



# CAN

Newsletter for families of children with additional needs

# AUTUMN 2009

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Hello and welcome to the Autumn newsletter. I hope that you all had a lovely Summer break, enjoyed some of the good weather, and kept busy during the bad! The newsletter has lots of bits and pieces in it, so do take time to read it through and make sure you don't miss anything.

**IMPORTANT:** after a recent computer problem, some of the addresses on my email distribution list have been lost - if you think you should be receiving emails and aren't then please get in touch. If you would like to receive newsletters and updates by email in future, then send me a message and I'll ensure your details are included.

New activities this term include extra swimming lessons and trampolining sessions at Bulmershe Leisure Centre, a sibling event, and DJ and arts workshops run by The Ark Studio. There is also a CAN Card update with information about new discounts. VUE cinema in Reading is hoping to shortly start running autism-friendly screenings of children's films. If your child would like to go along please register your interest - it cannot happen without enough people. More information can be found on page seven.

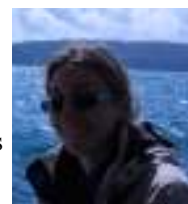
Health services also have some updates: the Learning Difficulties and Disabilities Service has a new Learning Disability Nurse who may be able to provide advice and help to you, and the Royal Berkshire Hospital has several services available to offer additional support to patients and visitors with learning and physical disabilities. See page four for more details.

After several recent enquiries I've compiled some information about computer and IT support and services - page ten has details of specialist equipment, where to buy and help available. Other articles include interesting toys and sensory equipment, walking routes suitable for wheelchairs, subtitled cinema, information about benefits, and a new booklet for parents looking to return to work.

Have a good term, and do get in touch if the CAN Network can be of any assistance.

*Lucy Skye*

Information and Participation Officer for Children with Additional Needs



Editor: Lucy Skye, Information and Participation Officer  
Tel: 0118 974 3750 Email: [lucy.skye@wokingham.gov.uk](mailto:lucy.skye@wokingham.gov.uk)



## All 4 Sport

### Wokingham Borough Council Sports Development

For children aged five to 16 years. Parents need to stay for the duration of the session. Cost £42 for 15 weeks (can be paid in two instalments of £21 per half term).

All sessions take place at Loddon Valley Leisure Centre, Rushey Way, Lower Earley, RG6 4GD.

#### Mini Soccer

Basic football including passing, dribbling, coordination and team work. Parents need to stay for the duration of the session.

Mondays from September 7 to December 14, 5.30pm to 6.30pm

#### Tennis

Basic tennis skills.

Wednesdays from September 8 to December 16, 5.30pm to 6.30pm

#### Trampolining

Thursdays from September 10 to December 17

Five to 10 years - 5.30pm to 6.30pm

10 to 16 years - 6.30pm to 7.30pm



**Book one activity get another free OR get a place for a sibling for free!**

Payment must be received in advance. Booking forms can be downloaded from the website, or contact:

Tel: 0118 974 6264

Email: [all4sport@wokingham.gov.uk](mailto:all4sport@wokingham.gov.uk)

[www.wokingham.gov.uk/all4sport](http://www.wokingham.gov.uk/all4sport)

## Carnival Pool FREE Family Swim

FREE family swim sessions for families with children with additional needs take place on one Saturday per month from 6.30pm to 7.30pm at Carnival Pool, Wellington Road, Wokingham, RG40 2AF. There are a range of floats, toys and swim equipment, and family and disabled changing is available. A hoist can be used to enter the water, and the pool is currently accessing funding to purchase another.

Dates this term are September 5, October 10, November 14 and December 5.

For more information contact the pool on 0118 977 0007

## Woodley Town Councils Disability Sports



### Swimming Lessons

Now running for over a year, the swimming lessons for children with additional needs have proved so popular that an additional 30 minutes will be offered from September. Lessons take place at Bulmershe Leisure Centre, Woodlands Avenue, Woodley, RG5 3EU on Friday evenings from 5pm to 6pm, and are suitable for children aged from five to 16 years. For more information contact Kate Cooper on 0118 926 8733

### Trampolining

From September, trampolining for children with additional needs will be held at Bulmershe Leisure Centre (address above). Days and times are still to be arranged. Contact Paul Martin for more information on 0118 926 8733

### Woodley Westcoast Sports Club



For young people with additional needs aged from 10 to 16 years. The club offers coaching in five sports: boccia, football, golf, new-age kurling and tag rugby. It meets in term times on Tuesday evenings from 4.30pm to 5.30pm, at Woodford Park Leisure Centre, Haddon Drive, Woodley, RG5 4LY. For more information contact Jennie Farrow on 0118 921 6969

## The Ark Studio

The Ark runs a variety of arts activities for teenagers and adults with disabilities. Most take place at The Ark Studio, Ravenswood Village, Crowthorne, RG45 6BQ.

**ArtsPulse** - music and dance involving singing, movement, games and activities.

Tuesdays 6.30pm to 8.30pm. Cost £6 per session.

**DJ Workshop** - learn basic music and rhythm skills, and make and perform music as a DJ.

Thursdays 7pm to 9pm. Cost £6 per session.

**Unity** - using drama and activities to explore issues important to you. Mondays 7pm to 9pm. Cost £6 per session.

**Radio Marmalade** - an internet radio station run by members of The Ark. It is a chance to share information and views, and also an opportunity to devise new shows. The station is in development and is looking for anyone who might be interested in helping with the running of the station, or being a DJ and hosting their own show.



Tel: 01344 755 528  
www.theark.org.uk

## Club Marmalade

[www.clubmarmalade.org.uk](http://www.clubmarmalade.org.uk)

An **INCLUSIVE** nightclub run by people with disabilities. Many events are themed.

Held on the last Sunday of the month at the Late Bar, Wellington Road, Wokingham, RG40 2NJ

Cost £5 per ticket, support staff go free.



## Siblings Open Day Event

**Saturday October 17 (Time TBC) at the Crescent Centre, Warbler Drive, Lower Earley, RG6 4HB**

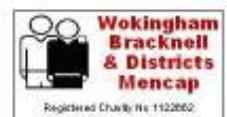
Try FREE activity sessions doing Photoshop, arts and crafts, handicrafts and cookery. Come along and meet the Wokingham Bracknell and Districts Mencap team and other professionals working in a variety of different areas including schools and youth work. They can help you and your children access information and support, and meet other families in the area.

To ensure you don't miss out let Mencap know you will be coming. Contact:

Tel: 0118 979 8539

Email: [openmindart@ntlworld.com](mailto:openmindart@ntlworld.com) (Clare Whatley, Children's Club Supervisor)

## Wokingham Bracknell and Districts Mencap



### Siblings Group

For siblings of a child with any additional need or disability, running during term times.

The Wokingham Sibling Group meets at the Bradbury Centre, Rose Street, RG40 1XS on Thursdays from 5pm to 6.45pm.

The Woodley Siblings Group meets at Woodley Airfield Centre, Hurricane Way, RG5 4UX on Mondays from 4.45pm to 6.30pm.

### Children's Activity Group

For children with learning disabilities and their siblings. A variety of activities is offered including arts, crafts, sports and cookery. Parents and carers need to stay on the premises, but there is a café area to relax in. Sessions are held at the Crescent Centre, Warbler Drive Lower Earley, RG6 4HB from 9.30am to 11.15am on September 19, October 10 and 17, November 14 and 28 and December 12.

For more information or to book a space, please contact

Tel: 0118 979 8539

Email: [admin@wokinghammencap.org](mailto:admin@wokinghammencap.org)



## Learning Disability Nurse

Katherine Burns is the new Community Learning Disability Nurse for children aged from birth to 18 years. She is based at Highwood Annexe in Woodley and is part of the Disabled Children's Team. Her role is to support children, young people and their families with a range of nursing needs to enable them to remain healthy and safe. Some of the needs covered include:

- Behaviour support programmes
- Epilepsy support
- Sleep management
- Help to access community services
- Post-diagnosis support
- Specialist assessments
- Health promotion and healthy eating



If you would like to get in touch with Katherine, contact the Disabled Children's Team on 0118 974 6890 / 6881 or email [iddservice@wokingham.gov.uk](mailto:iddservice@wokingham.gov.uk)

Referrals can also be made through health or Social Care professionals.

## Support at Royal Berkshire Hospital



The Royal Berkshire Hospital (RBH) has a number of services designed to make visits and stays more supportive and easier for people with learning difficulties and disabilities.

**Beeper System** - if you are required to wait for an appointment you can pick up a bleep from the PALS Office. The clinic reception will then make a note of the bleep number and will bleep you when the doctor or nurse is ready. This means that you are not restricted to staying in the clinic area.

**Learning Disability Nurse** - can help you to access the hospital's services. They are there to ensure that hospital staff understand your disabilities, listen to your needs and wishes, and also to make sure that staff explain things to you so that you understand what is going on. They can be contacted in advance of an appointment or inpatient stay so that they can be present to help when you visit. In an emergency, nursing staff will notify them and they will come and see you.

**Information Folder** - the hospital can provide a folder called *Information About Me* to be filled in by a patient or carer to make sure that all hospital staff understand your specific needs. It can include information on communication, mobility, dietary and continence requirements. Hospital staff or PALS can provide a copy.

Speak to a health professional at the RBH, or contact the PALS Office on 0118 982 2829 or email [pals.berkswest@berkshire.nhs.uk](mailto:pals.berkswest@berkshire.nhs.uk)

## Me2 Club Annual General Meeting

Come along to the Me2 Club AGM for a chance to hear all about what's happened this year (and there's been a lot), discuss upcoming changes/plans for the club, and have your say on how the charity is run.

**On: Monday September 28 from 7pm to 8.30pm**

**At: The Brambles Children's Centre, Budes Gardens, Wokingham, RG40 1PX**



There will be refreshments afterwards and an opportunity to meet parents, other volunteers and activity leaders.

Please let Emily know if you're planning to come by contacting 07821 858 852 or email [info@me2club.org.uk](mailto:info@me2club.org.uk)

## Parent's Needed

The Learning Difficulties and Disabilities Service would like to involve parents and carers in the interview process of new staff members. It is looking for involvement in informal pre-interview discussion groups and/or involvement on formal interview panels. There would be a training commitment to be a member of a panel, but not to be part of a discussion group.

The current staff team in the LDD Service is very stable, and input would only be required as and when new staff is recruited.

If you would be interested in being involved, or would like more information please contact 0118 974 3750 or email [lucy.skye@wokingham.gov.uk](mailto:lucy.skye@wokingham.gov.uk)

## BAS Speaker Meetings



The Berkshire Autistic Society has several speaker meetings this term. All take place on the third Thursday of the month at the Crescent Resource Centre, Warbler Drive, Lower Earley, RG6 4HB. Please arrive at 7pm for a 7.30pm start.

September 17 - Geoff Evans: Sensory difficulties and practical tips to help  
October 15 - Brenda O'Reilly: Dietary issues for people with ASD and alternative approaches  
November 19 - Prior's Court School: Benefits of a structured approach  
December 17- Christmas Social, details TBC

Costs for members is £5 parents/carers and £10 professionals; non-members is £10 parents/carers and £15 professionals.

For more information or to book a place, contact BAS on 0118 949 4594 or email [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)  
[www.autismberkshire.org.uk](http://www.autismberkshire.org.uk)

## CAN Card

There have been some recent developments with the CAN Card. If you now produce it at any of the three Leisure Connections Centres within the Wokingham Borough, you are entitled to the following discounts:

- Child - £1.25 for a swim  
One carer FREE
- 20% discount on any children's activities run by Leisure Connections held at the three sites

The three participating centres are Carnival Pool in Wokingham, St Crispins Leisure Centre in Wokingham, and Loddon Valley Leisure Centre in Lower Earley.

You are also entitled a 20% discount on activities run by Wokingham Borough Council Sports Development Unit. This includes:

- All 4 Sport Courses- mini tennis, soccer and trampolining (more information on page two)
- Spring In2 Action Courses - school holiday activities
- Mini Soccer Courses - term-time football

The CAN Card can give you discounts at over 30 attractions, locally and nationally. It has also unofficially been accepted at a number of other places - try it anywhere and everywhere!

If your child does not have a CAN Card or it needs updating, please contact me on the details below. To produce a card, I will need a photograph of your child (any size), which can be sent by email or post.

Tel: 0118 974 3750

Email: [lucy.skye@wokingham.gov.uk](mailto:lucy.skye@wokingham.gov.uk)

Highwood Annexe, Fairwater Drive, Woodley, RG5 3RU



# DO YOU WANT TO HAVE YOUR SAY?

I am looking for children and young people aged up to 18 years with any additional need, disability or difficulty who want to make their voices heard.



## Do you want to:

- TALK about what's important to you
- THINK about how to make a difference
- WORK to make some changes

## You can:

- CHAT online
- MEET in groups with other children and young people
- WRITE me an email or send me a letter
- TALK to me face to face



..... Whatever works for you.....

Parents/carers - if you also know of a child or young person who might like to get involved, or wants to be heard, please get in touch on their behalf for an informal discussion.

Leave a message on the CAN Messageboard at [www.wokingham.gov.uk/can-messageboard](http://www.wokingham.gov.uk/can-messageboard)

Or contact:

Tel: 0118 974 3750

Email: [lucy.skye@wokingham.gov.uk](mailto:lucy.skye@wokingham.gov.uk)

Lucy Skye, LDD Service, Highwood Annexe, Fairwater Drive, Woodley, RG5 3RU

## Bridges Resource Centre



### Ofsted Report

Bridges Resource Centre in Woodley, which provides specialist short break care for children and young people with additional needs, has again been classed as Outstanding in a recent Ofsted report.

The centre was praised for its work to help children be safe and healthy, and inspectors said it 'provides a caring, supporting and nurturing environment in which children can mature and develop to their full potential.' Bridges staff were commended for their 'excellent relationships with the children.'

This is fantastic news, and testament to the hard work and dedication shown by all staff. Well done everyone!

### Three Peaks Challenge



Three Bridges staff recently undertook a massive challenge - to climb the three highest peaks in the UK in 24 hours.

Andy, Simone and Susie put in plenty of training and set off on their mission to scale Ben Nevis, Scafell Pike and Snowden on August 15. It was completed in a very respectable 33 hours (the minibus transporting them between mountains had a top speed of 59 mph!). This is a brilliant achievement and they have managed to raise a significant sum of money for the sensory room upgrade at the Centre. Thank you to all who kindly donated.

## 'A' for Film Club

### VUE Cinema Autism-Friendly Film Screenings

Discussions are currently taking place with the VUE Cinema in Reading to hold regular autism-friendly screenings of films. These will be similar to the screenings held at the cinema in Henley and have low lighting and sound. Your child will be able to enjoy the film in their own way, and if this means that they run around or make some noise it does not matter.

It is hoped that the first screening will take place at the end of September, at around the cost of £2 per child with a carer going free. This is likely to be on a Sunday morning at 10am. The cinema is located in the Oracle Shopping Centre in Reading, close to car parking, bus and train routes.

At least forty tickets need to be sold to make this viable - it could become a permanent fixture, but you need to show your interest!

If you would like to be kept informed, please get in touch with me as soon as possible.

Tel: 0118 974 3750

Email: [lucy.skye@wokingham.gov.uk](mailto:lucy.skye@wokingham.gov.uk)



## Calibre Postal Library

Calibre is a FREE postal library with over 1,400 books suitable for children and young people. It can be used by anyone who has a visual impairment, physical disability that means it is hard to read ordinary print, or dyslexia.

Books include classic stories as well as novels by authors including Jacqueline Wilson and Roald Dahl, and featuring characters such as Harry Potter and Alex Rider. Many books currently studied in English lessons are also available for loan. Young people are able to borrow books from the adult Calibre library but some are only loaned to over 18 year-olds.

They are available on cassette or mp3 format CDs (playable on some CD players, computers and DVD players). CDs can be downloaded onto Ipods or other mp3 players.

To join, you have to fill in a simple application form. You can view the audio book catalogue online, or request a copy be sent to you (at a cost of £5). Personal book lists can be set up, or Calibre can choose books for you. You will be loaned two books at once, and when you return one, another will be sent.

Tel: 01296 432 339

[www.youngcalibre.org.uk](http://www.youngcalibre.org.uk)



## Subtitled Cinema

[www.yourlocalcinema.com](http://www.yourlocalcinema.com)

Find information about showings of the latest films with subtitles for people with hearing impairments, or audio descriptions (a narrated soundtrack) for people with visual impairments.

The website is updated regularly and covers the Reading area.

## Shape Arts

Shape Arts runs a number of projects and initiatives.

Shape Tickets is open to anyone with any disability, and offers tickets to shows, musicals, exhibitions and operas etc for discounted prices. It costs £25 per year for individuals.

Shape is also developing its Deaf Arts programme, helping young people and adults to develop their arts skills, progress in the arts sector, and providing mentoring support.

The website has a lot of information useful for any deaf or disabled young people looking to develop a career in the arts sector.

Tel: 0207 619 6160

[www.shapearts.org.uk](http://www.shapearts.org.uk)



# SEN Family Support Group

A support group has been set up for anyone with a child with a disability or special educational need (not necessarily with a Statement). Many of the group are based in Henley with a few from the Didcot area, and it is very open to Reading and Wokingham families attending.

The group meets fairly regularly during term time, and also has email updates with event/activity information, advice and support services. Speakers sometimes attend the meetings.

For more information contact Vic Morgan on 07968 681 174 or email [v.morgan152@btinternet.com](mailto:v.morgan152@btinternet.com)

## Working Parents

*Getting Into Work* is a new booklet for parents of disabled children written by Working Families. It covers areas such as:

- Where to find jobs
- Filling in applications and writing CVs
- Flexible working and time off
- Self-employment
- Care
- Finance



Individual copies of the leaflet are available if you send Working Families an A5 stamped addressed envelope (76p) to 1-3 Berry Street, London, EC1V 0AA. Working Families also has a book *Make It Work For You!* which covers the issues for parents of combining paid work and caring for disabled children.

Tel: 0207 253 7243

[www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)

## Blue Badge

If you have a Blue Badge for parking you can now use a mobile phone to find parking spaces, accessible toilets, petrol stations, and see what local council parking rules apply.

To get the Blue Badge map directly on your phone, text BLUE to 83377 (the text will cost the price of a normal text message). You will then receive confirmation that your text was received, and a second message containing brief instructions and a link to the Blue Badge map.

A more detailed Blue Badge map is available online at: [www.direct.gov.uk](http://www.direct.gov.uk)



## Walking with Wheelchairs

[www.walkswithwheelchairs.com](http://www.walkswithwheelchairs.com) provides free information on routes suitable for wheelchair users throughout the UK. You can read reviews of routes, and also download directions and OS maps.

[www.walkswithbuggies.com](http://www.walkswithbuggies.com) has routes recommended specifically for parents with buggies and young children.

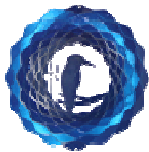
If you know of any good walks you can add them to both sites.



## Wind Spinners

[www.wind-spinners.net](http://www.wind-spinners.net)

Wind Spinners are small, large and 3-D metal spinners that can be hung inside or out. They are very eye-catching, and come in a number of shapes and picture designs, including butterflies, dragonflies, birds, dolphins and animals.



## Q Charm

[www.qcharm.com](http://www.qcharm.com)

Q Charm is a wristband with pictures and symbols (known as charms). The charms attach to the band and can be used to show the order of activities throughout the day, emotions, safety reminders, or cause and effect. This is especially useful for children who benefit from visual cues and learning.

A number of different bands and charms are available, covering different scenarios/situations. Most starter kits contain two bands and around 30 charms. You can also buy a key chain version, which can be worn attached to a belt or bag.

Visit the website for details of costs and shipping.



## Gluten Free Diets

[www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk) has a wide range of recipes, products and advice for managing gluten free diets. It also lists products available on prescription, and has links to a number of other useful websites.

[www.gluten-free-onthego.com](http://www.gluten-free-onthego.com) has details of hotels, cafes, restaurants, coffee shops and takeaways providing gluten free food. All locations have been recommended by other visitors. It also covers other dietary requirements such as nut allergies, vegan, vegetarian and dairy free. The website lists places to eat and stay throughout the United Kingdom and parts of Europe and the USA.



## Employment and Support Allowance (ESA)



**Is your child over the age of 16? Are they attending a special school?**

The new benefit ESA replaces Incapacity Benefit and Income Support (no new claims for those can now be made).

If your child is over the age of 16 years and attending full-time education for more than 21 hours per week they cannot usually claim. However, if the education is considered to be 'not suitable for a person of the same age who does not have a disability' it does not count towards these hours. This means that young people with learning difficulties that mean their mental age is below their physical age, may qualify for ESA as the education course they will be following will not be suitable for a non-disabled person of the same age.

If your child is eligible, following a medical assessment to check they are unable to work, they may receive up to £50.95 per week for 13 weeks. This may then increase depending on their needs and financial circumstances.

Claiming ESA will mean that you can no longer get Child Benefit, and it may also reduce any Child or Working Tax Credit you receive. The benefit your child may receive however could well cover this amount and more.

For more information, contact the Benefits Enquiry Line on 0800 88 22 00 or visit [www.direct.gov.uk](http://www.direct.gov.uk)  
If you want specific support and advice for your family, Tracy at Wokingham Bracknell and Districts Mencap can also help. She can be contacted on 0118 989 8539

# Computers

I have recently had quite a few enquiries about purchasing IT and computer equipment, and the computer support services available. If you are looking for funding for equipment, there are a number of grant-giving organisations that may be able to help. You can find details in the Equipment Chapter of the CAN Guide, in the Equipment document online at: [www.wokingham.gov.uk/fis](http://www.wokingham.gov.uk/fis) (type CAN Guide into the search box). You can also contact me for information on 0118 974 3750 or email [lucy.skye@wokingham.gov.uk](mailto:lucy.skye@wokingham.gov.uk)

A free *Guide to Computers* can help you to choose the equipment and computer suitable for your needs. It is particularly relevant for people with learning disabilities and includes information about selecting hardware and software and also advises on security and safety.

Tel: 01235 835 507



## Computers For The Disabled (CFTD)

CFTD's mission is to help disabled people communicate and participate in day-to-day activities by recycling computers, giving disabled people an alternative means of keeping in touch. It relies heavily on donations and can supply internet-ready PCs using new and second-hand parts throughout the UK. It also offers free PC advice on best equipment to buy. If the charity can help, the only money you will have to pay is to cover any costs spent when building your PC. CFTD is always looking for donations of second-hand computers; do get in touch if you can help.

Tel: 01268 284 834

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

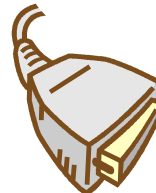


## Ability Net

Provides specialist support and advice for children and adults with disabilities to enable them to use computers at home or work. It aims to help people understand what adaptations would be best and most appropriate for their needs.

Tel: 0800 269 545

[www.abilitynet.org.uk](http://www.abilitynet.org.uk)



## IT Can Help

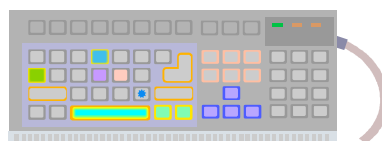
IT Can Help has a network of volunteers who offer IT advice and support to people with disabilities. It can provide impartial advice on computer hardware and software, install new equipment and software, solve technical problems that may arise, help you get connected to the Internet and use e-mail, and help you get started with standard packages such as word processing. Contact via the Ability Net helpline.

## Adapted Keyboards

Special computer keyboards are available for people who only have full use of one hand, and there are also single finger keyboards for people who have less hand control. The shapes of the keyboards have been designed to match natural hand movements and minimise the amount of finger movement.

Tel: 0845 230 3266

[www.maltron.com](http://www.maltron.com)



## AIDIS Trust

Provides computer equipment to aid communication, suitable for people with learning and physical disabilities. Equipment available includes large tracker-ball mouse, touch screens, switches and switch adapted systems, and adapted keyboards.

Tel: 0207 246 2130

[www.aidis.org](http://www.aidis.org)

## Disability Information Booklets

- |  |   |
|--|---|
| <input type="checkbox"/> Angelman Syndrome<br><input type="checkbox"/> Autistic Spectrum Condition<br><input type="checkbox"/> Cerebral Palsy<br><input type="checkbox"/> Charcot-Marie-Tooth Disease<br><input type="checkbox"/> Cornelia De Lange Syndrome<br><input type="checkbox"/> Cri du Chat Syndrome<br><input type="checkbox"/> Down Syndrome<br><input type="checkbox"/> Edward's Syndrome<br><input type="checkbox"/> Encephalitis<br><input type="checkbox"/> Hearing Impairments<br><input type="checkbox"/> Muscular Dystrophy<br><input type="checkbox"/> Visual Impairments | <input type="checkbox"/> Attention Deficit Hyperactivity Disorder (ADHD)<br><input type="checkbox"/> Brittle Bone Diseases<br><input type="checkbox"/> Challenging Behaviour<br><input type="checkbox"/> Chromosome Disorders<br><input type="checkbox"/> Craniofacial Conditions<br><input type="checkbox"/> Dandy Walker Syndrome<br><input type="checkbox"/> Dyspraxia<br><input type="checkbox"/> Ehlers-Danlos Syndrome<br><input type="checkbox"/> Epilepsy<br><input type="checkbox"/> Learning Difficulties (including GDD and PMLD)<br><input type="checkbox"/> Speech and Language Difficulties |
|--|---|

Each booklet is between two and 20 pages long, and contains information about: the disability/condition, possible causes/triggers, how a diagnosis is made, support methods and therapies, and ongoing development of the disability/condition.

Please select the box for the booklet/s you require.

## Information Sheets

Sheet Title	ASD	Learning Difficulties	Physical Disabilities
Early Years and Play			
Toilet Training			
Early Years (Nursery) Education			
Food and Feeding			
Sleeping Difficulties			
Starting Primary School			
Bullying at Primary School			
Moving to Secondary School			
Bullying at Secondary School			
Transition (starting at 14 years old)			
Sibling Support			

These are being expanded upon and continually developed. If there is a specific disability or topic not yet covered, please contact me and I would be happy to create one for you.

If you would like any of the sheets, please complete your details and return to the address below. Alternatively, you can email me at: [lucy.skye@wokingham.gov.uk](mailto:lucy.skye@wokingham.gov.uk)

Your Name: .....

Address:.....

RETURN TO: Lucy Skye, Family Information Service, Highwood Annexe,  
 Wokingham Borough Council, FREEPOST 147, Council Offices, Shute End, Wokingham, RG40 1GY



Please note that there are children with a wide range of additional needs included on the CAN Network, and therefore not all information that we send out may be relevant to you. If you receive information that is not appropriate for your child, please disregard it.

*The information supplied by the Wokingham Borough Family Information Service has been obtained from a variety of organisations and agencies. Whilst every effort is made to provide accurate and up to date information, no guarantee can be given.*

*The information provided is not in any way intended to be a recommendation of suitability or quality of provision/service.*

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For more information please feel free to contact:

Information and Participation Officer for Children with Additional Needs  
Highwood Annexe  
Fairwater Drive  
Woodley  
RG5 3RU  
Tel: 0118 974 3750  
Email: [lucy.skye@wokingham.gov.uk](mailto:lucy.skye@wokingham.gov.uk)  
[www.wokingham.gov.uk/fis](http://www.wokingham.gov.uk/fis)

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یہ کارڈ وہ کننگھم بورو کی فیملی سروس کی طرف سے تیار کردہ معلومات کی تفصیل بیان کرتا ہے۔ اگر آپ کو اسے سمجھنے میں مدد کی ضرورت ہو تو براہ کرم اپنی اسٹون لائن پر رابطہ  
نیو کاؤم کا نمبر بھی مہیا ہے۔ (01753) 701159

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這張卡解釋有關佛敬威區家庭資訊服務可提供的資料詳情。如果你需要別人協助以了解其內容，請致電：(01753) 701159