

contact

For families
with disabled children

In Contact

WANDSWORTH



Welcome to Wandsworth's Monthly Update May 2020

We are Contact, the charity for families with disabled children. We understand that life with a disabled child brings unique challenges, and we exist to help families feel valued, supported, confident and informed. To make that happen, we work in three closely linked ways. We support families with the best possible guidance and information. We bring families together in local groups and online, to support each other by sharing experiences and advice. And we help families to campaign, volunteer, fundraise and shape local services to improve life for themselves and others.

Contact are based at the Early Years Centre, 1 Siward Road SW17 0LA. Our office number is **020 8947 5260** and you can email the office at

Wandsworth.Office@contact.org.uk

You can also find out what's on at Contact Wandsworth on our Facebook page **www.facebook.com/contactinwandsworth**

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1. Message from Wandsworth Team

Hello everyone,

We hope you and your family are all safe and well.

Our home 'offices' are still open for business! We have been providing all the same support but just in different ways. We held our first online coffee morning which received great feedback and some interesting and useful discussions were had and advice being given between parents and professionals. We will be running these more often due to the high demand so please see the attached document with more dates and how to attend. We also welcome ideas and topics that parents want to be covered in our coffee mornings so we can invite the right professionals, or give specific advice. All suggestions are welcomed.

We are also regularly posting activity ideas and online resources on our Facebook page, [found here](#).

Finally, it is with great sadness that we inform you all our brilliant family worker Alaina Dingwall will be leaving Contact after an amazing 3 years with the charity! Alaina's last day with us will be Friday 15th May. Alaina's role recently changed to support those aged 14-19 at and since then she has made massive strides and progress with local services for that age group, building relationships with colleges and youth clubs, running parent workshops focusing on transitioning to adult services, understanding Personal Independence Payment (PIP), as well as continuing to run 123 Magic, CYGNET and provide family work support. Alaina has been great leader and colleague for Wandsworth and we will miss her very much, but please join us in wishing her a massive Good Luck!! in her new job role.

Message from Alaina

I hate to say goodbye but after 3 years in Wandsworth supporting parents in Tooting and then parents of young people aged 14-19yrs I'm leaving my position as a Family Worker at Contact Wandsworth.

I've enjoyed getting to know many families through 1:1 support, events and workshops. Thank you for sharing with me the highs and lows of your family life. I have been inspired and learned so much from all of you.

Families such as you are one of the best parts of the job, and I'm sure my team at Contact will continue the positive working relationship.



Wishing you all well for the future,
Alaina Dingwall



2. Online Safety Training

The Online Safety Training that we advertised last week went ahead on Monday hosted by Childnet. The training was themed around internet safety and included advice and information on understanding internet and gaming forums, how to communicate with young people about being online and managing screen time. We had some great feedback from parents about the training, including the below quote:

"I really enjoyed the zoom meeting and was really pleased with the information gathered, it's very helpful to boost my understanding as a parent, this have provided me the knowledge on how to handle such issues guiding my child through Internet safety"

As there was a waiting list for this session as well as some that couldn't attend, Childnet have agreed to a second session on **Thursday 21st May at 10:30am**.

If you would like to attend, please contact wandsworth.office@contact.org.uk. We have limited spaces available due to capacity of the Zoom software so spaces will be allocated on a first come first served basis, and if you can no longer attend please notify us beforehand so we can offer a space to those on the waiting list.

3. THRIVE Wandsworth COVID-19 support

THRIVE Wandsworth provides information and assistance to parents, children, young people and professionals on support services and activities for the 0-19 years age group, extending to 25 if the young person has a special need. They have been regularly updating their website with information on local services during this time and have issued advice on varying topics which can be seen [here](#).

4. Volunteer Support

Covid-19 Mutual Aid groups have been set up to support vulnerable residents with grocery shopping and prescription pick ups. Your family worker can refer you or you can contact them for support directly via the Facebook pages below;

- [Battersea](#)
- [Putney & Wandsworth](#)
- [Earlsfield](#)
- [Balham](#)
- [Southfields](#)
- [Tooting](#)
- [Clapham South](#)



5. Wandsworth Autism Advisory Service—Online Events



Transition to Secondary School

Wandsworth's Autism Advisory Service are running an online session for parents/carers of children with ASD in Year 6 to prepare for transition to secondary school this September during lockdown. This will be through two free workshops using Zoom.

Thursday 14th May 12:00pm - Transition forum for Year 6 parents/carers

<https://www.eventbrite.co.uk/e/transition-forum-for-year-6-parents-tickets-103473550174>

We are also offering five Zoom sessions for small groups of young people with ASD in Year 6, to help them prepare for joining Year 7 in September.

Monday 3rd August - Friday 7th August (3pm daily) Year 6 to 7 Transition Group

<https://www.eventbrite.co.uk/e/year-6-to-7-transition-support-group-tickets-103474653474>

Online ASD Girls & Boys Group

There are also two new online groups for young people aged 11-18 years with a diagnosis of ASD. The aim of the group is to provide an opportunity for the young people to come together virtually and be supported in social interactions and making friends. The block of six weekly sessions will start running on Thursday, 14 May at 3pm. The group is limited to 8 young people. Places will be allocated on a first come first served basis to all those who meet the criteria. If the course is oversubscribed names can be added to a list for a future group.

[Girls Group](#)

[Boys Group](#)

Please contact the WAAS service for information on this on 020 8871 6882 or e-mail at autismadvisory@wandsworth.gov.uk



6. Taxicard Holders

In light of the current situation with the outbreak of Covid-19 (coronavirus), changes to the London Taxicard scheme have been made to support card holders.

You can now use you Taxicard for:

- Taxicard drivers to pick up and deliver essential supplies for you
- Allow friends and family to travel on your behalf using your Taxicard for the same purpose

How this works:

- Make a booking advising you want a collection of pre-bought items from a supermarket, pharmacy or takeaway etc
- Make a booking advising you want a nominated person to use a taxi on your behalf to purchase or collect essential items on your behalf
- All collections have to pre-paid and an order number provided (if applicable) at the time of booking
- You will be given a cost of the journey and you will have to pay your contribution at time of booking using a debit or credit card

For further information please contact London councils by email at: taxicard@londoncouncils.gov.uk

6. Disability Sport—New 'At Home' section



Disability Sports Coach create worthwhile sport and physical activity opportunities that have a positive impact on disabled people's lives. They ensure this by delivering high quality sports and physical activity provision for the community and educational organisations and they have delivered 5,000 hours of physical activity in the last 3 years, trained 6,000 sports coaches across 300 courses and established a network of London wide DSC Community Clubs.

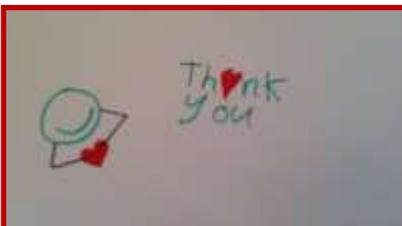
They have developed a range of both online and offline resources to help members remain physically active at this time.

<https://disabilitysportscoach.co.uk/dscathome/>



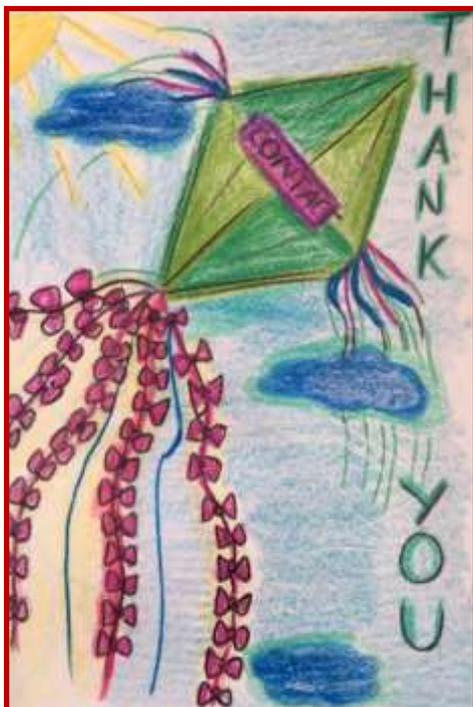
7. Art competition entries

A showcase for some of the amazing entries that we had in to our art competition. A big thank you to everyone who entered the competition.





7. contd.



A huge thank you again to everyone who participated and the winners will be contacted soon!



8. Contact—what we offer nationally

Contact Freephone Advice & Support Helpline

For information and advice on any aspect of caring for a disabled child, parents can call our free phone helpline. Our helpline is available from Monday to Friday 9.30am – 5.00pm on free phone number **0808 808 3555** free from UK landlines and UK mobiles <https://www.contact.org.uk/advice-and-support/our-helpline/>

Medical information

Our medical information is written by experts to be accessible for parents and carers as well as professionals. For further information please see:

<https://contact.org.uk/advice-and-support/medical-information/>

Campaigns

We help families to campaign, volunteer and fundraise to improve life for themselves and others. We are a force for change and campaign with families to remove the barriers they face every day. For more information on our campaigning <https://www.contact.org.uk/get-involved/campaigns-and-research/>

Website and parent resources

We have online information on many issues that affect families. We have a common questions tool that can help you find the advice you need on our website:

<https://contact.org.uk/advice-and-support/common-questions/>

As well as a resource library

<https://contact.org.uk/advice-and-support/resource-library/>

Online community

Welcome to Contact's online community! Find other families like yours. Chat. Ask. Share. Support.

Register or join a group for parents whose child has the same condition.

For more information: <https://community.contact.org.uk/>

Working with professionals

We offer a range of training courses for professionals to take themselves, for professionals to commission for the parents they work with, and courses for networks, groups, and parent carer forums.

Click this link <https://contact.org.uk/professionals/training/> for more information.

Want to support us?

Visit: <https://www.contact.org.uk/get-involved>

The Helpful Guide

Our new helpful guide is our all-in-one book with all the information and help you need to enjoy family life. With our guide, we'll talk you through what can be a confusing system of support and the guide is split into easy read sections so you can find advice when you're ready to. If you'd like a copy of our helpful guide, simply complete our online application form. <https://contact.org.uk/order-your-copy-of-the-helpful-guide-for-families-with-disabled-children/>