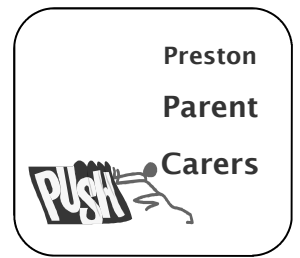


# Parent Carers Newsletter



Dear Parent Carer

Welcome to our newsletter with information which I hope will help you in your caring role. If you have any questions on any of the articles or would just like to chat to me about your caring situation please do not hesitate to contact me.

I would also like to thank you all for helping me to settle into my Parent Carer support role. It's proving to be a very fast rollercoaster, but fun at the same time!!

I wish you fun over the festive season and a happy, healthy and prosperous 2010.

Geraldine

## Aiming High - [www.lancashire.gov.uk/aiminghigh](http://www.lancashire.gov.uk/aiminghigh)

I recommend you take a look at Lancashire's Aiming High website and keep up to date with the latest developments there. For those with no internet access, here is some information regarding respite schemes in Preston commissioned through Aiming High - many are open to most children, and they are trying to rotate the register so that each child and parent gets the opportunity of some quality time.

**Scope Christmas scheme** held at Preston Scope will provide festive fun sessions using sports, dance or sensory sessions on each day. The children will also have opportunity to get involved in an Arts and Crafts Project linking in with other local community groups. Possibility of a local trip out/pantomime. Begins Monday 21st December 3pm - 7pm.

Contact Kerry or Ann on 01772 828000.

**Barnardos 'Saturday' and 'Stay to Play' Schemes** at 453 Leyland Road, Lostock Hall, Preston 'Saturday Scheme' for 5-8 year old children who meet category 'A' definition for Aiming High.

'Stay to Play' scheme for 5-10 year old who meet category 'A' or 'B' definition for Aiming High.

Experienced trained staff and volunteers will provide quality care and play activities including arts and crafts, music workshops, sensory sessions, computer and play stations and some trips out to places such as parks, soft play areas, cinema, bowling etc.

Children must live in Preston, Chorley or South Ribble and be registered with the service. For further information contact 01772 629470.

**Mosaic outdoor activities** - 5 hours session for all children with disabilities between the ages of 6-16 years to access a programme of accessible outdoor activities. The programme is delivered by qualified coaches, fully experienced instructors and dedicated staff. All equipment provided and all abilities welcome. To be held 10am-3pm on 13/12/2009, 17/1/2010, 14/2/2010 and 14/3/2010 at Preston Outdoor Provision, Preston Sports Arena, Tom Benson Way, Ashton. To book a place phone 01772 325350 or email [oli@mosaiccommunitycare.co.uk](mailto:oli@mosaiccommunitycare.co.uk)

**More Music** - 2 hour workshops in Music, Dance and Drama. Each session will stand alone as a piece of work so young people can attend as many or as few sessions as they like, right across the county. There will be a variety of musicians leading sessions to ensure diversity of musical styles including percussion, vocal work and singing. Support workers can be provided for the young people if necessary. Prior booking essential as only 10 spaces per session, contact 01524 831997 or visit [www.moremusic.org.uk](http://www.moremusic.org.uk) (look in make music/aiminghigh)

## AUKids

A positive parenting magazine aimed at families of children on the autistic spectrum and run by a speech and language therapist specialising in autism and a parent of 5 year old twins with autistic spectrum conditions. [www.aukids.co.uk](http://www.aukids.co.uk)

## 'Carers Centre'

A three year pilot project where Carers can receive advice on Carers benefits - the service is run from a Welfare Rights Office in conjunction with the Princess Royal Trust for Carers.

T: 0800 1613839

Monday to Friday 10am - 4pm

If you get the answerphone message leave a message and they will get back to you.

[www.carerscentre.com](http://www.carerscentre.com)

If you would like further information about any issues covered, have any comments to make about this newsletter or have ideas about what we could include in future issues, please....

## CONTACT US



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28 Church Street  
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Telephone Geraldine on:  
**01772 200173**

Email:  
[info@prestoncarers.org.uk](mailto:info@prestoncarers.org.uk)

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[www.prestoncarers.org.uk](http://www.prestoncarers.org.uk)

Company no 5518662 Charity no 1112213

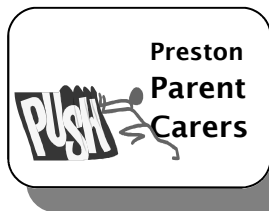
## Are you online? Why not visit....

**Facebook** - type in **Parent Participation North West** then click on TDC (Together for Disabled Children). When requested to join, message Carolyn to say you are a Parent Carer from Preston Carers Centre and that Geraldine has told you about the site - this will help her to 'police' the site.

**www.prestoncarers.org.uk** our website includes a Parent Carers page and also **A-Z Directory of Services** with details for a whole host of useful contacts - the section entitled 'children' is especially worth a visit.

**www.parentfocus.co.uk** This is a practical tool to support parental engagement and to enable professionals and parents to exchange information and ideas. As it can sometimes be difficult for parents and professionals to get together one of the resources this site offers is an **online meeting space** which can be booked for private meeting sessions or focus groups. It is free to use if you are a parent led group and also has a forum for parents and professionals to exchange ideas and have online discussions.

If you are a Parent Carer and would like to visit the above links but don't have access to a computer at home you are welcome to use a PC at the Carers Centre. You will need to call in advance 01772 200173 to arrange this.



**Next PUSH meeting:**  
**6th January 2010**  
**10am to 12 noon at**  
**Preston Carers Centre**  
**Coffee, cake and chill out**

for Parent Carers (of children at school or under school age) as you recover from the festive period

Many thanks for all of you who have taken the time to attend the PUSH meetings. With effect from January 2010 the PUSH (Parents Unite for Support and Help) meetings will be held on the **FIRST WEDNESDAY** of the month. And will provide parents with topical speakers, some time to chat, relax and have a little fun.

Also, **Parent Participation** will be high on the agenda next year so if you are a Parent Carer and want to meet with other parents, to share support tips and advice, or in the role of our elected Parent Reps for the Lancashire Carers Forum, take your views to County level, then either come along, or get in touch with me, and I'll happily feed them on.

Lancashire really value the role of parents and your essential and important knowledge you have so if you have a view or question, put it forward.

At our February PUSH meeting on 3 February 2010 we are hoping to have a speaker from Mosaic Community Care and an opportunity to have a go at a relaxation therapy.

## Peace of Mind 4 Carers emergency plans

Phone Preston Carers for details of how you can benefit from this service

Phone: **01772 200173**