

Northumberland IASS Information Bulletin – December 2019 - Issue 2

Welcome to the Northumberland IASS information quarterly Bulletin sharing information with you on local events, services and news in Northumberland and the North East for children and young people with SEND (special educational needs and/or disabilities) and their families.

SPOTLIGHT ON: Northumberland IASS (Information, Advice & Support Service)

The Northumberland Information, Advice and Support Service is an 'arm's length' service which offers impartial information, advice and support to families of children and young people with special educational needs or disabilities.

The service is free and confidential. We also support children and young people with special educational needs or disabilities up to the age of 25.

This can include:

- explaining how the special educational needs 'system' works
- listening to your concerns
- helping you to express your views
- helping you to prepare for meetings
- helping you understand the paperwork
- helping explore the options for a child or young person's education
- putting you in touch with other support organisations

We are a self-referral service. Feel free to contact us:

- **Telephone:** 01670 620350 or 01670 623555
- **Email:** iass@northumberland.gov.uk

Organisation

Active Northumberland - Ability 2 Play is a leisure inclusive programme and adapts sessions to include everyone regardless of ability. Users range from people with mild learning difficulties to Autism and ADHD, as well as people with anxiety disorders and physical disabilities.

Email: rscheu@activenorthumberland.org.uk

Website: www.activenorthumberland.org.uk

Information/Events

PLEASE GO TO WEBSITE FOR FURTHER DETAILS REGARDING ALL ACTIVITIES

Ashington YMCA

Youth Club – Wednesday – 5.00 pm – 7.00 pm

Relax, socialise and make new friends. The majority of people have mild/moderate learning difficulties, ASD, ADHD.

12-24 years

Cost: £5.00

Active Northumberland - Ability 2 Play

Blyth Sports Centre

Bounce & Splash – Saturday – 10.00 am – 12.00 pm

This session can be accessed by people with varying levels of disability.

8 – 17 years

Cost: £5.00

Dance – Thursday – 4.30 pm – 5.15 pm

This session can be accessed by people with varying levels of disability.

5 – 17 years

Cost: £3.00

Football – Monday – 5.00 pm – 6.00 pm

5-a-side football in partnership with Newcastle United Foundation

Football sessions are mainly used by able bodied participants with learning difficulties/ASD etc, anyone is welcome to join.

5 – 12 years

Cost: £4.00

Teen Gym – Saturday – 1.00 pm – 2.00 pm

Fully qualified staff introduce into the gym and are present throughout the session to ensure a fun and safe time.

14-19 years

Cost: £3.00

Trampoline – Tuesday & Wednesday – 4.30 pm – 5.30 pm

Have a go at trampolining. For more severely disabled participants a hoist is available to use and coaches are rebound therapy trained. Booking required.

6-17 years

Cost: £4.00

Concordia Leisure Centre

Ten Pin Bowling/Boccia - Thursday – 4.30 pm – 6.00 pm

8-17 years

Cost: £4.00

Northburn Sports & Community Centre

Freestyle – indoor and outdoor activities – Monday – 3.30 pm – 5.30 pm

This session can be accessed by people with varying levels of disability.

0 – 10 years

Cost: £3.00

Football – Thursday – 4.00 pm – 5.00 pm

5-a-side football in partnership with Cramlington United and is played outside on varying pitch surfaces.

Football sessions are mainly used by able bodied participants with learning difficulties/ASD etc, anyone is welcome to join.

12-16 years

Cost: £4.00

Organisation

Beacon Films is based in West Jesmond, Newcastle and supports young people and adults with learning disabilities, autism and additional needs to make films. These films are screened all over the world, challenging audiences and receiving praise from across the creative sectors.

Email: info@beaconfilms.org.uk

Website: www.beaconfilms.org.uk

Information/Events

To find out more about opportunities throughout the year, contact Beacon Films or visit their website.

Organisation

Blyth Valley Disabled Form provides home care within the community and runs the young people's project, which enables children and adults to access various activities, i.e swimming and a youth club environment to socialize.

Email: trishfleming@bvdfhomecare.co.uk

Website: www.bvdfhomecare.co.uk

Information/Events

Blyth Cricket & Rugby Club, Plessey Road, Blyth

Christmas Party - Saturday 21 December 2019, 7.30pm

Disco, buffet and a raffle

Cost: £3.00 per person. Tickets are available from the office at 20 Stanley Street, Blyth.

Everyone is welcome to this event and all money raised is invested back into the youth projects to enable them to keep running.

Organisation

Border Links Ltd is a community enterprise based in Berwick, covering north Northumberland/Scottish Borders, which develops new and exciting opportunities to support social and economic inclusion for people with learning disabilities - enabling them to play a part, gain in confidence and get the most out of life in their own community.

Email: Borderlinks@btconnect.com

Website: www.borderlinks.co.uk

Information/Events

Amble - Activity sessions - Fourways 2, 6 Dilston Terrace, Amble, NE65 0DT

3rd Tuesday each month – 1.15 pm – 2.15 pm

Activities include Boccia, New Age Kurling and indoor archery

Cost: £2.00 (including refreshments)

Berwick - Community Drop in – Berwick Parish Church Hall

1st and 2nd Tuesday each month – 1.00 pm – 2.30 pm.

BOCCIA - 3rd Tuesday – 10.30 am – 12.00 pm

Cost: £2.00 (including activities and refreshments)

Berwick - Disco and Karaoke - The Black and Gold Club, Shielfield Park, Berwick, TD15 2EF

1st Wednesday each month (except January and February) – 7.00 pm

Cost: £3.00

Berwick - Voices Social evening – Costa Coffee, 32 Marygate, TD15 1BN Berwick

3rd Friday each month – 6.00 pm – 7.30 pm

Meet up with friends or make new ones. One free hot drink per person (including carers and support staff).

Border Links Ltd**Cornhill – BOCCIA – Cornhill Village Hall, TD12 4UA**

2nd Monday each month – 1.00 pm – 2.30 pm

Cost: £2.00 (including refreshments)

Duns - BOCCIA – Southfield Community Centre, Station Road, Duns, TD11 3EL

Monthly – 10.30 am – 12.00 pm

Cost: £2.00 (including refreshments)

Kelso - Community Drop in – Kelso Rugby Club, Poynder Place, TD5 7EH

2nd Tuesday each month – 1.30 pm – 2.30 pm

Cost: £2.00 (including activities and refreshments)

Kelso - Meet & Move - Kelso Rugby Club, Poynder Place, TD5 7EH

4th Tuesday each month - 1.30 pm – 2.30 pm

Cost: FREE SESSION

Border Links Training Sessions

18 sessions organised every week covering administration, personal interests, photography, marketing, veggie basket deliveries. Sessions run at different venues each week. Information available on website.

Organisation

Calmer Therapy is based in Guidepost and supports children, young people and adults who have additional needs, disabilities and mental health needs. They offer support, training, advice and activities. Diagnosis isn't required.

They also offer support to the whole family. Siblings and friends/family members are welcome to all our sessions.

Email: calmertherapy@mail.com

Website: <http://facebook.com/calmertherapypage/?ti=as>

Information/Events

Calmer Therapy offers weekly clubs which include:

- social community enterprise group for ages 12 plus
- family Pilates for children all ages and adults
- family group for all ages
- football club for ages 3 - 17
- family karate for children of all ages and adults
- fortnightly exclusive sessions at Airbox bounce for children of all ages and adults
- social monthly groups for adults
- various activities and trips during half term holidays

Organisation

Evergreen Teens (North East) Limited is a youth organisation who works exclusively with young people and adults with additional needs.

Email: Toniglynnedunn@gmail.com

Website: www.evergreenteens.co.uk

Information/Events**Weekly Monday youth session – 5.30 pm – 7.30 pm – Amble Methodist Church Hall, Percy Street**

Sessions include evening meal prepared and cooked by young people.

Cost: £4.00. Young People from 13+.

Christmas Party – Thursday 19 December 2019 – 6.00 pm – 8.30 pm – Old Store House Events Space, Amble Links caravan park

There will be games, a disco and stalls. Father Christmas will be handing out gifts and for pictures.

Cost: £3.50 (to cover the cost of the gift and raise funds for the Evergreen Teens Allotment Project)

Club closed for Christmas – last session 16 December. Activities resume 6 January 2020.

Organisation

Happy Faces Prudhoe is a small charity providing social activities for children with additional needs. They also provide support for parents and carers through interaction with others going through similar experiences.

Email: info@happyfaces-prudhoe.co.uk

Website: www.happyfaces-prudhoe.co.uk

Information/Events

Youth Club – 5.00 pm – 6.30 pm St Matthews Hall, South Road, Prudhoe

Monday (term time)

Age: 7 – 15 years

This club is run in conjunction with North East Youth. Children can be left or parents can make use of the parents room next door.

Supervised Play session – 5.00 pm – 6.30 pm – diandjims Fun Station, Prudhoe

Wednesday (term time)

Age: 2 – 12 years

Subsidised session

A parent or carer must remain on site with the children – but can enjoy a drink and socialise with other parents whilst the children play in a supervised play area.

The sessions are open to children with additional needs and their siblings.

The sessions are supervised but we ask that if a child needs 1:1 supervision that they bring a responsible adult with them for support.

Various activities

Various trips and activities are organised during school holidays – further information can be found by joining the Happy Faces Facebook page <https://www.facebook.com/happyfacesprudhoe/>

There is also a private Facebook group for members.

Cost: £2.00 per session (or a monthly standing order can be set up)

Organisation

Hextol Foundation provides working opportunities to people with learning disabilities and mental health needs.

They believe work is good for people and that the groups they work with deserve the same opportunities as others. Hextol Foundation is based in Hexham where they run a vegetarian/vegan café, and operate gardening teams (in both Hexham and Newcastle), handyperson service, a post and pack operation, catering and admin.

Email: contact@hextol.org.uk

Website: www.hextol.org.uk

Information/Events

Hextol Foundation cater for people over the age of 16 with no upper age limit.

Anyone interested in their services can contact them direct – no referral is necessary. All posts are voluntary vacancies.

To find our more contact Cherie Sutherland - cherie.sutherland@hextol.org.uk or 01434605253.

Organisation

Hippotherapy Northumberland is a community club, operating from Townfoot Stables, Shilbottle and Kirkley Hall Equestrian College, Ponteland. It is a registered charity which provides an opportunity of Therapeutic Sport for children and young people with disabilities, who will experience an active physical workout through a horse.

There is interaction in and with 'normal' environments and young people (volunteers) therefore succeeding, achieving, engaging in and with physical activity, sport and games.

Email: hipponorthumberland@gmail.com

Website: <https://www.facebook.com/Hippotherapy-Northumberland-376814322445071/>

Information/Events

6 week (termly) sessions

Hippotherapy is subsidised by charitable donations and grants and 'partners' with families in the cost.

Cost: £6.00 annual membership

Subsidised cost: £130 per term

Cost: £55.00 - If an assessment and 'taster' session is required by families prior to commitment (this is then deducted from the full fee of £130 when proceeding with the full term - missed sessions are not refundable).

Suitability - Any child 6 months -18 years with complex motor neurone disability/syndrome, requires an assessment to ensure the activity is one which will benefit the child, taking into account their medical condition. This assessment is by an HPC registered chartered physiotherapist, specialist paediatric neuro-developmental area and certified in hippotherapy.

There is wheelchair accessibility but ability to weight bear with assistance/support is required. The assessment will also give an indication of individual approach and input required to maximize the positive impact of Hippotherapy.

Organisation

SMILE Through Sport is a disability organisation providing a wide range of sport and activity sessions across the North East for individuals with a disability and their families.

Activity sessions and events are fun, friendly and delivered in a relaxed welcoming environment. Activities are for all ages and all disabilities.

Email: carl@smilethroughsport.com / rachel@smilethroughsport.com

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

Information/Events

Family Taster Activity Sessions

Willowburn Leisure Centre, Willowburn Avenue, Alnwick, NE66 2JH

Sunday 2 February 2020 and Sunday 7 June 2020 - 10.00 am – 12.00 pm

Taster session for families with a disabled child or adult to take part in sports and physical activities together.

Type of need: All disabilities

Ages: minimum age 4 years, no upper age limit

Cost: FREE

Concordia Leisure Centre, Forum Way, Cramlington, NE23 6YB

Saturday 7 March 2020 and Sunday 5 July 2020 – 1.30 pm – 2.30 pm

Taster session for families with a disabled child or adult to take part in sports and physical activities together.

Type of need: All disabilities

Ages: minimum age 4 years, no upper age limit

Cost: FREE

Riverside Leisure Centre, New Market, Morpeth, NE61 1PR

Sunday 5 April 2020 - 10.00 am – 12.00 pm

Taster session for families with a disabled child or adult to take part in sports and physical activities together.

Type of need: All disabilities

Ages: minimum age 4 years, no upper age limit

Cost: FREE

SMILE Through Sport

Prudhoe Community High School, Moor Road, Prudhoe, NE42 5LJ

2 May 2020 – 1.30 pm – 3.30 pm

Taster session for families with a disabled child or adult to take part in sports and physical activities together.

Type of need: All disabilities

Ages: minimum age 4 years, no upper age limit

Cost: FREE

Family Activity Sessions

Ashington Leisure Centre, Lintonville Terrace, Ashington, NE63 9JY

Monthly activity session for families with a disabled child or adult to take part in sports and physical activities together.

Type of need: All disabilities

When: 2nd Saturday of the month.

Time: 1.30 pm - 2.30 pm – 4 - 7 years

2.30 pm -3.30 pm – 8+ years

Cost: £2 per person (first session FREE)

This session runs every month until July 2020, excluding December 2019.

The Swan Centre, Northumberland Road, Tweedmouth, Berwick, TD15 2AS

Monthly activity session for families with a disabled child or adult to take part in sports and physical activities together.

Type of need: All disabilities

When: 3rd Saturday of the month.

Time: 10.30 am -11.30 am – 4-7 years

11.30 am -12.30 pm – 8+ years

Cost: £2 per person (first session FREE)

This session runs every month until July 2020, excluding December 2019.

Northburn Sports and Community Centre, Crowhall Lane, Cramlington, NE23 3YP

Monthly activity session for families with a disabled child or adult to take part in sports and physical activities together.

Type of need: All disabilities

Ages: minimum age 4 years, no upper age limit

When: 4th Wednesday of the month. **Starting** Wednesday 22 January 2020.

Time: 6.30 pm -7.30 pm

Cost: £2 per person (first session FREE)

Boccia Northumberland

Ashington Leisure Centre, Lintonville Terrace, Ashington, NE63 9JY

Boccia session to learn and develop boccia skills in a fun and friendly environment. Open to all abilities and all levels of experience, whether new to the sport or are an experienced player there will be activities for everyone.

Type of need: All disabilities

When: 2nd and 4th Saturday of the month.

Time: 3.30 pm –5.00 pm

Cost: £3.50 per person

This session runs every month until July 2020, excluding December 2019.

Boccia Open 2020

Sports Central, Northumbria University, Northumberland Rd. NE1 8ST

Type of need: All disabilities

When: Sunday 9 February 202

Time: 11.00 am

Cost: £5 per person

SMILE Through Sport

Multi-Sport Sessions

Washington Leisure Centre, Washington, NE38 7SS

Junior Multi-Sport Session - Monthly sport session for disabled children to take part in a range of inclusive and adapted sports and activities. Siblings welcome.

Type of need: All disabilities

Ages: minimum age 4 years, no upper age limit

When: 4th Saturday of the month.

Time: 11.00 am-12.30 pm

Cost: £3 per person

This session runs every month until July 2020, excluding December 2019.

St James Community Centre, Well Way, Morpeth, NE61 1AF

Youth Multi-Sport Session – Monthly youth session for sensory support students to take part in a range of different sports and activities delivered every month. Friends and siblings are welcome.

Type of need: Visual and hearing impairment

When: 3rd Friday of the month.

Time: 6.30 pm -7.30 pm

Cost: FREE

This session runs every month until July 2020, excluding December 2019.

Organisation

The Toby Henderson Trust is based in Bedlington and offers a range of services for young people and their families who are affected by ASC (Autism Spectrum Conditions). They run a social group called MATES and a social group for Sibling Superstars. There are Social Communication Groups for children in mainstream education. They also run various family events and workshops. They specialise in early intervention and their flagship Intensive Interaction Service has now been running for over 15 years. In a uniquely designed environment which is totally distraction free, where children are approached completely as an individual with their own specific needs. Advice, information and signposting are an inherent part of their role. They also offer support and guidance, and are always there to listen. They have a depth of a personal and professional experience to offer, which has grown over many years.

Email: support@ttht.co.uk

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

Information/Events

Saturday 29 February 2020, Waves Leisure Centre - Whitley Bay

An autism friendly family swimming session. This can be accessed by the whole family. If you're interested in booking a place, please contact us directly.

Workshops

Various workshops are organised for parents who have children with autism/going through a diagnosis of autism. Upcoming workshops: sleep issues, challenging behaviour/managing meltdowns, toilet issues, sensory issues, using visual aids, social stories and comic strip conversations. Keep up to date with the workshops by liking the Facebook page or checking the website. Professionals are also welcome to attend workshops. You do not need to be a registered family to attend, however if you are registered with the trust, workshops are half price. Booking is essential.

Please contact support@ttht.co.uk to register to access services, such as social groups and early intervention.

Organisation

Useful Vision is based at Newburn, Newcastle upon Tyne and is a charity that supports children and young people who are vision impaired. They provide a range of free, accessible activities to reduce social isolation and to build confidence.

Email: Laura.tambin@usefulvision.org.uk

Website: <https://www.usefulvision.org.uk/>

Information/Events

Activities include:

Horse Riding – 4 years +

Trampolining – 4 years +

Regular Choir – all ages

Christmas pantomime – suitable for the whole family

Steel Drum Session – 7 years +

All activities are suitable for those with a vision impairment.

Once a child has been registered on the Useful Vision website, they can attend as many activities as they like, until their 19th birthday.

If you would like to be added to the distribution list to receive a copy of the Bulletin, or if you would like your details removed from the list, please email julia.mccormack@northumberland.gov.uk.

Disclaimer:

Please note that we have done our best to ensure that the contents were correct at the time of printing. Contact julia.mccormack@northumberland.gov.uk to let us know about any inaccuracies/information that needs to be added.

Please note that inclusion of services in the bulletin is not an endorsement or guarantee of that provision.