100m to help disabled people into mainstream work by providing specially adapted equipment, support workers and interpreters. Until now, the scheme has only been available to those in paid work, but the government has announced that it will now be extended to those doing work experience placements as well. This will mean more young disabled people can take full advantage of the work experience places being offered by the government each year to help them get the skills they need to find work.

For more information visit www.direct.gov.uk/accessstowork

New Transition Resource for Health Professionals

A new resource about transition to be used by health professionals working with disabled children and their families, is now available. *Moving on Well: a good practice guide for health professionals and their partners* has been piloted with young people who have complex health needs or disabilities and is funded by the Department of Health and the National Transition Support Programme. The Resource pack is available to anyone interested in improving transition and raising the aspirations and achievements of these young people and can be downloaded from www.transitioninfonetwork.org.uk

For further information email: Felicity.McElderry@hhft.nhs.uk

InterAct

**Strength2Strength**

A FREE five week Resilience Training course for Parents/carers of children (0-19) with additional needs

Introducing the idea of building resilience, and what we know, can help children and young people bounce back when life is particularly tough. Resilience is the ability to withstand and recover from stressful life challenges, strengthened and more resourceful. The course focuses on what it means to be a parent of a child with additional needs and the particular challenges that they may face. The course aims to build parents’ resilience so they are well placed to enjoy their journey bringing up their children:

- Share and explore their travels so far
- Take note of and celebrate the skills they have acquired along the way
- Map their needs in preparation for the next adventure
- Practise and rehearse possible strategies for building their skills and strengthening their resolve to journey on

When and Where:

<table>
<thead>
<tr>
<th>Dates</th>
<th>15th, 22nd, 29th, September 6th, 13th October 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Venue</td>
<td>Christ Church, 56 Coibert Avenue, Southend, SS1 3BP</td>
</tr>
<tr>
<td>Time</td>
<td>Arrivals from 9:45am, prompt start 10am to 1pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dates</th>
<th>9th, 16th, 23rd, 30th November &amp; 7th December 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Venue</td>
<td>The Salvation Army Employment Training Centre and Farm Hadleigh, Benfleet, Essex SS7 2AS</td>
</tr>
<tr>
<td>Time</td>
<td>Arrivals from 9:45am, prompt start 10am to 1pm</td>
</tr>
</tbody>
</table>

For more information and to book please contact Lesley Bailey/Michelle Lamb: 01245 608307 / 608204, lesley.bailey@interact.org.uk; michelle.lamb@interact.org.uk; 07908615439/07583737322

Further courses coming soon in South Essex: Basildon, Brentwood, Castle Point, Rochford, Southend & Thurrock.

Autism Friendly Film Screenings

Dimensions, in partnership with Odeon Cinemas has organised monthly Disney animated film showings, suitable for people with autism. In cinemas around the country, including Colchester, Southend on Sea and South Woodford. The lights and volume will be down low, there will be no trailer and you will be able to move around if you like. More details at www.dimensions-uk.org/autismfilms/

The Challenging Behaviour Foundation’s new website includes more information and resources for families and professionals, including an interactive map, video clips and an online ordering service. Visit www.challengingbehaviour.org.uk

Thank you to those parents who have already opted to receive their newsletter by email helping to save us money. If you would also like to receive future issues by email please contact Karen Mathews on 01245 353575 or send an email to karen.fif@btconnect.com

Congratulations to PACT for Autism (formerly known as PACT Harlow) for gaining Charitable Status - Charity No 1148170. To celebrate they are holding an Inaugural Charity Ball on Saturday 22nd September 2012 in Sawbridgeworth. For full details visit www.pactforautism.org.uk
### Back by popular demand, we are delighted to ‘Present’ the following Talks:-

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>‘Living With Autism’</td>
<td>A talk by Ros Blackburn at Maldon Town Football Club, Park Drive, Maldon CM9 5JQ on Tuesday 23rd October 2012 10.00am to 12.00 noon</td>
</tr>
<tr>
<td></td>
<td>Ros Blackburn was diagnosed severely autistic at just over a year old. Now in her 40s, Ros tends to feel that while many areas of her autistic condition have remained very severe, others, such as her severe language delay, have disappeared almost completely. Ros gives an invaluable insight into her world of autism. She uses humour and gives graphic examples of her experiences and all aspects of living and working with autism. Please note that this talk may be difficult for some parents</td>
</tr>
<tr>
<td>‘Being Dean: an outline of my day-to-day life with Aspergers’</td>
<td>A talk by Dean Beadle at Acorn Hall (Rear of Ormiston Children’s Centre) Oak Tree Centre, 252 Harwich Road Colchester, CO4 3DH on Monday 19th November 2012 10.00am to 12.00 noon</td>
</tr>
<tr>
<td></td>
<td>Dean Beadle is in his early twenties and speaks about his experiences with Aspergers Syndrome; discussing how he developed from a child considered a “monster” to an A-Grade student. Dean encourages his audiences to see the condition in a much more positive light, through his humorous and poignant anecdotes.</td>
</tr>
</tbody>
</table>

**FREE for parents/carers**

Contact Karen at Families InFocus (Essex) for more information or to reserve your place (phone: 01245 353575 or e-mail karen.fif@btconnect.com) or complete reply slip on Page 8.
Helping to make a difference

Thank you to all our supporters
A SPECIAL THANK YOU TO:

Chelmsford Star Co-operative
and everyone who has taken part in the many fundraising activities and events during the year.

Chelmsford Lioness Club
for donating £720 raised from several fundraising events throughout the year.

Caprice The Essex Wind Orchestra
for donating £500 raised from proceeds of their hugely enjoyable Children’s Charity concert.

Joanne Kelly, John Turkentine and Galleywood Parish Council
for choosing us as one of three local charities, to benefit from a share of nearly £900 surplus, raised from the highly successful ‘Galleywood Celebrates 2012’ a community led village event to celebrate the Queen’s Diamond Jubilee and London Olympics.

David Tremain & Year 13 students from KEGS
who donated over £200 raised from two inspired charity performances of ‘Rosencrantz & Guildenstern are Dead’

James Baker
for running in the Clacton Summer 5K event and raising £193 (to date) via www.justgiving.com/

THANK YOU ALL

SUPPORTING FUNDRAISING EVENTS

Sunday 16th September
Blackwater Charity Triathlon in aid of Families InFocus (Essex) and Action for Family Carers.
See www.blackwatertri.org.uk
Please pledge your generous support for Leslie Parden, who along with his son, Thomas, has entered the race, which consists of 400m swim, 23km bike ride & a 6km run, having never taken part in a triathlon.
Leslie has set up his own page via our justgiving page.
To make a donation, his direct link is
http://www.justgiving.com/Les-Parden/?utm_source=Sharethis
Alternatively log on to www.justgiving.com and in the sponsor a friend box type Les Parden then select ‘Leslie’s page’ from the list.

Our Olympic & Paralympic Games Makers!
Sarah Dignasse, our Chairperson and Olympic Games Maker in the Press Operations, as a Photo Team Member in the Basketball Arena with Basketball preliminaries and Handball finals. Sarah will also be a Games Maker in the Paralympics.

Rachel Ellis, our Director, and Paralympic Games Maker in the National Paralympic Committee, Services and Relations Team, as one of three Assistants to the Chef de Mission of Zimbabwe and its delegation. Rachel’s role also involves driving an official logo BMW.

Congratulations to you both and well done.

If you are taking part in any fundraising events, please do consider supporting Families InFocus (Essex).
It is easy to make your own free online fundraising page via www.justgiving.com/FamiliesInFocusEssex
Family and friends can donate securely via justgiving.com, facebook or text message.
If you would be interested in helping with fundraising events and activities, either on a one-off basis or regularly, or would like to join our friendly fundraising committee or discuss other ways you might be able to help us, we would love to hear from you.

New Sponsor of Newsletter Required
We are looking for a new sponsor of our termly newsletters. If you can help or know of anyone who we can approach please contact Rachel on 01245 353575. Thank you

The views expressed in this newsletter are not necessarily those of Families InFocus (Essex). Families InFocus (Essex) is a registered charity no. 1062311 and a limited company registered in England and Wales no. 3287829.
<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITIES</th>
<th>VENUE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 28th September</td>
<td>‘Chill Out Night’</td>
<td>Lancaster House, Chelmsford</td>
<td>6pm - 8pm</td>
</tr>
<tr>
<td>Monday 29th October</td>
<td>Tubing &amp; Izumi</td>
<td>Brentwood Ski Centre</td>
<td>10.15am to 2.00pm</td>
</tr>
<tr>
<td>Friday 16th November</td>
<td>Meal Out at Chiquitos</td>
<td>Chelmsford</td>
<td>6pm - 7.30pm</td>
</tr>
<tr>
<td>Friday 14th December</td>
<td>Bowling &amp; Meal</td>
<td>Chelmsford</td>
<td>6pm - 8pm</td>
</tr>
</tbody>
</table>

KIDZSPACE EVENTS (See Page 2)

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITIES</th>
<th>VENUE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 28th September</td>
<td>‘Chill Out Night’</td>
<td>Lancaster House, Chelmsford</td>
<td>6pm - 8pm</td>
</tr>
<tr>
<td>Monday 29th October</td>
<td>Tubing &amp; Izumi</td>
<td>Brentwood Ski Centre</td>
<td>10.15am to 2.00pm</td>
</tr>
<tr>
<td>Friday 16th November</td>
<td>Meal Out at Chiquitos</td>
<td>Chelmsford</td>
<td>6pm - 7.30pm</td>
</tr>
<tr>
<td>Friday 14th December</td>
<td>Bowling &amp; Meal</td>
<td>Chelmsford</td>
<td>6pm - 8pm</td>
</tr>
</tbody>
</table>

OTHER EVENTS (See Page 3)

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITIES</th>
<th>VENUE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Wednesday in term time Therapist available 1st Wednesday</td>
<td>Drop-in sessions. Coffee, tea and a chat</td>
<td>Lancaster House, Chelmsford</td>
<td>10am to 12 noon</td>
</tr>
<tr>
<td>During School Holidays on Tuesday 30th October 2012</td>
<td>Drop-in session. Activities for children. Siblings welcome</td>
<td>Galleywood Heritage Centre</td>
<td>10am to 11.30am</td>
</tr>
<tr>
<td>Every first Thursday of the month Therapist available</td>
<td>Drop-in sessions. Coffee, tea and a chat</td>
<td>Baptist Church, Coggeshall Road, Braintree</td>
<td>10am to 12 noon</td>
</tr>
<tr>
<td>Tuesday 11th September and then first Tuesday of the month Refreshments available</td>
<td>As above</td>
<td>Millhouse Junior School, Tavistock Road, Laindon</td>
<td>10am to 12 noon</td>
</tr>
</tbody>
</table>

PLEASE INDICATE WHICH EVENTS YOU ARE INTERESTED IN: (PLEASE SEE OVERLEAF FOR OTHER EVENTS)

KIDZSPACE (SIBLINGS) EVENTS

☐ I will be coming to Chill Out Night on Friday 28th September
☐ I will be coming to Brentwood Ski Centre on Monday 29th October and I enclose £8.50 per child
☐ I will be coming to Meal Out at Chiquitos on Friday 16th November and I enclose £5 per child
☐ I will be coming to Bowling on Friday 14th December and I enclose £5 per child

TOTAL PAYMENT FOR KIDZSPACE EVENTS £…………..(include in total overleaf)

Name (s) of child(ren)……………………………………….. Age(s)……………………..
..........................................................................................
..........................................................................................

☐ Please send consent form to …………………………………………………………………………..

Tel No…………………………………………….
## DIARY DATES - September 2012 to January 2013

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITIES</th>
<th>VENUE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAMILY EVENTS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Every Saturday (unless advertised)</td>
<td>Saturday Activity Club</td>
<td>Chelmsford Sport &amp; Athletics Centre, Chelmsford</td>
<td>3.30pm to 5.30 pm</td>
</tr>
<tr>
<td>Saturday 20th October (see page 2)</td>
<td>Family Party &amp; AGM</td>
<td>Chelmsford Sport &amp; Athletics Centre, Chelmsford</td>
<td>3.30pm to 5.30 pm</td>
</tr>
<tr>
<td>Saturday 8th December (see page 5)</td>
<td>Christmas Party</td>
<td>Chelmsford Sport &amp; Athletics Centre, Chelmsford</td>
<td>3.30 to 6pm</td>
</tr>
<tr>
<td>Tuesday 1st January (see page 5)</td>
<td>Panto - Dick Whittington</td>
<td>Civic Theatre, Chelmsford</td>
<td>2pm start</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PARENTS/CARERS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 23rd October (see page 5)</td>
<td>Talk ‘Living with Autism’ with Ros Blackburn</td>
<td>Maldon Town Football Club, Park Drive, Maldon CM9 5JQ</td>
<td>10.00am to 12 noon</td>
</tr>
<tr>
<td>Monday 19th November (see page 5)</td>
<td>Talk ‘Being Dean: an outline of my day-to-day life with Aspergers’</td>
<td>Acorn Hall (Rear of Ormiston Children’s Centre) Oak Tree Centre, 252 Harwich Road, Colchester CO4 3DH</td>
<td>10.00am to 12 noon</td>
</tr>
<tr>
<td>Monday 26th November (see page 5)</td>
<td>Talk ‘Living with Autism’ with Ros Blackburn</td>
<td>Coppins Hall Community Centre, Maldon Way, Clacton-on-Sea CO16 7PA</td>
<td>10.00am to 12 noon</td>
</tr>
</tbody>
</table>

---

PLEASE INDICATE WHICH EVENTS YOU ARE INTERESTED IN: (PLEASE SEE OVERLEAF FOR OTHER EVENTS)

Name (s)………………………… Address……………………………………………… Tel No…………………………

FAMILY EVENTS

- Family Party & AGM on Saturday 20th October. No of Adults....... No of Children........
- Christmas Party on Saturday 8th December. No of Adults....... No of Children........
- Panto on Tuesday 1st January. I would like .......... tickets at £8.00 each. £.............. enclosed

TALKS

- ‘Living with Autism’ on Tuesday 23rd October. I wish to secure .......... place(s)
- ‘Being Dean: an outline of my life with Aspergers’ on Monday 19th November. I wish to secure .......... place(s)
- ‘Living with Autism’ on Monday 26th November. I wish to secure .......... place(s)

TOTAL PAYMENT ENCLOSED (KIDZSPACE/FAMILY/PARENT EVENTS/OTHER) £.................