

Cambridge Clubs & Groups

This booklet has been produced to provide information on activities, clubs and groups in the Huntingdonshire area, which welcome children and young people with additional needs or a disability and their siblings. There is also information on local support groups and national organisations. If you know of a group that should be included in this booklet, please let me know. For further information on the activities and the accessibility of venues or to book a place, please contact the club/group directly.

This booklet is not a definitive list of all the clubs in the county. It is produced to give you an idea of what is available. If you cannot find a suitable activity or group in this booklet the SCIP Co-ordinator may be able to help.

To receive regular information on activities, events and support groups join SCIP. Details about the SCIP and an enrolment form can be found at: www.cambridgeshire.gov.uk/scip

To join SCIP, or to request information on a group or activity in your area email: SCIP@cambridgeshire.gov.uk

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Activities

Multi-Sport Sessions

Monthly Multi-Sport

These are multi sport activities that take place at various venues throughout the school holidays. The activities are for children and young people aged 5 - 18 years.

For a programme and further information contact: Sports Development, Arts & Recreation, Cambridge City Council on 01223 457000. **Email:** Sportsdevelopment@cambridge.gov.uk
Website: www.cambridge.gov.uk

Sports Zone

These multi sports sessions are run on the fourth Sunday of every month from 1pm - 3pm (some months the date may vary). They are for 5 - 18 year olds with a disability. The clubs provide an opportunity for young people to have fun and try out a variety of different sports each month.

Parents and carers are not required to stay for the duration of the session but they may stay if they wish and family and friends are welcome to participate in the fun activities on offer.

Venue: Cherry Hinton Village Centre, Colville Road, Cherry Hinton, Cambridge.

Cost: £3 per session.

Contact: Sports Development, Arts & Recreation, Cambridge City Council on 01223 457000.

Email: Sportsdevelopment@cambridge.gov.uk **Website:** www.cambridge.gov.uk

Downs Syndrome and Cerebral Palsy Football Sessions

These sessions are run by Cambridge United Youth and Community Trust and are open to boys or girls aged 4 - 16 years with Down's Syndrome or Cerebral Palsy.

Football sessions run on Saturdays 11am – 12noon.

Venue: Impington Village College (sports hall).

Contact: Nigel Ashman, Cambridge United Youth and Community Trust.

Tel: 01223 729227 or 07887912917 **Email:** cambridgeunitedyct@btconnect.com

Website: www.cambridgeshirefa.com

Hereward Heat Wheelchair Basketball Club

Hereward Heat WBC runs a wheelchair basketball junior section the "Hotshot Wheelies", for children from the age of 10 to 16. Junior club sessions are held fortnightly on a Tuesday from 4pm until 6pm during school term time at Cambridge Regional College Sports Hall. The sessions are open to both children with a disability and to able bodied children. The club has a number of sports wheelchairs that can be used by the children at the sessions. New members always welcome.

The club also runs weekly training sessions for senior members on Tuesday evenings at the Sports Hall, Comberton Village College, West Street, Comberton, from 8pm until 10pm from August to the end of May. Anyone over 14 years with a lower limb physical disability or able bodied (must play in a wheelchair) is welcome to attend the session. Please note this is a serious sport and training is taken seriously. Fully qualified coach in attendance at all sessions.

Contact: Stephen Spilka (Secretary) **Tel:** 01354 695560

Venue: Junior Section: Cambridge Regional College Sports Hall, Kings Hedges Road, Cambridge CB4 2QT

Venue: Senior Section: Sports Hall, Comberton Village College, West Street, Comberton, Cambridge CB23 7DU

Email: sspilkawba@aol.com or s.spilka@gbwba.org.uk

Act 4 Kidz

This is an enthusiastic voluntary group that aims to offer children and young people with special needs, aged 3 – 19 years living in Cambridgeshire, access to exciting and stimulating sporting and social activities.

Act 4 Kidz aims to ensure that children with special needs are accessing activities which provide stimulation, enjoyment and are contributing to their all-round well-being. They want their activity groups to nurture children's self-esteem and give children with special needs a sense of achievement. They aim to help improve communication skills, social skills, cognitive abilities and coordination.

There is now a voluntary committee who are planning to organise a varied activity programme in a safe and tailored environment, working with professionals who are experienced in working with children with special needs.

Act 4 Kidz is looking for your help – they would like to know what children with additional needs in the county want to do. Ideas already put forward are; a music group, a sports group and an allotment group. They are also looking at the idea of a dance or drama group. Before setting up new groups and applying for grants to fund them Act 4 Kidz wants to make sure they are doing what families want. They would like to hear from you. You don't have to do anything except tell them the activities your child would like to attend. **What does your child want to do?**

Contact: Niki Pitt. **Email:** niki.pitt@tiscali.co.uk **Website:** <http://www.act4kidz.com/>

For information on Messy Play contact: Act 4 Kidz, c/o Niki Pitt, The Paradise Centre, Ely, Newnham Street, Ely CB7 4PQ. **Tel:** 01353 667580.

Trampolining: Cherry Hinton

The Trampolining is currently on hold while we look for a new coach. Please contact the Sports Development Team for an update. **Website:** www.cambridge.gov.uk

For details and book your place contact: Sports Development, Arts & Recreation, Cambridge City Council on 01223 457000. **Email:** Sportsdevelopment@cambridge.gov.uk

Snow Leopards

A class for children and young people with physical and/or learning disabilities.

Our Snow Leopards class started out of a collaboration with Cambridge City Council, who invited us to run a six week Kung Fu course in the summer of 2012 for children and young people with a variety of physical and learning disabilities. The course was such a success that, with the Council's help, we were able to start a regular class.

The Snow Leopards class has been created for children and young people, who simply require some extra assistance with their Kung Fu in learning to move, think and act in a focused, fun and engaged way.

The Snow Leopards class lasts for one hour. It is a class of mixed age and abilities and offers a high instructor to student ratio (three instructors with a maximum of 10 children). It is a relaxed and easygoing class although we do aim to instil a certain level of discipline.

Classes are on Saturdays at Netherhall Sports Centre, Cambridge 2.30pm – 3.30pm.

If you have any questions about our Snow Leopards class or if your child would like to come along to try the class for free then please contact Steve on 01223 368229.

Information and email are available on our website: www.cambridgekungfu.com/kids/snow-leopards

Burwell Junior Judo Club

The club meets every Friday evening during school term time. Children aged 5 years and up are welcome. The club has some experience of working with children with a range of needs and disabilities.

Venue: Gardiner Memorial Hall, High Street, Burwell. **Cost:** £1 per week

Time: 6pm for 5 – 8 year olds. 7.15pm – 8.15pm for 9 – 11 years.

8.15pm – 9.30pm for 12s and upwards (includes adults).

Contact: Jane Blunt. **Tel:** 01638 604069 **Email:** fjb27@cam.ac.uk

Comberton Judo Club

The club teaches both recreational and competitive Judo. They can cater for visually impaired players. The club has a good record of working with children who have behavioural issues. Judo has also been shown to be beneficial to people with ADHD and autism.

For training times and days contact: Mr Darren Challis **Venue:** Comberton Leisure, Comberton Village College, West Street, Comberton, Cambridge CB23 7DU.

Tel: 07834 708970 (Daytime)

Email: combertonjudoclub@yahoo.com **Website:** <http://www.combertonjudo.org>

Cambridge Ki-Aikido Club

In Ki-Aikido there is no aggression, tension or competition. Classes are suitable for all levels of fitness and may be practiced equally by men and women of any size, age (from 5 years) or ability. The purpose of the practice is to learn to co-ordinate our mind and body through enjoyable exercise which will enhance the quality of our lives.

Classes are every Monday: children's class from 6.45pm – 7.25pm, youth/adult class from 7.30pm – 9.30pm. There is another adult class on Thursdays 7.15pm – 9.15pm.

If you would like to come along to watch, you're very welcome, but come a few minutes earlier so we can chat before the class begins.

Contact: James Knight on 07790 613026

Venue: Chesterton Community College, Gilbert Road, Cambridge CB4 3NY

Email: kifed@hoardinghopes.com **Website:** <http://www.kifederation.org.uk>

Goju Karate

Traditional Goju Karate. Come and learn practical self defence and get fit in a fun family atmosphere. These classes are for all abilities. Support for special needs, disabled people, learning disability and physical disability. Classes are held in Cambridge (for over 16's), Huntingdon (Age 4+) and St. Neots (Age 4+).

Classes are on Tuesdays: 6.30pm to 8pm

Cost: Adult: £6

Venue: Cass Centre, Shaftesbury Road, Cambridge, CB2 8BS

Come and learn practical self defense and get fit in a fun family atmosphere.

Contact: Steve Wilson, Chief Instructor. **Tel:** 07714209844

Email: info@katakuri.co.uk **Website:** <http://www.katakuri.co.uk>

Camboccia

Boccia is a game to be played for enjoyment. The benefits for the individual would be, making friends, socialising, competitive spirit, team camaraderie and of course the health benefits. Adults and children of all ages and all abilities welcome.

Time: Friday 6.15pm – 7.45pm: Witchford Village College, Ely.

Sunday 2.15pm – 3.45pm: Impington Sports Centre, Cambridge.

For more information please contact: Shaun McCormick. **Tel:** 01223 223947.

Email: info@camboccia.co.uk

For information on the game of Boccia visit: <https://bocciaengland.org.uk/>

Blind & Visually Impaired Tennis

Enjoy a game of Tennis at the indoor courts at Hills Road Sports & Tennis Centre. The game is played with a larger than normal sponge ball that contains small bells and the rackets have shorter handles and larger hitting areas. Depending on your category of sight i.e. B1 to B4, the ball is allowed to bounce a number of times to allow you to detect its direction.

A Player communicates before starting a game or rally to alert their opponent that they are about to serve. The sessions are two hours and there is the opportunity to have a coffee and a biscuit and socialise afterwards.

The sessions are held every Tuesday from 12noon – 2pm.

For more information please contact: Steve Morley, Sports Development Team at Cambridge City Council. **Email:** Steve.morley@cambridge.gov.uk
Website: www.cambridge.gov.uk

Goalball

Goalball is a sport that was devised as a rehabilitation programme for visually impaired World War II veterans. It is the only team sport played at the Paralympics by the visually impaired but is a totally inclusive sport since all participants wear blindfolds.

Goalball is a game played by two teams of three players. It is open to both male and female visually impaired athletes and sighted players. It has three main distinguishing features:-

1. All players wear eyeshades so that they are totally blindfolded.
2. Goalball is played on an indoor tactile court.
3. The ball contains internal bells, which help players locate it during play.

They play every Friday at the Frank Lee Centre at Addenbrookes.
Every Friday evening between 7.15pm - 8.30pm

If you would like to try Goalball or find out more information please contact Steve Morley, Sports Development Officer on 01223 457000

Email: Steve.Morley@cambridge.gov.uk **Website:** www.goalballuk.com

Chesterton Indoor Bowls

Have you ever thought about Indoor Bowls? Bowls is a fully inclusive sport and Chesterton Indoor Bowls Club is looking to increase the number of members with disabilities. The venue is fully accessible with onsite parking, full bar and restaurant. The club is open to players aged 7 – 98. There are four purpose built wheelchairs designed to go on our rinks.

For further information and a warm welcome, please contact Steven Jacobs, General Manager, Cambridge Chesterton Indoor Bowls Club, Logan's Way, Cambridge CB4 1BL.

Tel: 07577 401 501 or **General Office:** 01223 362 713

Email: general.manager@chestertonindoorbowls.co.uk

Website: http://www.chestertonindoorbowls.co.uk/2012/ccibc_home.php

Tumble Tots

Designed to develop children's physical skills of agility, balance, co-ordination and climbing, through the use of brightly coloured Tumble Tots equipment. The programme is structured to develop children's positive personality traits including confidence and self-esteem. Each 45-minute weekly session combines fun, excitement and challenge in a safe and caring environment. All sessions use unique equipment and are run by staff specially trained to get the best out of your child. It is structured according to the different ages and stages of a child's development.

There are Tumble Tots across Cambridgeshire. For details of class times, costs and venue information go to the Tumble Tots website or contact the coordinator for your area.

- **Cambridge, Milton, Comberton, Cambourne, Cherry Hinton:**
Kim Rezk on 07808 022215 **Email:** kim.rezk@tumbletots.com
- **Ely, Bar Hill, St. Ives & Newmarket:**
Karen Sivyver on 01353 661255 **Email:** karen.sivyver@tumbletots.com
- **Huntingdon:**
Sue and Keri Marx on 07906 949206 **Email:** Keri.Marx@tumbletots.com
- **Peterborough (encompassing Stamford & Oundle):**
Jody Vaughan on 07788 182181 **Email:** jodyvaughan@btinternet.com

Website: <http://www.tumbletots.com>

Ely Roller Skating Club

Roller skating is a fun activity for all the family. It is a sport that can help improve fitness, co-ordination and team spirit. If you'd like to have a go come along to one of our sessions at Ely Paradise Centre or Littleport Leisure Centre.

At Ely Roller Skating Club you can do all the same moves as professional ice skaters but on roller skates. We are affiliated to the Federation of Artistic Roller Skating (FARS). We train and compete in three disciplines Figures, Freestyle with jumps and spins; and Dance.

Ely Roller Hockey Club

Also part of the club is Ely Roller Hockey Club and they train at the Ross Peers Sports Centre in Soham. New skaters wishing to try Roller Hockey are welcome at the Wednesday session in Soham and further information can be obtained from the websites.

For information on costs and sessions contact: Emma Ure on 07880 528051

Website: www.elyrhc.co.uk or www.elyrsc.co.uk

Netherhall Archers

The club is open to all trained archers, over 11 years old. Children must have a guardian stay with them at all times until they are 14 years old. Disabled children and disabled adults are assessed on a one to one basis.

Anyone who has not done archery before must do a beginner's course which usually takes approximately four weeks. Places are on a first come first served basis and fill up fast.

The club is committed to providing an environment where young people can learn and participate in sport. This club has adopted Archery GB's 'Protection of Children and Vulnerable Adults Policy' to ensure peace of mind for both adults and children.

For information including venues, cost and times of sessions, contact the club.

Email: info@netherhall-archers.org **Website:** www.netherhall-archers.org

Cambridgeshire Archery Association

The Cambridgeshire Archery Association is an umbrella organization which represents archery clubs in Cambridgeshire. For details of archery clubs in your area visit their website.

Website: <http://cambridgeshirearchery.org/clubs>

English Federation of Disability Sport (EFDS)

Sport and physical activity have massive benefits to the health and well being of the nation. As well as improving life chances and expectancy, sport has been proven to boost confidence and social interaction. Our vision is to provide disabled people the same opportunities and choices as non-disabled people to participate, stay and excel in sport.

The English Federation of Disability Sport (EFDS) is the national body and charity dedicated to disabled people in sport throughout England. We work closely with a number of key partners to improve and increase the opportunities offered, ensuring disabled people have a memorable experience of sport and physical activity.

For further information on English Federation Of Disability Sport, SportPark, Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire E11 3QF.

Tel: 01509 227750 **Email:** federation@efds.co.uk **Website:** www.efds.co.uk

Ability PLUS Group

LIVING SPORT, the Cambridgeshire and Peterborough Sports Partnership works with the 'Ability PLUS Group' promoting sport and physical activity for people with disabilities or additional needs. The Ability PLUS Group includes representatives from local authorities, governing bodies of sport, mainstream and special schools, sports colleges and local and national sporting organisations.

Rebecca Gilbertson, Disability Projects Co-ordinator, works on projects around Cambridgeshire and Peterborough involving sport and physical activity for people of any disability and age.

For more information on Ability PLUS contact Rebecca Gilbertson on 01487 849929

Email: rebecca.gilbertson@livingsport.co.uk **Website:** www.abilityplusgroup.co.uk

LIVING SPORT - Cambridgeshire & Peterborough Sports Partnership

LIVING SPORT is the County Sports Partnership for Cambridgeshire and Peterborough. It was formed to raise the profile, and engagement, of sport with local strategic partnerships, and to increase community participation, promoting and encouraging sports and physical activity at all levels across all age groups.

Our vision is "active and healthy communities where everyone can play, achieve and enjoy".

Everyone should have access to sport and play at their chosen level. For those who want to compete and improve, LIVING SPORT believes the support and opportunities should be there to do so, so that everyone can achieve what they want to. Environments, opportunities and attitudes in sport should achieve standards that enable everyone to really enjoy what they are doing.

LIVING SPORT is responsible for delivering a number of Olympic legacy initiatives including Sportivate, Sport Makers and School Games.

For more information contact: Rebecca Gilbertson, Project Coordinator (Disability and School Games), LIVING SPORT County Sport Partnership, Lakeside Lodge Health Club, Pidley, Huntingdon PE28 3DF Tel: 01487 841 559

Email: rebecca.gilbertson@livingsport.co.uk

Website: www.livingsport.co.uk or www.abilityplusgroup.co.uk

Grafham Water Sailability

Grafham Water Sailability is a registered charity based at Grafham Water. It is run by disabled sailors and able-bodied helpers with the primary objective of enabling people with many types of disabilities to enjoy the fun of sailing – even if they've never been on the water before.

Some members enjoy competitive sailing, while others simply enjoy being out on the water in a more relaxed manner, for example in a Longboat boat helmed by an experienced skipper. Whatever your ability and needs, our aim is to help you get on the water and to enjoy sailing.

Recreational sailing takes place on Thursday afternoons between 1.00 pm and 4.00 pm. New potential members are particularly welcome to come along. We provide boats, waterproof clothing and safety equipment, and free instruction. Sailing usually ends with a hot drink and doughnuts.

As well as individual sailing we cater for groups (advance booking is required for groups only).

We are also always looking for helpers, particularly those with sailing experience.

For further information contact us: Email: info@grafhamwatersailability.org.uk

Website: www.grafhamwatersailability.org.uk

Location: Grafham Water Centre, off Chichester Way, Perry PE28 0GW.

Cost: Free to try (£30 per year membership if you wish to join the Club)

Mepal Outdoor Centre

Mepal Outdoor Centre is a small outdoor activity centre set in the countryside of Cambridgeshire. The Centre's prime role is to provide affordable outdoor leisure, coaching and vocational training for all. Conveniently located just outside Ely in Cambridgeshire, Mepal Outdoor Centre provides a range of land and water-based activities aimed at children, young people and adults of all ages and abilities.

We offer:

- Residential courses for schools, colleges and uniformed/youth groups.
- Day visits for schools, colleges and uniformed/youth groups.
- Holiday provision for unaccompanied children (8 – 15 years)
- Birthday parties
- Corporate events
- Training courses in watersports and land-based activities

There are activity programmes available at every school holiday apart from Christmas. There is a play park and at weekends there are rowing boats, canoes and kayaks to hire on the lake.

For more information contact: The Mepal Outdoor Centre, Chatteris Road, Mepal, Ely, Cambs CB6 2AZ. **Tel:** 01354 692251

Email: info@mepal.co.uk **Website:** www.mepal.co.uk

The Manderson Trust (Fishing)

The Manderson Trust is a registered charity which provides a safe environment for disabled anglers, parking close to where they choose to fish with toilet facilities (wheelchair access) and a centre providing light snacks, hot and cold drinks. All ages are welcome. Children must be accompanied by an adult. Groups are welcome and should phone beforehand if equipment needs to be provided.

No pets are allowed except guide dogs & companion dogs and these must be on a lease at all times.

The platforms are level so wheel chairs can easily be located so you can fish easily and safely. There's no need to worry about the chair rolling in off the front or sides as there is a kick board and side boards fitted to all the platforms. So we hope any disabled anglers who wish to come and fish our lakes can come and relax and enjoy a days fishing.

For further information contact: Mr Geoff Lofty on 07554203083

Club venue: Overcote Road, Over, Cambridge.

Email: themandersontrust@virginmedia.com

Website: www.themandersontrust.co.uk

Jubilee Sailing Trust (JST) - Tall Ship Sailing Adventures for Everyone!

The Jubilee Sailing Trust (JST) is a unique charity that aims to promote the integration of people of all physical abilities through the challenge and adventure of tall ship sailing. The JST owns and operates two tall ships, [LORD NELSON](#), and [TENACIOUS](#). These magnificent ships are the only two vessels in the world that have been purpose-designed and built to enable a crew of mixed physical abilities to sail side by side on equal terms.

The JST is the only organisation in the world to be able to offer tall ship sailing holidays to people with physical disabilities.

The JST believes that all individuals should have the opportunity to sail a tall ship. They seek to provide voyages for individuals who are able-bodied or have physical disabilities. Inability to pay for these voyages should not deter individuals from taking part. We subsidise the costs on every voyage to make our tall ship adventures as affordable and inclusive as possible.

The JST Youth Leadership @ Sea Scheme is a unique challenge on a tall ship for all adventure seekers out there.

To be selected for the scheme:

- You must be 16 - 25 years old.
- You will spend a week or two on a tall ship, working as an active member of the crew, day and night.
- You will experience teamwork and challenges and develop new friendships.
- You don't need any sailing experience.

For further information contact: The Jubilee Sailing Trust, 12 Hazel Road, Woolston, Southampton SO19 7GB. **Tel:** 023 8044 9108 (office open 9am until 5pm, Monday to Friday).

Email: info@jst.org.uk for all voyage enquiries and booking. **Website:** www.jst.org.uk

iCAN Experiences

Unforgettable gift activities for people with disabilities

We want to get more disabled people enjoying new, fun and sometimes exhilarating activities. We want to help people with disabilities feel confident that they can enjoy the same activities and life experiences as someone without a disability.

We're the only company in the UK that specialises in Gift Experiences for people with disabilities, and our in-depth knowledge comes from firsthand experience.

We don't believe that activities for disabled people should be restricted to a specialist group. That's why we use mainstream operators where possible, to include people with disabilities in everyday activities. Each person is treated as an individual with specific needs and requirements. Every iCAN experience includes a carer place.

The Home of Gift Experiences for Disabled People vets every activity provider to ensure that the facilities and the experience on the day are up to our exacting standards. You get clear, accurate information up front about what's involved and which disabilities can be accommodated.

Address: iCAN Experiences Ltd, 17 Fair Close, Bicester, Oxfordshire OX26 4YW

Tel: 01869 322000 **Email:** info@icanexperiences.co.uk

Website: <http://icanexperiences.co.uk/txt/about-us>

Swimming Sessions

Cambridge Disabled Kids Swimming Club

The swimming club is aimed at children of any age from birth to 19 with any disability. As far as possible, sessions are run by a qualified instructor with a number of volunteers. The club is working with Cambridge City Council Sports Development team to expand the number of sessions available, aiming to provide opportunities for all abilities. The details of all the sessions follow (note that the suggested age ranges are not at all fixed, but for guidance).

Family Fun Session

Venue: Abbey Leisure Centre

Day: Saturdays. **Time:** 4.30pm – 6pm

Age range: Approx 0 – 8 years

Cost: £4.10 per adult (free for single adult accompanying a disabled child), £2.15 per child, free for under 3's. Costs may vary, depending on Abbey pool charges.

Note: This is a family swim session. All families are welcome. Sessions are run through the school holidays.

Swimming instruction for improvers / older children

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Day: Sundays (term time only). **Time:** 4.30pm – 5.30pm

Age Range: 6 – 19 years

Cost: £2 per lesson. £2.15 for fun sessions.

Note: A parent / guardian / sibling can go in the pool to assist if necessary. These will be structured lessons for those wanting to further develop their swimming skills in a deeper pool. It is recognised that the Abbey and Windmill pools may be too shallow for older, larger children, so the Chesterton pool is also aimed at this group of children irrespective of their swimming ability.

Family fun and water confidence in the hydrotherapy pool

Venue: Windmill Pool, Hinton Way, Fulbourn

Day: Saturday **Time:** 9.30am – 11am

Aimed at: Young children (under fives) plus those that need warmer water or a smaller, secure environment to swim.

Cost: £2 per child, one adult carer per child is free.

Note: Siblings are welcome, but in the event of there being too many people (maximum 20 people), priority will be given to those with a therapeutic need. It is hoped that we will have the help of a swimming instructor once a month who can give advice on early swimming skills.

Please contact: Sally Abbott on 01223 315024 for further information and an up to date timetable. This information is also available on the website.

Email: syabbott@bigfoot.com **Website:** www.cdksc.co.uk

Paradise Pool Disability Swim Sessions

The sessions are open to all people with disabilities and provide the opportunity for whole families to spend some recreational time together in a fun and relaxing environment.

A card is available for anyone with a disability. It is free of charge on proof that you receive a disability benefit i.e. DLA. There is a form to complete.

For further information on these sessions, including times and costs, please contact Paradise Pool on 01353 665481. **Venue:** Paradise Pool, Newnham Street, Ely CB7 4PQ **Tel:** 01353 665481

Email: paradise.pool@harpersfitness.co.uk

Abbey Pools

Abbey Pools does not have specific times available for people with a disability. The pool is open to everyone. There is a hoist and staff at the pool are trained to use it.

There are also swimming lessons available, depending on the specific persons disability were the centre can book out certain times if a person couldn't attend a group session.

For further information contact: Abbey Pools, Whitehill Road, Cambridge CB5 8NT.

Tel: 01223 213352. **Email:** abbeyinfo@everyoneactive.com

Horse Riding

Coach House Riding School

This is a small quality riding school with horses and ponies of varying types and sizes from very small to the very big! All the horses are well mannered, people friendly and well trained. The riding school is an accredited training and exam centre with experienced qualified instructors.

We have mounting ramps and can accommodate some special needs riders. The friendly and welcoming atmosphere at the school makes it a place where everyone can enjoy their time with the horses and other riders, knowing that they are well-cared for in a caring and professional riding school.

There are two all-weather outdoor schools offering a variety of lessons, including class and private. Class lessons usually have a maximum of six people per group. Our lower age limit is 5 years with no upper age limit, and the maximum weight for riders is 15 stones. As well as weekly riding lessons there are courses, fun days and "own a pony" days during the holidays.

Coach House Riding School aims to teach people to ride safely and in harmony with the horse and most of all, to have fun.

For further information or to book a lesson contact: Coach House Riding School, Chippenham, Ely, Cambridgeshire CB7 5PP. **Tel:** 01638 720415 (**Office Hours 8am – 6pm Only Please**)

Cost: Details are on the website. **Email:** Linda@CoachHouseRiding.co.uk

For more information visit our new website: <http://www.coachhouseriding.co.uk/>

Old Tiger Stables

Established over 20 years ago, Old Tiger Stables offer a comprehensive range of equestrian services.

They are able to offer a range of lessons from complete beginners to a more advanced level (dressage, showjumping and eventing). It doesn't matter whether you are a complete novice, wanting to improve your riding skills, or wishing to learn a new discipline, their qualified instructors will be able to help you. There are around 25 horses and ponies available in the riding school – they are sure to have a horse or pony that will be just right for you.

For information on lesson times/days and cost please contact: Old Tiger Stables, Northfield Road, Soham, Ely, Cambs CB7 5UF. **Tel:** 01353 720125 **Mobile:** 07887 637121
Email: lorraine@oldtigerstables.co.uk **Website:** www.oldtigerstables.co.uk

Sawston Riding School

Sawston Riding School are a friendly, fun and outgoing riding school which offers instruction for riders of all abilities, and ages from five upwards. There are two "All Weather" arenas that are used for lessons and a selection of well schooled horses and ponies which are trained to suit every rider's ability. A selection of lessons are available at competitive rates, as well as many themed, action packed event days.

For further information and costs contact: Sawston Riding School, Common Lane, Sawston, Cambridge CB2 4HW **Contact:** 01223 835198

Email: sawstonridingschool@googlemail.com **Website:** currently unavailable

Barton Group Riding for the Disabled

A riding school which offers support for children and young people with special needs, disabled people and people with a learning disability.

Contact: Mrs Jo Cowland, South Cambs Equestrian Centre, Foxton Road, Barrington, Cambridge CB22 7RN. **Email:** jocowland@hotmail.com **Tel:** 01223 871061 (Evening)

UK Horse Rider Guide

This guide has an extensive online directory and reviews of riding schools, livery yards, riding holidays, disabled riding schools, western riding schools and equestrian colleges across England, Wales, Scotland and Northern Ireland.

To find a riding school in your area go to: <http://www.ukhorseriderguide.co.uk/index.asp>

Guides

Girlguiding Cambridgeshire East

Girlguiding is the leading charity for girls and young women in the UK. Thanks to the dedication and support of 100,000 amazing volunteers, we are active in every part of the UK, giving girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and their communities. We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. Girlguiding Cambridgeshire East is one of the forty-three counties of Girlguiding.

Administrative support is provided to all the units in East Cambridgeshire from Wisbech to Bassingbourn and Newmarket to Cambourne. There are units for girls from age 5, Rainbows, through Brownies and Guides to senior section units for the 14 - 25 age range.

If you would like to join, just get in touch by phone, email, web or post and we will match you up with a unit, whether it is to join as a girl or to volunteer as an adult leader or helper.

Contact: Girlguiding Cambridgeshire East County Office, 3 Quay Court, Colliers Lane, Stow-cum-Quy, Cambridge CB25 9AU. **Tel:** 01223 813917

Email: office@Cambseastguides.org.uk **Website:** www.Cambseastguides.org.uk

Scouts

Cambridgeshire Scouts

The Scouts provide an active programme of indoor and outdoor activities for young people (boys and girls) between the ages of 6 and 25.

- Beaver Scouts, 6 – 8 years
- Cub Scouts, 8 – 10 years
- Scouts, 10 – 14 years
- Explorers, 14 – 18 years
- Network, 18 – 25 years

Scouting offers a progressive training scheme that is aimed at camping and outdoor activities. There are several groups in Cambridge and outlying villages.

Contact: For enquiries about Scouting in Cambridge, details of you nearest troop or volunteering opportunities contact the District Commissioner for Cambridge Liz Craig on 0845 094 0468

Email: countycommissioner@cambridgeshirescouts.org.uk

Website: www.cambridgeshirescouts.org.uk

Dance & Drama

Bedazzle Theatre Arts Group

Offering a singing, dancing and acting course including our art and craft session so everyone, whatever their ability can join in our exciting events & shows.

Our 3-hour course offers singing, dancing, acting; the arts & crafts session is included in that time. Each November students participate in 'Imagine' an annual integrated show that brings together Bedazzle students of all abilities. This year, as last year, is to be performed at West Road Concert Hall, Cambridge. This is a wonderful event, great fun and the perfect way to celebrate students' achievements.

The group also offers tuition in the LAMDA (London Academy of Music and Dramatic Art) exam syllabus, with 100% pass rate to date. LAMDA apply a reasonable adjustment policy and entering the exam is entirely optional.

Come along for a free 'taster' session and give it a try, everyone is welcome.

The courses are held on Saturdays during term-time (ten sessions per term) and based in the Cambridgeshire area.

Contact: 07841 990611 for details of our venues and costs.

Email: pbedazzle@gmail.com **Website:** www.BedazzleArts.com

Lantern Dance Theatre Company

Lantern is an award winning integrated contemporary dance company based in Ely. Artistic Director: Helen Pettit. About half the members of the company have a disability. Everyone is on equal terms, training and performing together.

We hold two classes a week in term time at Ely's Paradise Centre. Our Wednesday Company Class is suitable for people with some dance experience. Our Saturday class is suitable for beginners. Classes include warm up, body conditioning, technique, creative work and rehearsing pieces for performance. A full team of experienced helpers is on hand at each class, all CRB checked with Enhanced Disclosure and trained in child protection. We appear throughout the year in theatres, at festivals and at charity and community events. Suitable for people aged 11 and up, no upper age limit. Parents and carers welcome.

For full details, photo and video galleries, please see our website: www.lanternpercetheatre.org.uk

Tel: 01353 662441 **Email:** helenpettit@excite.com

Samara Ballet School

Samara Ballet School was established in 1993 and offers a new and fresh approach to the often preconceived, elitist image of ballet. The school offers classes to EVERYONE, of any age, nationality, ability (or disability!) regardless of their financial means. All are welcome and the emphasis is on FUN. This unique, community based, school encourages pupils to work to their own level of ability, whether they are looking to train for a professional career in dance or just need 30 minutes exercise to music!

Contact: Michelle Rasdall for information on venues, costs and class times. Samara Ballet School, 35 High Street, Burwell, Cambridgeshire CB25 0HD.

Tel: 01638 744119 **Mobile:** 07711 863710

Email: info@samaraballet.co.uk **Website:** www.samaraballet.co.uk

Stage Stars Theatre Academy Studios

The academy is a full and part-time not-for-profit British Dance Arts Federation vocational college in all aspects of the performing arts and offers a range of dance, fitness and drama classes. There are holiday workshops and class sizes to suit everyone. For full details of the classes available, please go to the website.

Their aim is:

- To encourage imagination, flexibility, expression, teamwork and self-confidence in all students.
- To provide opportunities for public performance at least two times a year to all students - this will take the form of one musical and one play, which will consist of either already existing material or original work written by the students.
- To provide opportunities for a schools programme where tutors provide workshops to local schools in the neighbouring communities to enable school children to be actively engaged in the creative arts.

Contact: Miss Gemma Hodgson, Stage Stars Theatre Academy Studios

Unit 25 Roman Way Industrial Estate, Godmanchester PE29 2LN **Tel:** 07807193182

Email: stagestars@hotmail.com **Website:** <http://www.stagestarsacademy.co.uk>

Jigsaw Dance Company

Jigsaw Dance Company is based in Cambridgeshire and holds many classes for children and young people aged 5 - 16 years.

Jigsaw Dance Company offers many different styles of dance including, Cheerleading, Street Dance, Break Dance, Ballet and Gymnastics. We attend many outside performances so that members always have something to aim for and look forward to.

All clubs take place weekly during term time and fees can be paid weekly or termly. Great discounts for multiple classes and sibling rates.

We have many venues over Cambridgeshire, including, Huntingdon, Cambridge, Chatteris and Waterbeach. We also have our new studio in Stretham near Ely, offering many different classes such as musical theatre, drama, animation course and extreme gymnastics.

For further information contact: Tel: 0844 445 8010

Email: info@jigsawdance.com **Website:** www.jigsawdance.com

Provider Service

If you are interested in CamPlay Holiday Clubs and are not already allocated the service as part of your social care package you will need to make a request to your social worker. If you do not have a Social Worker then please call the Contact Centre on 0345 045 5203.

CamPlay

CamPlay provides two services: Holiday Clubs and Saturday Clubs. These are for disabled children and young people aged 6 - 19 years, with a moderate or severe physical or learning disability. The services are provided by Cambridgeshire County Council and are registered with Ofsted. Some holiday club venues have been awarded 'outstanding'.

The **Holiday Clubs** run in Huntingdon, Ely, Wisbech, St. Neots and March in the summer holidays from 10am to 4pm. During Easter we run from venues in Wisbech, Ely, St Neots and Huntingdon. In the Christmas holidays we also run from a venue in East Cambs and Fenland and a venue in Huntingdonshire.

At clubs we have a variety of activities, including visits out, such as swimming and the library. Full details will be sent out nearer the time of the Holiday Club to every family on the CamPlay database.

Saturday Clubs are run in March, Wisbech, Chatteris, Ely and Whittlesey from 10am – 1pm. Activities include arts and crafts, outdoor play, messy play, games, cooking and group activities. We also hold Christmas parties and summer trips.

How to access CamPlay Holiday/Saturday Clubs

If you have a Social Worker please speak to them requesting the CamPlay service.

If you do not have a Social Worker then please call the Contact Centre on 0345 045 5203, they will be able to give you further information on how to access the clubs. If you require any other information please contact the CamPlay Team.

Tel: 01480 379800. **Email:** cam.play@cambridgeshire.gov.uk

Website: www.cambridgeshire.gov.uk/send click on Activities - then Cam Play Clubs.

Local Offer - Short Breaks

To access the Local Offer Short Breaks you need to request a self assessment form for short break services.

To do this, telephone the Contact Centre on 0345 045 5203.

Website: www.cambridgeshire.gov.uk/short-breaks

These give disabled children and young people enjoyable experiences away from their primary carers, thereby contributing to their personal and social development and reducing social isolation. They also give parents and families a necessary and valuable break from caring responsibilities.

There are many different ways to provide short breaks. Each break will differ and depend on the needs and choices of the child or young person and their family.

Disabled children and young people who receive high rate Disability Living Allowance (care component), but who are not already receiving support services from Cambridgeshire NHS or Cambridgeshire County Council are automatically entitled to Short Break Funding. The Short Break team offers a variety of services to children and young people entitled to the local offer of up to £2000 of Short Break Funding.

The following clubs have been commissioned by Children and Young People's Services

Crossroads Saturday Club – Cambridge

This group runs fortnightly on Saturdays 9.30am – 12.30pm. Age groups 8 – 14 & 15 – 19 years.

Contact: Anna Bainbridge

Tel: 0845 241 0954 or 01480 499090

Venue: Castle School, Courtney Way, Cambridge CB4 2EE.

Website:

www.crossroadscarecambridgeshire.org.uk

Crossroads Sunshine Club – Cambridge

This group runs fortnightly on Saturdays 9.30am – 12.30pm. This club is for Children with Autism

Age groups 5 -11yrs

Contact: Anna Bainbridge

Tel: 0845 241 0954 or 01480 499090

Venue: Castle School, Courtney Way, Cambridge CB4 2EE.

Website:

www.crossroadscarecambridgeshire.org.uk

The Junction - Total Arts: 11 – 19 years

This group runs term time on a fortnightly basis on Saturdays 11am – 3pm.

Contact: Katie Black

Tel: 01223 578000

Venue: The Junction, Clifton Way, Cambridge CB1 7GX.

Website: www.junction.co.uk

Crossroads St Neots Community Group

This group runs fortnightly on Saturdays from 9.30am - 12.30pm.

- [Age to be confirmed](#)

Contact: Anna Bainbridge

Tel: 0845 241 0954 or 01480 499090

Venue: The sessions are held at various locations across Huntingdonshire.

Website:

www.crossroadscarecambridgeshire.org.uk

Scope Saturday Club: 8 – 19 years

This group is run by Scope and takes place once a month 10.30am – 4pm.

Contact: Grace Fordham

Tel: 01763 268111

Venue: Meldreth Manor, Fenny lane, Meldreth, Royston SG8 6LG.

Website: www.scope.org.uk

Papworth Trust: 12 – 19 years

Papworth Trust run youth groups in Huntingdon, Bury, March, Ely and Wisbech. These groups run term time only 7 – 9pm on different days throughout the week.

Contact: Linda Roberts

Tel: 07764 273326 or Rob Brierly

Tel: 07817 975187

Website: www.papworth.org.uk/youthclub

Sense

Sense provides support to children who have a dual sensory impairment or a single sensory impairment with additional needs. They run a Saturday club twice a month 10am – 4pm. Age 8 – 19 yrs.

Contact: Vanessa Hart

Tel: 0779 881 8986

Website: www.sense.org.uk

Action for Children – Inclusion Project

The Inclusion Project supports disabled children and young people aged 0-19 years to attend inclusive activities close to where they live. It is the child or young person who chooses which activity they would like to attend. However, Action for Children can provide guidance and suggestions if required.

Activities the Inclusion Project have supported at have included scout groups, sports clubs, youth groups, cookery courses, street dancing, holiday clubs and many more.

The Inclusion Project will provide 1:1 support by a fully trained worker for every child and young person. The intention is to work with the child to develop their skills and confidence to be able to attend activities independently. The Inclusion Project will offer up to 24 weeks support which is reviewed with the family and young person every six weeks to monitor progress.

The Inclusion Project is currently accessed only on a referral basis from Cambridgeshire Social Care or the Short Breaks team. **For further information contact** the Contact Centre on 0345 045 5203.

Action for Children – Holiday Clubs: Cambridge City and South Cambs

Action for Children offer holiday club opportunities for disabled children and young people aged 4 – 18 years with a moderate to severe physical and/or learning disability. Where a child is under six, the provision will be in the form of 1:1 support to access leisure services as agreed, to ensure it is suitable for the child. There is a choice of activities and venues spread across Cambridge City and South Cambridgeshire.

For more information, contact Action for Children on 01223 301756.

Stepping Stone Project

Stepping Stone is a new service to help you participate and succeed in sport. The project is funded by Cambridgeshire County Council and Sport England's Places, People, Play legacy programme and delivered by Action for Children.

To anyone aged 14+ with a long term physical, sensory or health need we can offer free advice, support and funding to help you get involved in local opportunities as a participant, coach, official, administrator or volunteer.

For more information, contact Action for Children on 01223 301756.

Young People & Teenagers

Youth Support Service

The Youth Support Service supports young people in Cambridgeshire with their health, lifestyle and career aspirations, enabling them to achieve their full potential in their transition to adulthood. The service is delivered by a range of staff working in small teams across Cambridgeshire who work from locality teams, schools, colleges and youth centres.

We do this by:

- involving young people in having a voice about every aspect of services provided for them, especially those young people who need us most
- working in partnership with all who work with young people at a local level
- assessing the local needs so that we put resources in the right places
- undertaking equality impact assessments to ensure that the most vulnerable and disadvantaged have appropriate access and support
- ensuring that our priorities are targeted at meeting the needs of those young people who have the most complex issues such as our looked after children, young offenders, young people with disabilities or special education needs.

Contact: National Careers Service for information and guidance on career choices at all ages.

Tel: 0800 100 900 **Website:** <https://nationalcareersservice.direct.gov.uk/Pages/Home.aspx>

There are Youth Support Service centres in Wisbech, Huntingdon, St Neots, Ely, March and Cambridge. Young people 16+ who are in need of help can attend drop-in sessions or book to meet with a front line worker. This includes help with choosing courses, training opportunities, CV preparation, job search, interview techniques and a job vacancy service.

Telephone numbers for the centres:

Cambridge: 01223 728500

Ely: 01353 616990

Huntingdon: 01480 376800

St Neots: 01480 376298/376199

Wisbech: 01945 585128

For youth work programme information and queries please contact the Locality Youth Development Coordinators in your area. Go to:

<http://www.cambridgeshire.gov.uk/childrenandfamilies/children-services/children-families-and-adults/locality-teams/cambsyouthsupport.htm>

Youthoria

Youthoria is the Youth Support website for young people in Cambridgeshire. Here you'll find information and advice when you need it, entertainment and activities when you feel like having fun and a voice when you want to be heard.

Check out the Youthoria Website for information on all this and much more!

Email: theteam@youthoria.org **Website:** www.youthoria.org

There are youth clubs and fun stuff listed on the Youthoria website. If you do not have access to the internet and would like information on youth clubs contact Youth Support. The following clubs are just a taster of the clubs/activities listed on the website.

Youth Clubs & Activities

Here 'N' Now

A drop-in for young people with disabilities aged 13 - 19 years. Activities include games, crafts, cooking, going on trips, music. Three youth workers work on this session.

Time: Thursdays 7 – 9pm.

Newton Q Youth Wing, Meadows Community Centre, 1 St Catherine's Road, Cambridge CB4 3XJ

Contact: Caroline Gil on 01223 457873

Email: janet.parish@cambridge.gov.uk

Milton - Youth Club

Mixed Youth Club for ages 11 – 19 with a range of activities including pool, table tennis, cooking and Internet.

Time: Tuesday 6.30pm – 8pm (term time) **Cost:** 50p

Milton Youth Club, Coles Road, Cambridge CB24 6BL

Contact: Andrea Cramp on 07899 904959

Histon - Youth Club

Youth club and Internet cafe for school years 7 and 8 (aged 11 – 13). Arts, sport and leisure. Just turn up on the day.

Time: Monday 3.45pm – 5.15pm (term time only)

Impington Village College, New Road, Impington, Cambridge CB24 9LX

Contact: Andrea Cramp on 07899 904959

Cottenham Village College - Youth Club

Senior youth club for school year 8 upwards. Cooking, pool, social skills, trips. Just turn up on a Tuesday at Cottenham Village College.

Time: Tuesday 7pm – 9pm (term time only) **Cost:** 50p

Cottenham Village College, High Street, Cottenham, Cambridge CB24 8UA

Contact: Chris Mogg on 07920 190797

Meadows Club United

Open access mixed youth club for 11 – 19 year olds, social education programme. Just drop in.

Time: Wednesday 6.30pm – 8pm

Meadows Community Centre, 1 St Catherine's Road, Cambridge CB4 3XJ

Contact: Amy Chapman on 01223 728591

Comberton Senior Youth Club

Youth club for 13 – 19 years old. Mondays: 7pm – 8.45pm.

Comberton Youth Centre, Comberton CB23 7DU

Contact: Amanda Barnard **Tel:** 01223 264935 (Organisation)

Email: abarnard@cambsyouthservice.org.uk

Faces 'N' Places

This group is for adults aged 18 – 25 (inclusive) who consider themselves to have an additional need. The group aims to provide opportunities for these young people to meet new 'faces' and go to new 'places!' Our sessions therefore involve a variety of activities, including general social events, pub trips and day trips.

The sessions also offer an opportunity to access information, advice and guidance about important issues that might be affecting young adults with additional needs. This includes topics relating to housing, employment, finance, health, dating and relationships.

Times: 7pm – 9pm. Every other Wednesday.

Hilltop Carers' Centre, Primrose Street, Cambridge, CB4 3EH.

Contact: Steve Wallis, Area Inclusion Young Peoples Worker.

Tel: 01223 699635 or Mob: 07824625526

Romsey Mill Youth & Community Centre

Romsey Mill's Social Inclusion Programme works with 13-25-year-olds who may be NEET (not in education, employment or training) and who may not be living positively in their communities. We work with them to develop their skills, self-esteem, confidence and hopes for the future, so that they can fulfil their potential.

We do this through:

- outreach to young people in public places and schools
- positive activities such as music, football, mechanics or dance
- support during the transition from school and college
- support to move from NEET to EET
- specialist young women's support
- outdoor activities on residential and trips.

For further information contact: Romsey Mill, Hemingford Road, Cambridge CB1 3BZ **Tel:** 01223 213162

Email: admin@romseymill.org **Website:** www.romseymill.org

Milton - Youth Club

Mixed Youth Club for school years 7 to 11 (ages 11 – 16 years) with a range of activities including pool, table tennis, cooking and Internet.

Meets Tuesdays (term time only):

6.30pm – 7pm – Years 7 & 8 only

7pm – 8pm – All Years may attend

8pm – 8.30pm – Years 9 to 11 only

Cost: 50p

Milton Youth Club, Coles Road, Cambridge CB24 6BL

Contact: Andrea Cramp **Tel:** 07899 904959

Monday Night Club – 7pm till 9pm

Cottenham Village College, High Street, Cottenham, Cambs CB24 8UA

Contact: Lisa McManus **Tel:** 07917040502 **Email:** Lisa.McManus@Cambridgeshire.gov.uk

Sawston Youth Group

SYG is a charity based in Sawston offering a variety of activities to young people aged 8-18 year olds. Activities include canoeing, marching band and music, arts and crafts and an annual summer residential.

The aim is to provide opportunities for young people in the area. Mondays: 6.30pm – 9.30pm.

Marven Centre, Sawston, Cambs CB22 3BP.

Contact: Paul Whitmell. **Tel:** 01223 830020 (day). **Email:** Contact@syg.org.uk

Website: <http://www.syg.org.uk>

Shelford Rugby Union Football Club

Promoting the game of rugby to everyone regardless of age, sex or ability, with coaching and games provided for all ages.

Davey Field, Cambridge Road, Great Shelford, Cambs CB22 5JJ

Contact: Mr Jackie Burgoyne **Tel:** 01223 843357

Email: jackie.burgoyne@shelfordrugby.co.uk **Website:** <http://www.shelfordrugby.co.uk>

Special Needs Youth Club

Facilities include a large room, table tennis tables, televisions, kitchen with four ovens, pool tables, seating with tables for drawing etc. Mondays 7pm – 9pm, term time only. Just turn up.

Cottenham Village College, High Street, Cottenham CB24 8UA

Battle the Boredom

Battle the Boredom is a site for teenagers. Are you bored of sitting indoors with nothing to do? Why not check out all the different things to do that we have found for teenagers. There are all sorts of clubs that you could join in your local area, make new friends and perhaps discover a hidden talent.

Website: <http://www.battletheboredom.com/>

Connections Bus Project

A drop-in youth club on a double-decker bus for young people from secondary school age upwards, operating in villages around Cambridge.

There are at least three youth workers on the bus during each session who are happy to chat and point young people in the right direction when in need of help or advice. The bus has a ramp to allow access to the lower deck where there is a PC with wheelchair access. Facilities include: 4 PCs with internet access, PS3, Xbox, DVDs, Karaoke, tuck shop, variety of sports equipment, leaflet rack, quizzes and crafts.

For more information contact: The Connections Bus Project, PO Box 344, Histon, Cambridge CB24 9WZ **Tel:** 01223 232978

Email: admin@connectionsbusproject.org.uk **Website:** www.connectionsbusproject.org.uk

You will find the Connections Bus at:

Eversdens

Venue: Eversdens Recreation Ground

Time: Monday 4pm - 6pm

Haslingfield

Venue: Haslingfield Recreation Ground

Time: Wednesdays 4pm - 6pm

Oakington

Venue: Oakington Recreation Ground.

Time: Mondays 7pm - 9pm

Comberton

Venue: Comberton Recreation Ground

Time: Wednesdays 7pm - 9pm

Burwell

Venue: Burwell Leisure Centre

Time: Tuesday 4-6pm

Benwick

Venue: Outside junior school

Time: Fridays 4-6pm

Soham

Venue: Kingfisher Drive, Soham

Time: Tuesday 7-9pm

Littleport

Venue: Parsons Lane Recreation Ground

Time: Fridays 7pm - 9pm

These are term-time dates. Information for school holidays is on the Connections Bus website: www.connectionsbusproject.org.uk

National Youth Advocacy Service (NYAS)

NYAS works across Cambridgeshire to provide an advocacy service to children and young people known to social care by providing advocates support them to enable their voice to be heard and uphold their rights (these could be children in need, looked after children, children subject to family group meetings or child protection or those wishing to make a complaint). We also provide an Independent Visitors (IV) Service to Cambridgeshire looked after children and young people. The IV Service uses adult volunteers to befriend children and young people. They meet about once per month for a chat or an activity. All our services are FREE. Please contact our freephone helpline on 0300 330 3131.

Contact: Alison Gelder, Project Co-ordinator. Unit AA, The Anderson Centre, Spitfire Close, Ermine Business Park, Huntingdon PE29 6XY.

Tel. 01480 437953 **Mobile:** 07435 967405

Email: Alison.gelder@nyas.net **Website:** www.nyas.net

Duke of Edinburgh's Award

A Duke of Edinburgh's Award (DofE) programme is a real adventure from beginning to end. It doesn't matter who you are or where you're from. You just need to be aged between 14 and 24 and realise there's more to life than sitting on a sofa watching life pass you by. You can do programmes at three levels, Bronze, Silver or Gold, which lead to a Duke of Edinburgh's Award.

You achieve an award by completing a personal programme of activities in four sections (five if you're going for Gold). You'll find yourself helping people or the community, getting fitter, developing skills, going on an expedition and taking part in a residential activity (Gold only). But here's the best bit - you get to choose what you do! Your programme can be full of activities and projects that get you buzzing. And along the way you'll pick up experiences, friends and talents that will stay with you for the rest of your life.

Venue: There are various groups around Cambridgeshire. **Time:** Times and days vary. Please phone for details. You can enrol as an "Independent Participant".

Contact: Derek Budd, The Duke of Edinburgh's Award, County Manager, Youth Support Service, Box NoCC1210, Castle Court, Castle Hill, Cambridge CB3 0AP. **Tel:** 01223 715492

Email: derek.budd@cambridgeshire.gov.uk **Website:** www.dofecambs.org

Princes Trust

The Prince's Trust is the UK's leading youth charity. The Trust runs programmes that encourage young people to take responsibility for themselves - helping them build the life they choose rather than the one they've ended up with:

- The Team Programme is a 12-week personal development course, offering work experience, qualifications, practical skills, community projects and a residential week.
- Get 'intos' are short courses offering intensive training and experience in a specific sector to help young people get a job.
- Development Awards are small grants to enable young people to access education, training or work.
- XL clubs give 14 – 16 year olds who are at risk of truanting, exclusion and underachievement a say in their education. They aim to improve attendance, motivation and social skills.

Fairbridge programme: Individually tailored personal development programme combining one-to-one support and group activities, delivered by Fairbridge staff through our 15 centres. We currently don't have a Fairbridge centre in the East of England, the nearest centre is the Hackney centre in East London.

For more information contact: The Prince's Trust, Floor 2, Suite 4, Premier House, 1-5 Argyle Way, Stevenage, Herts SG1 2AD. **Tel:** 01438 730 520 or 0800 842 842.

Email: General.EastOfEngland@princes-trust.org.uk **Website:** <http://www.princes-trust.org.uk/>

Volunteering

Volunteering - Why do it???

To build confidence and self-esteem

Volunteering can help you do things you thought that you couldn't - even things that you thought weren't possible!

To make new friends

Volunteering can help you mix with new people who are into the same things, forming new friends on the way.

To make a difference

Upset that there is nothing for young people to do in your community? It's time to make a difference

To improve your chances of getting a job

Volunteering on your CV is something that employers will respect and may give you another stepping stone towards your dream job

To gain new skills

Something you've always wanted to do? Then go for it and gain valuable skills along the way.

Cambridge & District Volunteer Centre

Provides information and advice to people wanting to volunteer with voluntary and not-for-profit organisations throughout Cambridge and South Cambs.

Cambridge & District Volunteer Centre helps to:

- Match people who want to volunteer with organisations needing volunteers
- Promote volunteering to all sectors of the community
- Support and promote good practice in the involvement of volunteers
- Develop new opportunities to volunteer
- Play an active role in the strategic development of volunteering

Contact: Cambridge & District Volunteer Centre, Llandaff Chambers, 2 Regent Street, Cambridge CB2 1AX. The Volunteer Centre office is normally staffed 10am – 4pm Monday to Thursday.

Tel: 01223 356549 **Email:** info@cam-volunteer.org.uk **Website:** www.cam-volunteer.org.uk

Royal Voluntary Service (formerly WRVS)

Our volunteers deliver services that help older people live the life they want to. They make a massive difference within their communities and are committed to helping older people live independent and fulfilled lives. Whether it's taking an older person to the shops, delivering a meal to them or even walking their dog – you can make a big difference that is appreciated and valued.

Age: from 14 can join us and the great thing about volunteering is that it's so flexible. You can fit it around all of the other things that you have to do. Whether you can spare a few hours once a week or fortnight or can give a couple of days each month we will have an opportunity for you.

Young Volunteers (16 – 25) can achieve a v50 award for volunteering for 50 hours. WRVS is approved activity provider for the Duke of Edinburgh.

Contact: The Recruitment Team, Addenbrookes Hospital, Hills Road, Cambridge CB2 0QQ.

Tel: 0845 600 5885 **Email:** addenbrookeshosp@wrvs.org.uk

Website: www.royalvoluntaryservice.org.uk

St John Ambulance

As a charity, we're committed to making sure more people can be the difference between a life lost and a life saved. To do that, we need your help.

St John Ambulance teaches people first aid - about 800,000 last year alone – so that they can be the difference between a life lost and a life saved. We teach young people in schools and through our activities for young people. We teach people in the workplace and in the community, and we provide first aid products.

We also teach people who become our volunteers, who offer their skills and time to be the difference right in the heart of their community – at public events, first responders or back up to local ambulance services.

For details of local groups contact: St John Ambulance, 27 St John's Lane, London EC1M 4BU.
Tel: 08700 10 49 50 **Website:** www.sja.org.uk

Volunteers Plus

Volunteer Plus provides a range of voluntary jobs, with unpaid work available in a variety of roles.

Location: 93 East Road, Cambridge CB1 1BX **Tel:** 01223 566537

Volunteering England: Volunteer Management Portal

This site acts as a gateway to the world of volunteer management with links to over a thousand resources and information on support, training and development opportunities for people managing volunteers. If you would like to access Volunteering England's Volunteer Management Portal click on this link: www.volunteering.org.uk/

Cambridgeshire.net

Cambridgeshire.net aims to provide residents and communities in Cambridgeshire with easy online access to local information and services. Being able to find out what is happening locally helps people to get involved and build networks around their interests.

The community database holds the details of over 4500 organisations in the county and an A-Z of Local Public Services provided by local authorities and other partners.

Cambridgeshire.net is for everyone living or working in Cambridgeshire and provides a free resource of community information. It is free to use and to register, so if you want your organisation to be listed register with us today: www.Cambridgeshire.net

Pre-School Support

Children's Centres

Children's centres support all families with children under five. **Some centres (Specialist Hubs) are offering activities and support to children and young people with additional needs or a disability up to age 11 years.** To find out what is happening at a children's centre near you go to the website.

They offer easy access to health and family support, help with finding jobs and training, drop-in sessions and activities, and information about local childcare and early education.

Children's centres aim to make life better for families with children aged 0 - 5 by bringing together:

- health services
- families support services
- family activities information
- early years education / child care
- employment and training advice

In Cambridgeshire, there are 40 centres now open, giving all communities access to the services of a local children's centre.

Here are some of the activities you may find happening near you:

- drop-in play sessions
- young parents' groups
- positive parenting support
- baby and toddler activities
- employment and benefit advice
- speech and language sessions
- support for families with children with additional needs
- information about local childcare

To find your local children's centre Tel: 01223 699786.

Email: ChildrensCentres@cambridgeshire.gov.uk

Website: <http://www.cambridgeshire.gov.uk/childrenandfamilies/childrenscentres.htm>

Home-Start

This voluntary scheme offers friendship, support and practical help to families with children under five years old. Volunteers visit families in their own homes providing support. This informal and friendly support provides a lifeline to thousands of parents and children. Our support is free, confidential and non-judgemental.

We help to increase the confidence and independence of families by:

- Visiting families in their own homes to offer support, friendship and practical assistance
- Reassuring parents that their childcare problems are not unusual or unique
- Encouraging parents' strengths and emotional well-being for the ultimate benefit of their children
- Trying to get the fun back into family life

Our volunteers, who have parenting experience themselves, can offer:

Precious time for listening and talking

Help with the children

A break for parents

Practical help and reassurance

A chance to meet other parents in the same boat

Support to use local services and resources

Parents ask for Home-Start's help for all sorts of reasons:

- They may feel isolated in their community, have no family nearby and be struggling to make friends
- They may be finding it hard to cope because of their own or a child's physical or mental illness
- They may have been hit hard by the death of a loved one
- They may be really struggling with the emotional and physical demands of having twins or triplets - perhaps born into an already large family

For more information please visit the website: www.home-start.org.uk

Cambridge & District

Contact: The Fields Children's Centre, Galfrid Road, Cambridge CB5 8ND.

Tel: 01223 210202 **Email:** office@homestartcambridge.co.uk

Website: <http://www.homestartcambridge.co.uk>

East Cambs and South Fenland

Home-Start offers support to vulnerable families with children under 5. Carefully selected volunteers provide support. Office open: Mon - Thu 9.15am - 2.30pm.

Contact: Priors Court Community Room, 14a Priors Court, Ely CB6 3AH

Tel: 01353 663158 **Email:** office@homestarteastcambs.org.uk

Royston & South Cambridgeshire

Contact: Unit 6 Valley Farm, Station Road, Meldreth, Royston SG8 6JP

Tel: 01763 262262 **Email:** admin@hsrsc.co.uk **Website:** <http://www.hsrsc.co.uk>

Early Support - Helping every child succeed

Early Support is a way of working, that aims to improve the delivery of services for children 0-5 years who are disabled or have complex additional needs and their families.

It is the framework by which professionals work together and support families' right from the start. Early Support keeps families and children at the centre of decision making and puts their needs first. By using the Early Support 'Family File' it reduces the need for families to repeat their child's story.

All families can have a Key Worker, who is a person already known to a family. They can support the family by:

- Being a first point of contact.
- Assisting with the planning and coordination of services.
- Ensuring that families have the information they need.
- Helping families use local services e.g. children's centres, health services, play groups

In Cambridgeshire there are three Early Support Co-ordinators working in Huntingdonshire, East Cambs & Fenland and Cambridge City & South Cambs. They support professionals deliver Early Support by providing information, resources and Early Support materials. They coordinate multi-agency team around the child meetings, ensuring family service plans are developed, updated and shared.

For information contact:

Linda Bedrikovs. **Tel:** 01480 418646 for the Huntingdon area

Nadine Rider. **Tel:** 01945 488048 for Fenland

Jennifer Deacon **Tel:** 01223 884491 for Cambridge City and South and East Cambs

Website: <http://www.ncb.org.uk/earllysupport>

CCC Website:

<http://www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/earlyyears/earllysupport.htm>

Sensing Fun

A group for children under the age of five with special educational needs and their families. "Sensing Fun" happens fortnightly 1pm - 2.30pm. 2nd and 4th Friday of the month. It is a time for families to meet together, explore and have fun with a range of messy and sensory activities. This is a **FREE** group, no booking necessary, just come along! There are refreshments and snack-time.

Ongoing regular activity. Support for special needs, disabled people, learning disability, long term conditions, physical disability, sensory impairment, social interaction difficulties.

The group meets at Ely Children's Centre, High Barns, Ely CB7 4RB.

For more information please call Pippa on 01353 611594

Email: elychildrenscentre@cambridgeshire.gov.uk

Impington Opportunity Playgroup

This is a pre-school playgroup for any children with special needs and their families. There are plenty of helpers to help the children with play and there is a wide range of toys and activities including painting, dressing-up, outdoor play and lots more. At the end of the afternoon there is time for singing and music.

The group is for families throughout Cambridge and its surrounding villages. Parents can relax, have a coffee and chat together while the children are well looked after.

Time: Monday and Friday afternoons 1 – 3pm during school term time

Venue: The groups are meeting at a temporary venue – **please contact Sally for details.**

Sometimes transport can be arranged, contact the group for more information.

Contact: Sally Abbott. **Tel:** 01223 315024

Email: syabbott@bigfoot.com **Website:** <http://members.lycos.co.uk/iopg/>

Ellesmere Opportunity Group

The Ellesmere Opportunity Group is for all pre-school children with special needs and their families. There is a variety of specialist equipment including a light sensory room.

Visitors such as health visitors, students and physiotherapists often come to the group. They are always willing to help you. Refreshments are available.

Time: The group meets on Wednesday afternoons throughout the year from 1pm – 3pm.

Venue: The Ellesmere Centre, Stetchworth.

If you would like to come and visit us please contact:

Christina Turner on 01638 507223

Email: cjturner24@hotmail.com or Jane Wright on 01223 811633.

Meadows Family Support Drop-In

Family support drop-in for local families with pre-school aged children and babies.

Time: Tuesday's 9.30am – 12.30pm. Friday's 9.30am – noon for 50 weeks a year.

Venue: The Meadows Children & Family Wing, 1 St. Catherine's Road, Cambridge CB4 3XJ.

Contact: Michele Wright **Tel:** 01223 508144 **Email:** info@mcfw.co.uk

Website: www.meadowschildrenandfamilywing.co.uk

C.A.R.E (Children and Relationships Everyday)

Parenting course that runs 3 times a year with a free crèche along side term time only. The course runs on Fridays 1pm to 2.45pm (3 times a year). Families need to request a place on the course.

Venue: The Meadows Children & Family Wing, 1 St. Catherine's Road, Cambridge CB4 3XJ.

Contact: Michele Wright **Tel:** 01223 508144 **Email:** info@mcfw.co.uk

Website: www.meadowschildrenandfamilywing.co.uk

The Kings Hedges Family Support Project

This project is based in three wards of Cambridge offering family support drop-in for families with children 0 – 3 years old and is open for up to 50 weeks a year.

For further information **contact:** Lynn Tumber, Project Manager **Tel:** 01223 508144 or

mobile: 07951955371 / 07932216965. **Email:** lynn@mcfw.freeserve.co.uk

Mondays Together

The Fields Children's Centre, Galfrid Road, Cambridge CB5 8ND

Time: 10am – 12.30pm for families with children 0 – 3 yrs and 1pm – 3pm for families with babies only (non walkers).

Wednesdays Together

The North Cambridge Children's Centre, Campkin Road, Cambridge. CB4 2LD

Time: 10am – 12.30pm for families with children 0 – 3yrs and 1pm – 3pm for families with babies only (non walkers).

Thursdays Together

Brown's Field Youth and Community Centre, 31A Green End Road, Cambridge CB4 1RU

Time: 10am – 2pm for families with babies and children up to 4 years.

Cambridge Down's Syndrome Baby and Toddler Group

The group meets on the first Saturday of every month (except January and August) from 10.30am - 12.30pm at the Little Footsteps children's centre in Caldecote.

It's a very friendly, informal group where parents, grandparents and carers can chat and exchange information and experiences and drink lots of tea and coffee! All children, including siblings, are free to play with all the toys and books available, and also play outside in the safe and well equipped enclosed play area. And we also have a fun singing and signing session at the end! There is no fee to attend the group and families are welcome to come along whenever they would like to. This group is for parents of children aged 0 to school age.

For more information contact: Roz Brown on 07415 036099

Email: dsbabytoddler@gmail.com

Website: <http://www.cambridgeshiremencap.co.uk/what-we-do/children.asp>

To find the Little Footsteps Children's Centre go to

<http://www.cambridgeshirechildrenscentres.org.uk/caldecote-comberton>

When using satnav type in **CB23 7NX**.

Pre-School Learning Alliance

The Pre-school Learning Alliance is the largest early year's membership organisation and voluntary sector provider of quality affordable childcare and education in England. An educational charity, the Alliance represents the interests of over 14,000 member settings who deliver care and learning to over 800,000 families every year. We deliver acclaimed training, quality improvement and family learning programmes, produce specialist publications, offer information and advice to early year's professionals and parents and campaign to positively influence childcare policy and practice.

Alliance childcare services include the direct-management of children's centres, breakfast and after school clubs, nurseries, pre-schools and parent and toddler groups. Our settings actively involve parents, families, partners, volunteers and the local community at all stages of delivery.

Contact: Cambs and Peterborough Pre-school Learning Alliance. 1st Floor, Century House, Market Street, Swavesey, Cambridge CB24 4QG **Tel:** 01954 231751

Email: Cambsandpboro@pre-school.org.uk

Web: <https://www.pre-school.org.uk/cambridgeshire-peterborough>

Support in Education

Family Workers

Family Workers provide a mixture of individual and group interventions with parents, carers, children and young people with additional needs up to the thresholds for social care involvement to improve outcomes for children and families. Family Workers work with a wide range of families who need additional support to build their capacity, reliance and resources.

The core of the role focuses on:

- Developing positive parenting
- Ensuring children progress in their learning
- Increasing family engagement with community services

Family Workers do however, work holistically with families and therefore may work in partnership with other services or organisations to address a wide range of issues.

The service works with families with children aged 0-19 (up to 25 for children with disabilities) according to local need and Family Workers are based in both Locality Teams and Children's Centres.

Services offered...

Locality Teams deliver the following services:

- Youth Support Service (Youth Work)
- Family Workers
- In-School Support
- Education Welfare
- Children's Centres

Further information about these services can be accessed by contacting your locality team. Details are available here: <http://www.cccschoolserves.org.uk/services/service/59/A>

Or **Tel:** 0345 045 5200

Parents' School Preference Advice - changing or starting school

Deciding which school, you would prefer your child to attend is a very important decision, but the system can be confusing. The Parents' School Preference Adviser can offer parents support, information and advice on choosing and applying for primary and secondary schools in Cambridgeshire, including starting primary school, changing schools during the school year and the move (transition), from primary to secondary school. Information is also available on:

- How the transfer and admissions process works
- Primary and secondary schools
- Admission policies and criteria for different schools
- Travel issues
- What happens if parents don't get their preferred choice (appeals)

For further information **contact:** Parents' School Preference Adviser

Tel: 01223 699194 **Email:** transitioninfoadvice@cambridgeshire.gov.uk

Website:

<http://www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/schoolagespecial/applyforaschoolplace/supportwithchoosingaschool.htm>

Parent Partnership Service (PPS)

The aim of the Parent Partnership Service (PPS) is to ensure that parents have access to information, advice and support in relation to the special educational needs of their children so they can make appropriate, informed decisions.

The PPS promotes positive outcomes for children and young people through partnerships between parents, schools, local authorities and other agencies.

For confidential advice and information call our Confidential Advice Line Link (CALL):

Tel: 01223 699214 or **Email:** pps@cambridgeshire.gov.uk

Parent Partnership Service Co-ordinator Officer: **Tel:** 01223 699211 or

Email: ppo@cambridgeshire.gov.uk

For information on PPS training, newsletters and website:

Tel: 01223 699211 or **Email:** ppsadmin@cambridgeshire.gov.uk

Case co-ordinator and parent groups contact:

Cambridge City and South Cambs

Tel: 01223 699212

Huntingdonshire and St. Neots

Tel: 01223 699195

East Cambs and Fenland

Tel: 01223 699213

Website: www.cambridgeshire.gov.uk/pps

Valuing the Parent-Professional Partnership through working together for
the benefit of the child.

Parents Liaison & Advisory Network (PLAN)

The group meets once a term at various venues around the county. Parent and carers of children and young people with disability or additional needs are welcome.

The purpose of the group is to:

- discuss new and future PPS initiatives and make further suggestions
- support the PPS in the circulation of PPS information to parents and carers
- advise the PPS on any issues that are impacting on parents and carers in relation to the additional needs of their children
- ensure parents and carers have the opportunity to discuss with the PPS and other invited local authority representatives, issues relating to developing policy and practice for children and young people with special educational needs
- represent parental views, regarding service development and policies for all children and young people with special educational needs
- Involve parents more fully in influencing SEN policy decisions and practice through consultation
- provide an effective response as a collective voice from parents and carers
- maintain and raise awareness of the additional, special educational needs and disabilities of children, young people and their families.

For further information contact Bob Wilson, Parent Partnership Service Coordinator

Tel: 01223 699211 **Email:** robert.wilson@cambridgeshire.gov.uk

Transitions Team

Cambridgeshire's Transitions Team is made up of social care staff who work with the Children's Social Care Teams and Units, Additional Needs Advisors and education professionals to support young people with disabilities through the transition to adult social care services.

The team works with young people and their families who are likely to require social care services as an adult. They give advice and information to young people and their parents/carers as they near their 17th birthday or earlier if issues are complex. It is usual at this point to establish the best time for a Specialist Social Care Assessment to be completed by a member of the Transitions Team.

Contact the Transitions Team for further information. **Tel:** 01480 372669

Email: transitions.enquire@cambridgeshire.gov.uk

Website:

<http://www.cambridgeshire.gov.uk/council/depts/cyps/adultsocialcare/transitions.htm>

Learners with Learning Difficulties and Disabilities (LLDD) Team

Additional Needs Advisers and the Learners with Learning Difficulties and Disabilities (LLDD) Team

Additional Needs Advisers work with young people who have significant additional needs aged from 14 to 25 and their families. They provide detailed advice and guidance in relation to education, training and employment as appropriate to individual young people. They can also provide information about a range of other issues, but may refer you to other agencies to ensure you receive the information and support required.

If you would like to speak to someone, but don't know who, please contact the Transition Co-ordinators in the first instance on 01480 372669 or email: transitions.enquire@cambridgeshire.gov.uk

There is a booklet called 'Moving On' which explains the options available for school leavers with additional needs. This booklet can be found on Cambridgeshire County Councils website on the Post 16 – Young People page.

For further information about the LLDD Team go to: www.cambridgeshire.gov.uk/send click on the Post 16 link on the right. Contact details for the Additional Needs Advisers LLDD Team can be found in the 'Moving On' booklet.

Student Community Action (SCA)

SCA is an independent charity, which recruits and places student volunteers from Anglia Ruskin University and the University of Cambridge, in any one of dozens of projects in Cambridge. SCA has more than 300 volunteers giving thousands of hours to improve the lives of people living in the local community.

Please be advised there is a waiting list for these services and please note that all of our volunteers are students and therefore the activities only take place during the University of Cambridge term-time.

Bounce

An hour and a half of manic fun-filled sports games, board games, and crafts - prepare to be exhausted. This project is for children from one parent or carer families, children who have suffered bereavement, children with disabilities, learning difficulties or behavioural problems, or children with family members who have disabilities, learning difficulties or behavioural problems. This is a FREE activity club, which is run at Old Howard Mallett Centre (CB1 2QF) on Sunday afternoons.

Student Community Action (SCA) Big Siblings Project

We provide a volunteer student visitor for children, the service is free. The student acts as an 'adopted' older brother/sister to the child, taking them out (usually once a week). Families must live within walking/cycling distance of Cambridge City Centre. This project is for children from one parent or carer families, children that have suffered bereavement, children with disabilities, learning difficulties or behavioural problems, or children with family members who have disabilities, learning difficulties or behavioural problems. Children should be aged between five and 11 years, and should either live within cycling distance of the city centre (maximum four miles from the Market Square). Visits are usually about one to two hours once a week.

Teaching English as a Second Language

Volunteers provide 1:1 help for school children whose work is suffering due to their lack of English language skills. This help is given under the guidance of either their EMAG or form teacher. Usually this help is given at the child's home either during the early evening, or at weekends, but sometimes volunteers help in the classroom or at after school clubs, visits are usually about one to two hours once a week.

Homework Help

Homework Help provides a volunteer student visitor for children who are having some difficulty at school. The volunteer will act as a mentor for the child, helping them work through the difficulties they are having, and thereby increase both their confidence and ability. Visits will usually happen at the child's house, and a parent/guardian/carer must be present in the house during the volunteers visit. The children visited should live within cycling distance of the centre of Cambridge, and visits are usually about one to two hours once a week.

Taskforce

The taskforce project allows members of the Cambridge community to contact us and request university student volunteers to help them with certain tasks. In the past, volunteers have helped people with their garden or getting around town, although they can also just pop round each week for some tea and a chat.

So if you would like a volunteer for a role that does not fall into any of the above projects, please contact the SCA office and we'll try our best to find someone to match your needs!

Contact: Caroline Ward, Manager or Ania Rygielska, Volunteer Development Worker. 10 Pembroke Street, Cambridge CB2 3QY **Tel:** 01223 350365 Opening Hours: 1pm – 4pm, Monday – Friday.

Email: mail@cambridgesca.org.uk **Website:** www.cambridgesca.org.uk

Bullying

Bullying at School: A Guide from GOV.UK

The law

Some forms of bullying are illegal and should be reported to the police.

These include:

- violence or assault
- theft
- repeated harassment or intimidation, e.g. name calling, threats and abusive phone calls, emails or text messages
- hate crimes

Call 999 if you or someone else is in immediate danger.

Schools and the law

By law, all state (not private) schools must have a behaviour policy in place that includes measures to prevent all forms of bullying among pupils.

This policy is decided by the school. All teachers, pupils and parents must be told what it is.

Anti-discrimination law

Schools must also follow anti-discrimination law. This means staff must act to prevent discrimination, harassment and victimisation within the school. This applies to all schools in England and Wales, and most schools in Scotland.

Reporting bullying

You should report bullying to your school in the first place - or someone you trust if it happens outside school, e.g. in a club or online.

Tell the police if the bullying involves a crime.

Schools - reporting bullying

School staff will deal with bullying in different ways, depending on how serious the bullying is.

They might deal with it in school, e.g. by disciplining bullies, or they might report it to the police or social services.

Any discipline must take account of special educational needs or disabilities that the pupils involved may have.

Police - reporting bullying

Anyone can make a complaint to the police about bullying but it's usually a good idea to speak to your school first.

If you're reporting cyberbullying, keep a record of the date and time of the calls, emails or texts - don't delete any messages you receive.

Call 999 if you or someone else is in immediate danger.

Bullying outside school

Head teachers have the legal power to make sure pupils behave outside of school premises (state schools only).

This includes bullying that happens anywhere off the school premises, eg on public transport or in a town centre. School staff can also choose to report bullying to the police or local council.

Bullying - a definition

There is no legal definition of bullying.

However, it's usually defined as behaviour that is:

- repeated
- intended to hurt someone either physically or emotionally
- often aimed at certain groups, e.g. because of race, religion, gender or sexual orientation

It takes many forms and can include:

- physical assault
- teasing
- making threats
- name calling
- cyberbullying - bullying via mobile phone or online (e.g. email, social networks and instant messenger)

Your school should have its own definition of bullying.

This guide is available from www.gov.uk

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting children from harm is key.

Kidscape works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep children safe from harm. The Kidscape staff equips vulnerable children with practical non-threatening knowledge and skills in how to keep themselves safe and reduce the likelihood of future harm.

Kidscape works with children and young people under the age of 16, their parents/carers, and those who work with them.

Kidscape offers:

- A helpline offering support and advice to parents of bullied children.
Call: 08451 205 204
Advisers are currently available Monday – Thursday 10am - 4pm.
- Booklets, literature, posters, training guides and educational videos on bullying, child protection, and parenting.
- A national comprehensive training programme on child safety and behaviour management issues.
- Advice for Parents & Carers, Professionals and Young People themselves.
- Confidence building sessions for children who are bullied.

Our helpline is for the use of parents, guardians or concerned relatives and friends of bullied children. If you are a child and are experiencing bullying problems, then please visit or ring

ChildLine on 0800 1111

Email: contact@kidscape.org.uk **Website:** www.kidscape.org.uk

ChildLine

Bullying can happen to anyone at any age. Being bullied at school, home or online might involve someone pushing you, hitting you, teasing you, talking about you or calling you names. No one has the right to hurt you or make you feel bad. If you are being bullied you don't have to put up with it - you can talk to someone about it.

If you or a friend are being bullied, it can sometimes feel like nothing can make it stop, especially if it has been happening for a long time. Bullying can leave you feeling anxious, depressed, lonely, worthless and scared - but it doesn't have to be like this. ChildLine is a free, confidential support service who speak to thousands of young people every day - you are not alone.

You can call ChildLine at any time on 0800 1111 to speak to a counsellor. Calls are free and confidential. **Website:** www.childline.org.uk/pages/home.aspx

CyberMentors is all about young people helping and supporting each other online.

If you're being bullied, or are feeling a bit low, or are maybe troubled by something and you're not sure what to do or who to talk to, then CyberMentors is where you can go for help. It doesn't matter how big or small you think the problem is, or whether you're being targeted online or offline, CyberMentors are here to listen and support you.

The best thing about it is that CyberMentors are young people too. They have been trained and are volunteering their time online to help you.

It's still important to talk to your parents or teachers about bullying. If you don't feel ready to do this, a CyberMentor can help.

Cyberbullying is when someone uses technology, like the internet or a mobile phone, to deliberately hurt, humiliate, harass, intimidate or threaten someone else.

Cyberbullying includes things like:

- Sending nasty or threatening texts or emails
- Posting abusive messages online - on a social networking site, in a chatroom, or using IM
- Posting humiliating videos or pictures online, or sending them on to other people
- Taking on someone else's identity online in order to upset them
- Bad mouthing and spreading rumours
- Setting up a hate site or a hate group on an SNS site
- Prank calling, prank texts and messages.

CyberMentors is run by the charity We're Altogether Better, Units 1 – 4, 4 Belvedere Road, London SE19 2AT

Contact: Moderators moderators@cybermentors.org.uk

Email: CyberMentors team training@cybermentors.org.uk

Email: BeatBullying admin@beatbullying.org

Tel: CyberMentor on 0208 771 3377

Website: www.cybermentors.org.uk

Bullying UK (part of Family Lives)

Family Lives is a national charity providing help and support in all aspects of family life.

Family Lives has over thirty years experience in helping parents deal with the changes that are a constant part of family life. We provide support to help you achieve the best relationship possible with the children that you care about. To support families we provide FREE professional, non-judgmental support and advice in a way that all members of the family can access. There is a 24 hour helpline, a really useful website, message boards, email service, live chat and parenting/relationship support groups.

People contact us about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We can help when there is family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children.

To find out about all the services available go to: <http://familylives.org.uk>

For support call Parentline on 0808 800 2222

If you are unable to get through to Live Chat because of demand please feel free to email our team at parentsupport@familylives.org.uk

Red Balloon - Cambridge

The aim of Red Balloon is the recovery of bullied children.

They provide 'intensive care' full-time education for children aged between 11 and 16 years who are unable to go to school because they have been severely bullied or have experienced other traumatic events that have left them extremely anxious and unable to attend school.

The students accepted by Red Balloon are promised a safe environment with clear boundaries for behaviour, and an individual full-time academic, pastoral and therapeutic programme.

Once the students have regained their confidence and are able to cope academically and socially, they are supported in their return to mainstream school, their entry to further education or to employment.

For further information contact: Mara Hawkins, Herbert House, 57 Warkworth Terrace, Cambridge CB1 1EE. **Tel:** 01223 357714

Email: mara.hawkins@cambridge.rblc.org.uk **Web:** www.redballoonlearner.org.uk

Bullystop

This is a county-wide, non profit making voluntary organisation set up to give advice, support, representation and help to the targets of bullying. It raises awareness of bullying through the media, lectures, workshops and activities.

Bullystop hopes to provide the tools to counteract the consequences of bullying by empowering and building on the confidence of the bullies' targets.

Contact: Christine & Hughie O'Neill. The White House, Main Road, Elm, Wisbech PE14 0AG

Tel: 01945 860496

Email: bullystopuk@btinternet.com **Web:** www.Bullystop.net

Red Hen Project

The project employs a home school worker who can help children aged 4 – 11 years and families living in deprived areas of North Cambridge. The aim is to develop positive relationships between home and school. The project also runs some after school activities. The issues covered include parenting, behaviour management, physical and mental health issues (both theirs and their parents'), bullying, low self esteem, family break ups, bereavement, child protection issues and domestic violence.

Contact: Christine O'Reilly. Red Hen House, Northfield Avenue, Cambridge CB4 2LG

Tel: 01223 319991 **Email:** christineoreilly@tiscali.co.uk **Web:** www.red-hen.org

Support for Families

Cambridgeshire Families Information Service provides information for families with children aged 0-19 and up to 25 years for those with special needs or disabilities (SEND).

This includes information on support for children and young people who have SEND, and an online directory of support services and childcare providers.

Our childcare information helpline provides confidential and impartial advice on childcare and early learning, holiday clubs and activities and finding places. You can also find out about free childcare for 2, 3 and 4 year olds.

Helpline: 0345 045 1360 - Monday to Friday 8am - 6pm and Saturday 9am - 1pm (excluding Bank Holidays)

Childcare helpline: 0345 04 54 014 - open Monday - Fridays 8.30am - 5.30pm

Email: fis@cambridgeshire.gov.uk **Website:** www.cambridgeshire.gov.uk/families

Papworth Additional Needs Support Group

A support group run by local parents of children with additional needs. No diagnosis needed, just come along for a friendly chat and cup of tea! The group meets fortnightly on Monday mornings during term time 9am – 10.30am. All types of disability and additional needs. All ages, siblings welcome.

Parent contact: Caroline on 01480 839166.

Venue: Daisy Children's Centre, Varrier Jones Drive, Papworth Everard CB23 3XQ

Tel: 01480 831423

Hyperactive Children's Support Group

This is a well-established, friendly group for families with children, who have autism, ADHD, Dyslexia, Dyspraxia and allergies. Parents, professionals and siblings are welcome.

For meeting venue, dates and times contact: Joan Lewis **Tel:** 01223 510551

Email: joan_lewis@hotmail.co.uk

After School Clubs

For local children aged 5 - 11 yrs old term time only (this facility is not child care provision and places have to be applied for).

Monday's: For 5 to 8yrs old 3.45pm to 5.30pm.

Tuesday's: for 8 to 11 yrs old 3.45pm to 5.30pm.

Venue: The Meadows Children & Family Wing, 1 St. Catherine's Road, Cambridge CB4 3XJ.

Contact: Michele Wright **Tel:** 01223 508144 **Email:** info@mcfw.co.uk

Website: www.meadowchildrenandfamilywing.co.uk

Gamlingay and District Parent Carers Group

This is a self-help support group for parents with children up to any age with any disability or medical condition and also carers of looked after children. The group meets once a month in the morning in member's houses for coffee, chat and a sympathetic ear.

Tel: Bridget Smith 01767 650510 **Email:** bridget@glockling.com

Cambridgeshire SEN Parent/Carer Support Group

This is a peer support group called Cambridgeshire SEN parent/carer support group. Open to all ages. It runs every other Saturday afternoon from 1pm - 3pm at the Broadleas Centre, Pig Lane, St Ives.

Contact: Rachael Allen on 01480 464024 **Email:** Arallen73@tiscali.co.uk

Netbuddy

Netbuddy is an award-winning site for swapping practical tips and information on all aspects of supporting people with special needs.

There are thousands of tips from people with first-hand experience of learning disability, autism and special needs. Brushing teeth, challenging behaviour, bed-wetting, constipation ... there's a tip for that! There is also a forum and information packs on this site. It's really worth taking a look at.

Website: www.netbuddy.org.uk

Ely SEN Parent Support Group

Jane Tuck runs a monthly special educational needs (SEN) parent support group at Highfield School. The group meets on various days each month to try and accommodate most parents/carers. They usually run from either 9.30am – 11am or 1pm – 2.30pm.

Parents have the opportunity to meet with others who understand, share information and get the opportunity to share experiences. We have speakers come along. Examples of these are Scope, Fledglings, Cool 2 Care and Think Autism. Jane also shares any relevant information with the group.

The SEN parent support groups are for any parent in the area who has a child or young person with special educational needs. They do not have to be statemented.

If you would like further information please contact **Jane Tuck**, Family Worker, Ely, Littleport & Witchford Locality Team on 07827 309394.

A crèche is not available for these groups so unfortunately younger children can not come along.

Sibling Group

The sibling group runs every holiday for siblings who have a brother or sister with special educational needs. The siblings do not have to attend Highfield School and it is open to all siblings to attend.

There are 2 groups: 5 - 9 year olds and 9 -16 year olds. The groups usually run for one and a half hours. We carry out an activity such as crafts, bowling, sport activity or cooking and then have time to talk about specific issues as a group.

If you would like further information please contact **Jane Tuck**, Family Worker, Ely, Littleport & Witchford Locality Team on 07827 309394.

Parents need to contact Jane prior to their child attending this group.

Summer Fun Days

Jane Tuck will be running one activity per week during the summer holidays for parents/carers and children with special educational needs and their siblings to attend. Last years activities included going to Church Farm, Wicken Fen, bowling, and picnics and sports activities in the local parks.

There may be a small charge this year but the majority is funded. Parents have to be responsible for their child/ren at these sessions. This gives the whole family time to have fun together.

If you would like further information please contact **Jane Tuck**, Family Worker, Ely, Littleport & Witchford Locality Team on 07827 309394.

Ely Dads Group

This group is for all dads with a child with any disability or additional need. They meet at various venues once a month on a Saturday or Sunday. The group usually does activities where dads can bring children and siblings. Dads are responsible for their children. Supported by Pinpoint.

For further information contact: Jane Tuck **Tel:** 01353 612831 or 07827 309394.

Email: jane.tuck@cambridgeshire.gov.uk **Address:** Highfield School, Downham Road, Ely CB6 1BD

The National Autistic Society Cambridge Branch

The National Autistic Society (NAS) champions the rights and interests of all people with autism. It aims to provide help, support and services that individuals with autism and their families with can access, trust and rely on and which can make a positive difference to their lives.

The main website (<http://www.autism.org.uk>) contains information about autism and Asperger syndrome, the NAS and its services and activities. Dr. Joseph Simon is the current branch officer of the Cambridge Branch of the National Autistic Society (CNAS).

Aims of the branch:

- to give support and practical help to families, carers and people with an autism spectrum disorder (ASD) by providing opportunities for social contact and mutual support
- provide general information on autism and on the services, benefits and other resources available to carers and people with ASD from health, education and social care services, voluntary organisations and the private sector
- generate funds for branch activities and services, in accordance with statutory regulations
- campaign for adequate and high quality services, including improved services for diagnosis, assessment and care for people with ASD and promote them
- increase public awareness by active work within the community, informed use of the media and by other means permitted by charity law
- recruit new members to the branch using Society membership literature and other relevant information
- joint-working and co-production with local statutory and voluntary organisations.

The local branch (CNAS) currently provides 24/7 information and advice support via telephone helpline, email and website (see below) and runs a number of support groups and clubs for people on the autistic spectrum and for their families (see them listed separately).

Local contact: Tel: 0792 0150407 **Email:** NASCambridge@nas.org.uk

Website: <http://cambridge-autism.org.uk>

National telephone helpline: 0845 070 4004 - open 10am - 4pm, Monday to Friday

The National Autistic Society (NAS) Autism Helpline provides impartial, confidential information, advice and support for people with autism spectrum disorders, their families, professionals, researchers and students.

All calls charged at local rate and will cost no more than 4p per minute from BT landlines. Calls from mobile phones may cost more. **Minicom service:** 0845 070 4003

Email enquiry service: visit <http://www.autism.org.uk/enquiry> and complete the online form.

Post: Autism Helpline, National Autistic Society, 393 City Road, London, EC1V 1NG.

Website: <http://www.autism.org.uk>

NAS 'Meet and Play' group.

Parents/carers of preschool children who have social communication difficulties are warmly invited to drop in to 'Meet and Play'. Come to meet other carers and let your children play in a safe setting. The group is supported by the Children's Centre Manager and by experienced professionals who are members of the Cambridge NAS Branch.

The group meets on the first Tuesday of every month from 1.15pm to 2.45pm at Cherry Hinton Children's Centre, The Community Wing, Cherry Hinton Junior School, Fulbourn Old Drift, Cambridge CB1 9ND For more information contact NAS Cambridge Branch: **Tel:** 0792 0150407
Email: NASCambridge@nas.org.uk; **Website:** <http://cambridge-autism.org.uk> or just drop in.

Parent Support Group for parents of children with Autism Spectrum Disorder (ASD)

The NAS Cambridge Branch runs an evening support group for parents of children with ASD. The group meets on the first Monday of every month from 7.30pm to 9.30pm at The Meadows Community Centre, 1 St Catharine's Road, Cambridge CB4 3XJ. Contact number for the centre is 01223 508140.

Please come along for a cup of tea or coffee, chat and share your problems and/or successful strategies with other parents.

For more information please contact the NAS Cambridge Branch on 07920 150407

Email: NASCambridge@nas.org.uk; **Website:** <http://cambridge-autism.org.uk> or just drop in.

NAS 'Coffee and Chat' Parent Support group

Would you like the opportunity to get together for coffee and a chat with other parents but find it difficult to get out in the evenings? If so, please come along to a new monthly coffee group for parents with children with autism spectrum disorder.

We meet on the third Tuesday of every month from 10.30am till 12.30pm in the Meadows Community Centre, 1 St Catherine's Road, Cambridge CB4 3XJ. You are very welcome to join us.

For more information please contact the NAS Cambridge Branch: **Tel:** 07920 150407

Email: NASCambridge@nas.org.uk; **Website:** <http://cambridge-autism.org.uk> or just drop in.

Please note: There are no childcare facilities provided by the branch and parents are responsible for their children within the centre.

NAS over 18 Autism Spectrum Disorder (ASD) Social Club

If you want to meet and socialise with other people (18+) on the autistic spectrum who may have shared interests with you, just come along. There is no upper age limit for this group, all adults are welcome.

The club meets on the 2nd Sunday of every month from 7.30 till 9.30pm at the Christ the Redeemer Church Hall, Newmarket Road, Cambridge CB5 8RS. Various buses coming from the City Centre, including City 3 stops at the nearby bus stop. The church also has a large car park.

At the venue, there will be access to the main hall as well as the kitchen (to make drinks etc.), and also access to computers, games consoles, pool table, air hockey, fuzzi ball, table tennis, art activities as well as sofas so you can just sit back and chill.

For more information please contact the NAS Cambridge Branch: **Tel:** 07920 150407

Email: NASCambridge@nas.org.uk; **Website:** <http://cambridge-autism.org.uk> or just drop in.

pinpoint

pinpoint is an independent information, support and parental involvement network run by parents for parents across Cambridgeshire.

The aims of pinpoint are to provide:

- easy access to good quality information for parents
- a central website for parents, groups, services and organisations to share information on the support available to families in Cambridgeshire; and
- a parental involvement network that supports the participation of parents in making important decisions that will lead to improved services.

Network meetings

pinpoint runs open meetings for parents and others with parental responsibility (including grandparents) once a term in each of the five Cambridgeshire districts (Cambridge City, East Cambridgeshire, Fenland, Huntingdonshire and South Cambridgeshire). The meetings are free and are an opportunity for parents and carers to get together and share information. Representatives from local services and organisations are invited to talk about topical issues, giving parents an opportunity to get involved in planning and developing services if they want to. Lunch is provided. For more information email Lenja at Lenja@pinpoint-cambs.org.uk.

Parent carer well-being and support groups

pinpoint run a regular well-being session for parents in Cambridge where we offer coffee and a chat as well as guest speakers and mini therapy sessions.

Parent participation work and training

We have local and national government funding to involve parents and carers in decision-making. We support parent representatives to attend workshops, groups and board meetings and to get involved in staff interviewing and commissioning services. We provide a range of support and training for parents, parent groups, organisations and services, and 'Opening Minds, Opening Doors' inclusion training for childcare activity providers.

Events

Please send us details of any events, groups or services you would like us to promote to others as we can include them on our website or in our newsletters.

Volunteering

We are always looking for more people to help us with our work. If you're interested in volunteering please email Sue at sue@pinpoint-cambs.org.uk

For more information on any of the services above contact pinpoint by:

Website: www.pinpoint-cambs.org.uk **Email:** information@pinpoint-cambs.org.uk

Tel: 01480 878534 **Text:** 0751 741 9761

Facebook: www.facebook.com/pinpointcambs **Twitter:** twitter.com/pinpointcambs

Address: c/o Young Lives, 17 Bridge Street, St Ives, Cambs PE27 5EH

If you would like to be kept up-to-date, then sign up online for regular event updates or join our mailing list to get these, plus targeted information that meets your needs. You can do this by clicking the green '**Stay in touch**' button on the homepage of our website.

pinpoint (South Cambs Network)

pinpoint parent network meetings are held throughout the county and take place once a term. Parents and carers attend the early session, followed by topical discussion and information sharing session with representatives from services and organisations. All types of disability and additional needs and meetings are open to all ages. The venues for the South Cambs network varies but usually take place around Papworth or Cambourne.

Contact: Lenja Bell **Tel:** 07432 098021

Email: lenja@pinpoint-cambs.org.uk **Website:** www.pinpoint-cambs.org.uk

Parenting Courses

A variety of parenting courses are offered at different locations to increase positive parent /child relationships and provide parents with effective techniques for dealing with common behaviour problems. Strengthening Families - Strengthening Communities

- Raising Children
- Raising Teens
- Stepping Stones
- Sibling Rivalry
- Webster Stratton
- Raising Toddlers
- Escape

To discuss which course might best suit you, and how to join up, please contact the Parenting Programme Coordinator.

Places on parenting courses and crèche provision are often limited. If you would like to attend one, or if you are not sure which is the right course for you, please contact:

Pauline Finnerty on 0776 6070 253 **Email:** pauline.finnerty@cambridgeshire.gov.uk

Website:

<http://www.cambridgeshire.gov.uk/childrenandfamilies/parenting/childsbehaviour/parentingcourses.htm>

DAMP - Deficits in Attention; Motor Control and Perception

This syndrome seems to overlap into different categories: autism, dyspraxia and ADHD. When ADHD is combined with motor-perceptual problems (also referred to as Developmental Coordination Disorder or dyspraxia) some clinicians refer to DAMP (Deficits in Attention, Motor control and Perception). When problems are very severe and all the diagnostic features listed below are present the criteria for Hyperkinetic Disorder may be met. Thus, ADD, DAMP, and Hyperkinetic Disorder are all subtypes of ADHD.

Tina Yates who runs the Irlen Institute in Suffolk is familiar with this syndrome. Tina is happy to talk to families about this condition and discuss the problems they may be facing.

Contact: Tina Yates **Tel:** 0774 533 3314 **Email:** tina@irleneast.com

The Hyperactive Children's Support Group (HACSG) is a registered charity which has been successfully helping ADHD/Hyperactive children and their families for over 30 years. The HACSG is Britain's leading proponent of a dietary approach to the problem of hyperactivity.

The HACSG hopes that this website will serve as a useful tool for all those parents and health professionals who believe that the use of drugs to treat this difficult problem (which seems to be affecting more and more children) should be a last, rather than first, resort. The Group has helped thousands of children over the years since its foundation in 1977 and has substantial documentary evidence, supported by scientific studies, which show that a dietary and nutritional approach to ADHD/Hyperactivity, is well worth trying.

Contact: The Hyperactive Children's Support Group, 71 Whyke Lane, Chichester, West Sussex PO19 7PD

HACSG will send you a free Initial Information Pack (please send us a stamped address envelope). HACSG do not have a Helpline, but if you feel you need to talk urgently to someone about your problem, you're welcome to call on 01243 539966, between 2.30pm to 4.30pm and we will do our best to help you.

Email: hacsg@hacsg.org.uk **Website:** www.hacsg.org.uk/

Challenging Behaviour Foundation

The Challenging Behaviour Foundation exists to demonstrate that individuals with severe learning disabilities who are described as having challenging behaviour can enjoy normal life opportunities when their behaviour is properly understood and appropriately managed, and to support parents and carers through education and information to enable this to happen.

Aims are:

- To provide information and support to parents and professionals caring for individuals with severe learning disabilities and challenging behaviour.
- To demonstrate how local service provision for individuals with severe learning disabilities and challenging behaviour can be improved, and to actively facilitate such provision on a national basis.
- To highlight the needs of those with challenging behaviour and to influence policy on their behalf.
- To promote research into challenging behaviour associated with severe learning disabilities and to disseminate the results of such research so that practical benefits are gained.

The Challenging Behaviour Foundation wants to see children and adults with severe learning disabilities, who are described as having challenging behaviour, having the same life opportunities as everyone else, including home life, education and leisure.

Families can now access individual information and support from the Challenging Behaviour Foundation Family Support Worker on 0845 602 7885.

The Challenging Behaviour Foundation, The Old Courthouse, New Road Avenue, Chatham, Kent ME4 6BE **Tel:** Family Support Line: 0845 602 7885 General Enquiries: 01634 838739
Email: info@theCBF.org.uk **Website:** www.theCBF.org.uk

Hypermobility Syndrome Association

The HMSA aims to provide support and information to those affected by the Syndrome and to promote knowledge and understanding within the medical community and the public at large.

HMSA website contains stories from people affected by the condition and has a "Kids and Teens" section where young people with HMS can email each other and discuss their concerns, etc. There are local groups around the country; the nearest to Cambridgeshire is the Norfolk & Suffolk group. The organisation can provide details of group meetings and special events as well as general support.

Contact: The Hypermobility Syndrome Association, 49 Orchard Crescent, Oreston, Plymouth PL9 7NF **Tel:** 0845 345 4465 **Website:** <http://www.hypermobility.org>

Adders is a very extensive site that gives lots of information and practical help to families in the UK and around the world on ADD/ADHD. Run by Adders.org, a support group based in Kent. It includes a live Chat Room at 9pm on Thursdays, as well as on-line forums to share experience.

Website: www.adders.org/

ADDISS

ADDISS is the national **A**ttention **D**eficit **D**isorder **I**nformation and **S**upport **S**ervice.

ADDISS is a charity which provides information, training and support for parents, sufferers and professionals in the fields of ADHD and related learning and behavioural difficulties. All activities are supported by ADDISS' Professional Board of expert advisers.

ADDISS support a multi-disciplinary assessment and treatment protocol, including education and behavioural interventions, with or without medication. They try to help families find their own most appropriate approach to intervention.

There Resource Centre has a large range of books and videos covering all aspects of ADHD and related conditions, as well as a reference library where you can look up articles. They hold a 3-day national conference each year, bringing together professionals and people living with ADHD - see the website for more details.

If you would like more information contact ADDISS, Premier House, 112 Station Road, Edgware, Middlesex HA8 7BJ. **Tel:** 020 8952 2800 **Email:** info@addiss.co.uk **Website:** www.addiss.co.uk

Professional Association for Childcare and Early Years (PACEY) (formerly known as The National Childminding Association (NCMA))

The contract to deliver childminding support services across Cambridgeshire is delivered by the newly named PACEY. This is a standard-setting organisation, promoting best practice and supporting childcare professionals to deliver high standards of care and learning.

Choosing someone to look after your child when you return to work or training is one of the most important decisions you can make.

There are a number of different childcare options and what you chose will depend on your needs as a family. However with all childcare setting, as a parent, you should feel actively engaged in your child's learning and development and the setting should show an interest in the family not just your child.

PACEY can provide you with the information you need to help you find the childcare you want. For more details about this specialist service providing flexible quality childcare and education for children and families in need across Cambridgeshire, please see our website.

<http://www.pacey.org.uk/parents.aspx>

For further information please contact: Deborah Townsend, Childminding Support and Development Worker, PACEY **Tel:** Direct Line/Fax: 01223 207984 Mobile 07795 638776

Address: PO Box 209, Royston, Herts SG8 0AN

Email: Deborah.Townsend@pacey.org.uk **Website:** www.pacey.org.uk

Afasic – Voice for Life

Being able to speak and communicate with other people is an essential life skill. For most children and young people learning to communicate comes easily. For some children and young people, however, it is a major challenge as they have a speech and language impairment. Afasic England is working to support these children and their parents, enabling them to overcome their speech and language difficulties. Afasic is a registered charity.

Afasic Head Office: 1st Floor, 20 Bowling Green Lane, London EC1R 0BD

Afasic helpline: 0845 355 5577 Open 10.30am to 2.30pm Monday to Friday

Website: <http://www.afasicengland.org.uk> Email is available via the website.

Cambridge Dyslexia Association (CDA)

The CDA is a registered charity set up to meet the needs of children and adults affected by dyslexia. Its aims are to:

- provide support and advice to people with dyslexia and their families
- provide access to specialised help and services
- raise awareness of dyslexia within Cambridgeshire and promote an understanding of the needs of people with dyslexia in the local community
- act as a pressure group to gain recognition for dyslexic needs

For information on CDA look on the website or contact them by email.

Email: news@cambsdyslexia.org.uk **Website:** www.cambsdyslexia.org.uk

The British Dyslexia Association Helpline provides dyslexia information and advice surrounding dyslexic issues. **Tel:** 0845 251 9002

The Dyspraxia Foundation

This is a countrywide charity, which works to promote awareness and understanding of Dyspraxia, a developmental co-ordination disorder, which is believed to affect at least one child in every class in the UK.

The objects of the Dyspraxia Foundation are:

- To support individuals and families affected by dyspraxia
- To promote better diagnostic and treatment facilities for those who have dyspraxia
- To help professionals in health and education to assist those with dyspraxia
- To promote awareness and understanding of dyspraxia

Service Provided

- Publishes leaflets & booklets
- Organises conferences and talks about dyspraxia and related topics
- Supports a network of local groups across the United Kingdom
- Supports adults who have dyspraxia

Local Support Groups

For details of Parent Volunteer Local Support Groups (where available) or for further information, please contact the National Office, 8 West Alley, Hitchin, Hertfordshire SG5 1EG

Tel: 01462 454986 Mon – Fri, 10am to 2pm

Email: dyspraxia@dyspraxiafoundation.org.uk **Website:** www.dyspraxiafoundation.org.uk

Children's Hearing Services Working Group (CHSWG)

This is a working group made up of people representing all the services involved supporting hearing impaired children, including Audiology, Newborn Hearing Screening, Hearing Support Service, Speech and Language Therapists, Paediatricians, ENT, National Deaf Children's Society (NDCS), Social Services and Parents.

The group meet 3-4 times a year and is an opportunity for all the services to highlight any problems and to keep you up to date with each other. CHSWG is a forum for YOU – the parents of hearing impaired children to be able to voice any problems or suggestions you have regarding the service you receive. This is done through your parent representatives.

If you have anything you would like to raise, no matter how big or small, good or bad, please contact:

Jo Denning on 07760 161 555 for Addenbrookes. **Email:** jo@jodening.com

Or for Hinchingsbrooke: Sarah Hammonds on 07900 272 057. **Email:** sarah.reed@btinternet.com

Your comments will be treated as confidential if you wish.

Cambridge/Huntingdon Deaf Children's Society

Our friendly group is run by volunteer parents from all over Cambridgeshire with lots of experience in bringing up children with different degrees of deafness. We welcome all deaf children up to the age of 11, and their families, to come and join in the fun and make new friends. We meet on the second Saturday of the month (except for August), usually in Hinchingsbrooke Park, Huntingdon from 10am - 12.30pm. Here we play games or do art and craft activities and sometimes have a tutor to teach us some BSL signs. Some months we have day trips out instead so please do check when we are going to be there before turning up!

Contact: Justin Lewis on 01223 300 361

Email: cambridgeandhuntingdon@ndcsgroup.org.uk

Cambridge Deaf Youth Group

Are you d/Deaf and aged between 11 & 18? Do you want to meet other d/Deaf teenagers? Do you want to have fun? Then come along to one of our events!

It doesn't matter if you speak, sign or use both to communicate, everyone's welcome!

Contact: Sarah Clark on 07736279239 (text only please!)

Email: sassclark@gmail.com

Cambridgeshire Deaf Association

Cambridgeshire Deaf Association (CDA) is a county-wide organisation, which acts as a focal point for the area's deaf community. It organises drop-ins in Fenland and Peterborough where you can get information and advice on benefits. There is a lunchtime club in Cambridge and deaf/hearing clubs in Cambridge and Huntingdon. CDA also run sign language classes to level 1 and 2.

Contact: Cambridgeshire Deaf Association, 8 Romsey Terrace, Cambridge CB1 3NH

Tel: 01223 246237(voice) **Fax:** 01223 411701

Email: office@cambsdeaf.org **Web:** www.cambsdeaf.org

Cam Sight

Cam Sight is a registered charity supporting blind and partially sighted people in Cambridgeshire. They offer a range of services for local people with sight loss. These include Low Vision Centres with equipment for independent living; support for people in their homes and communities; volunteer befriending; opportunities for taking part in sporting activities and training in the use of specialist computers and other technologies.

Cam Sight's Rural Support groups meet in villages across Cambridgeshire and provide help, friendship and ongoing support. They meet monthly on a weekday morning or afternoon.

Bar Hill: 4th Wednesday each month, 2pm – 4pm.

Venue: Bar Hill Church Day Room.

- Bourn: 3rd Wednesday each month, 10am – 11.30am.
Venue: The Community Room, Hall Close, Bourn.
- Burwell: 2nd Monday each month, 2.30pm – 4pm.
Venue: Ash Grove Day Centre, Burwell.
- Chatteris: 1st Monday each month, 2pm – 4pm.
Venue: King Edward Community Centre, Chatteris.
- Cottenham: 4th Thursday each month, 2pm – 4pm.
Venue: The Community Room, Franklin Gardens Cottenham.
- Fulbourn: 3rd Friday each month, 2.30pm – 4pm.
Venue: Community Room, St Vigor's Road, Fulbourn.
- Girton: 2nd Wednesday each month, 10.30am – 12noon.
Venue: The Community Room, St Vincent's Close, Girton.
- Haslingfield: 1st Tuesday each month, 2pm – 4pm.
Venue: The Methodist Church, Haslingfield.
- HiSight (Histon and Impington): 3rd Thursday each month, 2pm – 4pm.
Venue: Homefield Close Community Room, Impington.
- Linton: 2nd Tuesday each month, 2pm – 4pm
Venue: The Community Room, Chalklands, Linton.
- Littleport: 4th Monday each month, 2pm – 4pm
Venue: The Day Centre, Littleport Village Hall, Littleport.
- Melbourn & Meldreth: 1st Wednesday each month, 2pm – 4pm.
Venue: The Community Room, Vicarage Close, Melbourn.
- Monday Club (Cambridge group): 1st Monday each month, 2pm – 4pm.
Venue: Chesterton Methodist Church.
- Sawston: 3rd Thursday each month, 10.30am – 12.30pm.
Venue: Bircham House, High Street, Sawston.
- Soham: 2nd Thursday each month, 10am – 12pm.
Venue: The Community Room, The Causeway, Soham.

- Stapleford & Shelford: 1st Thursday each month, 2pm – 4pm.
Venue: The Community Room, Cox's Close, Stapleford.

For further details about the groups contact Gill Howell, Rural Support Manager, Cam Sight, 167 Green End Road, Cambridge CB4 1RW

Tel: 01223 420033 **Email:** info@camsight.org.uk **Website:** www.camsight.org.uk

Pre-School Group for children with sight loss in Cambridgeshire

Cam Sight runs a group for pre-school children with a visual impairment and their siblings. Adults have the opportunity to talk to other parents, carers and professionals in a supportive, relaxed environment. Activities include: craft, messy play, singing, sensory equipment.

The group is held every other Tuesday during term time from 10am – 12pm at:
North Cambridge Children's Centre, Campkin Road, Cambridge CB4 2DL

Please contact Cam Sight on **01223 420033** or email info@camsight.org.uk if you would like to join the group or find out how we can support you and your child.

Mind in Cambridgeshire

This exciting new mental health charity brings together the long-established organisations of Cam-mind and Hunts Mind to provide innovative, county-wide services designed for, and delivered by, people who have lived experience of mental health problems.

We believe that no-one should have to face a mental health problem alone. If you are facing difficulties with your emotional or mental health, and are looking for support on your road to recovery, we are here for you. We are also committed to tackling stigma and raising awareness of the need for everyone to look after their mental wellbeing. If you are an employer, organisation or individual looking to improve your own wellbeing, or that of your employees, we can help.

Contact: Email: enquiries@mindincambs.org.uk **Web:** www.mindincambs.org.uk

Cambridge: Cam-Mind, Barrere House, 100 Chesterton Road, Cambridge CB4 1ER

Tel: 01223 311320.

Huntingdon: The Limes, 24 New Street, St Neots, Cambs PE19 1AJ **Tel:** 01480 470480

Headway Cambridgeshire

Headway Cambridgeshire provides specialist services and support to people with an acquired brain injury and other neurological conditions and their families across the county. Since 1989 we have been helping people to live as independently as possible in their communities helping them achieve their full potential.

Brain injury can affect anyone, at any time and Headway Cambridgeshire, an autonomous charity, supports individuals and their families through these life-changing events, treating clients as individuals and building a bespoke service to meet their needs and aspirations. Wherever you live in Cambridgeshire or Peterborough, we can support you either at one of our hubs, in the community or at home. We work closely with our health and social care colleagues and other agencies to ensure services are as seamless as possible, and we can provide this help right through the support pathway.

Contact: Jeanette Tasker, Director of Services. Headway Cambridgeshire, Block 10, Ida Darwin, Cambridge Road, Fulbourn CB21 5EE **Tel:** 01223 576550

Email: info@headway-cambs.org.uk **Website:** www.headway-cambs.org.uk

VoiceAbility

Strengthening voice, championing rights, changing lives!

VoiceAbility supports people who face disadvantage or discrimination to have a voice that counts. We have led work to ensure that people are supported to have control over their lives. VoiceAbility have pioneered new ways of enabling people to be heard and have rights, ranging from the creation of local Parliaments run by people with learning disabilities to new statutory services supporting people with the highest support needs facing the most critical decisions. VoiceAbility has developed excellent services and as a result has become one of the largest advocacy providers in the UK.

We're really proud of what we do and we want everyone's voice to be heard loudly and clearly; we want to support people to understand their rights and take control of their lives.

Contact: Head Office, VoiceAbility, Mount Pleasant House, Huntingdon Road, Cambridge CB3 0RN

Tel: 01223 555800 **Email:** info@voiceability.org **Website:** www.voiceability.org

Intensive Interaction Regional Support Network

Intensive interaction is an approach to teaching the pre-speech fundamentals of communication to children and adults who have severe learning difficulties and/or autism and who are still at an early stage of communication development.

This network meets twice a term at various locations. Open to all.

Contact: Shelley Lockwood. **Tel:** 07748 980442 **Email:** shelleylockwood@ntlworld.com

Website: www.intensiveinteraction.co.uk

Sense

Sense is a national charity that supports and campaigns for children and adults who are deafblind. We provide tailored support, advice and information as well as specialist services to all deafblind people, their families, carers and the professionals who work with them.

For further information contact: Sense Head Office, 101 Pentonville Road, London N1 9LG
Email: info@sense.org.uk **Website:** www.sense.org.uk

Main Contact details: Sense Information & Advice Service
Tel: 0845 127 0066 **Minicom:** 0845 127 0066 **Email:** info@sense.org.uk

Information Service opening times:
Monday – Thursday: 9am – 5:30pm. Friday: 9am – 5pm

Activity Scheme Manager (Saturday Club)

Contact: Tracey Dempsey
Tel: Sense Hampton Office 01733 425050 **Mobile:** 077898818986
Email: tracey.dempsey@sense.org.uk

Sense Children's Specialist Services

We are a team of specialist advisory teachers, children's therapists, and children and family support workers.

We provide expert advice and information to deafblind children and young people, their families, carers, and to professionals who work with them. We also provide support in the home, at school, or at our family centres.

Our service is for children and young people aged 0-18 who are deafblind or multi-sensory impaired, regardless of their diagnosis. We continue to work with young people who are still in a school setting, until the academic year in which they turn 19.

When we talk about deafblind or MSI children we mean children who have difficulties with sight and hearing and sometimes learning or other additional disabilities. Children who have medical conditions that are likely to cause problems with sight and hearing as they grow older – for example Usher Syndrome.

Also – although they would not be described as being deafblind – we can often offer some support to the families of children who have problems with either hearing or vision, combined with learning or other additional disabilities.

If you are not sure, please get in touch via the Sense Information and Advice Service.

Young Sense Membership Network

The Young Sense membership network is for all young people who are deafblind between the ages of 13 – 25. It offers young people the chance to meet others and get involved with Sense.

If you would like to find out more about the project please contact the Sense Holidays and Events Team. **Email:** events&groups@sense.org.uk **Tel:** 0845 127 0060 **Text:** 0845 127 0062.

Cambridgeshire Mencap

Cambridgeshire Mencap is a local community based charity, which provides support, services and information to children young people and adults with learning disabilities.

Clubs and Activities for Children and Young People

Downs Syndrome Baby and Toddler Group

This support group is run by parent volunteers for families with young children with Downs Syndrome. They meet on the first Saturday of the month at the Caldecote Family centre. Parents and siblings are all welcome.

Family Support Service

This service provides support to children and young people aged between 0 - 16, their families and carers. Volunteers will provide one-to-one support to a child or young person to enable them to access leisure activities in the community, widening their interests and independence. Volunteers can also provide respite time for parents and carers by looking after their child or young person and any siblings while they have a break.

Music Therapy Groups

Music therapy sessions are offered at the ARU music therapy clinic. The sessions are aimed at pre-school children and help them to develop a number of skills including: their communication and social skills, improve listening skills, have fun and express themselves! It is also a place where families are able to meet others in a similar situation and to find support and acceptance within this group.

Happy Feet!

A weekly dance class for children aged 4-9 with learning disabilities, Happy Feet has been created to develop movement skills through dance and to have fun. Led by trained dance professionals, these 45 minute classes will give your child the chance to express themselves, socialise and show off their happy feet!

Classes are held every Saturday (term-time only) from 2.30pm and are arranged in 5-week sessions. These sessions are based at The Colour of Dance studio – Histon Road, Cambridge –

www.colourofdance.com

Befriending Scheme for young people

This scheme is for people aged between 15 and 25. Volunteer Befrienders support the young person to access leisure and social activities in the community on a one to one basis. This can help the young person to develop their self confidence and social skills, increase their level of independence in the community, and enable friendships to be made.

Troublemakers

A theatrical adventure for teenagers with learning disabilities.

Troublemakers offer teenagers the chance to develop their performing arts skills including dance, drama and singing. The sessions cover various musical genres, styles and techniques and provide a platform for the students to take ownership of the group and actively contribute their own ideas. The sessions take place on Wednesdays, 5 to 7pm (term time only), based at our Artworks studio in Fulbourn, near Cambridge.

Windmill Hydrotherapy Pool

The Windmill Hydrotherapy pool is a specialist facility in Fulbourn, near Cambridge, for people who have learning or physical disabilities. The pool is open seven days a week and users can book sessions for their individual use or in groups.

ArtWorks

ArtWorks is an arts based group and offers people with learning disability a chance to explore all aspects of creative work. The groups are focused on individual need and the activities are led by the ideas and inspiration of the group. The sessions are available in the week, Monday to Friday (10am to 3pm) and take place in Cambridge and March.

Contact: Helen Thurley, Head of Community Services, Cambridgeshire Mencap, Edmund House, 9 Church Lane, Fulbourn, Cambridge CB21 5EP **Tel:** 01223 883130

Email: info@cambridgeshiremencap.co.uk **Website:** www.cambridgeshiremencap.co.uk

Down's Heart Group (DHG)

DHG is a charity offering support and information relating to heart conditions associated with Down's Syndrome. Specialised help is available to parents and professionals, including:

- one to one support
- telephone helpline
- newsletters
- Website

The Group aims to provide unbiased, up to date facts, enabling individuals to make informed choices.

Contact details: Penny Green (Director) PO Box 4260, Dunstable, Beds LU6 2ZT

Tel: 0844 288 4800 **Email:** infoofficer@dhg.org.uk **Website:** <http://www.dhg.org.uk/>

Helpline is open Mon – Fri, 9.30am – 4.30pm. Answerphone with emergency contact details available at all times phone is not manned.

Red2Green works with people with a range of disability and disadvantage including learning disabilities, mental health problems and autistic spectrum conditions. They also raise awareness of the potential of people with disabilities to make a positive and valuable contribution to society.

Red2Green is a registered charity. Their services offer the chance to learn new skills, enjoy a wide range of leisure activities, make new friends, gain confidence and prepare for employment.

Farmshop

Offering a range of locally grown fresh fruit and vegetables, herbs, perennials, alpines, bedding plants for all seasons, homemade jams and pickles.

Opening times: Tuesday to Friday 9am - 3pm. Bottisham Village College, Lode Road, Cambridge CB25 9DL (Follow signs via school swimming-pool car park to the Community Garden).

Tel: 01223 813650

Contact: Red2Green, Harvey's Barn, Park End, Swaffham Bulbeck, Cambridge CB25 0NA

Tel: 01223 811662 **Email:** info@red2green.org **Website:** www.red2green.org

Romsey Mill is a Christian charity committed to overcoming disadvantage, challenging injustice and promoting social inclusion with young people, children and families.

We work with around 3500 people each year, including:

- young mothers and fathers
- young people on the margins of society who may be involved in offending
- young people struggling to engage fully with education
- families with pre-school children
- young people with an autistic spectrum condition who have few social opportunities.

Our work is long term, relational and needs-led. We work with participants to develop their skills and to enable their progress towards training, work and positive involvement in the community.

Romsey Mill provides consistent, long-term support, someone to listen and show unconditional care. Through skills development courses and interest-based projects such as sports, music or arts, young people develop new skills and begin to discover their potential.

Romsey Mill works with young parents (under 21) through providing antenatal care, parenting groups and educational opportunities.

For young people with autistic spectrum conditions, Romsey Mill offers a safe, understanding place to be themselves, developing social skills and supportive friendships.

Romsey Mill is a Sure Start Children's Centre, offering a full programme of weekly groups, monthly drop-ins, health clinics and individual support for families and carers with children up to three years old, and a playgroup for pre-school children.

For further information contact: Romsey Mill, Hemingford Road, Cambridge CB1 3BZ

Tel: 01223 213162 **Email:** admin@romseymill.org **Website:** www.romseymill.org

Scope – UK disability charity

Scope offers information on cerebral palsy and living with disability. Our services support both disabled children and adults, and our campaigns promote disabled people's human rights.

Scope Helpline: For information on cerebral palsy, disability issues and all of our services, contact our helpline **Scope Response:** Freephone: 0808 800 3333. Office hours: 9am – 5pm weekdays. Closed bank holidays.

Email: response@scope.org.uk

Website: www.scope.org.uk/services Text from your mobile: text SCOPE, your email address and your message to 80039. Texts are free to the sender.

Crossroads Care Cambridgeshire

We support carers of all ages and children and adults with care needs. We aim to improve carers health and wellbeing by giving them time to be themselves and have a break from their caring responsibilities. We provide information, direct support and quality short breaks for carers and people with care needs.

Through working with people in their own homes, in their communities and in groups, we provide company, outings, personal care, social and emotional support, overnight support and support to access recreational/educational activities. We deliver the Carer Services Prescription, whereby carers can visit their GP and explain their situation. If the carer and GP agree that more support is required, the carer will be issued with a free Prescription.

We provide a reliable service, tailored to meet the individual needs and personal outcomes of each carer and the person they are caring for.

We work with children with disabilities of all ages on an individual basis, referred through Community Support Services (CSS) or using direct payments, to help them achieve their personal outcomes and work towards independence. We also provide fortnightly clubs in Cambridge and St Neots with Children's Short Breaks funding.

Crossroads Saturday Club - Cambridge

For young people with learning and physical disabilities.

Run fortnightly on Saturdays 9.30am – 12.30pm. Age groups 11 –14 and 15 – 19 years.

Contact: Children's Care Manager, Crossroads Care Cambridgeshire

Venue: Castle School, Courtney Way, Cambridge CB4 2EE.

The Sunshine Club - Cambridge

Provides activities for children with autistic spectrum conditions aged 5 – 11 years.

Contact: Children's Care Manager, Crossroads Care Cambridgeshire

Venue: Castle School, Courtney Way, Cambridge CB4 2EE.

Crossroads Saturday Club - St Neots

For young people with learning and physical disabilities. Runs fortnightly 10.30am –1.30pm.

Contact: Children's Care Manager, Crossroads Care Cambridgeshire

Venue: Community based group which meets at an agreed venue and uses our adapted minibus to access local activities.

For more information on any of our service contact:

Crossroads Care Cambridgeshire, 4 The Meadow, Meadow Lane, St Ives PE27 4LG

Tel: 0845 241 0954. **Email:** care@crossroadscarecambridgeshire.org.uk

Website: www.crossroadscarecambridgeshire.org.uk

To make a referral to the groups contact the Short Breaks Team on 01480 379800 or email short.breaks@cambridgeshire.gov.uk

Centre 33 Young Carers Project

Supporting Young Carers in Cambridge City, South and East Cambridgeshire.

The Project supports under 19's who support a family member with a long-term illness, disability, mental health problem or who misuse drugs or alcohol.

They can help you by:

- Providing someone to talk to
- Groups, The Message Project (making sure Young Carers Voices are heard) and 1:1 Project (see information below)
- Talking to your school about problems on your behalf
- Working with you to make your voice heard
- Raising awareness of young carers issues

Groups – Centre 33 runs fortnightly groups in the City, Cambourne, Milton, Sawston, Over and Ely.

They offer the chance to:

- Meet other young carers who are providing support for a family member in the home
- Make new friends
- Have fun
- Have the chance to talk
- Be supported by each other, and the Project Team
- Enjoy activities and learn new skills

The groups are located in youth buildings and may have pool tables, table tennis, chill-out areas, Internet access and kitchen facilities. Each group will have between 12 and 18 young people attending and provides a great opportunity to get to know lots of new friends.

1:1 Project - The 1:1 Project offers individual support to young people on the Project. It can sometimes be difficult discussing problems or answering questions in front of a group of people and the 1:1 project provides the opportunity to meet and discuss problems or questions in a more confidential and private way.

Centre 33 offers free and confidential counselling, information, condoms, pregnancy testing, advice and advocacy, internet access and outreach services to young people aged 25 and under in the Cambridge City, South Cambs and East Cambs. Support to Young Carers in The City, South and East Cambridgeshire and peer education volunteering opportunities throughout the County. We have young carers groups in Ely as well as Cambridge, Milton, Sawston, Over and Cambourne.

Contact: Central Manager, 33 Clarendon Street, Cambridge CB1 1JX

Tel: 01223 314763 (office) 01223 316488 (helpline).

Email: admin@centre33.org.uk **Web:** www.centre33.org.uk

For more information on the Young Carers Project and Centre 33 contact the Central Manager.

Tel: 01223 307488 **Email:** youngcarers@centre33.org.uk

Website: www.centre33.org.uk Referral forms can be downloaded from the website.

avoice4us.com

This is a website for young people in care across Cambridgeshire. It provides information about their rights, what things mean and lots of other useful info. The website also has a handy page called 'stuff to do' which lists lots of different exciting projects which often pay young people to get involved in. There is also information there about the 'just us groups' which meet up monthly in your area.

Contact: Mary Ogden, Participation Worker on 01223 703592 or 0777 1345060

Michelle Dean, Participation Manager on 01480 372572 or 0758 4143070

Email: Mary.Ogden@cambridgeshire.gov.uk **Website:** www.avoice4us.com

YMCA Cambridgeshire & Peterborough

The YMCA is a leading Christian charity committed to supporting all young people, particularly in times of need. Our vision is to enable communities, families and especially young people, to grow to their full potential by participating in a supportive and inclusive society. We have centres in Cambridge, Wisbech and Peterborough and deliver programmes across Cambridgeshire.

Broadly speaking we work in the following areas:

- Housing: Focusing mainly on homeless young people aged 16 – 25, within our hostels and supported housing.
- Crime Prevention and Youth Justice: Focusing mainly on those under 25 who are involved in or at risk of crime, including mentoring, intensive support, resettlement, appropriate adults and reparation
- Health and Fitness and Instructor Training: We work with able bodied and disabled people as well as offering high quality training and qualifications through our courses.
- Counselling: We provide counselling to young people aged 13-25 years across Peterborough, Fenland and Huntingdonshire.
- Youth Engagement: Histon Ten Sing group (a performing arts group for young people); Girton Youth Project, positive youth activities for 8 - 19yrs; Reaching Communities in Wisbech for migrant young people and their families.
- Family Support: We provide intensive support walking alongside families in difficulty.

For full details of the projects and programmes run by YMCA go to the website or contact: Queen Anne House, Gonville Place, Cambridge CB1 1ND

Tel: 01223 356998 **Email:** Admin@theymca.org.uk **Website:** www.theymca.org.uk

Young Lives - Supporting Children and Young People

Young Lives offer a range of activities that enable children and young people to develop their skills and self confidence while having fun! We run creative projects using multi-media, film and animation, we run the National Citizen Service programme for 16 & 17 year olds and much more!

To find out more about the projects we run visit our:

Website: www.young-lives.org.uk **Youtube:** www.youtube.com/YoungLivesUK

Facebook: www.facebook.com/YoungLives **Twitter:** www.twitter.com/young_lives

Contact: David Parker-Radford 1st Floor, Bridge Street, St Ives PE27 5EH

Tel: 01480 494333 **Email:** david@young-lives.org.uk **Website:** www.young-lives.org.uk

Helping Hands – Gardening Group

The scheme is to provide a voluntary gardening service to people who would not otherwise be able to get the work done, for example the elderly, disabled or disadvantaged. The teams of volunteers tackle most jobs in the garden such as:

- weeding, pruning, shrub removal, creating patios, laying slabs, complete make-overs, laying gravel, mowing and rotavating, planting new plants and general clearing up.
- cultivate allotment areas within large unmanageable gardens for training purposes.

The small and evolving group of volunteers have gained new skills, received training, gained confidence and pride being part of team that make a big difference in East Cambridgeshire.

The office is open Monday, Wednesday, Thursday and Fridays between 9am and 1pm, although we may be assisting people with their gardens so please leave a message and we will get back to you.

Tel: 01353 666556 **Email:** info@vcaec.org.uk **Website:** <http://www.vcaec.org.uk/>

John Huntingdon's Charity (JHC)

John Huntingdon was a local landowner who died in 1554; he had no children and decided to leave his estate to set up a charity that would help the "poor of the village".

Today the charity still owns land and property around the village including allotments. We currently have 18 properties in Sawston which house local residents or those with a strong connection to the village, on a short term basis generally for a period of three years. There is no waiting list. Properties are advertised locally when available and information is posted on our website:

www.johnhuntingdon.org.uk

The Charity runs JHC Support Service which employs Support Workers who help with advice on housing, debt, benefits, form filling or just someone to talk to. Our service is totally confidential.

We also give grants to individuals living in the village as well as other organisations and groups that benefit Sawston residents.

The Citizens Advice Bureau is available at John Huntingdon House every Friday morning 9.30am until 12.30pm. No appointment is needed; people are seen on a first come first served basis.

Contact: Jill Hayden. John Huntingdon House, Tannery Road, Sawston CB2 4UW

Tel: 01223 830599 or 01223 492492 or 01223 836289.

Email: office@johnhuntingdon.org.uk **Web:** www.johnhuntingdon.org.uk

Taxicard Scheme

This scheme aims to provide a transport service to disabled and elderly people on a low income who are unable to use public transport. A subsidised taxi fare is available for journeys within a ten mile radius of the city centre. This is a means tested scheme of which people must satisfy certain criteria of eligibility. Application forms are available on request.

Contact: Customer Services Centre, Madela House, 4 Regent Street, Cambridge CB2 1BY

Telephone: 01223 457000 **Email:** enquiries@cambridge.gov.uk **Website:** www.cambridge.gov.uk

If you live outside of the City boundaries, Cambridgeshire County Council runs a Taxi scheme for South Cambridgeshire villages. **Tel:** 0345 045 1151 for further information.

Sibs

Sibs' is the only UK charity representing the needs of siblings of disabled people. Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations. They also want to have positive relationships with their disabled brothers and sisters and to be able to choose the role they play in future care.

There are over half a million young siblings and over a million adult siblings in the UK. Sibs' aim is to enhance the lives of siblings by providing them with information and support, and by influencing service provision for siblings throughout the UK.

Our Service:

- For young siblings of disabled children there is an online support service: www.youngsibs.org.uk;
- There are also workshops in schools and online sibling groups
- For adult siblings there is an online forum and resources, phone crisis support and advocacy service.
- For parents of young siblings there are online resources and coaching for parents on supporting siblings.
- For service providers we run workshops on supporting siblings; training on running sibling groups; consultancy on developing local and national sibling support services.

We charge for parent coaching; sibling workshops; online sibling groups; training and consultancy.

If you want support or information on sibling issues contact Sibs information line.

Sibs Information Line Tel: 01535 645453

Email: info@sibs.org.uk **Website:** www.sibs.org.uk

Address: Sibs, Meadowfield, Oxenhope, West Yorkshire BD22 9JD

Stars: Bereavement Support Service for the Young in Cambridgeshire

This service is available for all children and young people aged between 0 – 25 years.

Services offered may include:

- Direct work with the child/young person and their family.
- Advice, information, resource sharing, guidance and training to carers and/or professionals.
- Signposting to appropriate agencies/services.

The service can support children and young people living within a 50 mile radius of Cambridge.

Referral: Is accepted from any individual involved with a child or the young person can self refer. It is preferable that parental consent is obtained prior to referral.

Contact: Linda Birr-Pixton, Ops Support Manager. **Tel:** 01223 863511

Write to: STARS, c/o CDPC, Foster Road, Trumpington, Cambridge CB2 9N

Email: info@talktostars.org.uk **Website:** www.talktostars.org.uk

Cambridge CRUSE is a branch of the national organisation and aims to ensure all bereaved people have somewhere to turn when someone dies. Help offered includes a helpline, one-to-one support, drop-in centres and a number of bereavement support groups. Individual help is also offered to 4 – 18 year olds and their families. No charge is made for services, though donations are welcome.

CRUSE Bereavement Support Volunteers are trained and selected for their experience, and are available for those who need to talk in confidence in their own home or neutral venue. Cambridge CRUSE provides support to all bereaved people across the whole of Cambridgeshire, including Ely, Fenland, Newmarket, Haverhill and Uttlesford.

Contact: CRUSE Bereavement Care, Cambridge with Fenland and Uttlesford, Llandaff Chambers, 2 Regent Street, Cambridge CB2 1AX
Tel: Cambridge Helpline: 01223 633536 **Tel:** CRUSE UK Helpline: 0844 477 9400
The National telephone helpline is open Monday – Friday 9.30am – 5pm.
Email: cambridge@cruse.org.uk **Web:** www.cruse.org.uk/Cambridge

Shine (Spina Bifida* Hydrocephalus* Information* Networking* Equality) (formally known as ASBAH) This is the leading UK registered charity providing information and advice about spina bifida and hydrocephalus.

Our involvement differs with each family or individual who contacts us.

Some of the more common ways we help include:

- Support to families
- Help for adults and young people
- Information days
- Education advice
- Medical and health information
- Publications
- Research
- Information for professionals

You can contact Shine on any matter relating to hydrocephalus or spina bifida for information or advice on everything from reducing the risk of having a baby with spina bifida, to independent living for adults with the disability.

To find out more about Shine contact:

Sharon Lapsley, Regional Support & Development Worker, Northamptonshire, Peterborough & Cambridgeshire, 42 Park Road, Peterborough PE1 2UQ

Direct Line: 01536 400959 or Shine National office 01733 555988

Email: sharon.lapsley@shinecharity.org.uk **Website:** www.shinecharity.org.uk

Facebook: www.facebook.com/ShineUKCharity **Twitter:** <http://twitter.com/ShineUKCharity>

Peterborough

Peterborough: www.peterborough.gov.uk

Peterborough Families Information Service

The FIS offers a range of free impartial information, advice and assistance for parents, carers and prospective parents, about all aspects of childcare and many other related services that support and help families in general.

Tel: 01733 864446 **Email:** fis@peterborough.gov.uk **Website:** www.peterborough.gov.uk/fis

To find activities or events in and around Peterborough take a look at www.vivacity-peterborough.com You will find links to youth clubs, activities, support and advice.

Vivacity Sports Development

You can contact the Sports Development Team at the Vivacity Peterborough Culture and Leisure Trust either as an individual or as a group and ask for information on a particular sport or leisure activity in which you would like to take part or would like to initiate. There may be funds available to buy any special equipment, assist with facility or for general advice, which might be necessary.

Contact: Matt Taylor **Tel:** 01733 863783

Fins Swimming Lessons

Venue: Regional Fitness and Swim Centre, Bishops Road, Peterborough PE1 5BW

Time: Saturday Mornings: 10am – 10.30am and 10.30am – 11am

Cost: £40 for a 10 week block

Contact: Regional Fitness and Swim Centre on 01733 864760

Email: matt.taylor@vivacity-peterborough.com

Peterborough Sharks - Special Needs Basketball Club

Venue: Werrington Leisure Centre, Staniland Way, Peterborough PE4 6JT

Time: Sundays 11am – 12pm

Cost: £2 per session

Contact: Matt Taylor, Disability Sports Development Officer **Tel:** 01733 863783

Email: matt.taylor@vivacity-peterborough.com

Unity Super Stars Cheerleading Club

Venue: Heltwate School, Heltwate, Bretton, Peterborough PE3 8RL

Time: Tuesday 6.30pm – 7.30pm

Cost: £2

Contact: Ameer Garala

Email: ameegarala@googlemail.com

Boccia Club

Venue: Bushfield Leisure Centre, Orton Centre, Peterborough PE2 5RQ

Time: Mondays 5pm – 6pm

Cost: £2 per session

Contact: Matt Taylor, Disability Sports Development Officer **Tel:** 01733 863783

Email: matt.taylor@vivacity-peterborough.com

Archery Course

Venue: Werrington Leisure Centre, Staniland Way, Peterborough PE4 6JT

Time: Sundays 9.45am – 10.45am

Cost: £24 for 6 session block

Contact: Matt Taylor, Disability Sports Development Officer **Tel:** 01733 863783

Email: matt.taylor@vivacity-peterborough.com

Balance and Coordination

Venue: Embankment Sports and Athletics Arena, Bishops Road, Peterborough PE1 5BW

Time: Tuesdays 6pm – 7pm

Cost: £2 per session

Contact: Matt Taylor, Disability Sports Development Officer **Tel:** 01733 863783

Email: matt.taylor@vivacity-peterborough.com

Peterborough Adapted Cycling Scheme - Handcycling Club

An induction can be organised for the bikes at Ferry Meadows which are leg powered, cost £2.50 per hour and are available most days when ferry meadows is open. Contact Matt to arrange.

Venue: Embankment Sports and Athletics Arena, Bishops Road, Peterborough PE1 5BW

Time: Wednesday 5pm – 7pm.

Cost: £2 per session

Contact: Matt Taylor, Disability Sports Development Officer **Tel:** 01733 863783

Email: matt.taylor@vivacity-peterborough.com

Special Olympic Groups - Peterborough

Athletics

Venue: Embankment Track. Peterborough Regional Fitness & Swimming Centre Bishop's Road, Peterborough PE1 5BW

Time: Tuesdays & Thursdays 6pm – 7pm

Contact: Ian Nolan **Tel:** 01778 347458

Swimming

Venue: Hunt Swimming Pool, Ledbury Road, Peterborough PE3 9PN

Times: Friday 7.30pm – 9pm

Contact: Julie Orr **Tel:** 01733 358665

Email: neilorr_1@hotmail.com

Equestrian

Venue: Grasslands Equestrian Centre, Grasslands, West Street, Helpston, Peterborough PE6 7DU

Time: Wednesdays 6pm – 8pm

Contact: Kirk Rockley at kirk.rockley@ntlworld.com

Gymnastics

Venue: Gymnastics, Jack Hunt School, Ledbury Road, Peterborough PE3 9PN

Times: Saturday 11am – 12pm

Contact: Rosemary Reeve at rosemary.gymtasticz@gmail.com

For full details of the Special Olympics, you can contact: Jodie East, Chair. North Cambs Special Olympics **Tel:** 07710955399 or Tom Potts **Tel:** 01733 863807

Think Autism Parent Support Group

The group meets in Peterborough every six weeks. The group is for parents/carers only as there are no childcare facilities and you must sign up to attend. Elisa Ferriggi works with families to help them reach their full developmental potential.

For further details contact: Elisa Ferriggi **Tel:** 07961 027007

Email: elisa@thinkautism.co.uk **Website:** www.thinkautism.co.uk

Little Miracles Peterborough

Little Miracles is a parent led support group and charity for families in the Peterborough area with children up to 25 years of age who have additional needs, disabilities or life limiting conditions.

The centre is open six days a week (unless of course we are taking the children out for off-site activities).

The services offered include:

- activities from art to street dance, music to gardening, construction to messy play, jujitsu to sign language etc
- day trips
- a fully equipped sensory room
- bereavement support
- benefits and grants advice and support
- improving sleep and other parenting workshops
- condition specific and general support groups
- Home education and homework clubs
- open stay and play sessions
- referrals to other organisations many of whom regularly hold sessions in conjunction with us to offer advice around specific topics
- employment support
- access to educational services and courses

Everything we offer is provided free of charge to our members.

The group is parent led and our activities and services are requested and supported by our members and are run by a team of over sixty volunteers with a variety of relevant skills or experience. We are always looking for and grateful for help and support. There are many ways that you can help us; from donating, volunteering, doing a sponsored event or even just telling other people about us.

For more information contact Little Miracles on 01733 579008

Email: admin@littlemiraclespeterborough.org.uk **Website:** www.littlemiraclespeterborough.org.uk

DIAL Peterborough is your local centre for free confidential and impartial information and advice, for physically disabled people, their carers and families. The purpose of DIAL Peterborough is to provide a range of services that assist people with physical disabilities to achieve their potential and have maximum choice and control over their lives.

The information and help we provide can enable anyone, living in Peterborough, with a disability gain the freedom and support they are entitled to. We hold a Legal Services Quality Mark for disability case work.

DIAL Peterborough has four core functions:

- Support disabled people to access their rights
- Identify local needs & issues of disabled people
- Enable the views of disabled people to be represented effectively at policy, strategic planning and service delivery levels of our statutory partners
- Ensure disability issues are kept high on local providers agendas

DIAL Peterborough, Kingfisher Centre, The Cresset, Bretton, Peterborough PE3 8DX

Tel: 01733 265551 Monday to Thursday 10am – 4pm.

Email: dialpeterborough@btconnect.com **Website:** www.dialpeterborough.co.uk

Information & Advice

Cambridgeshire County Council Customer Services

This service includes the County Council's Contact Centre and responsibility for the four corporate reception sites based at Shire Hall and Castle Court in Cambridge, Scott House in Huntingdon and Awdry House in Wisbech. Customer Services acts as the council's first point of contact for Customers.

The Contact Centre provides easy access to many local services by phone, email, fax and minicom. These services range from the assessment and issuing of Blue Badges (disabled parking permits) to Adult and Children's Social Care. Phone and email are by far the most popular ways of contacting the County Council and form the main activity of the Contact Centre. Within the reception sites, staff can help with your enquiries and assist customers to easily access information and transactions online, using the council's website: www.cambridgeshire.gov.uk

You can contact a Customer Service Advisor Monday to Friday 8am to 6pm and Saturday 9am to 1pm, unless otherwise specified using the number below. You will always speak to a real person based in Cambridgeshire. We will endeavour to answer or resolve your issue there and then, but where that is not possible, we will ensure that you are referred to the right person.

Tel: 0345 045 5200 **Email:** info@cambridgeshire.gov.uk **Website:** www.cambridgeshire.gov.uk

Papworth Trust provides free information and advice for disabled people of all ages, their families and carers across Cambridgeshire.

Papworth Trust is a leading disability charity which can help with issues like: benefits, employment, access, equipment, self directed support, respite care, social and leisure, your condition and health and more. You can drop in at Papworth Trust between 9am – 5pm Monday to Friday.

Contact: Papworth Trust, Bernard Sunley Centre, Papworth Everard, Cambridge CB23 3RG.

Tel: 0800 952 5000. Calls are free from a landline phone.

Monday – Friday: 10am – 5pm. Or leave a message and we'll call you back.

Text: 07860 021210 and we will respond by text or call you back whichever is best for you.

Email: info@papworth.org.uk **Website:** www.papworth.org.uk

Penderels Trust offers advice, guidance and practical solutions to enable people with disabilities and older people to live independently in their own homes, to achieve their goals in life and to help them play an active part in their community. We offer a range of advice including information on Personal Budgets, Direct Payments, using a care agency, becoming an employer, and all aspects of managing your care package and finances.

We are a not-for-profit organisation and have been a leading provider of advice and guidance for over twenty years.

Contact: Penderels Trust, Stirling House, Denny End Road, Waterbeach, Cambridge CB25 9QE

Tel: 0845 6000684

Email: Cambridgeshire@penderelstrust.org.uk **Website:** <http://www.penderelstrust.org.uk/index.php>

Disability Huntingdonshire

Disability Huntingdonshire provides information and advice on benefits and helps to find support and services for disabled people, carers, including parents of children with disabilities or special needs, living in Huntingdonshire. Home visits are available for families and for those with very limited mobility for welfare benefits advice and assessments in Huntingdonshire only.

Disability Huntingdonshire's helpline is open Monday to Thursday from 9.30am – 2.30pm.

For further information: Disability Huntingdonshire, Pendrill Court, Papworth Everard, Cambs CB23 8UY **Tel:** 01480 830833. **Email:** info@dish.org.uk **Website:** www.dish.org.uk

Disability Cambridgeshire

Disability Cambridgeshire is a registered charity providing free, confidential and impartial information and advice on all disability matters to disabled/ older people and carers living or working in Cambridgeshire. We provide:

- Free, confidential and impartial advice on disability issues on a five-day a week advice line, and sessions by appointment at Addenbrookes Hospital and various locations.
- Free support and representation on the claiming of disability and related benefits.
- Free support and representation on matters relating to a range of statutory services for disabled people and carers including community and residential care, education and housing adaptations.
- Online Resources Directory on local and national organisations.
- Assessment of access to buildings or services for public, private and voluntary sectors. All surveys are undertaken by and offer a cost-effective way to ensure that buildings and services comply with the Disability Discrimination Act.
- Disability Equality Training - training courses for groups and businesses to explain the environmental, employment and discrimination issues faced by disabled people.

To book an appointment contact Gerri Bird on 01480 839192

Email: gerri@disability-cambridgeshire.org.uk

Disability Cambridgeshire, Pendrill Court, Papworth Everard, Cambs CB23 8UY

Website: www.disability-cambridgeshire.org.uk

Village Benefits

The Village Benefits Advice Service helps people living in rural areas of Cambridgeshire to claim their share of these benefits, by offering:

- Advice and assistance.
- Free confidential advice on all social security benefits
- Home Visits
- Support in getting the benefits you are entitled to - for example filling in claim forms, writing to the Department for Work and Pensions

This service cannot help with personal finances i.e. debt advice or the benefit appeal process.

We also go to clubs and groups such as lunch clubs and over 60's clubs all around the county to give talks and offer benefits advice.

Contact: Village Benefits Advice Service, PO BOX 257, Ely, Cambs CB7 9EA **Tel:** 01353 666990

Citizens Advice: Adviceguide

The Adviceguide website is the main public information service of Citizens Advice, providing people with round-the-clock access to CAB information on their rights - including benefits, housing and employment, and on debt, consumer and legal issues.

The aim is to empower people by providing them with the information they need to solve their own problems and to signpost them to appropriate advice where necessary. Adviceguide helps you to have a better understanding of your rights and entitlements, and also to take the first steps in resolving your problems.

The online CAB service that provides independent advice on your rights -

- practical, up-to-date information on a wide range of topics, including benefits and housing, employment rights and discrimination, debt and tax issues
- links to our directory of Citizens Advice Bureaux
- information in a wide range of languages
- a wide selection of fact sheets to print off
- details of other reliable online sources of information.

Factsheets on various debt and consumer issues are available on the website - these can be downloaded.

Before going to a CAB, please consider saving time and travelling costs by phoning or emailing as most enquiries can be answered this way. If you decide to visit us, **you do not need an appointment** to see an adviser, but please be prepared for what may be a lengthy wait in busy periods.

You can get advice online now from www.adviceguide.org.uk

- **Main Bureau** – [66 Devonshire Road, Cambridge CB1 2BL](#)
Drop-in: no appointment necessary. Monday – Friday: 9.30am – 1pm.
Early arrival is essential, as we are often unable to see all those attending.
Tel: 0844 848 7979 **Website:** www.cambridgecab.org.uk
- **Addenbrooke's Hospital** - [Hills Road, Cambridge, CB2 0QQ](#)
Drop-in: no appointment necessary. Monday, Wednesday, Thursday: 10am – 4pm.
Service for patients, staff and visitors to patients. Situated in corridor to the left of main reception.

A full list of CAB Bureaux is available on the website.

Tel: 0844 848 7979 (Our phone lines are staffed from Monday to Friday, but advisers are often only available between **2pm and 4pm**. There is no call queuing service, so please try again later if your call is not answered.) **Website:** www.cambridgecab.org.uk

Turn2us

This is a charitable service which helps people access the money available to them through welfare benefits, grants and other help.

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.

Their free, accessible website has been designed to help you find appropriate sources of financial support, quickly and easily, based on your particular needs and circumstances.

There is a free and confidential helpline open 8am to 8pm Monday to Friday.

Tel: 0808 802 2000 **Website:** <http://www.turn2us.org.uk/default.aspx>

Disability Grants

Are you struggling to fund essential equipment, activities or even a holiday from caring? If so, have a look at the Disability Grants website.

Set up by Julia Tyrrell, the mother of disabled child with Cerebral Palsy, it is packed full of useful information on grants and other funding that may help make your life easier.

The website is easy to navigate and cross reference between sections.

Website: www.disability-grants.org

Sky Badger

This charity can help you to find grants, financial advice, holidays and so much more for disabled children and their families

Sky Badger link all existing services and charities under one roof, from accessible safaris to help at school. They support all children with disabilities and life-limiting conditions, including family members and professionals working with them.

You can find out more at <http://www.skybadger.co.uk/> or **email:** team@skybadger.co.uk

Ableize

Ableize is a top ranking directory offering the largest Internet collection of disability, mobility and health resources in the UK and Europe. Find a vast collection of sites offering high quality trusted information, advice and sales from education through to disabled groups, clubs and sports. Ableize also lists mobility, daily living aids and disability shopping sites waiting to assist you and your special health needs. Ableize has disability covered.

Ableize is owned and run by disabled people and has disability covered.

Website: www.ableize.com

Netmums is a family of local websites set up and run by mums, but of course dads, grandparents, health professionals and anyone involved in caring for young children are welcome too.

Each local website is edited and maintained by a local mum with support from a central team. The website covers local information on places to go, things to do, community, social and employment issues. The site is set up around a local community and is totally interactive with much of the information on the site coming from other local mums.

Our National Coffeehouse Forum provides an invaluable place members can chat with other mums and get support and advice on anything and everything to do with being a parent, from little gripes to big issues. Our members enjoy an incredibly dynamic, friendly and welcoming forum that has proved to be a lifeline for many Netmums. Our Parent Support Team, which included Health Visitors and other health professionals also work within the Coffee House, adding a layer of expert help to our community of parents who support each other.

We also have a wealth of online articles, covering a wide range of issues relevant to family life, and regularly run online courses such as our popular Relationships course. We also have competitions, special offers, survey and campaigns about the more serious things in life. Check out Netmums for all this and more.

Registration: You need to register as a Netmums member before you can access the local information on Netmums - the unique email address and password you set up will give you full access to this site. It's free and they don't pass on your email to anyone.

For further information contact: Netmums, Marylebone Business Centre, 93-95 Gloucester Place, London W1U 6JQ **Email:** contactus@netmums.com **Website:** www.netmums.com

GATEOPENER

This is a charity providing free information to people with disabilities, their families and carers throughout Suffolk and East Cambridgeshire. They also provide information to professionals and others working in this field.

GATEOPENER has a comprehensive database listing thousands of national and local organisations. They can also help to identify charities and Trusts that may be able to provide financial assistance.

Contact: Gateopener, 20a Hampstead Avenue, Mildenhall, Suffolk IP28 7AS

Tel: 01638 510463 **Email:** enquiry@gateopener.org.uk **Website:** www.gateopener.org.uk

National Organisations

Gov.uk

This is the new online home of government services and information. This is the first phase in the creation of a single domain for government, addressing the needs of users previously served by the Directgov and Business Link websites.

Website: www.gov.uk

Disability Rights UK National Key Scheme (Formerly Radar National Key Scheme)

Providing access to disabled toilet facilities: Disability Rights UK believes that everyone who experiences ill-health, injury or disability should have the same freedom and independence as other citizens. An important part of that freedom is having the confidence to go out, knowing that public toilets will be available, accessible and will meet your needs.

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with NKS locks can be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country. The key costs £4.

For further information contact: Radar, 12 City Forum, 250 City Road, London EC1V 8AF
Tel: 020 7250 3222 **Email:** enquiries@disabilityrightsuk.org **Website:** www.radar-shop.org.uk

Blue Badge Scheme

The Blue Badge scheme provides a national range of parking concessions for people with severe mobility problems. It is designed to help severely disabled people to travel independently, as either a driver or passenger, by allowing them to park close to their destination.

Within Cambridgeshire, Blue Badge holders may generally park:

- On single or double yellow lines for up to three hours, except where there is a ban on loading or unloading
- At pay-and-display machines for free and for as long as they need to (unless otherwise stipulated).

Cambridgeshire County Council is responsible for the administration and enforcement of Blue Badge regulations within Cambridgeshire.

If you reside in Cambridgeshire and want to apply for a Blue Badge please telephone: **0345 045 5204** between 8am – 6pm Monday to Friday. 9am – 1pm on Saturdays.

Alternatively, you can apply for a Blue Badge online via www.gov.uk

Website: <http://www.cambridgeshire.gov.uk/transport/parking/bluebadge/default.htm>

Contact a Family is the only UK-wide charity providing advice, information and support to parents of all disabled children - no matter what their health condition.

There are local, regional and national offices, plus volunteer parent representatives and Parent Support Advisors in the UK.

Family Linking and networking for parents

We link parents of children with the same disability or condition on a local and national basis through our family linking service. Parents can call our helpline to find a family or register on our linking website at Makingcontact: www.makingcontact.org

Contact a Family has a wide range of publications for parents and professionals including the 'Contact a Family Directory - the essential guide to medical conditions, disabilities and support groups'.

Podcasts: www.cafamily.org.uk/news/podcasts.html

Videos: www.youtube.com/cafamily

Our freephone helpline offers a one-stop-shop for families of children with disabilities, with advice on welfare rights, community care issues, education needs and a listening ear, with access to interpreters.

Tel: 0808 808 3555 (Mon - Fri, 9.30am - 5pm)

For further information contact: Contact a Family, 209-211 City Road, London EC1V 1JN

Tel: 020 7608 8700 **Email:** info@cafamily.org.uk **Website:** www.cafamily.org.uk

Facebook: www.facebook.com/contactafamily **Twitter:** <http://twitter.com/contactafamily>

SEN National Advice Service

Contact a Family has been awarded the Department for Education contract to include a Special Educational Needs advisory service within their existing range of services for families.

The new SEN National Advice Service will be part of their integrated Helpline/Online service for families. It is staffed by experienced SEN advisers. It is a one stop shop for parents and other family members caring for a child with SEN, on all education issues.

The telephone helpline enables parents and carers to get one-to-one, in-depth and personalised advice from fully-trained SEN advisers.

The SEN service covers comprehensive advice on a broad range of issues related to special educational needs in any education setting, including:

- Early years/portage
- School Action and Action Plus
- Individual Education Plans (IEPs)
- Statutory Assessments
- Statements
- Transition Planning
- 139A assessments and post-16 provision
- Home education
- Bullying
- Exclusions
- School transport
- 16 – 19 Bursary Fund

Contact a Family, 209-211 City Road, London EC1V 1JN **Helpline:** 0808 808 3555 or

Textphone: 0808 808 3556. The helpline is open Monday - Friday, 9.30am – 5pm.

Email: helpline@cafamily.org.uk **Web:** www.cafamily.org.uk

Family Fund

The Family Fund gives grants to families with severely disabled children for things that make life easier and more enjoyable. It is the largest charitable sector grant-maker to families, giving around £30 million to about 58,000 families each year. The Fund helps with things to meet the additional needs of caring for a severely disabled child such as holidays, washing machines, driving lessons, computers and hospital visiting costs.

Parents or carers of severely disabled children can apply if:

- Their child is 17yrs or under; and
- Families are eligible for, and can send evidence of one of the following tax credits or benefits; Child Tax Credit, Working Tax Credit, Income based Job Seekers Allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit, Pension Credit.
- They have lived in the UK for six months and have permanent residency here.

We cannot help children and young people in local authority care, including those living with relatives or foster carers.

For more information contact: The Family Fund, 4 Alpha Court, Monks Cross Drive, York YO32 9WN

Tel: 08449 744 099 **Textphone:** 01904 658085.

Email: info@familyfund.org.uk **Web:** www.familyfund.org.uk

Fledglings

Fledglings is a locally based charity that responds to requests from parents and carers of disabled children, or those with additional needs of any kind, to find solutions to the practical problems of everyday living. Fledglings carries out searches for special products, trials newly found items and supplies many more products than those featured in their brochure.

One mum says:

"Fledglings searches for, advises on and supplies products that make my life easier".

Fledglings also send out the 'Swift' e-newsletter monthly giving information about new products and services. Anyone wishing to receive a product brochure or subscribe to the newsletter can do so directly, just email enquiries@fledglings.org.uk

We now have a new meeting room where many of our products are on display and we hope local parents will come and visit us and share with us and each other their views on the products and service we supply, but please give us a call to book an appointment beforehand as the room is regularly used for meetings.

Do you have some second-hand equipment to sell or are you looking for an item? Fledglings list items for sale on their website.

For information contact: Ruth or Alicia at Fledglings, Wenden Court, Station Approach, Wendens Ambo, Saffron Walden CB11 4LB **Tel:** 0845 458 1124

Email: enquiries@fledglings.org.uk **Website:** www.fledglings.org.uk

Hft (formerly Home Farm Trust)

Hft is a national charity, providing local support services for people with learning disabilities throughout England. Whatever support they need to help them live life the way they choose - whether it's for just a couple of hours a week, or 24 hours a day.

Hft's work spans a wide range of services and activities, from providing residential care and supported living to supporting people in making new friends, finding work and living independently.

Hft Anglian, 117 Hitchin Road, Herald Resource Centre, Shefford, Bedfordshire SG17 5JD
Tel: 01462 850022

Head Office: Hft, 5/6 Brook Office Park, Folly Brook Road, Emersons Green, Bristol BS16 7FL
Tel: 0117 906 1700 **Email:** info@hft.org.uk **Website:** www.hft.org.uk

Unique - The Rare Chromosome Disorder Support Group

Unique is a source of information and support to families and individuals affected by any rare chromosome disorder and to the professionals who work with them. Established in 1984, Unique is a UK-based charity but welcomes members worldwide. Membership is free but the group receives no government funding and is heavily reliant on donations and fundraising to continue its work.

Individually these chromosome disorders are rare but collectively they are common. It is believed that more than one in every 200 babies is born with a rare chromosome disorder, many having symptoms from birth or early childhood, the rest being affected when they grow up and try to have babies of their own.

Unique offers contact with families with an affected member who has the same rare chromosome disorder or who has similar symptoms or practical concerns, irrespective of specific chromosome disorder. It produces a comprehensive range of family-friendly, medically-verified information guides on a variety of rare chromosome disorders. A network of local contacts promotes awareness of rare chromosome disorders to the general public and professionals. Unique co-ordinates families to assist in research and has protected discussion forums for registered members. It also has social networking sites on Facebook, Twitter, etc. Unique publishes a magazine three times a year and hosts occasional study and family conference weekends. Unique has over 10,500 affected families and many relevant professionals as members worldwide in 92 countries.

For further information contact: Beverly Searle, Unique, The Rare Chromosome Disorder Support Group, PO Box 2189, Caterham, Surrey CR3 5GN **Tel:** 01883 330766 Mon – Fri (24-hour answering machine).
Email: info@rarechromo.org **Website:** www.rarechromo.org

Merlin's Magic Wand

Merlin's Magic Wand Children's Charity has been set up by the Merlin Entertainments Group ("Merlin") to provide magical experiences at its attractions. We aim to give children who are seriously ill, disabled or disadvantaged the opportunity to enjoy attractions that they may otherwise not have been able to.

Who can apply?

We welcome applications on behalf of seriously ill, disabled or disadvantaged children (aged 18 or under) who may benefit from an award.

These applications can be made by either parents/guardians of these children or organisations which work with these children.

Further details are available at these links: <http://www.merlinsmagicwand.org/default.asp?css=1>

If you are eligible then see the how to apply page:

http://www.merlinsmagicwand.org/how_to_apply/how_to_apply.asp on the website and complete an official application form.

Merlin has over 60 locations worldwide including the following brands:

Legoland, Thorpe Park, Warwick Castle, London Eye and many more.

Find out more about Merlin at www.merlinentertainments.biz

Listening Books

Listening Books is dedicated to providing access to books for people who cannot read in the usual way, through the provision of an excellent quality, postal and internet based audiobook library service, responsive to their members' needs. A disability can make reading hard going for certain people and for those who have no trouble reading books this can often be taken for granted. Listening Books stock over 7,000 audiobooks for both adults and children which are available in three different formats: MP3 CD, downloads or streaming directly from the website. They also offer titles which support the National Curriculum from Key stage 2 to A-Level. To see their full list and find out more please visit:

www.listening-books.org.uk

For further information contact: Listening Books, 12 Lant Street, London SE1 1QH

Tel: 020 7407 9417, 9am - 5pm, Monday - Friday

Email: info@listening-books.org.uk **Website:** www.listening-books.org.uk

Children Today

Helping disabled children and young people live a life of greater freedom. Children Today provide grants for vital, life-changing equipment for children and young people with sickness and disability across the UK.

Children Today raise funds to provide special equipment for children and young people with disabilities throughout the UK. Their aim is to ensure that every disabled child and young person fulfils their potential and leads an active childhood. The provision of equipment and aids is vital in helping children and young people overcome their disabilities and enable them to lead full and active lives with their families and friends.

Contact: Children Today Charitable Trust, The Moorings, Rowton Bridge, Christleton, Chester CH3 7AE

Tel: 01244 335622 **Email:** info@childrentoday.org.uk **Website:** www.childrentoday.org.uk

KidsOut exists to give disadvantaged and disabled children and young people fun, positive activities and experiences that contribute to their development, well-being and outlook for a happier future.

Their small team works with KidsOut's partners all across the UK to deliver innovative, high quality services to disadvantaged children.

We are a charity based on action; rather than raising awareness, we offer practical help and support to disadvantaged kids all over the UK, bringing fun and happiness into the lives of children who otherwise wouldn't have much to be happy about. We aim to transform their lives by providing life changing experiences. Through the innovative work that we do, we aim to provide these kids both with fun and happiness now and a brighter, more positive future.

Contact: KidsOut, Head Office, 14 Church Square, Leighton Buzzard, Bedfordshire LU7 1AE
Tel: 01525 385252 **Email:** info@kidsout.org.uk **Website:** www.kidsout.org.uk

Letterbox Library

Letterbox Library is a children bookseller, specialising in books which celebrate equality, diversity and inclusiveness. It provides books which show under-represented individuals/communities and which deal with issues which are critical to children and yet are so often neglected by mainstream booksellers. Multicultural and non-sexist titles, books featuring children with disabilities, books dealing with family break up, immigration, bereavement, mental health etc. A non-profit driven social enterprise.

For more information contact: Letterbox Library, Unit 151 Stratford Workshops, Burford Road, Stratford, London E15 2SP **Tel:** 0207 503 4801
Email: info@letterboxlibrary.com **Website:** www.letterboxlibrary.com

Whizz-Kidz

Whizz-Kidz is a charity that is all about giving disabled children the chance to lead a more independent life.

The charity provides disabled children and young people with appropriate mobility equipment, wheelchair skills training, life skills training, local clubs where they can meet and make friends, work placements and help to campaign locally and nationally on issues that matter to them.

Clubs and training events take place throughout the country. All services and help with mobility equipment are provided free of charge.

For more information about Whizz-Kidz contact: 4th Floor, Portland House, Bressenden Place, London SW1E 5BH **Tel:** 020 7233 6600.

Email: info@whizz-kidz.org.uk **Website:** www.whizz-kidz.org.uk

Whizz-Kidz is the working name of The Movement for Non-Mobile Children.

Short Breaks Network

Short Breaks Network was founded by short break scheme organisers who felt a need for a coordinating national body to share information and promote good practice in this newly developing field. The organisation was registered as a charity in March 1990. Today, Short Breaks Network represents services UK-wide providing short break services to support disabled children and their families.

Our vision is a world where disabled children and young people, and their families experience full inclusion in society. We believe high quality, flexible and accessible short breaks are vital in achieving this.

Our mission is to increase the quality, diversity and availability of short breaks for disabled children and young people.

To achieve this we will;

- Support all those working in the short breaks sector
- Provide information, training, consultancy and resources
- Research and share good practice UK-wide
- Work with government to influence policy and practice
- Work in partnership with other organisations
- Raise awareness of the benefits of short breaks
- Raise awareness of the need for more short break carers

For further information contact: Short Breaks Network, Melbourne House, 36 Chamberlain Street, Wells, Somerset, BA5 2PJ **Tel:** 01749 689259 **Email:** info@shortbreaksnetwork.org.uk
Website: www.shortbreaksnetwork.org.uk

Counselling and Advice Services

The Counselling Directory

The Counselling Directory provides a UK-wide counselling support network, enabling those in distress to find a counsellor close to them and appropriate for their needs

Address: Counselling Directory, Coliseum, Riverside Way, Camberley, Surrey GU15 3YL

Customer Service Team: 0844 8030 240

Website: www.counselling-directory.org.uk

The British Association for Counselling and Psychotherapy (BACP)

Counselling and psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their wellbeing. It's good to talk.

Tel: 01455 883300. **Website:** <http://www.bacp.co.uk>

Victim Support

We are the national charity giving free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected. We offer counselling and advice services.

Call our Victim Supportline on 0845 30 30 900 to get help now.

To speak to one of our victim care teams, please call 0845 456 5995

Email: vcu.eastofengland@victimsupport.org.uk **Website:** <http://www.victimsupport.org.uk/>

Relate

Relationship Counselling, Young Peoples Counselling, Couple Counselling and Sex Therapy.

Website: <http://www.relate.org.uk/home/index.html>

Centre 33

Free and confidential counselling for young people under 26 years of age.

Website: <http://www.centre33.org.uk>

Address: Centre 33 at Ely Library, 6 The Cloisters, Ely CB7 4ZH

Counselling service only 2:30pm – 8pm on Thursdays by appointment only

Tel: 01223 316488

Drugs advice service only 5pm – 8pm on Thursdays run by 'The Bridge'

Only by appointment **Tel:** 01223 214614

To book an appointment to see a counsellor in Cambridge or Ely, call 01223 316488 or email help@centre33.org.uk or drop in at 33 Clarendon Street, Cambridge.

Peterborough & Fenland Mind

Counselling and advice services

Address: 5 York Road, Peterborough, Cambridgeshire PE1 3BP

Tel: 01733 340602

The Cogwheel Trust

Cogwheel provides counselling and psychotherapy support for people in Cambridgeshire. 1 in 4 people will suffer from mental health problems in the course of a year, the most common disorder being mixed anxiety and depression. Early counselling intervention is an effective solution and prevents more complex health and social needs from developing. Through counselling a person can talk about difficult thoughts, feelings, behaviour and situations. Counselling can enable positive changes to take place leading to a healthier, happier and more hopeful outlook.

Tel: 01223 464385 **Website:** <http://www.cogwheel.org.uk>

Samaritans

If something's troubling you, then get in touch. We're here 24 hours a day, 365 days a year. There are a number of Samaritan offices in Cambridgeshire.

Tel: 08457 90 90 90 **Website:** <http://www.samaritans.org/>

MindFull

Are you feeling down, depressed or worried? Is your mind full of negative thoughts or questions? Do you want to talk about your mental health? If so, MindFull is the place for you!

MindFull is a service for 11-17 year olds, providing support, information and advice about mental health and emotional wellbeing; helping you to overcome life's ups and downs and feel confident and happy about who you are. You choose the type of support you receive and, because MindFull is online, you can get it whenever you want it, wherever you are.

MindFull is here to help you get better; and we'll also give you tools and tips to help you get through those tough times that may arise in the future. We know that asking for help is not always easy, but MindFull is a safe and trustworthy space where you can choose the right support for you.

However you feel remember that you're never alone: when you're ready to talk, we're ready to listen. MindFull is open every day, between 10am and midnight.

Contact: MindFull, Unit 1, Rochester House, 4 Belvedere Road, London SE19 2AT
Email: hello@MindFull.org **Website:** <http://www.mindfull.org/> **Tel:** 0208 768 2166

Legal Services

The Council for Disabled Children (CDC)

This is the umbrella body for the disabled children's sector in England, with links to other UK nations. We are the only national body that brings together the diverse range of organisations that work with and for disabled children to support the development and implementation of policy and practice.

Further information on our work can be found in on their website: www.councilfordisabledchildren.org.uk

CDC's aspirations

We want disabled children and children with special educational needs (SEN) to have full and happy childhoods; fulfil their potential; and be active within the community. And we want parents of disabled children to be parents first - living ordinary lives.

Tel: 0207 843 1900 **Email:** cdc@ncb.org.uk **Website:** www.councilfordisabledchildren.org.uk
Council for Disabled Children, 8 Wakley Street, London, EC1V 7QE
You can also [sign up to our newsletters](#)

Disability Law Service (DLS)

DLS is run by and for disabled people as an independent, national registered charity.

Disabled people and their families, carers and advocates, are all welcome to get in touch with their helpline for advice. DLS only provides advice and information in these areas of law:

- Disability Discrimination
- Goods and Services
- Community Care
- Employment
- Welfare Benefits

DLS runs a national Adviceline which is available Monday to Friday 10am – 5pm

Address: Disability Law Service, 39-45 Cavell Street, London E1 2BP

Tel: 020 7791 9800 **Minicom:** 020 7791 9801 **Email:** advice@dls.org.uk **Website:** www.dls.org.uk

Law Centres

Law Centres are not-for-profit legal practices providing free legal advice and representation to disadvantaged people. There are 56 Law Centres in England, Wales and Northern Ireland, staffed by solicitors and barristers who specialise in areas of civil law including employment, housing, discrimination, welfare benefits, education and immigration.

To find your local Law Centre and for further go to the website.

Website: www.lawcentres.org.uk

Using Technology

Twitter

Twitter is a form of communication using short messages known as tweets. It allows you to tell others about your experiences and interests and you can 'follow' other people. There are a large number of disability organisations with Twitter feeds. You will need to register on Twitter to share Tweets.

Website: <https://twitter.com/>

Facebook

This is another useful way to connect with other people such as friends other parents and organisations. There are a large number of disability organisations on Facebook. You will need to register with Facebook to contact other people. **Website:** <http://en-gb.facebook.com/>

Applications (Apps)

Applications are programmes that can be downloaded to a tablet computer, smart phone, or android phone. Many Apps are free, but some do have a cost.

Here are just a tiny few suggestions of Apps which may help with different aspects of your child's condition or help you plan your day. There are 1000's of App's so have a search for one that would suit you. If you have used any Apps that could be useful to other families or professionals please let me know.

- ABCs – These alphabet flashcards combine letters, phonetics and images to teach preschool kids reading skills.
- Autism at Home App – This provides ideas for creating learning spaces in the home for young children with developmental disabilities and autism.
- Autism Classroom App – This includes over 100 strategies for addressing 15 different common challenging behaviours.
- Social Skill Builder – This App uses a series of interactive videos to teach key social thinking, language and behaviour that are critical to everyday living.
- ABC Phonics – Phonics application that targets letter sounds for the letters of the alphabet and letter diagraphs. Children can trace letters to practice their letter formation.

- How's Today Been? – Helps you to track how your child's day has been. Record information on a daily basis to build an ongoing picture of your child's day and help identify which times are especially challenging.
 - WritePad – Handwriting to print.
 - Rxmindme – A prescription reminder App. You input different medications and have different alerts for each whether it daily, weekly or monthly.
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Disability Discrimination Act

The Disability Discrimination Act makes it unlawful for your child to be discriminated against just because of their disability. The Equality Advisory Support Service (EASS) can provide you with information on racial, disability and sexual discrimination.

Equality Advisory Support Service (EASS)

EASS is a new service which replaces the helpline run by the Equality and Human Rights Commission (EHRC). The EHRC helpline is closed and can no longer be contacted.

The new service is aimed at individuals who need more expert advice and support on discrimination than advice agencies and other local organisations can provide.

The EASS does:

- Give bespoke advice to individuals across the whole of Great Britain on discrimination issues
- Explain legal rights and remedies within discrimination legislation, across the three nations.
- Explain options for informal resolution and help people to pursue them.
- Refer people who cannot or do not wish to go down this road to conciliation or mediation services.
- Help people who need or want to seek a legal solution by helping to establish eligibility for legal aid and if they are not eligible, to find an accessible legal service or to prepare and lodge a claim themselves.

The EASS does not:

- Provide legal advice
- Provide representation in any legal proceedings
- Provide advice on court or tribunal procedures once a claim has been issued
- Advise on the strength of a case or the evidence needed to prove a case
- Provide advice to solicitors and other professional advisors

Contact the Equality Advisory and Support Service (EASS)

Tel: 0800 444 205 **Textphone:** 0800 444 206

Opening hours: 9am – 8pm Monday to Friday. 10am – 2pm Saturday.

Closed Sundays and Bank Holidays

Website: <http://www.equalityadvisoryservice.com/>

This information resource has been produced by the SCIP Email Network and Database (SEN&D) Co-ordinator with the help of parents, carer's and local groups/professionals to whom we are very grateful. Every effort has been made to ensure the information provided is current and accurate.

If you are aware of any omissions or errors please contact: Joan Adamson, SCIP Email Network and Database (SEN&D) Co-ordinator. Box No: H1/O8B, Bargroves, Cromwell Road, St Neots PE19 2EY.

Tel: 01480 379827 **Email:** SCIP@cambridgeshire.gov.uk

This factsheet and others are available online at: www.cambridgeshire.gov.uk/scip

If you would like to receive this publication in a LARGE PRINT format, another language, in Braille or on Audio Cassette please contact the SEN&D Co-ordinator.

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