

Time2Share Newsletter



September 2009

Urgent call to ensure disabled children receive new Child Trust Fund payments

Contact a Family is calling for families with disabled children to seek urgent advice about their benefits entitlements. From 2010, the government will contribute £100 every year to the Child Trust Fund accounts of disabled children, with severely disabled children receiving £200 per year. To benefit from these payments, a child must receive Disability Living Allowance (DLA) and have been born on or after 1st September 2002. The first payments are due in April 2010 for those in receipt of DLA at any point in 09-10. Contact the helpline 0808 808 3555 for more information.

Purple Pages

The purple pages is a number you can call for information about groups & services in your area. The type of information they have includes, medical services, support groups, accessible venues, transport and mobility, leisure activities, day care, employment, education and much much more. The service is totally anonymous, no record is kept of your personal details. Their number is 0808 808 5252.

Getting into work: working families

A new booklet for parents of disabled children who want to return to work. Written with in-put from a network of working parents of disabled children. There are sections on: What sort of job?
Where to find jobs
Filling in application forms and writing CVs
Going for interviews
Time off and flexible working
Self-employment
Care
Finance
and there is a list of useful organisations and web sites.
Contact Janet Mearns 020 7017 0072 or janet.mearns@workingfamilies.org.uk.

Funday 2009



Thanks to everyone who came to the AGM in July and helped to make it a really fun day! The best one yet we think.

Supporting disabled young children and their families

Thursday October 1st 10am-3pm
Friends Meeting House, Euston Road, London
(Opposite Euston Station)

This national seminar will be a mix of presentations and discussions. Parents and carers: Free (limited number of places). Each **delegate will receive a year's free subscription to IQJ** (Interconnections Quarterly Journal) which usually costs £25.

Visit www.icwhatsnew.com/iqj/date.htm. For further information, to request a booking form, or to book your place contact: p.limbrick@virgin.net

Caudwell Children

Caudwell Children is a charity that changes the world for disabled children throughout the UK. Parents of disabled children can apply to the Caudwell fund for help in the form of a direct donation towards treatment, therapy and special equipment. Their criteria is that the donation **must make a significant difference to the child's life.**

For more info you can either go to www.caudwellchildren.com or call 0800 300 1348.

Welcome to the Bristol Page...

Elven Kingdom Saved from Evil Dragon



The Zookah! Group have recently been on **Time2Share's first** camping trip. Great fun was had by all, despite some scary moments trying to defeat an Evil Dragon in a cave in Cheddar.

Bristol Parent Carer Participation

Tuesday 22nd September & Thursday 1st October 09. The Vassall Centre, Gill Avenue, Fishponds, BS16 2QQ.

As a result of their recent successful bid from Aiming High, Supportive Parents and The Princess Royal Trust Carers Centre are able to continue their partnership work to further develop parent-carer participation in Bristol. The programme focuses on enabling parent-carers to influence strategic decision making about the development of services for their children. For more information please contact either Supportive Parents mail@supportiveparents.org.uk 0117 989 7724 or TPRTCC admin@carers-bs.org.uk 0117 939 2562

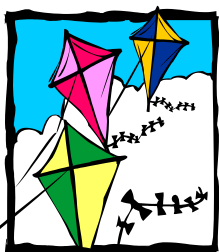
Cerebral Palsy Plus

Cerebral Palsy (CP Plus) is a Bristol based charity for those with cerebral palsy, their families and carers. They have changed their website to: www.cerebralpalsyplus.org.uk and you can now email them on: office@cerebralpalsyplus.org.uk.

Activity Information and Forums

Ideas for activities are regularly updated on our website: www.time2share.org.uk/blogs/bristol/. Please make suggestions. We have online Forums on the website too. If you are not sure what an online forum is and want to find out how to get involved please ring us in the office. We will be happy to help.

You can also sign up to a weekly bulletin of news on activities from the council: www.bristol.gov.uk/ccm/content/press-releases/bristol-news-direct---be-the-first-to-know.en.



Bristol Kite Festival
12-13 September 2009
At Ashton Court with Free Entry (but £7 Car Parking).
For more info check out www.kite-festival.org.uk/.

Bristol Half Marathon

We have a couple of people running in the Bristol Half Marathon on 6th September. Please support them by donating, or cheering on the day (e.g. donate via www.mycharitypage.com/Jumper). If you would like to do a sponsored event for Time2Share e-mail Bristol@time2share.org.uk and Jenny will send you a Fundraising Welcome Pack. Your friends and family can also raise money for us, as long as they contact us to let us know what they are doing.

Bristol Volunteer Training

All Time2Share volunteers need to attend Induction Training. If you have not already attended, please pencil the afternoon of 7th November into your diary. You can also access more training through other organisations:

BAND Training Programme

- Food Hygiene
Tuesday, 17th November, 9.30am-12.30pm
- Disability equality in play,
Tuesday, 1st December, 9.30am-4pm
- Assertiveness Stage 1,
Tuesday, 8th December, 9.30am-3pm
- Paediatric First Aid,
3rd & 4th December, 9.30am-4.30pm
- Finance Training,
Monday 9 November, 6.30pm-9.30pm

All at The BAND Office, The Proving House, Sevier Street, St. Weburghs, Bristol BS2 9LB. For further information ring 0117 954 1694, email training@bandltd.org.uk or visit www.bandltd.org.uk. When you book you need to say you are from Time2Share. They will ask you to pay £10 deposit, which you will get back when you turn up.

Free online volunteer training

For buddying/befriending disabled young people, with a particular focus on sports:
<http://aabstraining.efds.co.uk>.



Next Volunteer Social/Forum Coming Up!

Tuesday 13th October, 7-9pm, Watershed
Befrienders and Group Volunteers please put the date of the next get-together in your diaries. Our more formal discussion will focus on beginnings and endings and advice for new volunteers. We **will also further discuss the idea of 'clusters' of befrienders**. There will also be an informal hour of chatting and drinking.

Welcome to the Bath Page...

A match made in Heaven?

Time2Share meets Bath Rugby



Calling all Time2Share families and volunteers!! We have been allocated a matchday collection spot at Bath Rugby!

- ◆ Bath v Leicester
- ◆ 26th September
- ◆ 6.05pm kick off

We can collect before, during half-time and after the match. All collectors have free entry. We are particularly interested in publicizing Time2Share and recruiting new volunteers, especially guys.

For more information and to book your place, email Bonny on bath@time2share.org.uk.

Priston Festival 2009

Fri 18th-Sun 20th September

Come and share a celebration of local music and culture, including varied live music, singing, **dancing, workshops, children's films, barbeque**, Morris dancing, market stalls, and food!

Most events are free - Everyone welcome!

Friday 18th Sept

Children's films (The Wrong Trousers/Toy Story)

Free church concert by Sulis Wind Trio

Music in the Ring O'Bells pub.

Saturday 19th Sept

Cafe/market to music by Benji Bartlett

Children's Art Project

Barbeque

Free music on the green

Children's Street Dancing Workshop

Free piano/flute concert from Bethan James and Lucy Beveridge;

Saturday Evening Gig in the Village hall featuring Fred Jones (guitarist/songwriter featured on BBC Radio Wales) and Mean Red Spiders (Bristol's best & hairiest Chicago Blues band) and a Disco.

Sunday 20th Sept

Free church concert by Bath Youth Gospel Choir

Children's Art Project

Morris dancing

Music in the pub

Big Sing Workshop with Jo Sercombe

Free church concert from King Street Singers

Supper with music from Espresso Jazz

Survivor's Session in the pub with Jacqui and Brian Ross & John Shaw.

Tickets only required for :

Friday film (£4, £12 family), Saturday Evening Gig (£5) Sunday Supper (£5)

For tickets, further details and full programme please see www.priston.org.uk/festival or call 01761 472908.



Bath Cats & Dogs Home Family Open Day

Sunday 6th September 11am-5pm

Bath Cats and Dogs Home will be holding their annual Open Day, their biggest fundraising event of the year at their Claverton Down site. Staff at the Home hope that you will all be able to join them for this action packed day of fun and Entertainment. With exciting demonstrations, craft stalls, games, activities and great food there really is something to keep the whole family occupied all day!

This year a full day of attractions will include informative talks in the ever popular Shrink Think Tank, market stalls, dog shows, an auction brimming with furniture and collectables and a demonstration ring hosting a wide range of great displays from Police dogs to dancing dogs! There will also be a tea room offering refreshments, a BBQ, a swing and jazz band and a Kids Zone with inflatables, games and a puppet show!



Time2Share will have a stall there looking to recruit new volunteers so please come along and say hello!

For more information have a look at the Bath Cats and Dogs

Home website www.bcdh.org.uk or call Elizabeth on 01225 787333

Strengthening Families Strengthening Communities

is a universal parenting programme for parents with children aged 3-18. Parents are encouraged to develop a better understanding of child development, learn and practice positive discipline techniques, encourage **their children's social skills to grow and help** them learn self discipline.

SFSC also aims to increase parental confidence and help parents achieve positive change in family relationships. The next course starts on 7th Sept at 117 Newbridge Hill and runs for 13 weeks. The group will start at 6pm and finish at 9.30pm, with food at the beginning of the session. It will be run jointly by the 117 Project and Mentoring Plus. Places are limited but if you **don't get a place there will be a new course** running soon. If you are interested call Bonny in the office on 0117 9415868.

Discovery Card makes it simpler and easier for Bath and North East Somerset residents to visit local attractions free of charge. It is available at no cost and is valid for 3 years. For info about more discounts at local attractions with this card and how to obtain one call 01225 4777785 www.discovery_card@bathnes.gov.uk.

Welcome to the North East Somerset Page...

B&NES Volunteer Social

10th September 2009.

Slug & Lettuce, Bath. 6pm – 8pm.



A chance to share our positive experiences, swap a few tips and ideas, meet other volunteers and HAVE FUN.

Maryanne & Bonny will be at the Slug & Lettuce, 5/6 Edgar Buildings, George St, Bath from 6-8pm and we'd love all the volunteers from Bath & North East Somerset to come and join us for an informal drink and maybe a bite to eat if anyone fancies it. We'd love to see as many volunteers as possible!

We'd like to find out what you think of your volunteering experience and get to know you a bit better. We think it will be a great chance for volunteers to meet each other too. It would be great if you could let us know if you can make it but if not and you just want to pop in we'd still love to see you.

Bath & North East Somerset
Next training date for volunteers.
Saturday 31st October 2009.

We will be holding an induction for all new volunteers and all those who have not yet managed to attend a volunteer induction. The venue will Bath Library again. There is a **small room tucked away in the children's** section. We try to keep it quite informal and fun whilst at the same time giving you all the important information that will make you more confident and better equipped to volunteer.

It is really important that everyone who has not previously attended training makes a big effort to come to the training day. Although we try to be flexible, because after all we know that it is your precious free time, it is a requirement of all volunteers to attend an induction day. The subjects we will cover contain information that is crucial to keeping volunteers and young people safe so your effort is really appreciated!

Butterflies Support Group
For parents / carers of children and young people on the Autistic Spectrum (whether diagnosed or not).

The aim of the group is to offer encouragement to each other by sharing experiences regarding emotional and practical challenges.

The group has been formed in full recognition of the need to provide the opportunity to access support / advice regarding diagnosis, the educational system and transitions.

Also available will be holistic therapies such as Reiki and aromatherapy. The area covered is within a ten mile radius of Keynsham.

Refreshments are provided. The next meeting will be on Monday 14th September. For more info please contact Trish on 0117 9082132.

For people that are not in the catchment area for Butterflies there is a nationwide charity called



which is a group of volunteers who can help parents make

positive adjustments to the news that their child has a disability. They also offer ongoing support to parents caring for a disabled child up to 18 years old.

Every Face 2 Face befriender is a parent whose own child has a disability. They know **what it's like to cope with a new diagnosis and** can offer support parent-to-parent.

Face 2 Face is free and confidential. A befriender can either visit you at home or you can agree another convenient location. It is an informal and flexible arrangement designed to suit you. They support parents of children with any type of disability or special need. For more info look at their website www.face2facenetwork.org.uk or contact them on 0844 800 9189.

A few days out in North East Somerset

Chew Stoke Harvest Festival 5th & 6th Sept.
Shows, games, raffles, stalls, bbq, bar and tea & cakes tent. Main event free.

Live bands in the Saturday evening and Sunday day. Tickets bought in advance, include food.

For more info see www.chewstokeharvesthome.org.uk.

Farrington Funday 5th Sept - 11.30am - 6pm
The Manor House, Main St, Farrington Gurney-
Samba Band, Folk Singing, Magician, Games,
Drinks, Food and much more...
Entrance £2 Adults, £1 Children or £5 Families (2 Adults and up to 4 Children).