



## Welcome to the East Midlands E Bulletin September 2018 Contents

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## Planning for the Future

Free workshops to help  
you safeguard the  
interests of your child



A parent with a disabled  
or special needs child is

often concerned with how they can plan to safeguard their future. Contact has organised two **FREE** workshops in the East Midlands which will help parents to have the information they need to plan ahead.

The first workshop **Making Decisions for Your Adult Child** is aimed at parents whose children will need support in adulthood, whether that is support with managing their finances or making decisions about where to live. If your child is likely to need help managing their affairs as an adult, you need to understand the law because your rights as a parent alters when your child turns 18. Emma Reid from Irwin Mitchell solicitors will lead a workshop covering all you need to know about The Mental Capacity Act 2005; The Court of Protection and Deputyships and Welfare Decisions.

The workshop is being held at Long Eaton Community Hub, Derbyshire, on Tuesday October 9, and will run from 10.30am-12.30pm.

The second workshop will look at using **Wills and Trusts** to plan for the future and safeguard the interests of your child. It is sensible for all parents to have a will, but even more so when you have a vulnerable child or young person. Jessica Tinsley from Simpon Solicitors (Right Legal Group) will lead an informative and interactive session on using wills and trusts to ensure you protect the interests of your child. You will have an opportunity to ask questions about your own particular situation.

This workshop will be held on Tuesday, October 16, at the Right Legal Group offices at Wyvern Business Park in Derby.

If you would like to book a place on either or both of these workshops, please email: [westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk) or call us on 0121 274 0437.



## Council school transport policies must not fail disabled young adults



***"Where a college is named in a young adult's EHC Plan, a council must consider how the young person will travel to college and whether it needs to provide free transport to ensure they can attend."*** Local Government and Social Care Ombudsman, Michael King

The Local Government and Social Care Ombudsman called on councils across England to ensure their transport policies properly support disabled young adults.

The warning comes following [an investigation about London Borough of Lewisham](#), in which the council insisted a mother take her adult son to college using his Motability car, rather than consider providing him with transport.

The mother complained to the Ombudsman that she was not able to return to work, even though she told the council she was unwilling to drive her son to the college identified in his [Education Health and Care \(EHC\) plan](#), when he turned 19.

The Ombudsman's investigation found the council at fault for not following law and statutory guidance, which requires councils to provide free transport, where necessary, to enable young adults up to 25 attend their named college, and prevents councils making unreasonable demands of family carers.

If you have been refused school transport or want to find out about your rights to school transport, transition or social care please [call our helpline for advice](#) on 0808 808 3555 .



## Free workshops for parents

### School and College Transport, know your rights

Contact Midlands is running two workshops for parents of special needs children and young people regarding school transport issues and their rights.

The workshop will be run in Nottingham on Wednesday, September 26, from 10.15 am until 12.30pm and in Northampton on Thursday evening, September 27, from 6.30pm-8.45pm.

The sessions will be facilitated by a solicitor with expertise in SEND education issues and public law. To book a space on the workshop please email [westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk)

Contact's own [school transport inquiry](#) found that nearly half of parents said school travel arrangements meant that they couldn't work or have had to decrease working hours.

Lesley Black, Contact's education helpline adviser said: "Too often, local school transport policies don't follow the law or include unlawful statements.

Any parent concerned about school transport arrangements or any other aspect of transition can call our helpline on 0808 808 3555 for advice.

The helpline is open weekdays from 9.30am-5pm and is free to call from all mobile networks as well as landlines.

We've produced new information for parents with disabled children about [school transport and your rights and entitlements](#).

For local parent carer groups and forums we have new advice on [how to challenge local school transport consultations](#).

See our [education and social care webpages](#)



## Exclusions of special needs children can be discriminatory

A judge has ruled that it is discriminatory for schools to exclude [children with special educational needs](#) for aggressive behaviour linked to their condition.

In upholding an appeal involving a 13-year old boy excluded for behaviour linked to his autism, Judge Alison Rowley said that such exclusions are unlawful and incompatible with human rights laws. Rowley said that it is "repugnant" to consider behaviour "criminal or anti-social" when it is "not a choice" and a result of a child's condition.

The ruling could affect children with conditions such as autism or attention deficit hyperactivity disorder (ADHD). Schools must instead make sure they have made appropriate adjustments for the child before they consider excluding.

Statistics show that over half of all pupils that are excluded each year have a special educational need. Amanda Batten, Chief Executive of Contact, said: "This is a landmark ruling. Calls to our helpline suggest that there is currently widespread discrimination with respect to exclusions and schools' behaviour policies. We hope the government acts swiftly on this judgement to ensure schools are required to make reasonable adjustments for disabled children's individual needs and no longer use exclusion as an easy fix solution.

"Our research shows that exclusions have a devastating impact on a child's education and future prospects as well as their mental health. And parents are also greatly affected with stress and worry, and in many cases they have to stop or reduce work."

Our research, [Falling through the net \[PDF\]](#), found that children with a disability, special educational or additional needs are routinely illegally [excluded from school](#). Shockingly nearly a quarter (22 percent) of those who responded to our survey said their child was illegally excluded every week. [Our advice about exclusions](#) Find out about [support in education](#)



## Blue Badge for hidden disabilities

The [Blue Badge scheme](#) in England will be expanded to include people with hidden disabilities, such as autism or mental illnesses.



This is the biggest change to the Blue Badge scheme since the 1970s. It comes after an eight-week consultation, which received over 6,000 responses.

As a result of the consultation, automatic entitlement to the Blue Badge will be extended to those in England who score 10 points under the [Personal Independence Payment \(PIP\)](#) mobility test of being "unable to undertake any journey because it would cause overwhelming psychological distress to the claimant".

Those who get PIP mobility for other reasons will not qualify for a Blue Badge automatically, but they may still be able to qualify for a Blue Badge on alternative grounds if they fall into one of three groups.

These are: They have an enduring and substantial disability, the effect of which is that that person is unable to walk or undertake a journey without it causing very considerable difficulty when walking

- They have an enduring and substantial disability, the effect of which is that that person is unable to undertake a journey without there being a reasonably foreseeable risk of serious harm to the health and safety of that person or any other person
- They have an enduring and substantial disability, the effect of which is that that person is unable to undertake a journey without it causing very considerable psychological distress to that person

People in England who fall into one of these three groups will qualify for a Blue Badge (regardless of whether they get PIP or not). However to qualify they will need to be assessed as falling into one of these groups by their local authority. The government will develop guidance to be used by local authorities in assessing eligibility later this year, and the new rules are not expected to come into force until some point in 2019.



## Do you have difficulty getting support services?

### Find your way through the maze with this FREE workshop

Do you have trouble accessing statutory support services for your disabled or special needs child? Research shows this is often the case.

UK law provides powerful rights to such support services, but the law can be complicated and difficult to understand. Even when you know what your rights are, it can be daunting, exhausting and sometimes intimidating to challenge public officials. Many families are fearful that complaining may make things worse.



Sometimes parents or those in public bodies misunderstand the law which has given rise to a number of myths, for example: 'you have to have a diagnosis to get support'; 'You can't get school transport if you live within three miles of the school'; 'CAMHS don't support children with Autism or ADHD'; 'children with disabilities get 2 hours respite a week'; you can't get a Disabled Facilities Grant (DFG) if you live in rented property.

Cerebra has produced a handy guide for parents which busts these myths and helps parents to understand the strategies they can use to cut through the maze and get the support they need for their children.

The guide looks at

- Commonly occurring problems facing families accessing services
- Recognising different types of dispute
- Problem solving approaches

You can download the [guide](#) here



## The London Marathon 2019

Recruitment for the London Marathon 2019 has now started and Contact has already filled 5 of its places! Our runners did a fantastic job at the 2018 event and raised over £31K for our work. If you would like to run in the marathon and can raise funds for Contact, please get in touch about a place. Everyone taking part receives fundraising, training tips and advice from the word go.

Don't forget we have lots of challenge events throughout the year and something to suit you whether you prefer running, cycling or walking.

And how about the Winter Wonderwheels event, for all your family superheroes, big and small?

## Winter Wonderwheels

**Date:** 02 December 2018

**Location:** Dorney Lake, Windsor

**Registration Fee:** £20

It's big. It's bold. It's gutsy. It's the UK's one and only disability sport series for the Everyday Superhero and their friends and family!

The fun challenges throw out cut-off times and equipment restrictions to make sure everybody has the best time possible. The emphasis is very much on fun, so masks, capes and pants over tights are positively encouraged!

### THE CHALLENGE

The UK's first festive disability sports event will see Everyday Superheroes cycle, walk, run, push, be pushed, or anything in between around Dorney's spectacular lake. See below for your choice of three distances. You can fly solo, or enter a team with family and friends.

- Lakeside Dash (1k)
- Once Round the Lake (5k)
- Twice Round the Lake (10k)
- Find an event to suit you [here](#)



## **Organise a free workshop for your parents' group**

Simpson Solicitors are offering to run free workshops for parent groups.

Simpsons are specialists in Wills and Probate Law. They understand that the information surrounding Wills, Trusts and how a vulnerable person can inherit can be incredibly difficult to understand.

They are happy to offer a free presentation to any parents' group to explain this complex area in the law. They don't charge for their time or travel fees.

Their offices are based in Derby but they are happy to travel within a 40 mile radius of the office which will include Nottingham, Leicester, Loughborough, Stoke on Trent, Stone, Stafford, Tamworth, Walsall & Nuneaton.

The presentation is an open forum where parents can ask as many questions as they wish and receive tailored guidance surrounding their specific circumstances. Topics discussed are: Trusts for a disabled person, Lasting Powers of Attorney, Court of Protection and Care Fees.

If this is something you would like to arrange for a group you attend please call Jessica Tinsley on 01332 424511."



## SOS, try Skiggle

Skiggle is a self-funded, non-profit on-line community that was launched two years ago by a mother whose young son has Cerebral Palsy. The aim is to encourage parents, carers of disabled children and individuals to support one another when professional services cannot, so that no one is left without something essential.

Many people who come into contact with disabilities have a significant store of items (such as feeding accessories, specialised food, breathing apparatus and continence products). AND they have also been in a situation where something essential is missing. Skiggle has created a network of individuals willing to help others by providing missing items, free of charge, from their own (surplus) stock, in times of need.

You need to register on their website to use the marketplace feature. Users can donate or buy/sell items relating to disabilities. The feature also includes a bereavement angel; an icon that users can select if they are using the site due to personal loss.

There is also an online [SOS solution system for care-based essentials](#) where members can request immediate assistance in unforeseen circumstances.

<https://skiggle.co.uk/about>

## New Life, emergency equipment loan service

New Life Foundation for Disabled Children runs the UK's only emergency equipment loan services **free of charge** to children who are in very urgent need, often delivering within 72 hours. If your child is at significant risk of injury, has a shortened life expectancy or complex, unstable conditions you are eligible for support. In some cases New Life can also offer a loan to aid discharge from hospital.

New life has beds/cots, mobility equipment, seating, hoists and mobility equipment. Call 0800 902 0095 for more information.



## Contact's Autumn programme of free workshops for parents

### School and College Transport issue

Wednesday September 26, 10.15am-12.30pm

Shoosmiths, Waterfront House, 35 Station Street, Nottingham, NG2 3DQ

### School and College Transport issue

Thursday evening, September 27, 6.30pm-8.45pm

Shoosmiths, The Lakes, Northampton, NN4 7SH

This is a free workshop for parents which will look at school transport issues. The workshop will be facilitated by a solicitor who specialises in education and special needs issues.

To book a place on this workshop, please email

[westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk) or call 0121 274 0437

### Making Decisions for Your Adult Child: The Law

Tuesday, October 9, 10.30am-12.30pm

Long Eaton Hub, 1 Union Street, Long Eaton, Nottingham, NG10 1HH

This is a free workshop for parents of disabled and special needs children who will need to make decisions on behalf of their child when they become an adult. The session will help parents to understand the law in relation to making decision on behalf of an adult child and let them know what they need to consider as their child reaches adulthood. Emma Reid from Irwin Mitchell solicitors will explore what it means for parents. She will discuss:

The Mental Capacity Act  
The Court of Protection and Deputyships  
Welfare decisions and Deprivation of Liberty

To book a place on this workshop, please email [westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk) or call 0121 274 0437



## **Planning for the future Wills and Trusts**

**Tuesday, October 16, 10.30am-12.30pm**

**Right Legal Group, Simpson Solicitors, 16 Stanier Way, Wyvern  
Business Park, Derby, DE21 6BF**

A free workshop for parents of disabled or special needs children which explores the use of wills and trusts to plan for their future. Jessica Tinsley will lead an informative and interactive sessions.

To book a place on this workshop, please email [westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk) or call 0121 274 0437

## **Personal Budgets and direct payments in education and social care**

**Monday evening, November 19, 6.30pm-8.45pm**

**Shoosmiths, The Lakes, Northampton, NN4 7SH**

## **Personal Budgets and direct payments in education and social care**

**Wednesday November 21, 10.15am-12.30pm**

**Shoosmiths, Waterfront House, 35 Station Street, Nottingham, NG2  
3DQ**

This is an interactive workshop for parents discussing personal budgets and direct payments and how they can be used. It will also look at what parents can do in cases where their request is refused.

The workshop will be facilitated by a solicitor who specialises education and special needs issues.

To book a place on this workshop, please email [westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk) or call 0121 274 0437



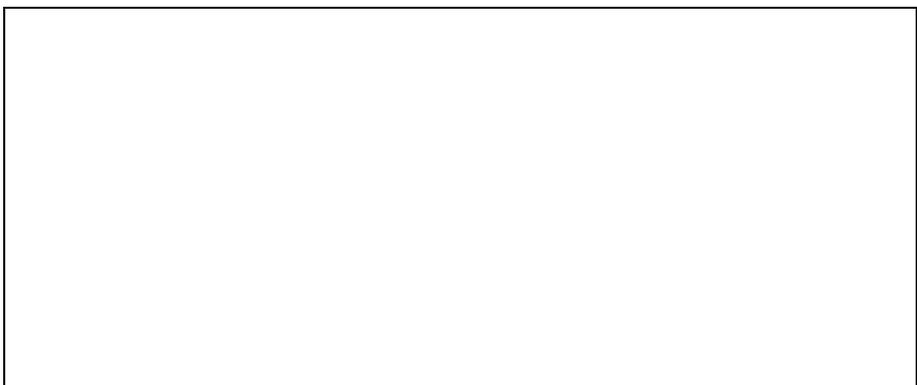
## **Training and consultancy**

Did you know that Contact offers training and consultancy for external organisations? We can provide training for professionals in local authorities, health and education settings. You can also commission us to deliver workshops to the parents you work with.

Our professional development workshops includes sessions on developing parent carer forums; all you need to know about supporting parent carers; and co-production (working in partnership with parent carers to achieve your aims). This latter workshop is particularly suited to any professionals involved in producing EHC plans.

You can also commission Contact to run workshops for parents including workshops on: How to get a good night's sleep; dealing with challenging behaviour; building resilience and well being for parents; and money matters.

We can offer half day and full day workshops. For further [information](#) email [training@contact.org.uk](mailto:training@contact.org.uk) or call Mary Edwards on 0207 608 8700.





## What's On

## Inclusive Clubs and Activities

### Derbyshire

#### Inclusive Football, Derbyshire & Long Eaton

[Weekly coaching sessions](#) – Age 6+

#### Alter Rock, Indoor Climbing, Disability Support Sessions

Every Thursday, 6.30-8pm, Alter Rock, St James Church, Malcolm Street, Derby, DE23 8LU. Alter Rock provides Additional Support sessions in association with Umbrella Carer Support. The aim of these sessions is to provide climbing activities for children with learning difficulties or physical disabilities. The Centre also runs regular groups for special needs children and can arrange private small groups for anyone who wants extra support.

Booking is essential. Call 01332 367200 or email [questions@alterrock.co.uk](mailto:questions@alterrock.co.uk)

#### Trampolining

Trampolining for young people with additional needs. Qualified coaches. Supervision by parent/carers. Ripley Leisure Centre. Saturday at 11.15 ; £4.00 per session. Contact: Ripley Leisure Centre

#### Cycle Derby

Cycle Derby now offers a range of adapted bikes including: Tricycles, wheelchair tandems side by sides, recumbents and hand cranks. Groups and individuals are welcome, instructor led sessions and potential future hire. For more information, visit [www.cyclederby.co.uk](http://www.cyclederby.co.uk)

#### Fun-ability Sessions

St James Centre runs an initiative programme to help young disabled people live life to the max. Fun-abil8y is aimed at 3 to 18 year olds with disabilities, particularly people from disadvantaged backgrounds or from ethnic minority communities. Age groups are flexible. For more information about any of Fun-ability's clubs, visit

[www.stjamescentrederby.co.uk](http://www.stjamescentrederby.co.uk)

#### Sight Support Derbyshire

As an organisation, Sight Support Derbyshire deliver activities for 8 - 18 year olds, including sports, physical activities and a youth club. For more information, please visit [www.sightsupportderbyshire.org.uk](http://www.sightsupportderbyshire.org.uk)

#### Relax Kids

Classes in Derbyshire & Northampton. Relax Kids classes are aimed at improving relaxation, focus and concentration and confidence and self-esteem. The inclusive classes often suit children with ASD and special needs. [Relax Kids](#)



## Leicester & Leicestershire

### ADHD Solutions

Term-time youth club, Mondays 6-8pm – Leicester  
Y7 upwards diagnosed with, or suspected of having ADHD

[Youth Club](#)

### Vista

Children's Saturday Morning Cookery - Leicestershire  
Monthly session for 6-11 year olds with sight loss

[Vista](#)

### Leicestershire and Rutland Inclusive Football League

Pan disability football clubs for ages 6 to adult

[Disability Football](#)

### SNACS, Lutterworth

Special needs activity centre for adults and teens with learning disabilities [Saturday youth club, age 13+](#)

### Vivacity Disability Sports, Peterborough

Adapted sports for disabled children and young people aged 5-19 years. Sports such as: Archery, Balance and Coordination, Boccia, FINS, Sports Club, PACS adapted cycling and Basketball. [Vivacity](#)

### Rainbow Horses Learning Centre

Equine assisted learning and equine interaction sessions – Leicestershire. [Rainbow Horses](#)



## Lincolnshire

**Bike 4 Life is a family bike hire scheme in Lincolnshire.**

Bike hire is available at four venues across Lincolnshire with safe cycle routes nearby and equipment available to hire. Families can bring their own bikes or hire them from the Bike 4 Life venues in Bourne, Lincoln, Bardney and Louth. Each of the four sites has **number of inclusive bikes such as wheelchair bikes, semi-recumbent hand cycles, tricycles and more.** Families with disabled children get discounted rates of £7 for adults and £5 for children for 3 hour hire. For more information call the venues: Yarborough Leisure Centre, 01522 873 600; Bardney Heritage Centre on 01526 397 299; Grimsthorpe Castle, 01778 591 205, or Meridian Leisure Centre, 01507 607 650.

## Nemo's Swim Session

Every second and fourth Saturday of the month, there is a special swim session called Nemos at Bourne Leisure Centre. It runs from 16:30-18:00 and the cost is £3.30 per disabled swimmer with the rest of the family going free. It is a much quieter session than those usually held at the weekend. There are floats and toys in the pool to play with.

**For further information, email [swim.bourne@1life.co.uk](mailto:swim.bourne@1life.co.uk)**

Lauren McGinty

## Rainbow Flyers Youth Club, Sleaford

A youth club at Rockington Youth Centre for families of special needs children aged 7-25 which runs every second Sunday from 3-5pm. Families come along to socialise while the young people take part in activities or play on X box or play outside. Some themed days and holiday activities too. Sessions cost £2 for the young person and parents and siblings are free.

To find out more email: [rainbowflyersyouthclub@outlook.com](mailto:rainbowflyersyouthclub@outlook.com)

## Tiptoe Theatre, Lincoln

Tiptoe is an inclusive drama group for children aged 8-14 with mild-moderate learning difficulties and physical disabilities. We aim to develop and increase social skills and communication through interactive games, role-play and story-telling.

It runs weekly sessions on Monday evenings during term-time at Drill Hall, Lincoln. For more info: [tiptoetheatre@gmail.com](mailto:tiptoetheatre@gmail.com)



## Nottingham and Nottinghamshire

### Disability tennis sessions, Nottingham

Activeace run regular disability tennis sessions at the Activeace Arena, the Park, Nottingham.

There are sessions every Friday evening in both term time and holidays for young people with learning difficulties. They also run wheelchair tennis sessions.

You can find out more by emailing [michael.leake@activeace.co.uk](mailto:michael.leake@activeace.co.uk)



### Breakaway Drama, Art and Music Group, Worksop, Beeston

Weekly sessions in Worksop and Beeston

Young people age 12+ with learning disabilities. [Breakaway](#)

### Eastwood Young People's Centre, Nottingham

Weekday evening youth clubs for ages 10-19 – Nottingham

Activities are provided for young people with disabilities on Mondays [Eastwood](#)

### Jigsaw Youth Club, Lenton, Nottingham

Activities for young people with Asperger's and High functioning autism. [Jigsaw](#)

<http://www.jigsaw-yc.org.uk/index.php>

### Mencap M8s Youth Club, Sherwood, Nottingham

For 5-18 year olds with learning disabilities. In-house activities and days out. 1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month. [M8s Youth Club](#)

### Springs, Brinsley, Nottinghamshire

Specialist facilities for adults and young people with learning disabilities, including people with sensory impairments, and especially people who are on the autistic spectrum. Art & Craft Room, Gardening Area, Sensory Room, Computing Room, Quiet Room, Soft Play Area with Suspension Equipment, Oak Woodland, Sensory Nature Trail, Kitchen & Snack Area, Accessible Toilet. [Springs](#)

### Square Peg, Mansfield, Nottinghamshire

Inclusive dance and inclusive music sessions. Mansfield. Age 13-24 [Square Peg](#)



## West Bridgford Young People's Centre, Nottingham

Weekday evening youth clubs for ages 10-19 – Nottingham  
Activities are provided for young people with disabilities on  
Wednesdays. [West Bridgford](#)

## APTCOO

After school clubs, 8-10 year olds , Mansfield and Retford–  
Nottinghamshire & [Saturday Family Fun clubs](#)

## The Ear Foundation, Lenton, Nottingham

Groups for children with a hearing loss - Nottingham  
Stay & Play - for 0-2 year olds and their siblings  
Ready Steady Go - for 2-5 year olds pre-schoolers and their siblings  
LEAPing – for 5-11 year olds (School Years 1-3 and 4-6)  
Teenz – for 11-16 year olds (School Years 7-9 and 10-13)  
[Ear Foundation](#)

## Little Snowflakes, Beeston, Nottingham

Parent and toddler special needs play and support sessions  
[Little Snowflakes](#)

## S.A.N.D. Sports Club, Basetlaw, North Nottinghamshire

Term time clubs for young people with additional needs.  
Monday sessions include Boccia, Zone Hockey, Badminton,  
Swimming, Kwik Cricket, Basketball, Football, S.A.Q, T Ball, Table Top  
Games and Social Activities. Wednesday – SANDance. Thursday – Play  
With A Purpose swimming lessons.

[S.A.N.D](#)

## Speech, Sing and Sign Club , Beeston and Long Eaton, Nottinghamshire

Small, weekly music group for preschool children who need extra  
help with communication and social skills and who may, or may not,  
have a clear diagnosis such as ADHD or autism. The 'Plus' group for  
school-aged children is follow-on group for school-aged children who  
have been to the pre-school group. [Speech, Sing and Sign](#)



## Newark Rowing Club

Water sport activities aimed at young people with a disability from 7-25 years. [Rowing Club](#)

## Aspley YMCA OnSide programme

For young people with disabilities and their families - Nottingham Multi-sports and football sessions. [Info](#)

## Bingham Penguins, Rushcliffe Arena, Nottingham

Disability swimming club for people with disabilities, their families and carers. [Bingham Penguins](#)

## Inclusive Swimming, Newark Sports & Fitness Centre

Disability swimming club for 6-16 year olds. [Swimming](#)

Free Disability Swimming, Kimberley Leisure Centre – Nottingham  
[Info](#)

Freestyle Trampoline Park Sensory Sessions. Kirby in Ashton,  
[Sensory Sessions](#)

<https://freestyle-uk.com/Book/Timetable.aspx>

## Disability Football

Calverton Miners Welfare Colts NDFC. Calverton are one of a number of clubs providing coaching & competitive football for Girls & Boys with disabilities covering CP, Hearing, Sight impairment, Asperger, Autism and Learning difficulties. Ages start at 8 Years old. We welcome ALL abilities. Inclusive Training Sessions are on Mondays 6-7pm, with qualified coaches & we participate Monthly Football Festivals within the NDFC Want2Play League. For more information please Contact: DAVID LEE 07904 458723 [Disability Football](#)

Mansfield Maulers Wheelchair Basketball Club, Sutton in Ashfield, Nottinghamshire

Age 8+ Must be able to manually propel a wheelchair. Some sports chairs available to loan. For more information call Pete Edwards on 07961565532. [Mansfield Maulers](#)

# contact

*For families  
with disabled children*

**In Contact**  
EAST MIDLANDS



## Riding for the disabled, Nottinghamshire

Belvoir Vale RDA is a small and friendly riding for the disabled charity situated in the village of Colston Bassett in Nottinghamshire. **It is run from Belle Vue Stables on New Road, Colton Bassett.**

There are three qualified RDA coaches and the 30 minute sessions are run at weekends, some weekdays, and after school during the lighter evenings. It also hosts summer schools and fun days, so there are lots of ways to get involved.

Suggested contribution from the rider for each session is £12.50 but each individual's circumstances will be taken into consideration.

For more information about riding with Belvoir Vale RDA please call 01949 81880.

[Download application form here.](#)



## Northamptonshire

Northamptonshire local offer website has a useful listing for clubs and activities for disabled and special needs young people. You can find the full listing [here](#) and we list a selection below:

### Young Inclusive People Club (YIP), Rushden

The Young Inclusive People (YIP) club for young people 8-24 years with disability takes place on Tuesday evenings 5.30pm – 7.00pm at the Pemberton Centre.

H E Bates Way, Pemberton Centre, Rushden, Northamptonshire, NN10 T: 01933 352981. £3.00 per session. **Age range:** 8 years - 24 years

### Sunday Morning Inclusive Bouldering Club, Corby

The club is for young people aged 12-19 with additional sensory, learning, physical, and emotional needs to learn how to rock climb. Sessions are led by qualified instructors and supported by volunteers on a 1:1 or 2:1 basis. The club will run every Sunday during term time and costs £15+ booking fee. For more info email [S.Tuckfield@idadventure.co.uk](mailto:S.Tuckfield@idadventure.co.uk). The Corby Climbing Centre, Corby, Northamptonshire, NN18 8AN

### Action for Aspergers, Corby

Groups/clubs for those with Asperger syndrome (including a Minecraft Club, Dr. Who Club, League of Legends Club, Mens' Social Group, Anime And Manga Club) and a group for spouses of those with Asperger syndrome. 9 Darwin House, Corbygate Business Park, Corby, Northamptonshire, NN17 5JG. T: 01536 266681. M: 07773 801506. E: [info@actionforaspergers.org](mailto:info@actionforaspergers.org) <http://www.actionforaspergers.org>

### Action for children SEND clubs

Action for children have been commissioned to run the short breaks service for Northamptonshire and run groups for children with profound and multiple disability and mild to moderate disability. Groups run in Brackley, Daventry and Northampton.

### Aspire Football Club Disability Team

Football team for over-16's with a disability in Corby. Lodge Park Sports Centre, 134-148 Shetland Way, Corby, Northamptonshire NN17 2SG. M: 07834835057. E: [raymondhls@yahoo.co.uk](mailto:raymondhls@yahoo.co.uk)



## Boost Trampoline Parks

Boost Trampoline Parks holds a "sensory session" for children with disabilities and special needs on the first Wednesday of the month in term time from 4pm to 7pm. Sessions in school holidays are announced nearer the time. £6.95 per person, one carer free (unless the person needs more than one carer - documentation should be provided to show this). Unit A Fairground Way, Northampton, Northamptonshire NN3 9HU. T: 01604 438181. E:

[info@boosttrampolineparks.co.uk](mailto:info@boosttrampolineparks.co.uk)

## Hunny Pots, Northampton

Hunny Pots is a group for families of pre-school children with Down's Syndrome, and it takes place on a monthly basis. Hunny Pots provides an environment where families can meet and share their experiences. Toys are provided for the children and there may also be other activities or a speaker. Northampton General Hospital, Cliftonville, Northampton, Northamptonshire NN1 5BD. T:

01604545841 E: [cdc@ngh.nhs.uk](mailto:cdc@ngh.nhs.uk)

## Corby Radio – Discobility

Run by Corby Radio this is a popular monthly Sunday afternoon disco is open to people with disabilities of all ages. It's a safe space to have fun and for parents to get a chance to meet others who understand their lives. View future dates on [their Facebook page](#). The Grampian Club, Patrick Road, Corby, Northamptonshire NN18 9NT. T: 01536 265666.

## Corby Smash

Corby Smash helps people develop confidence, independence and experiences of success through table tennis coaching and related activities. Under 18 groups are held on Tuesdays, Fridays and Saturdays. There are two paralympian athletes training for the Tokyo 2020 games at this club. The club prides itself on being inclusive and supportive. Please contact Colin Wilson to talk through any needs your family may have. Unit G Marconi Courtyard, 100 Brunel Road, Corby, Northamptonshire NN17 4LT. T: 01536 206375. M: 07980 833201. E: [colin.wilson@corbysmashttc.co.uk](mailto:colin.wilson@corbysmashttc.co.uk)



## Disability Inclusive Sports Club (DISC), Towcester

Disability Inclusive Sports Club (DISC) are a voluntary group which is run by parents and carers of people with disabilities. DISC welcomes all children and adults with special needs and their families (please note carers are required to stay). There is a small sessional charge of £3 per member or £6 for a family ticket. This covers the total cost of the session. Free hot and cold refreshments are available at all sports sessions. They meet at the Towcester Centre for Leisure on Sunday afternoons. E: [enquiry@disc-northants.org](mailto:enquiry@disc-northants.org)

## Dolphin Disco, Northampton

Dolphin Disco is a monthly club, bar, and raffle for anyone with a disability. It's held at the Obelisk Rise in Kingsthorpe on the first Thursday of each month. The disco usually runs from 7pm until 9pm, but it sometimes runs later on special occasions. There is no age limit and no need to book. Just turn up! Anyone requiring support must bring their own carer. £2 per person and carers free. Obelisk Centre, Obelisk Rise, Northampton, Northamptonshire, NN2 8UE. M:07809 618256 (after 4pm). E: [trinarachel@sky.com](mailto:trinarachel@sky.com)

## Equine Horse Assisted Therapy (EQUATA), Kettering

EquATA provide services for children and young people who have mental health or social issues. Equine Assisted Therapy provides opportunities to get to the heart of the issue and leads to better communication and stronger partnerships. EquATA is also certified in the Horse Boy method for autism families to provide the whole family with support to help them give their child a better quality of life. Grafton Park Lodge, Grafton Underwood, Kettering, Northamptonshire NN14 3AE. T: 01536 330533. M:07875798853. E: [equata4all@ymail.com](mailto:equata4all@ymail.com)

## Freedom Leisure - Young Inclusive People Club (YIP), Rushden

The Young Inclusive People (YIP) club for young people 8 to 24 years with disability takes place on Tuesday evenings (5.30pm to 7pm) at the Pemberton Centre. The club provides a variety of sports, recreation and cultural activities. £3 a session. Ages 8-24. Pemberton Centre, H E Bates Way, Rushden, Northamptonshire NN10 9YP. T: 01933 352981. E: [Jackie.ackroyd@freedom-leisure.co.uk](mailto:Jackie.ackroyd@freedom-leisure.co.uk)



## High Five, Kettering

High Five is a social support group for parents of children with a diagnosis of high functioning autism, ASD, and those who are awaiting diagnosis. They meet to share experiences with like-minded parents and to gain practical support through sessions with professionals in the autism field. Everyone who attends the meetings helps develop the group. You do not need to be invited or book, just turn up to one of their informal, friendly sessions. High Five also hold various family events in the school holidays offering chance to get out in the community at minimal cost with non-judgmental peer support. High Five meet the first Monday of the month (7.30-9.30pm) at the Kettering Park Hotel (NN15 6XT). M: 07845 905766. E:

[highfivenorthants@gmail.com](mailto:highfivenorthants@gmail.com)

## Kettering Football Club 2012 - Inclusive Football Team

The Lowther Football Centre, Rushton Road, Kettering, NN14 1QF, up near the scouts HQ.

Inclusive football team for 7 to 12 year-old with additional needs . Bring suitable footwear, a drink, shin pads and a friend. You will also need to bring a parent or carer.

Kettering Science Academy, Deeble Road, Kettering, NN15 7AA. Inclusive football team for under 16 and over 16s. Bring suitable footwear, a drink, shin pads and a friend. You will also need to bring a parent or carer if you are under 16. Call Simon Aston for information: 07795178817 for the latest times and venues

## Friars JMs Netball Club

Netball club for young people with a learning disability. Ages from 11 -18. £3 per session. Thursday 16.45-17.30 at Redwell Leisure Centre, Wellingborough. M: 07525 848353. E: [admin@northantsjms.co.uk](mailto:admin@northantsjms.co.uk)

## MishMash

Mishmash is a messy church session for families who have a child or children with special needs from 0-16. It is a safe environment where the whole family can relax together at church. Each session begins with themed craft activities and families can use the sensory area or



play with toys and games. This is followed by a short act of worship and then a meal together. Mishmash happens on the second Sunday of every month from 2.30pm to 4.30pm. Christ The King Church, Deeble Road, Kettering, Northamptonshire, NN15 7AA.T:

### **NRG Disability Sport 4 All, Corby**

The NRG inclusive multi-sports club runs every Thursday 5pm to 6pm at Lodge Park Sports Centre in Corby (NN17 2SG). The club is open to anyone aged 8+ with a disability. Each session offers the opportunity for attendees to participate in a number of different sports, have fun, work as a team, make new friends and learn new skills. £3.50 per session. Lodge Park Sports Centre, 134-148 Shetland Way, Corby, Northamptonshire NN17 2SG. T: 01536 464047. E:

[Culture.Leisure@corby.gov.uk](mailto:Culture.Leisure@corby.gov.uk)

### **Northampton Sailability, Brixworth**

Northampton Sailability offers facilities for disabled people to enjoy a wide variety of sailing activities, ranging from joy-rides around Pitsford reservoir to teaching to Royal Yachting Association (RYA) standards in dinghy and keelboat sailing. Sailing is normally available every Monday and Friday, in April through to October (except bank holidays) and also on the first and third Saturday of each month from 10:30am to 4:30pm. Age 10 plus. Northampton Sailing Club, Pitsford Reservoir, Brixworth, Northampton, Northamptonshire NN6 9DG. M: 07952579380. E: [sec@northampton sailability.org.uk](mailto:sec@northampton sailability.org.uk)

### **Northampton Saints - Wheelchair Rugby**

For age 16 plus. All equipment provided by GB Wheelchair Rugby, including a coach to help and guide newcomers to the sport. If there is sufficient interest then the Northampton Saints Wheelchair Rugby Team will look to compete against other clubs, locally and nationally. The club is for males and females of all ages. Franklins Gardens, Weedon Road, Northampton, Northamptonshire NN5 5BG. T: 01604 599142. E: [jordanyeates@northampton saints.co.uk](mailto:jordanyeates@northampton saints.co.uk)



## Northampton Swimming Club

Hub club in the county for para-swimming. They run a beginners/learn to swim session at Duston School on a Sunday morning. T: 01604 622264. E: Northampton Town Football In The Community -

## Down Syndrome Football

Football sessions for players with Downs Syndrome aged 16 plus. The coaching is delivered by a coach from Northampton Town Football in the Community. Goals Soccer Centre, Mereway, Northampton, Northamptonshire NN4 8BT. M: **07887878182**. E:

[russell.lewis@ntfc.co.uk](mailto:russell.lewis@ntfc.co.uk)

## Northampton Town Football in the Community - Northampton Town Multi-Disabled Football Club

Northampton Town Multi Disabled Club Football Club is run by Northampton Town Football in the Community. Ages 8 plus. Sessions run on a Friday, 5.30pm to 6.45pm (juniors) . Holcot Centre (Gate 3), Moulton College, Northampton, Northamptonshire NN3 7SX. M:

07887878182. E: [russell.lewis@ntfc.co.uk](mailto:russell.lewis@ntfc.co.uk)

## Northamptonshire Disability Rowing Club

The Northamptonshire Disability Rowing Association (NDRA) developed from an outreach programme run by Oundle Town Rowing Club (OTRC) for disabled and disadvantaged young people in East Northants. Ages 12 plus. Prince William School, Herne Road, Oundle, Northamptonshire PE8 4BS. M: **07711 458799 / 07411 322103**. E:

[northamptonshiredisabilityra@yahoo.co.uk](mailto:northamptonshiredisabilityra@yahoo.co.uk)

## Northamptonshire Athletics Network - Wheelchair Racing Academy, Corby

Wheelchair Racing is open to anyone with a physical disability such as a spinal injury, Spina Bifida, leg amputee, Cerebral Palsy and Muscular Dystrophy who can self propel in a chair. Ages 5 plus. Wheelchair racing takes place on Sundays 10am to 12pm. Athletics Club, Rockingham Triangle, Corby, Northamptonshire, NN17 2FB. M:

07833675937 E: [northants.network.wcr@gmail.com](mailto:northants.network.wcr@gmail.com)



## Northants Disability Tennis Network - Inclusive Tennis Sessions, Northampton

These inclusive tennis sessions use a range of equipment aids (such as sports wheelchairs and tennis balls that make a noise when they bounce) to enable people with a physical or visual impairment access to the game and the ability to enjoy playing tennis with their family and friends. £5 per session. Abington Park, Northampton, Northamptonshire NN3 3HN. M: 07471 900490. E: [maddee.blair@parkstennis.co.uk](mailto:maddee.blair@parkstennis.co.uk).

## British Wheelchair basketball

The Northants Phoenix WBC is a member of British Wheelchair Basketball and train with the University of Northampton's 'Stallions' team at Everdon Hall. Training sessions are open to anyone that wants to 'have a go,' and all equipment will be provided on the day. The first training session is free then costs will depend on status so please ask for details. For ages 5 plus. Sessions are on Saturday from 9.45 to 12.30pm. T: 07515 014308. E: [northantsphoenixwbcl@gmail.com](mailto:northantsphoenixwbcl@gmail.com)

## Playbarn at the Ock 'n' Dough

The pub has purpose-built indoor and outdoor children's play areas. Special needs mornings are held on the second Sunday of each month (10am-12noon), when the play areas are reserved exclusively for children with special educational needs or disabilities (SEND). Ages 0-12. 14-16 Farm Road, Wellingborough, Northamptonshire NN8 4UF. T: 01933 403844. E: [4790@greeneking.co.uk](mailto:4790@greeneking.co.uk)

## Rush 2 the Den Freedom Club

Youth club for children and young people (5 to 17 years) with additional requirements and their carers. Siblings welcome. 16 Fitzwilliam Street, Rushden, Northamptonshire NN10 9YW. M: 07393 432171. E: [youthclub.rush2theden@gmail.com](mailto:youthclub.rush2theden@gmail.com)



## **Sensory Impairment Service (SIS), Children with Hearing Impairment Communication Support (CHICS) - NCC**

CHICs has joined with Twinkle Time to become a sensory music session for children with a hearing or vision impairment. There will be activities to help develop your child's communication and sensory play. For ages 0-4. The group meets once a month on a Wednesday. Penrith Childrens Centre, Penrith Drive, Wellingborough, Northamptonshire. T: 01604 368500. E:

[sis@northamptonshire.gov.uk](mailto:sis@northamptonshire.gov.uk)

## **The Daisy Chain Club**

The Daisy Chain Club is a social and leisure group for families who have a child with a disability or special needs, and their siblings. The club is Northampton based and is run by Sessions usually happen once a month on a Sunday with various day trips and holiday meet ups too. Contact the club for more details. Daisy Chain try to give all the children in the family opportunities to play, make choices and experience new things in a safe and happy environment. There are craft activities taking place at each meeting and a large range of play equipment is put out, including a quiet corner, sensory play and imaginative play. There is also a room with a pool table and facilities to build on for the teenagers of our group. A few visitors come to the sessions which gives the children to experience different things in a safe environment. Ages 0-16. Camphill Community Centre, Darrell Rd, Northampton. T: 07881337524



## Rutland

### Rutland Rotaract Family Support Centre

Introduction to Swimming, Special Needs swimming lessons, Complex needs swimming sessions

Horse riding – 6 week blocks

Monthly film club

Cookery sessions

<https://www.rutlandrotaractfamilysupportcentre.org/activities>

### Aiming High

Rutland County Council Short Breaks service

Activities include archery course, climbing club, inclusive basketball, film club, social skills group, youth club, boccia, lego & gaming club, inclusive dance group

<https://www.rutland.gov.uk/my-services/health-and-family/early-help/aiming-high/>

### Rutland Disabled Youth Forum

Monthly group for 14-25 year olds to have their say about local services, facilities and accessibility

<http://ris.rutland.gov.uk/kb5/rutland/directory/service.page?id=jFAwfAbtLjk&newlocalofferchannel=3>

### Rutland Sailability

Sailing activities from April to October

During the Winter, talks and social activities

Age 7 years upwards

<http://www.rutlandsailability.org.uk/aboutus.htm>



## Keep in touch

If you would like us to publicise your events or activities in our e-news, please send details to us and we will do our best to include all relevant activities.

Please get in touch too if you would like to make suggestions about information to include which would be useful to parents.

Email: Wendy at [wendy.flynn@contact.org.uk](mailto:wendy.flynn@contact.org.uk) or 0121 274 0437.

## Contact

We are Contact, the charity for families with disabled children. We support families, bring families together and help families take action for others.

The Contact freephone helpline is an advice service for parents and family members caring for a disabled child. We also have a dedicated SEN (Special Educational Needs) service to advise families, on any aspect of their child's education.

Open Monday-Friday, 9.30am-5pm

Our freephone helpline: 0808 808 3555.

Email: [helpline@contact.org.uk](mailto:helpline@contact.org.uk)

Website: [www.contact.org.uk](http://www.contact.org.uk)

**To add or remove your name from our mailing list, or to give us updated contact details:**

**email [wendy.flynn@contact.org.uk](mailto:wendy.flynn@contact.org.uk)**

**or call 0121 415 4624**

*\*The Editor retains the right to omit, or edit any contributions.*

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