

Time2Share Newsletter



March 2010

And Now: Time2Share Group for Parents!

When we carried out our annual review last year we asked whether parents would be interested in meeting up to share ideas and support. The response was overwhelmingly positive and Janet Fitzgibbon, one of our Time2Share Trustees, has been busy organising our parent forum.

"We are aware that families of disabled children are often marginalised, have to fight for every little thing and often feel alone, like it's them against the world. In order to provide a bit of support for parent carers, albeit it in a small way, we're hoping to set up a Parent Forum. Our idea is to have an opportunity for Time2Share parents to meet up three or four times a year to discuss issues that are important to them, gain some new information which may help them, give the charity some feedback – and last but definitely not least – have a good time.

For the launch meeting we've arranged a buffet lunch at the Arnos Manor Hotel, Bristol, on Tuesday 27 April. Start time 10.30am with tea/coffee etc. Liz Fellows-Smith will be there to give a short talk on Aiming High and in particular the new parents' website. We're aiming for a relaxed, sociable few hours in which T2S parents can meet each other and maybe establish what they'd like from the Forum."

We are hoping to welcome parents / carers from across Bath, Bristol and N E Somerset. If you'd like to come along, please ring Janet FitzGibbon on 0117 953 1365. We'd love to see you. The lunch is free – please ring in advance to book your place.

The Arnos Manor Hotel is on the Bath Road, BS4 3HQ. There's loads of free parking, it's only two miles from Temple Meads Station and there's a bus stop right outside.

Unfortunately we had to cancel our New Year Party in January due to the extreme weather but look out for our next event:

**TIME2SHARE FUN DAY
SUNDAY 18 JULY
3.00 PM–6.00 PM
AT
HOP, SKIP AND JUMP
GRIMSBURY ROAD, BS15 9SE**

We will be sending out more information nearer the time.

More Meetings for Carers

Bath and N E Somerset

The Bath & North East Somerset Parent Carers Aiming High group are holding their AGM on 22nd April at Ammerdown conference & retreat centre, Ammerdown Park, Radstock. For more information contact The Care Network on 01761 431 388

Bristol

Bristol Parent Carers is a new organization that provides an exciting way for parent carers of disabled children to come together to improve services. It replaces Bristol Carers Voice (disabled children) which, for many years has been successful in influencing service development. It hopes to build on and expand the ways in which parent carers have a voice. This is an exciting development and they are looking for parents who wish to be involved in the steering group of Bristol Parent Carers. A conference is being planned for May that will be a fun and informative event and an interactive website is in development. If you wish to find out more about Bristol Parent Carers or would like more details about the conference please contact Nettie Howlett on 0117 9392562.

New Groups Starting in the Norton Radstock Area

We have been given funding to run a new skittles group in Radstock and a dinner group in Midsomer Norton, as well as a Wireworld group! The groups are for disabled young people aged 14 –19 and will be starting in April. Details to follow soon!

Welcome to the Bristol Page...

Volunteer Social/Forum

14 April, 7-9pm

Watershed Cafe Bar, 1 Canon's Rd (waterfront)

A chance to meet up and talk about any issues.

Email Bristol@time2share.org.uk if you can make it (and suggest topics to talk about).

Cash Counts: A new online service to make sure families with disabled children get every penny they are entitled to, Cash Counts includes:

- An online benefits calculator - so families can work out how much they are entitled to
 - A top tips guide on benefits written by the Contact a Family helpline people
 - A 'frequently asked questions' page to help families through the complex benefits system.
- www.cafamily.org.uk/cashcounts



New Relate Counselling Service for Young People. Relate Avon provides relationship counselling for couples, individuals and families. Now they are expanding their services to provide counselling for young people between the ages of 10 and 18. If you have a young person who is troubled as a result of family breakup; having problems with school or friendship relationships; upset by new living arrangements or grieving as a result of separation or bereavement, they may be able to help. FFI contact: Relate Avon on 0117 942 8444 and see their website www.relate-avon.org.uk.

Training:

Time2Share Induction for New Volunteers

24 April, 12-5pm, Easton Business Centre

For everyone wanting to start volunteering.

Working with young people with learning difficulties: sex & relationships

26 May 9:30-4:30, free (but £50 non-attendance)

The Gatehouse, Hartcliffe, BS13 9JN

To book go to www.4ypbristol.co.uk/training_entries (there are other courses too).

Down's Syndrome Association Learning Opportunities Programme

Upcoming courses (£40 for parent/carers) in Bristol include:

- Supporting Pupils with Down's Syndrome
- Early Years
- Eating and drinking
- Early Years Education
- Access and Success

For more information: 0845 2300372/
www.downs-syndrome.org.uk

Cinema

CEA cards enable a disabled person to take someone else into the cinema with them for free (e.g. their befriender or parent). The cards cost £5.50 and last a year so they pay for themselves the first time you use them. See www.ceacard.co.uk to apply. If you send the completed paperwork to us, before the end of April, you can claim it out of each linked child's £20 activity money.

Cineworld Hengrove: [Movies for Juniors](http://www.cineworld.co.uk/films/junior) offers an opportunity to see family films for £1 each on Saturday mornings. See www.cineworld.co.uk/films/junior. Scroll down to the bottom of the listings for the [Bristol](#) cinema and you'll see the £1 films e.g. [Astroboy](#).

Vue cinemas (e.g. Cribbs Causeway) have a similar deal: there's a film on that costs 95p for adults/children (but adults need a child with them) on Saturday and Sunday mornings. This also applies to everyday in the school holidays. See www.myvue.com, choose cinema and then 'hot offers'.

Cinékids is at the [Watershed](#) (Canon's Rd, near the Fountains in the Centre) once a month. It is usually 1pm on the 3rd Saturday of the month (check their calendar) and is aimed at children aged 8-12. Cost £2 per child and £3.50 for adults (adults need to be accompanied by a child). There are often creative activities related to the film afterwards.

Easter Fun at Cabot Circus

11am 7 & 8 April

Free (with goodie bags!)

Information Point (Bernie the Bear) Cabot Circus

Children can enjoy an egg-stra dose of Easter fun at Cabot Circus this April by taking part in an Easter Trail which is set to delight and entertain young visitors. Children will be able to follow the map on a quest around a variety of retailers, including Disney Store, Explore Learning, Pumpkin Patch and The Entertainer, where they will discover a range of free treats. See <http://visitbristol.co.uk/site/things-to-do/events>.



Upfest'10 - The Urban Paint Festival

5 & 6 of June 2010

Tobacco Factory / South Bristol / UK

Taking place in May. The cost is £4 tbc

Upfest brings together 'live' art and urban music for the largest urban arts festival across Europe, attracting street artists from across the globe to Bristol. To get up to date details nearer the time, please visit www.upfest.co.uk.

Welcome to the Bath Page...

Thank you!

Thank you to volunteers who helped us raise £86.68 at a recent Bath City match and who also helped staff a recruitment stall in Bath for Time2Share.

We're actively recruiting new volunteers so if you know anyone who's interested in volunteering with us or who can help with future promotional events then please call Sam on 0117 941 5868 or Email: bath@time2share.org.uk

Healthy Living Week

Healthy Living Week takes place from May 27-June 3 and will see a host of activities for families in Bath. Events will primarily take place in the Twerton area. For more information contact Martin Sadd on 01225 396835.

Put your best feet forward...

Put your trainers on for the next course of Running with the Girls. This 8-week course is for women and girls aged over 13 and is suitable for beginners.

It starts on Friday, March 26 at Odd Down Playing Fields club room in Bath at 6.30 pm.

The course costs £30 and places can be reserved on 01225 396429/

Tina_Woodberry@bathnes.gov.uk

Having a bit of a laugh.....

Laugh yourself silly at the 2nd Bath Comedy Festival!

This year's comedy festival starts, aptly enough, on April 1st and runs until April 11.

This funny festival has a host of children's activities including Bath's Natural Theatre Company performing their unique brand of street comedy in the city centre on April Fool's Day. Free.

Also on the calendar is Lee Hayward's Family Friendly Comedy which sees balloons, comedy, rubbish magic and laughter on April 3 at 11am and 2pm.

For more information call 01225 463362/
www.bathcomedyfestival.co.uk

Boost your knowledge

B&NES Community Learning Service has some great courses to boost your knowledge. Its 7-week Community Farming & Gardening Course starts on Wednesday, April 14 from 1.15-3.15pm at Bath City Farm. Tools provided.

People unfamiliar with computers could benefit from a 7-week Computer Confidence Step 1 for beginners course starting on March 23 at Fotec in Twerton. It runs from 7--9pm; to book either course call Sheilagh on 01225 396192.

Free activities at the Roman Baths

Get in touch with your heritage at the Roman Baths with a range of free family events. Admission to the baths is free to residents of B&NES with a Discovery Card - apply for one at www.bathnes.gov.uk. Free family activities include one for all the family on 31 May 10-1pm and 12-4pm and Romans about Town on 26 July 10-1 and 2-4pm.

Bath Area Play Project Holiday Scheme



Bath Area Play Project (BAPP) is holding its Spring Holiday Play Scheme from April 6-16.

The scheme is for children in years 1-6 and no booking is required

with registration taking place on the day.

Youngsters will be able to do games, arts and crafts, cooking and making dens at a range of venues.

Activities take place at Centre 69 Weston and Southside Youth Centre from April 6-16.

Odd Down Community Centre from April 12-16 and Foxhill Community Centre from April 6-9.

BAPP is also running a closed access scheme on April 12-16 at The Hut in Twerton (10-3pm) and Threeways School, Odd Down from April 6-9 (9-3pm).

The playschemes are suitable for disabled children while the scheme at Threeways is specifically for disabled children and their siblings.

For more information contact BAPP on 01225 832479/www.bapp.org.uk/holplay

Spring is in the air...no really

The Bath Spring Flower Show takes place on May 1-3 with an activity marquee to keep children entertained and a crèche for the under 5s.

Tickets for concessions cost £4 in advance, adults pay £7.50 (£6.50 in advance) - book by calling 0844 8475266.

Animal antics

Sunday, April 25 sees Bath Cats and Dogs Home Wag Walk - bring your own dog or one from the home to take part. £5 registration fee for this 3/6 mile sponsored walk to raise money for the home.

The Claverton home is also holding a sponsored cat-cuddle-a-thon on Saturday, May 1. For more information on both events contact 01225 787334.

Welcome to the North East Somerset page....

A big HELLO from me — Debbie, NES Co-ordinator

Just to say that I'm really enjoying my new role with Time2Share. It's been lovely meeting all our NES families and finding out what our volunteer/befrienders are getting up to!
I know I've not managed to get round to visiting everyone as yet and for those of you I haven't, I will be in touch soon to arrange a meeting...there is no escape!
Please remember though if you do need to speak to me I'm in the office everyday and can be contacted on 0117 95868 or email: nes@time2share.org.uk so please do not hesitate to give me a call.

Avon Valley Country Park and Nature Reserve



A great value day out for the whole family in the river based park with a large adventure playground, huge indoor play barn with three drop slides and large outdoor drop slide. There is a nature trail walk

with children's assault course and lots of interesting and friendly animals to meet all around the walk. Check out the Pets corner with cuddling times, mini electric quad bikes, dizzy ducks, new trampoline centre, mini steam train rides, boating, fishing, falconry displays at weekends and in school holidays, picnic and BBQ areas, cafes and gift shop. Open daily 10am to 5.30pm

**Pixash Lane
Keynsham
Bristol
BS31 1TP**

Tel: (0117) 986 4929

Hazelwood Children's Centre

Through Children's Centres Services, families can access early education and childcare family support, child and family health services and support to access training and development. There are also Stay and Play groups—opportunities for parents and carers to meet with other families locally and gain information, health advice and access to other services.

Tuesdays 1—2pm
Thursdays 9.30—11.30am
65 West View Road
Keynsham
Bristol

The Keynsham Music Festival has now been going for 11 years and attracts some of the best unsigned bands in the region. It's a free festival with four stages and lots of activities and workshops for children, young people and adults. This year's festival is taking place in Keynsham Memorial Park on Sunday 4 July.

I will be holding a stall on behalf of Time2Share with the hope of generating some new volunteers, so if anyone can lend a hand on the day it would be greatly appreciated!! Please let me know...many thanks.



Radstock Museum

This is an interesting museum which looks at coalmining and the history of Somerset. Attractions include a tea room, shop and activities for children. Free to care assistants and children under 6.

Waterloo Road
Radstock
BA3 3ER
Tel: 01761 437722

Chew Valley Leisure Centre

Chew Valley Leisure Centre is a dual use sports centre on the site of Chew Valley Comprehensive School, offering a wide range of leisure facilities to adults and children including Children's Gymnastics Courses, Children's Cheerleading Courses, Kick boxing and Holiday Sports Camps: 01275 333375

Paulton Swimming Pool

A friendly, community swimming pool. Open daily. Carer and child sessions run on a Monday 2pm – 3pm and family sessions are on a Sunday 9am – 11am Plumtre Road, Paulton, Bristol BS39 7RD
Tel: 01761 413644

Ability Sports

Ability Sports is a registered charity, which provides professionally coached sports and active recreation for disabled and disadvantaged children and adults in the south west of England. Ability Sports provides opportunities to develop clubs, festivals, tournaments, fun days, courses, league and cup competitions catering for a variety of adapted sports.
Contact: Mike Robey Tel: 0117 9200090