

Cambridge Clubs & Groups

This fact sheet has been produced to provide information on clubs and groups in the Cambridge area, which welcome children and young people with special 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 factsheet, 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.

To receive regular information on activities, events and support groups join the SCIP email distribution list. You will be sent information about what is happening in your area.

To join, email: SCIP@cambridgeshire.gov.uk

Histon Hornets Football Sessions

These sessions are open to boys or girls aged 8 – 16 years with a disability.

Football sessions run on Saturdays (Sept to July) 10.30 – 11.30am.

Venue: Histon Recreation Ground.

Contact: Joanne Bull, Cambridgeshire Football Association: 01223 209035

Email: Joanne.Bull@cambridgeshirefa.com

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

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

Cherry Hinton Trampolining

For details and book your place contact: Sports Development, Arts & Recreation, Cambridge City Council on 01223 457000

Email: Sportsdevelopment@cambridge.gov.uk

Tennis

This club has been organised by Cambridge City Council in partnership with Chesterton Leisure Centre. The sessions have been set up to cater for all abilities and provide the ideal opportunity to learn new tennis skills in a fun and friendly environment. The sessions are on Saturdays and are for young people aged 8 - 18 years.

Venue: Chesterton Leisure Centre, Gilbert Road, Cambridge.

Cost: £1.50 - £2.50 per session.

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

Email: Sportsdevelopment@cambridge.gov.uk

Disability Horse Riding

These sessions are for children and young people with a disability.

Venue: Sawston Riding Stables

Time: In the holidays

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

Email: Sportsdevelopment@cambridge.gov.uk

Hereward Heat Wheelchair Basketball Club

Weekly Training Sessions are held 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).

Please note this is a serious sport and training is taken seriously.

Fully qualified coach in attendance at all sessions. New members always welcome.

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

Venue: Sports Hall, Comberton Village College, West Street, Comberton, Cambs CB23 7DU

Email: sspilkawba@aol.com or s.spilka@gbwba.org.uk **Website:** www.heatwbc.org.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.

It's a target game, which demands skill and subtlety as opposed to strength or speed and is played in this country by young and old. Also those with and those without a disability.

Time: Friday 6.15pm - 7.45pm - Witchford Village College, Ely.
Sunday 2.15pm - 3.45pm - Impington Sports Centre, Cambridge.

For more information or to book a place please contact: Shaun McCormick

Tel: 01223 223947. **Email:** shaun@camboccia.co.uk

For more information on the game of Boccia visit: www.bocciaengland.org.uk/

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.

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, Cambs CB7 5PP. **Tel:** 01638 720415

Cost: All prices are listed on the website or contact the riding school.

Email: linda@coachouseriding.co.uk

For more information visit our new website: www.coachouseriding.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). There are 5 qualified instructors available who will be able to teach to your requirements.

There are around 25 horses and ponies available for lessons and hacking, which means they are not overworked.

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

Horse Riding

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:

Venue: Sawston Riding School, Common Lane, Sawston, Cambridge CB2 4HW

Cost: All prices are listed on the website or contact the riding school.

Contact: 01223 835198 **Email:** sawstonridingschool@googlemail.com

Website: www.sawstonridingschool.co.uk

Ely Roller Hockey Club

A division of Ely Roller Skating Club, we play non-contact roller hockey with wooden stick and ball, on either traditional quad skates or rollerblades. Suitable for ages seven to adult, male or female. Teams compete in Eastern Counties League. New players' are always welcome and basic equipment available. Junior Division (Players aged 5 to 14 yrs)

Contact: Linda Hart. **Tel:** 01638 603464

Email: secretary@elyrhc.co.uk **Website:** www.elyrhc.co.uk

Ely Roller Skating Club

Here you will find a variety of roller skating activities, catering for all ages and abilities. Tuition at all levels from beginner to expert. Skates available for hire. There is fun skating, learn to skate, roller disco's and roller hockey sessions.

Venue: Paradise Sports Centre, Ely. Littleport Leisure and Ross Piers Centre in Soham.

For information on costs and sessions **contact:** 07812 211380 or 01353 661885.

Email: ELyRollerSkatingClub@live.co.uk

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.

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 **Cost:** £1 per week

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:** CB3 Leisure, Comberton Village College, West Street, Comberton, Cambs CB23 7DU. **Tel:** 07834 708970 (Daytime)

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

Swimming

Disability swim sessions at the Paradise pool in Ely.

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

Disability Swimming Sessions

Abbey Pools do 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 more information on this contact the leisure centre. Discount is available for anyone with a council leisure card. **Contact:** Abbey Pools for information on 01223 213352

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: £3.30 per adult (free for single adult accompanying a disabled child), £1.65 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 starting 3 September. **Time:** 4pm - 5pm

Age Range: 6 - 19 years

Cost: £1.75 per lesson. £2.10 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

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 aim of the Jubilee Sailing Trust is to promote the integration of able-bodied and physically disabled people through tall ship sailing adventure holidays and associated activities.

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. All voyagers, who sail with the JST, or work with them, do so on equal terms irrespective of disability.

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.

During the voyage you will have a mentor that will explain, assist and evaluate you and to ensure that the scheme works for you!

Whilst on board you will have the opportunity to shadow a Watch leader and/or Bosun's Mate.

All participants will be given a certificate as a record of your achievement, reference report and a T-Shirt on completion of the voyage.

By the end of the scheme you will, we're sure, feel a great sense of achievement, made loads of new friends, developed key life skills, had a lot of fun, on voyages of 5 days or more you will complete your Duke of Edinburgh Gold Residential and of course it will look great on your CV!

Contact: The Jubilee Sailing Trust, 12 Hazel Road, Woolston, Southampton, Hampshire SO19 7GB

Tel: General 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

Grafham Water Sailability

Grafham Water Sailability (GWS) 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 disabilities to enjoy the fun of sailing.

Some members enjoy competitive sailing, while others simply enjoy being out on the water in a more relaxed manner, for example in a two masted boat helmed by an instructor. 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 1pm and 5pm when priority is given to new sailors. 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).

Contact: Judi Figgures or Wendy Hopkins for further information. Grafham Water Centre, Perry, Huntingdon PE28 0BX. **Tel:** 01480 434011

Email: judifiggures@hotmail.com or Wahopkins@aol.com

Website: <http://homepages.rya-online.net/grafham-water-sailability>

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

Mepal Outdoor Centre

A unique Activity Centre set on the shores of a 20 acre lake in the Cambridgeshire Fens, offering a wide range of affordable water and land based activities for families, school, youth groups and corporate clients. Modern purpose built premises include dormitories, showers, toilets, a cafeteria, lecture room, common room, sports hall and an indoor climbing wall, built in the shores of a twenty acre lake. There is a children's play park, water sports, children and youth activities i.e. archery, canoeing, trampolining and lots more.

There are activity programmes available at every school holiday apart from Christmas with a programme of special activity days exclusively for teenagers. The play park is open from Easter to the end of the summer and in school holidays 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

Rowing

Lady Margaret Boat Club is open to young people from age 9 years. The club run courses for beginners and improvers throughout the summer. The club has excellent facilities with a recently renovated boathouse, a large number and variety of boats, and a well equipped gym.

Contact: Mary Hood **Tel:** 01223 576360 **Cost:** Call for details

Website: www.srcf.ucam.org/lmbc/

Fishing: The Manderson Trust

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), emergency telephone and a centre providing light snacks, hot and cold drinks. All ages are welcome. Children must be accompanied by an adult. There is no cost. Groups are welcome and should phone beforehand if equipment needs to be provided.

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: 01954 211576 or 07883 091702

Club venue: Overcote Road, Over, Cambridge. **Website:** www.themandersontrust.co.uk

Girlguiding Cambs East

Guiding enables girls and young women to develop their potential and to make a difference to the world through its distinctive, stimulating and enjoyable programme of activities delivered by trained volunteer leaders. We give a voice to girls and young women of all abilities and backgrounds.

Guiding offers an enormous range of activities that appeal to girls and young women from outdoor challenges including climbing, abseiling and canoeing to learning new skills such as first aid, becoming a circus performer, toy making and much more. And then there's the opportunities guiding provides for international travel, getting involved in community action projects, camping and trying out new sports.

Girlguiding Cambs East is one of the forty-three counties of Girlguiding UK. 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 Cambs 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

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 Pam Butler, District Commissioner for Cambridge.

Email: dc@cambridgescouts.org.uk **Website:** www.cambridgeshirescouts.org.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. Beginner's courses start again in November 2011. Places are on a first come first served basis and fill up fast.

There are three venues for the club:

Outdoors (April 1 – September 30)

Hills Road Sixth Form Field, Sedley Taylor Road, Cambridge.

Indoors (October 1 – March 31)

Sawston Village College, New Road, Sawston.

Netherhall Sports Centre, Queen Edith's way, Cambridge.

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.

Cost: For cost and times of sessions, contact the club.

Email: beginners@netherhallarchers.org.uk **Website:** www.netherhallarchers.org.uk

Lantern Dance Theatre Company

Integrated Contemporary Dance

Lantern Dance Theatre Company is an integrated contemporary dance group led by Helen Pettit, a professional dancer and choreographer. About half the group have severe learning difficulties. The group meets in Ely for regular weekly classes focusing on technique and body conditioning and preparing for performances. It is open to all ages from 12+.

For more information please contact: Helen Pettit. **Tel:** 01353 662441

Email: helen@ldtc.org.uk **Website:** www.ldtc.org.uk

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

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.

The group aims to give people the opportunity to express themselves through performance whatever learning difficulties they may have.

There is a 1-hour arts and crafts session. Our 3-hour course offers singing, dancing, acting; the arts & crafts session is included in that time. This is a very important activity as it gives students who prefer not to perform on stage the opportunity to fully participate in the shows and events by creating props, sets, banners and even costumes. 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

Stage Stars Theatre Academy – Alconbury and Papworth

Weekly classes providing first class training in drama, dance and music theatre for children and adults aged 6 months - 106 years! The classes are run by experienced teachers and professional performers. Stage Stars are members of the British Stage Dance Association and a registered LAMDA examinations centre.

Stage Stars theatre academy is a registered member of the National Association of Youth Theatres and can offer:

- a supportive environment for all students
- 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 Louise Hodgson. 50 Manor Lane, Alconbury, Huntingdon PE28 4EH

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. Classes are fun and a great way to keep fit, boys and girls welcome.

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.

For further information contact: **Tel:** 0844 445 8010

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

Bottisham Bowling Club

Bowls for anyone 14+ years at Downing Close, Bottisham, Cambs CB25 9DD

Contact: Keith Gibson **Tel:** 01223 811049 **Email:** kw.gibson@virgin.net

Connexions

Connexions' is a support service offering 13 to 19 year olds help with a broad range of topics.

Teenagers should think of Connexions as their first port of call for information, advice, guidance and practical help with all aspects of living, working, and learning.

Whether they're at school or college, in training, at work or doing something different with their lives, there's plenty Connexions can offer teenagers.

Working together, Connexions advisers and youth workers provide a wide-ranging service to give young people the support they need. Most importantly, they are there to listen to young people and help them deal with today and plan for tomorrow. There are also links to information for young people and advice for parents on the Connexions website.

Address: There are Connexions Centres throughout the county. To find your local centre:

Freephone: 080 800 13219.

Website: www.cambridgeshire.gov.uk/childrenyoungpeople/connexions

Youthoria

Youthoria is the Connexions 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 over 100 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 Connexions.

Youth Clubs & Activities

Club United

We aim to provide young people (between the ages of 11 - 17) with learning opportunities by creating a safe and supportive environment where they can develop personally and socially. We also provide information and advice so that the young people can make informed choices. The project is generally term-time only with a variety of additional holiday activities on offer. Wednesdays 7.30pm - 9.15pm.

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

Contact: Mrs Paula Mayes **Tel:** 01223 712800

Bar Hill the Farm House (Juniors)

A chance for young people to meet in the local area. This club is for young people aged 11 to 13 years. Meets Wednesdays (term time only) 6.15pm – 8.15pm.

The Farm House, Gladeside, Cambridge CB23 8DY

Contact: Tina Sutton **Email:** tina.sutton@cambridgeshire.gov.uk

Cottenham Youth Club

Monday Night Club

Junior Club Monday 6pm - 7:30pm Senior Club 7:45pm - 9:15pm

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

Contact: Lisa McManus **Tel:** 07917040502

Email: Lisa.McManus@Cambridgeshire.gov.uk

Comberton Senior Youth Club

Youth club for 13 - 19 years old. Mon 7pm – 8.45pm.

Comberton Youth Centre, Comberton CB23 7DU

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

Email: abarnard@cambsyouthservice.org.uk

Romsey Mill Youth & Community Centre

To respond to various needs both local and across the city. Work is done through a variety of groups. Under 5s: Playgroup, variety of toddler groups and baby group.

Romsey Mill Social Inclusion Programme works with 13-25-year-olds who may not be in education, training or work, and who may not be living in a positive way in their communities. We work with them to develop their skills, self-esteem, confidence and hopes for the future, so that they might fulfil their potential. We do this through:

- outreach to young people where they meet in public places and schools
- young person-led projects such as music, sports, motor mechanics or dance
- [Step-up - alternative education](#) including courses such as Sports Leadership, Uniformed Services, Arts Award
- support around making decisions beyond school and college
- specialist young women's support
- outdoor activities on residential and trips.

For more information, contact the Social Inclusion Programme team on 01223 566192

Office hours: Monday to Friday 9am - 5pm.

Romsey Mill Centre, Hemingford Road, Cambridge CB1 3BZ

Contact: Mrs Angie Debenham **Tel:** 01223 213162

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

Cambridgeshire Federation of Young Farmers' Clubs (YFC)

This is a group of six clubs located throughout Cambridgeshire with around 100 members in total, aged between 10 and 26. We don't wear wellies all the time and a large number of our members have no links to agriculture at all. Everyone is welcome to join us to enjoy activities ranging from ten pin bowling to team building and adventure weekends.

For information on the clubs go to the YFC website:

<http://www.cambridgeyoungfarmers.co.uk>

YFC Office, Home Farm, High Street, Graveley, St. Neots, Cambridgeshire PE19 6PL

Here 'N' Now

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

Thursdays 7pm – 9pm.

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

Contact: Miss Janet Parish **Tel:** 01223 457810 **Email:** janet.parish@cambridge.gov.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.

Cottenham Village College, High Street, Cottenham CB24 8UA

Contact: Ms Jo Hampson **Tel:** 01954 288944 (Daytime)

Meadows - Club United

Open access mixed youth club for young people aged 11 – 17 years. Holiday activities vary. Wednesday 7.30pm – 8.30pm.

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

Contact Details: Clare Brassett **Tel:** 01223 712468

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

Wilbraham Youth Group

Wilbraham's Youth Group offers weekly indoor leisure, sports, creative and IT activities for children and young people aged 11 -16 during term time. Informal outdoor activities also take place on the adjacent village recreation field, weather permitting.

Attendance requires registration each evening, payment of £1.50 per member (subject to a maximum of £3 per family)

Wilbraham Memorial Hall, Wilbraham Memorial Hall Angle End, Cambridge CB21 5JG

Contact: Mary Sweeney **Tel:** 01223 882711 **Email:** thesweeneys@btinternet.com

Website: <http://www.wilbrahamyouths.org/>

Faces 'N' Places

This group is for young 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, and dating and relationships.

The group meets every other Wednesday 7.30pm – 9.30pm

Venue: Hilltop Carers' Centre, Primrose Street, Cambridge CB4 3EH

Contact: Imogen Byers. **Tel:** 07795 618342 **Email:** imogen.byers@cambridgeshire.gov.uk

Trumpington - Youth Club

Open access youth club for all young people aged 13 – 17.

Meets Mondays (term time only) 7pm – 9pm.

Venue: Trumpington Pavilion, Paget Road, Trumpington, Cambridge CB2 9JF

Contact: Ian McLaughlin. **Tel:** 07990 936940

Sawston Youth Group

SYG is an activity based youth group catering for 8-18 year olds in three age sections. The aim is to provide opportunities for young people in the area. Mondays 6.30pm -10pm.

Venue: Youth Centre, Sawston, Cambridge CB22 3BP

Contact: Chris Hill **Email:** chris@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. Club house open Mon -Thurs & Sat 8am – 8pm, Fri 8am – 4pm.

Venue: 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>

Inspire

Inspire is a leading arts and health organisation based in Cambridgeshire, providing stimulating and creative opportunities for children and adults with disabilities or health difficulties. The provision is led by professional artists who have skills and experience working with disabled people.

Varied and fun weekly arts and media sessions are run for adults with a personal budget – Creative Days and Funky Days.

The Funky Film School on alternate Saturdays is brilliant for young people who are interested in film-making.

On the Saturdays in between there are Total Arts sessions, with a focus on performing arts. Other activities for disabled children are arranged by request.

Inspire's Funky Flamingo Club Nights are extremely popular events for those aged 16 yrs and over, run by and for people with disabilities. DJ's, video projections, live music, open mic, and more.

For further information contact Inspire on: 01223 441106. **Email:** admin@inspire.org.uk

Website: www.inspire.org.uk and www.funkyflamingo.co.uk

National Youth Advocacy Service (NYAS)

NYAS works across Cambridgeshire to provide an independent visitors service and advocacy service to looked after children and young people. The independent visitor's service uses adult volunteers to befriend children and young people. They meet about once per month for a chat or an activity. The advocacy service uses employed staff to assist children and young people with issues or difficulties.

Contact: Jo King, Project Administrator. Suite B1, 89 High Street, Huntingdon PE29 3DP

Tel: 01480 437953 **Email:** jo.king@nyas.net **Web:** www.nyas.net

Princes Trust

The Prince's Trust is the UK's leading youth charity, helping change young lives. 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.
- Community Cash Awards are grants to help young people set up a project that will benefit their community.
- 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.

For more information contact: The Prince's Trust East of England Regional Office, 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:** www.princes-trust.org.uk

Duke of Edinburgh Award Scheme

A Duke of Edinburgh (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 Service, Box NoCC1210, Castle Court, Castle Hill, Cambridge CB3 0AP. **Tel:** 01223 715492

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

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, P.O. 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:

Longstanton

Venue: Abington Institute
Time: Mondays 4pm - 6pm

Oakington

Venue: Oakington Recreation Ground.
Time: Mondays 7pm - 9pm

Eversdens

Venue: Eversdens Recreation Ground
Time: Monday 7pm – 9pm

Comberton

Venue: Comberton Recreation Ground
Time: Tuesdays 7pm - 9pm (term time only)

Haslingfield

Venue: Haslingfield Recreation Ground
Time: Wednesdays 4.30pm - 6.30pm

Willingham

Venue: Willingham Recreation Ground
Time: Wednesdays 7:30pm - 9.30pm

Caldecote

Venue: Caldecote Recreation Ground
Time: Wednesday 7.15pm – 9.15pm

Teversham

Venue: Teversham Recreation Ground
Time: Alternate Thursdays 7pm – 9pm

Fen Drayton

Venue: Fen Drayton Recreation Ground
Time: Alternate Thursdays 7pm - 9pm

Elsworth

Venue: Elsworth – outside Junior School
Time: Thursdays 7pm - 9pm

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

Volunteers Plus

Volunteers help with team work or admin tasks to help other community groups.

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

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
- Comment and campaign on issues which affect volunteers or volunteering
- Play an active role in the strategic development of volunteering

Contact: Cambridge & District Volunteer Centre, 2 Regent Street, Cambridge CB2 1AX.

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

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: <http://www.volunteering.org.uk/vmportal>.

St John Ambulance

St. John Ambulance can offer a range of volunteering opportunities and training in many subjects; First Aid, Care, Ambulance training, Defibrillators, Medical gases, Radio Communication, Risk Assessments and Health & Safety, Fire Safety. Personal Development and leadership training, youth work, foot care for the homeless and much more.

With over 650 volunteers in Cambridgeshire we are a thriving organisation, often seen at local events providing essential first aid and ambulance support. We cover a variety of events across the county ranging from small fetes to nightclubs to sports events to open air concerts.

Location: Across the county. **Time:** varied. **Contact:** 08700 10 49 50

CamPlay

CamPlay provide 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 and 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 a venue in East Cambs and Fenland and a venue in Huntingdonshire. In the Christmas holidays we also run from a venue in East Cambs and Fenland and a venue in Huntingdonshire. CamPlay also run themed family fun days during half term holiday periods, where all of the family can come and get involved in CamPlay activities with support from CamPlay staff.

At all clubs during the summer children and young people are offered 5 days, where a variety of activities are going on, including visits out, such as swimming and the library. During other holidays young people are offered one day each, this depends on availability. 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 regarding how to access the clubs.

If you require any other information please contact Alison Lucas on **Tel:** 01480 379811 or **Mobile:** 07917 068225 or **Email:** Alison.lucas@cambridgeshire.gov.uk

Cambridge Tumble Tots

Part of a physical activity programme for children from 6mths to 7years in 5 structured age groups. 45 minute sessions available for age groups 6mths to walking (gymbabes), walking to 2 yrs, 2- 3 yrs, 3 - school age and school age to 7 yrs. Under 3's to be accompanied by parent/carer.

There are classes for school age children and pre-schoolers on Saturdays as well as weekdays. Disabled facilities are available at most centres. Classes held at various centres in Cambridgeshire-see website for details and costs. Sessions throughout term time and there are summer holiday classes at some centres.

For further information Contact: Ms Sylvia West. 3 Ermine Street, Caxton, Cambridge
Tel: 01223 263412 **Email:** sylvia.west@tumbletots.com
Website: <http://www.tumbletots.com/cambridge>

Parent Carers Group (was SPIN)

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

Additional Needs Support Group

A support group run by local parents of children with additional needs at the Daisy Children's Centre, Varrier Jones Drive, Papworth Everard CB23 3XQ. 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.
Contact for the Children's Centre: 01480 831423

Parents Forum for Parents of Deaf Children and Young People

This group is for parents of children and young people with deafness or hearing loss aged 0 – 19 years. The group meets at various locations in East Cambridge, Cambridge City and Huntingdonshire.

For further details contact: Natalie Pulfer **Tel:** 07920 258705
Email: natalie.pulfer@cambridgeshire.gov.uk

Tumble Tots - Ely

Part of a physical activity programme for children from 6mths to 5 years in four structured age groups. There are 45 minute sessions available for age groups 6mths to walking (gymbabes), walking to 2 yrs, 2 - 3yrs and 3yrs - school age. Under three's to be accompanied by parent/carer.

Disabled facilities are available at most centres. Classes are held in Ely, Newmarket, St. Ives, Bar Hill and Haddenham, please see website for details and costs. We work within the Cambridgeshire County Council school term dates and additionally run some summer holiday classes in Ely.

For further information contact: Karen Sivyer on 01353 661255

Email: karen.sivyer@tumbletots.com **Website:** www.tumbletots.com/cambridge

Rising Stars Support Group

This is a support group for families and children (of all ages) with learning and/or physical disabilities, diagnosed or undiagnosed. Children of all ages welcomed.

Time: 9:30am - 11:30am

Venue: Starship, Bar Hill Children's Centre, Gladeside, Bar Hill, CB23 8DY

Tel: 01954 200473 **Email:** barhillchildrenscentre@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 CamPlay Inclusion team offer a variety of services to children & young people entitled to 100 hours of Short Break Funding.

To access 100 hours (per year) of free services you will need to request a self assessment form for short break services. To request a self assessment form telephone the Contact Centre on 0345 045 5203.

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

Scope Saturday Club: 8-19 years

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

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

Tel: 01763 268111

Contact: Jillian Hall

Website: www.scope.org.uk

The Junction - Total Arts: 11-19 years

This group runs term time on a fortnightly basis on Saturdays 12pm - 4pm.

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

Tel: 01223 578000

Contact: Charlotte Clark / Amy Vaughan

Website: www.junction.co.uk

Papworth Trust: 13-19 years

Papworth Trust run youth groups in Huntingdon and Wisbech. These groups run term time only 7 - 9pm on different days throughout the week.

Tel: 07764 273326

Contact: Linda Roberts

Website: www.papworth.org.uk/youthclub

My Fantastic Life: 13-19 years

My Fantastic Life run youth groups in Ely, Ramsey and March. These groups run term time only 7 - 9pm on different days throughout the week.

Tel: 07825 640969

Contact: Janine Allway

Website: www.mflcambridgeshire.org

Crossroads Saturday Club – Cambridge

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

Age: 11 - 14 & 15 -19 years.

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

Tel: 07534 321312 / 0845 241 0954

Contact: Elaine King

Website:

www.crossroadscarecambridgeshire.org.uk

Crossroads Saturday Club – St Neots

This group runs fortnightly on Saturdays (term time only) 9.30am -11.30am for ages 5 – 7 years and 9.30am – 12.30pm for ages 8 – 11 years.

Venue: Samuel Pepys School, St Neots PE19 2EZ

Tel: 07919 484668

Contact: Gary Lant

Website:

www.crossroadscarecambridgeshire.org.uk

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, offer holiday breaks and hold family days around four times a year.

Age: 0 – 19 yrs

Tel: 07739 649467 / 01733 425050

Contact: Vanessa Hart

Website: www.sense.org.uk

Action for Children - Inclusion Project

The Inclusion Project is here to support disabled children and young people access mainstream activities close to where they live.

Age: 0 – 19yrs

Tel: 01480 451775

Contact: Linda Simmons

Website: www.actionforchildren.org.uk

Cambridge Joint Playschemes

The holiday playschemes are for children 4 - 18 years of age who have profound to moderate learning disabilities and who live in Cambridge City, South Cambridgeshire and that part of East Cambs which includes Burwell and villages to the south of Burwell. Playschemes are held during Easter, summer school holidays and Christmas holidays.

Unfortunately the playscheme is unable to cater for children with ADHD, Aspergers Syndrome, children with learning difficulties, or children with emotional or behavioural difficulties.

New referrals need to be received by the end of April so that applications can be considered for possible attendance during the summer. There is a huge range of activities such as, arts and crafts, ten-pin bowling, cooking and outdoor activities. The schemes run during the Easter, summer and Christmas holidays. Family's can contact the scheme coordinator for information and to book a place.

Venue: Granta School.

Contact: For costs and further information contact Kathleen Powell. **Tel:** 01223 412254

Email: camjointplay@btconnect.com

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 at St. Andrews Church Hall, School Hill, Histon (opposite Tesco). 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 01638 507223, Sharon Gale 01638 731400 or Jane Wright 01638 742201. **Email:** cjturner24@hotmail.com

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.

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.

This is a **FREE** group, no booking necessary, just come along! There are refreshments and snack-time.

For more information please call Pippa on 01353 611594

Email: elychildrenscentre@cambridgeshire.gov.uk

Opportunity Group – Stay and Play

This group is for families with children aged 0 – 4 years with a disability or additional need. The group meet every Monday 1.30pm – 3pm at the Fields Children's Centre, Galfrid Road, Cambridge CB5 8ND.

For information contact: Mellissa Howard on 01223 712444

Email: Familyinv@thefields.cambs.sch.uk

Little Stars

This is a support group for children under five who would benefit from support around developmental and health needs.

Families can meet new people, learn new skills, Grow in confidence and have fun together.

The group meets at The Daisy Children's Centre, Varrier Jones Drive, Papworth Everard CB23 3XQ

Time: Thursdays 1.30pm - 2.45pm

For more information contact: Kayleigh Armes, **Tel:** 01480 831423

Email: Kayleigh.Armes@cambridgeshire.gov.uk

Or Monica Loomes, VoiceAbility **Tel:** 01223 555 859

Email: monica.loomes@voiceability.org

Our Space

This is a well established friendly group for types of disability and additional needs. They welcome children of all ages and have a programme of regular activities and outings – a really fun group. They meet at private homes in Burwell and surrounding area.

For further information contact: Trish Norman on 01638 610563

Email: patricia.norman@sky.com

Pre-School Learning Alliance

The Pre-school Learning Alliance is a leading educational charity specialising in the early years, age range 0 - 5. It provides practical support to over 15,000 early year's settings and makes a positive contribution to the care and education of over 800,000 young children and their families each year. Products and services include specialist publications, childcare services, quality assurance, campaigning, research, training and family programmes. It also offers a range of independent professional information, advice, support and guidance tailored especially to meet the needs of young children and their families, students, early years' practitioners and professionals.

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

Email: Cambsandpboro@pre-school.org.uk **Web:** www.pre-school.org.uk

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

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

Cambridge Toy Library for Children with Special Needs

Large stock of specialist toys available on loan to children with any kinds of special needs. Helping to provide stimulating play. The toys are suitable for children aged 0 – 8 years. The specialist toys help to assist the development from the earliest age, physical, mental and social through all forms of play activity. The library is a valuable resource centre and is open on Wednesdays 9.30am – 2pm.

Sessions are now being held at the Fields Children's Centre on Mondays from 1.30 to 3pm, when there is also a Stay and Play group for children with additional needs. The group will run term-time only but the library will be open during the holidays except for the last two weeks in August. It is likely that this session will be moved to a morning after the summer, so if you are interested, please email - cambstoylibrary@live.com

Toys can be viewed online at: www.cdtl.org.uk

Contact: Rosemary Lawrance, Toy Librarian. Child Development Centre, Addenbrookes Hospital, Cambridge CB2 2QQ. **Daytime Tel:** 01223 216662

Email: cambstoylibrary@live.com

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.

What does your child want to do?

Before setting up new groups and applying for grants to fund them the Act 4 Kidz want 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.

Please contact: Niki Pitt. **Email:** niki.pitt@tiscali.co.uk

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.

Able to be Independent

This is a group which want to address the need for support in the community. They have regular speakers and a chance for you to have a cuppa, get to know people and receive support from others within the community.

Meetings take place on first Wednesday of every month at Orchard Park Community Centre, Central Avenue, Cambridge CB4 2EZ.

Contact: Tracey on 07949 512918 or email: tracey-kirk@sky.com

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, PO Box 340, Edgware, Middlesex HA8 9HL. **Tel:** 020 8952 2800 **Email:** info@addiss.co.uk **Website:** www.addiss.co.uk

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 them on 01243 539966 and we will do our best to help you. **Email:** hacsg@hacsg.org.uk **Website:** www.hacsg.org.uk/

National Autistic Society

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

There website includes information about autism and Asperger syndrome, the NAS and its services and activities.

Samantha Sizer and Joseph Simon are the new joint branch officers of the New Cambridge NAS branch.

Aims of the branch:

- to give support and practical help to families, carers and people with an autism spectrum disorder 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.

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

Website: www.cambridge-autism.org.uk

National telephone helpline: 0845 070 4004 - open 10am - 4pm, Monday - 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 www.autism.org.uk/enquiry and complete the online form.

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

Website: www.autism.org.uk

Meet and Play

NAS Cambridge Branch Meet and Play group.

Parents/carers of preschool children who have social communication difficulties are warmly invited to drop in to 'Meet and Play'. 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.

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 NAS Cambridge Branch.

For more information contact: Cambridge NAS branch on NASCcambridge@nas.org.uk or Sheri King at Children's Centre 01223 712082, or just drop in.

Parent Support Group for parents of children with Autism Spectrum Disorder. The NAS Cambridge Branch also runs a 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 contact: The NAS Cambridge Branch on 07920 150407, or NASCambridge@nas.org.uk, or just drop in.

Adders is a very extensive site that gives lots of information and practical help to families in the UK and around the world. 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/

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>

Afasic - overcoming speech impairments

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 3 555577 Open 10.30am to 2.30pm Monday to Friday

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

pinpoint (South Cambs Network)

These 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 the meetings are open to all ages. The venue varies (usually Cambourne) for these network meetings.

Contact: Lenja Bell **Tel:** 0751 741 9761 **Email:** lenja@pinpoint-cambs.org.uk

Website: www.pinpoint-cambs.org.uk

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 between 10am and 1pm, Mon – Fri.

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

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

Children Centre's

Children's centres support all families with children under five.

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 will 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/childrenyoungpeople/familyinformation/childcentres/>

Early Support - Helping every child succeed

Early Support is the Government programme to achieve better co-ordinated, family focused services for young disabled children and their families. It's a national programme that is being introduced and used in local authorities, hospitals and community-based health services across England.

Early Support is not a new or different service. It is a way of working that encourages the services that are already available to work together better and to work in partnership with families.

Early Support:

- helps professionals and services work better together and with families, using a Family File and Family Service Plans
- encourages the development of key worker services for families
- provides standard information about services and information about conditions that is available free of charge
- supports families through Parent Workshops.

On the Early Support website you will find information for parents and carers on what Early Support means for families: the aims of Early Support, which children it supports and how it works. How Early Support links to other Government initiatives to improve services for children and families and the difference Early Support makes to families and practitioners, and how it developed into a national programme.

For information contact:

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

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

Danielle Packer. **Tel:** 01223 884491 for Cambridge City and South and East Cambs

Website: www.dcsf.gov.uk/everychildmatters/earlyyears

After School Clubs

Time: After School Club for all local children aged 5 – 8 years, term time only on Mondays.

After School Club for all local young people aged 8 – 11 years, term time only on Tuesdays.

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

Tel: 01223 508144

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.

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.

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.

For further information **contact:** Lynn Tumber, Project Manager **Tel:** 01223 508144 or mobile: 07951955371 / 07932216965. **Email:** lynn@mcfw.freeserve.co.uk

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 for as long as is required. 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

Home-Start Cambridge & District

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

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

Home-Start East Cambs

Home-Start offers support to vulnerable families with children under 5. Carefully selected volunteers provide support. Office open: Mon - Thu 9.30am - 2.30pm.

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

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

Home-Start Royston & South Cambs

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

Tel: 01763 262262 **Email:** admin@hsrsc.co.uk

Families and Childcare Information Services for Cambridgeshire & Peterborough at Young Lives provides information about all types of childcare, activities and services in your area that families may find useful.

Information is also offered on paying for childcare, advice on how to choose suitable childcare, work life balance and initial information on childcare careers.

The service we offer is confidential and impartial.

The helpline is open:

- Cambridgeshire between 8am to 8pm Monday and Wednesdays, 8.30am to 5.30pm Tuesday, Thursday and Friday and 8am to 1pm Saturdays.

Cambridgeshire **Tel:** 0345 0454014 (local call rate).

- Peterborough 8.30am to 5.30pm Monday to Friday with an out of hours answer service. Peterborough **Tel:** 0800 2989121 (free calls).

The services are also available by post, fax, email, website and outreach.

Email: familiesandchildcare@young-lives.org.uk **Website:** www.familiesandchildcare.org.uk

Childcare Brokerage Service

Cambridgeshire Childcare Information Service has a Childcare Brokerage Service for families whose child has a disability.

This service provides families whose child has a disability with tailored support, negotiating with childcare providers and agencies to identify the most appropriate care to suit the needs of the child and the family. They can also help to identify and access available financial support and entitlements, and help with access to transport where possible.

Contact: Sarah Channell, Brokerage Officer. She is on hand to discuss families' needs and can provide face to face support and advice. **Tel:** 0345 0454014 (local call rate).

Email: familiesandchildcare@young-lives.org.uk **Website:** www.familiesandchildcare.org.uk

National Childminding Association (NCMA)

The National Child Minding Association (NCMA) provides a respite service using childminders from around the county. 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 or contact us on number below www.ncma.org.uk Please note that generally the funding comes from social care however the service will find childminders for families with Direct Payments.

If you would like further information contact: Deborah Townsend, Respite Co-ordinator, NCMA, PO Box 209, Royston, Herts SG8 5SQ. **Tel:** 01223 207984 **Mob:** 07795 638776

Email: Deborah.townsend@ncma.org.uk **Website:** www.ncma.org.uk

Alternatively contact the NCMA Administrator on 01223 714792

Parent Partnership Service (PPS)

The aim of the Parent Partnership Service (PPS) is to ensure that parents have access to information, advice and guidance 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 699211

East Cambs and Fenland

Tel: 01223 699195

Website: www.cambridgeshire.gov.uk/pps

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

Parent Support Adviser

Parent Support Advisers (PSA's) are there to support you and your child to get the very best from your school by providing support, advice and information. A PSA will help you with any worries you may have about your child's behaviour or attendance, and provide support on how best to deal with it.

PSA's work together with schools to help and support parents and carers in their role as parents.

They do this by:

- Working with parents and carers to try to help with issues around their children's behaviour or school attendance
- Helping parents and carers with other parenting issues
- Working in partnership with parents and carers and their children's schools, and helping access any further services a family may need
- Working with parents and carers to try to make sure that children are getting the most out of school and are safe and happy.

How to contact your Parent Support Adviser

PSA's are part of the locality team who provide services for children and families living in your area. The locality team is made up of a wide range of practitioners such as:

- Personal Advisers and Information Advisers from Connexions service
- Education Welfare Officers
- In-School Secondary Support Teachers and Instructors
- Access and Inclusion teaching service
- Early Years Foundation Stage Advisers
- Children's Centre Manager
- Youth Workers
- Education Psychologist
- Social Care professionals

A Parent Support Adviser can be contacted through your Locality Team or your child's school. Children's Services, SS1003 Shire Hall, Cambridge CB3 0AP. **Tel:** 0345 045 1360

Barns Community Rooms

Provide a wide range of activities from musical play to messy play, after school care and summer play schemes.

For information on these activities and costs for the sessions, please contact: Katrina Wadehouse. 175 & 179 High Barns, Ely CB7 4RJ. **Tel:** 01353 667819

Cambridge/Huntingdon Deaf Children's Society

This friendly group is run by volunteer parents from all over Cambridgeshire with lots of experience in bringing up children with different degrees of deafness. All deaf children and their families are welcome to come and join in the fun and make new friends.

Contact: Justin Lewis: 01223 300361 **Email:** justin.lewis@tesco.net

Website: www.ndcs.org.uk

Cambridge/Huntingdon Deaf Children's Society Youth Group

Would you like to:

- meet other deaf teenagers and make new friends?
- learn how to make things?
- or try new things??

Come and join in - we meet every other Saturday 12noon – 2.30pm at The Cambridge Deaf Association (CDA) building, Romsey Terrace, off Mill Road, Cambridge CB1 3NH.

We have a pool table, darts, table football, an Xbox Kinect and a Wii – so there's lots to do besides the different activities available each time. In the school holidays we go out on trips – in the past we've been out to theme parks, go karting, bowling and lots more!

The deaf Youth Group is run by Sarah Clark (deaf) and Imogen Byers (hearing).

Contact: Imogen: 07795 618342 call or text Sarah: 07736 279239 (text only)

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) 01223 411801 (minicom)

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

Cam Sight

Cam Sight is a registered charity working with blind and partially sighted people in Cambridgeshire offering support and services for blind and visually impaired persons.

The Histon & Impington Support Group meet monthly on the 3rd Thursday afternoon at Homefield Close Community Room, Impington. The group provides help, friendship and ongoing support to anyone with sight difficulties. They enjoy speakers, music, a chance to try new equipment, excursions, information and advice, refreshments.

Contact: Julie or Alison **Tel:** 01223 420033

Email: julie@camsight.org.uk or alison@camsight.org.uk

Cam Sight, Butler House, 167 Green End Road, Cambridge CB4 1RW.

Tel: 01223 420 033 **Email:** info@camsight.org.uk **Website:** www.camsight.org.uk

Cam-Mind

This is Cambridge's oldest mental health charity, providing support to people with mental health problems since 1908. Cam-Mind works with young people aged 16 – 19 years. They are working in partnership with other voluntary organisations to develop a mental health awareness programme for schools. Cam-Mind also works with adults offering one-to-one befriending, groups and activities as well as supported housing.

Contact: Aly Anderson. Cam-Mind, Barrere House, 100 Chesterton Road, Cambridge CB4 1ER. **Tel:** 01223 311320. **Email:** admin@cam-mind.org.uk **Web:** www.cam-mind.org.uk

Cam-mind has made a temporary move to the Cambridge Medical Centre, within the Cambridge City football ground site on Milton Road. This will enable necessary building works to be carried out at 100 Chesterton Road. We will be returning to Chesterton Road towards the middle of 2011 but exact dates will be notified beforehand. Please go to our website for more information: www.cam-mind.org.uk

Headway Cambridgeshire

We provide specialist services and support to people with an acquired brain injury, their family and carers across the whole of Cambridgeshire, including Huntingdon, Peterborough and Fenland. We also provide the same rehabilitation opportunities for people from surrounding counties where appropriate.

Contact: Alice Everett, Manager, Specialist Day Services. Headway Cambridgeshire, Headway House, Brookfields Hospital, Mill Road, Cambridge CB1 3DF. **Tel:** 01223 576550
Email: info@headway-cambs.org.uk **Website:** www.headway-cambs.org.uk

Sense

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

Our services include on-going support for deafblind people and families. These range from day services where deafblind people have the opportunity to learn new skills and Sense-run houses in the community - where people are supported to live as independently as possible. Our communicator-guides offer a vital lifeline to deafblind people living in their own homes. We also provide leading specialist advice - for example on education options and assistive technology.

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 Membership Team**. **Email:** members@sense.org.uk **Tel:** 0845 127 0060 **Text:** 0845 127 0062.

For further information contact: Sense Information & Advice Service, 101 Pentonville Road, London N1 9LG. **Tel:** 0845 127 0066 **Text:** 0845 127 0062
Email: info@sense.org.uk **Website:** www.sense.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. We've summed this up in our new mission statement:

Contact: Head Office, VoiceAbility, Mount Pleasant House, Huntingdon Road, Cambridge CB3 0RN. **Tel:** 01223 555800 **Email:** info@voiceability.org **Website:** www.voiceability.org

Young Lives - Support and Development

Support available for voluntary and community organisations working with children, young people and families:

- Weekly newsletter for the latest news from the children and young people's sector
- Staff and volunteer training
- CRB checks and safeguarding support
- HR support including Policies and procedures
- Help with developing your organisation
- Funding and commissioning information and support

Contact: Helen Hooson. 1st Floor, Bridge Street, St Ives, Cambridgeshire PE27 5EH
Tel: 01480 494333 **Email:** helen@young-lives.org.uk **Web:** www.young-lives.org.uk

Young Lives - Participation & Active Citizenship

Young Lives offer a range of activities that enable children and young people to develop their self confidence while having fun! We support a number of youth led events, run creative projects using multi-media, film, animation and much more! To find out more about the projects we run visit our

Website: www.young-lives.org.uk

Facebook: www.facebook.com/YoungLives

Twitter: www.twitter.com/young_lives

Youtube: www.youtube.com/YoungLivesUK

Contact: Katie Low. 1st Floor, Bridge Street, St Ives, Cambridgeshire PE27 5EH
Tel: 01480 494333 **Email:** katie@young-lives.org.uk

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.

Children's Services

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 Meadows Community Centre. Parents and siblings are all welcome.

Family Support Service

The Family Support Service provides support to children and young people aged between 0 – 19, 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 also provide respite time for parents and carers by looking after their child or young person and any siblings while their guardians go out.

Music Groups

In partnership with Anglia Ruskin University (ARU), Cambridgeshire Mencap aims to support the development of children between the age of 0 - 5 through engaging with music.

Children will be supported in developing their communication skills, learning to be with other children, developing social skills, learning to wait their turn, improving listening skills, having fun, taking the initiative and expressing 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.

Young Peoples Services: Befriending Scheme for young people

This scheme is for people aged between 13 and 25. Volunteer Befrienders support the young person to access leisure and social activities in the community on either a one to one basis or in small social groups. 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.

Bedazzle Performing Art Workshops

A theatrical adventure for children and young people with learning disabilities.

Bedazzle Theatre Arts is a unique theatre company where children and young people get the chance to act, sing, dance and express their creative side through arts and crafts activities. We aim to help everyone who joins the group to discover something they can really shine at!

Windmill Hydrotherapy Pool

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

Cambridgeshire Mencap offers a variety of services across Cambridgeshire to children, young people and adults who have learning disabilities. All services are supported by trained staff and volunteers. The focus for each service is specific to the needs of the service users.

Adult Services:

- Residential Care - ages 18yrs plus, providing supported housing accommodation with sleep in / waking night staff.
- Domiciliary Support - ages 18 plus, provides support staff to assist tenants in their own home as required.
- Volunteering opportunities - for people with or without learning disabilities in our café and with our gardening group.
- College Course ages 18 - 25yrs, Cambridgeshire Mencap works in partnership with Huntingdon Regional College providing accredited learning qualifications in catering and hospitality.

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

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

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.

Scope Inclusion

Community and Leisure Support - The Inclusion team supports disabled people in a wide range of community settings, including school, college and the workplace. We can also assist people to access a full range of daily living activities, leisure activities and outings alongside non-disabled peers. So this could be enjoying things like swimming, bowling, going to the gym, using computers, a trip to the park, taking part in an activity group or club, or even going on holiday.

Support at home - Our highly trained staff support disabled people with personal care in their own homes to develop and maintain independence. We can also offer a professional sitting service, to give carers the peace of mind to enjoy a night out.

Saturday Club - We run a Saturday Club twice every month for 8 - 19 year olds at Meldreth Manor School, offering trips out and a range of onsite facilities including: horse riding, a hydro pool, a food-tech room, a sensory studio and an outdoor learning curves play area.

For further information contact: Scope Inclusion, Fenny Lane, Meldreth, Royston, Hertfordshire SG8 6LG. **Tel:** 01763 268 111 **Email:** cambridgeshire.inclusion@scope.org.uk

Crossroads Care Cambridgeshire

Crossroads Care Cambridgeshire support all carers, children and adults with care needs. We aim to improve the lives of carers by giving them time to be themselves and have a break from their caring responsibilities. Our aim is to provide a reliable service, tailored to meet the individual needs of each carer and the person they are caring for.

Our aim is to improve carers health and wellbeing through providing information, direct support and quality short breaks for carers, so they can leave their loved one and have a life outside of their caring role. Through working with people in their own home or on trips and in groups, we provide company, outings, personal care, social and emotional support, carers groups, overnight support and support to access recreational/educational activities.

We work with children with disabilities, referred through Community Support Services (CSS) or using direct payments, to help them achieve Every Child Matters (ECM) outcomes and work towards independence. We provide weekly clubs in Cambridge and St Neots and holiday play scheme activities in Fenland with Children's Short Breaks funding.

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

Crossroads Saturday Club – Cambridge

This group for young people with learning and physical disabilities runs 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.

Tel: 0845 241 0954 or 01480 4990990 **Email:** care@crossroadscarecambridgeshire.org.uk

Website: www.crossroadscarecambridgeshire.org.uk

Crossroads Saturday Club – St Neots

These groups for young people with learning and physical disabilities runs fortnightly on Saturdays term time only. 9.30am - 11.30am for ages 6 - 7 years and 9.30am - 12.30pm ages 8 - 11 years.

Contact: Children's Care Manager, Crossroads Care Cambridgeshire

Venue: Samuel Pepys School, St Neots PE19 2EZ

Tel: 0845 241 0954 or 01480 4990990 **Email:** care@crossroadscarecambridgeshire.org.uk

Website: www.crossroadscarecambridgeshire.org.uk

The Sunshine Club

The Sunshine Club 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

Tel: 0845 241 0954 or 01480 4990990 **Email:** care@crossroadscarecambridgeshire.org.uk

Website: www.crossroadscarecambridgeshire.org.uk

Centre 33 Young Carers Project

Supporting Young Carers in Cambridge City and South

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 and Sawston.

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

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 and South Cambridgeshire and peer education volunteering opportunities throughout the County. We have young carers groups in Ely as well as Cambridge, Milton, Sawston 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.

Romsey Mill

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 2500 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.

For 10 – 25 year olds, 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.

They work 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.

They are 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

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 generally staffed Mon – Thurs, 9.30am - 4.30pm. Answerphone with emergency contact details available at all times phone is not manned.

Red2Green works with people aged 14+ who have learning disabilities, mental health problems, physical disabilities or 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. They run a number of projects enabling people with disabilities to learn new skills, enjoy a wide range of leisure activities, make new friends, gain confidence and prepare themselves for employment. 600 people with disabilities attend these projects each week at various times and locations throughout East and South Cambs.

Contact: Red2Green, Harvey's Barn, Park End, Swaffham Bulbeck, Cambridge CB25 0NA.
Tel: 01223 811662 **Email:** info@red2green.org **Website:** www.red2green.org

Red2Greenhouse

This is a Red2Green Service working with adults with learning disabilities and pupils from Bottisham Village College.

Farmshop and Nursery

We offer a range of locally grown fresh fruit and vegetables, herbs, perennials, alpines, bedding plants for all seasons, homemade jams and pickles. We operate a veg box delivery service to Quy, Lode, the Swaffhams, Bottisham, Longmeadow, Burwell, and Reach. Places are available for new students.

Farmshop opening times: Tuesday to Friday 9am - 3:30pm. Bottisham Village College, Lode Road, Cambridge CB25 9DL (Follow signs via school swimming-pool car park to the Community Garden). **Tel:** 01223 813650 **Email:** red2greenhouse@red2green.org

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 have more than 600 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.

SCA Bounce!

Volunteers on this project work with children, to give them experiences that they would not normally have access to, such as climbing, archery, trampolining, football, basketball, badminton, volleyball, or short tennis. This project is for children from one parent or carer families, children that have suffered a 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 sports 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 a 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) or be able to travel in to the city to meet the volunteer. 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

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 Balloon - Cambridge

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

They provide 'intensive care' full-time education for children aged between 9 and 18 who are unable to go to school because they have been severely bullied. At least half of the students taken in have attempted or seriously considered suicide.

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: Jessica Lechner, Herbert House, 57 Warkworth Terrace, Cambridge CB1 1EE. **Tel:** 01223 357714 **Email:** jessica@cambridge.redballoonlearner.co.uk
Web: www.redballoonlearner.org.uk

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

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 pruning, weeds etc.

For further details and an opportunity to volunteer as a gardener contact: Voluntary and Community Action, East Cambridgeshire, 41e Forehill, Ely CB7 4AA **Tel:** 01353 666166

Email: info@vcaec.org.uk

Website: <http://vcaec.webeden.co.uk/#/helping-hands/4536875310>

Taxicard Scheme

This scheme aims to provide a transport service to disabled and elderly people who are unable to use public transport. A subsidised taxi fare is available for journeys within a ten mile radius of the City centre. 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.

John Huntingdon's Charity (JHC)

JHC has a support service with support workers who give advice to people who need help with benefits, debt, housing - or perhaps just a friendly face to share your problems. Citizens Advice Bureau operates from our building with 2 drop in sessions per week, Wednesday & Friday 9.30am until 12.30pm.

JHC gives new opportunities to individuals, families and groups in the community with grants, but these are only available to Sawston residents.

JHC also own houses in Sawston which offer short term accommodation for Sawston residents or those with a strong connection to the village, generally up to three years. There is no waiting list. Properties are advertised locally when available and information is posted on our website: www.johnhuntingdon.org.uk

Contact: Mary Irish & 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

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

Association for Spina Bifida and Hydrocephalus (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:

- A dedicated helpline (charged at a local rate)
- 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 ASBAH 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 ASBAH contact: Sharon Lapsley, Area Adviser-Northamptonshire, Peterborough & Cambridgeshire, 42 Park Road, Peterborough PE1 2UQ. **Tel:** 01536 400959 (Usual working hours of Mon, Tues, Weds 9am – 5pm, Thurs am).

Email: sharonl@asbah.org **Website:** www.asbah.org/East

Facebook: www.facebook.com/ASBAH.charity

Sibs

Sibs' is the UK charity for people who grow up with a disabled brother or sister. They support siblings who are growing up with or who have grown up with a brother or sister with any disability, long term chronic illness, or life limiting condition.

Siblings have specific needs that require attention at different stages of their lives, including relief of isolation, information, and strategies for coping with the situations they find themselves in. 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.

Services available:

- Information and support to siblings and their families through our helpline, website, literature, workshops, e-mailings, and database of services for siblings
- Training and support for professionals in order to increase their skill and knowledge in supporting siblings. We run workshops, training days for sibling group leaders, and an annual sibling group leader conference.

Their long term vision is that each local authority in the UK will have a dedicated sibling service, providing sibling groups' and one to one support for children who are siblings.

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

YMCA Cambridgeshire & Peterborough

The YMCA is a leading Christian charity committed to supporting all young people, particularly in times of need. The YMCA reaches out to over 1,000 young people each year, working with them at every stage of their lives and offering support when and where they need it most. Our vision is of an inclusive Christian Movement, transforming communities so that all young people truly belong, contribute and thrive. We have centres in Cambridge, Wisbech and Peterborough and offer housing, youth work, health & fitness and other programmes. These include transitions; preventing anti-social behaviour & offending; anti-bullying; anger management; loss and bereavement; relationships & friendships; confidence (self-esteem) and diversity.

Contact: Queen Anne House, Gonville Place, Cambridge CB1 1ND

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

YMCA Programmes and Projects

YMCA Cambridgeshire and Peterborough are very proud of the projects we have developed and the services we are able to provide to our young people. Supporting young people is the most important aspect of our work. We look at every young person as someone carrying innate worth and value equal to anyone else in society. We are passionate about developing these young people.

We work with many who have suffered homelessness or come from tough or disadvantaged backgrounds, but also plenty who just are young people looking for some fun activities.

Broadly speaking we work in five main areas:

- **Housing:** Focusing mainly on homeless young people aged 16 - 25.
- **Crime Prevention:** Focusing mainly on those under 18 who are involved in or at risk of crime.
- **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:** In addition to our existing counselling work in the Fens and Peterborough, we have recently expanded into Huntingdon. Timestop counselling service has been offering counselling to young people since 1992. It is situated in Peterborough Timestop Wellington Street (aged 16 - 25 years), and Fenland district, in schools and the community of Wisbech, March, and Chatteris (aged 14 - 25 years).
- **Youth Work:** We are very proud of our Ten Sing groups (a performing arts group for young people) and also our Girton youth project as well.

For more information please contact Tim, Project Manager. **Tel:** 01223 273802 or 07775 888904 **Email:** tim.shuker-yates@theymca.org.uk

We also enjoy a wide geographical spread, working in different communities in Peterborough, Cambridge, Wisbech and Huntingdon, as well as more rural settings such as Comberton, Girton and Histon.

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 **Web:** www.theymca.org.uk

Stars: Bereavement Support Service for the Young in Cambridgeshire

This service is available for all children and young people aged between 0 - 19 years.
Services offered may include:

- Direct work with the child/young person and his/her 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 in the Cambridgeshire Primary Care Trust area.

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: Trisha Taylor, STARS Service 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 organization and works with anyone who has been bereaved. Help offered includes a daily 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 branch members are trained and selected for their experience, and are available for those who need to talk in confidence in their own home.

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 302662
Tel: CRUSE UK Helpline: 0844 477 9400
The telephone helpline is open Monday - Friday 9.30am - 5pm.
Email: cambridge@cruse.org.uk **Web:** www.cambridgecruse.org.uk

Disability Resource Centre

The Disability Resource Centre is a focal point for the provision of support services for Cambridge University disabled students.

For those considering studying at the University, advice and information is available from point of application for both undergraduate and graduate study, through to support in the teaching and learning environment and the wider physical environment of the University and the Colleges.

The Centre has a team of staff available to provide advice and information to University of Cambridge students to enable them to study in a supportive environment. Services include: disability and equality training courses; an equipment loan pool; a Non-Medical Assistance (NMA) scheme to provide note takers, specialist 1:1 tutors and mentors for example, and dyslexia initial assessments.

Contact: Main Enquiries. **Tel:** 01223 332301

Venue: Keynes House, Trumpington Street, Cambridge CB2 1QA.

Email: disability@admin.cam.ac.uk **Website:** www.admin.cam.ac.uk/univ/disability

Peterborough

To find activities or events in and around Peterborough take a look at www.peterborough.gov.uk You will find links to youth clubs, activities, support and advice.

Peterborough 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:** Adam Sampson **Tel:** 01733 863807

Fins Swimming Club

Venue: Stanground College Pool,
Peterborough Road, Peterborough PE7
3BY

Time: Tuesday 4pm – 4.35pm & 4.40pm –
5.15pm (depending on ability)

Cost: £2 per session

Contact: Adam Sampson, Disability Sports
Development Officer **Tel:** 01733 863850

Email: [adam.sampson@vivacity-
peterborough.com](mailto:adam.sampson@vivacity-peterborough.com)

Netherton United Football Club

Venue: Summer: Grange Playing Fields,
Mayors Walk, PE3 6HA.

Winter: Voyager School, Mountsteven
Avenue, Peterborough, Cambridgeshire
PE4 6HX

Time: Wednesday 6pm – 8pm

Cost: £1

Contact: Derek Nimmo **Tel:** 07852987458

Peterborough Sharks – Special Needs Basketball Club

Venue: Peterborough Regional College, 16 Park Crescent, Peterborough PE1 4DZ

Time: Saturday 10 – 11am

Cost: £3 per session

Contact: Adam Sampson, Disability Sports Development Officer **Tel:** 01733 863850

Email: adam.sampson@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: Adam Sampson, Disability Sports Development Officer **Tel:** 01733 863850

Email: adam.sampson@vivacity-peterborough.com

Peterborough Adapted Cycling Scheme

Venue: Peterborough Regional Pool Athletics Track.

Time: Wednesday 5pm – 7pm.

Cost: £2 per session

Contact: Adam Sampson, Disability Sports Development Officer **Tel:** 01733 863850

Email: adam.sampson@vivacity-peterborough.com

An induction can be organised for the bikes at Ferry Meadows. Contact Adam to arrange.

Special Olympic Groups - Peterborough

Athletics

Venue: Embankment Track. Peterborough Regional Fitness & Swimming Centre

Bishop's Road, Peterborough PE1 5BW

Time: Thursday evenings 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

Equestrian

Venue: Grasslands Equestrian Centre, Grasslands, West Street, Helpston, Peterborough PE6 7DU

Time: Wednesdays 6pm - 8pm

Contact: Julia Cooper **Tel:** 0778 2303 364

Gymnastics

Venue: Jack Hunt Gymnastics Centre, Jack Hunt School, Ledbury Road, Peterborough PE3 9PN

Times: Saturday 11am – noon

Contact: Jodie East **Tel:** 07710 955399

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

Little Miracles Peterborough

Little Miracles is a parent led support group and charity for families with children of any age who have additional needs or disabilities. The group is based in Peterborough. They run a weekly drop in session at the Honeyhill Children's and Community Centre in Paston every Monday between 1 – 3pm, where the whole family are welcome to come and chat, play and socialise.

This is an entirely voluntary group with no paid members of staff and so would appreciate any help.

For further information contact Michelle King. **Tel:** 01354 677002 or 07949 256302

Email: littlemiracles@live.co.uk **Website:** www.littlemiraclespeterborough.org.uk

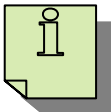
Think Autism Parent Support Group

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



The following organisations provide information on a range of activities, support and advice

Cambridgeshire Direct - The Contact Centre

The Contact Centre is part of Cambridgeshire Direct, the Cambridgeshire County Councils first point of Customer Contact for most of its services.

The Contact Centre provides easy access to many local services by phone, e-mail, fax and minicom. These services range from the assessment and issuing of Blue Badges (disabled parking permits) to Waste Management. Phone is by far the most popular way of contacting the County Council and is the main activity of the Contact Centre.

You can contact us to speak with a Customer Liaison Officer between 8am and 8pm, Monday to Saturday, unless specified otherwise against a service contact number. 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 or **Email:** info@cambridgeshire.gov.uk

Website: www.cambridgeshire.gov.uk

Cambridgeshire.net

This website brings together information on local services in Cambridgeshire. Whether you are a resident, a business or a visitor, you can link to information from the County Council and all the District Councils, as well as other public sector organisations, from this single website.

For sports activities go to the sports section of this site and you will find information on what is happening at leisure and sports centres throughout the county.

For further information contact **Tel:** Cambridgeshire Direct Contact Centre is open 8am - 8pm, Monday to Saturday (except public holidays): 0845 045 5200

Email: General information enquiries: Cambridgeshire.Direct@cambridgeshire.gov.uk

Website: www.cambridgeshire.net

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.

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.

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.

Sawston – [John Huntingdon Charity, Tannery Road, Sawston CB22 3UW](#)

Drop-in – no appointment necessary. Wednesday and Friday: 9.30am – 12.30pm.

Girton – [Doctors' Surgery, 1a Pepys Way, Girton, CB3 0PA](#)

Drop in – no appointment necessary. Monday: 1pm – 3pm.

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

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:

- 5-day a week telephone advice line 01480 839192
- Advice and information on benefits, direct payments and independent living
- Start-up and infrastructure services for forums of disabled people
- Funder Finder© search for charitable trusts and foundations
- Advice to companies and individuals about employment and disability
- Disability Discrimination Act and Disability Equality training
- Volunteering opportunities

Contact: Disability Cambridgeshire, Pendrill Court, Papworth Everard, Cambs CB23 8UY

Tel Advice Line: 01480 839192 **Email:** info@disability-cambridgeshire.org.uk

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 and helping with appeals.

This service cannot help with personal finances i.e. debt advice.

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, Freepost CB66, Ely CB7 4SB. **Tel:** 01353 666990

Families in Cambridgeshire

How many times have you searched through the Internet to find activities and events for children at the weekend or school holidays? Families in Cambridgeshire is the site for you!

The site is for family activities, family places to visit, and a family's view of what to do in Cambridgeshire. Once you start looking through family things to do, or family places to go, you will be amazed at how much there is going on in the county. There are many indoor and outdoor activities and annual events to keep you busy all year. Family activities range from athletics, arts and crafts, to walking and water sports.

For information on summer activities go to: www.familiesincambridgeshire.co.uk/summer

Website: www.familiesincambridgeshire.co.uk

Ableize

This is the UK and Ireland's largest and most viewed resource of disability mobility and special needs. You can find disabled products, services, sports and holidays also the largest collection of disabled clubs, groups and charities in the UK. All this plus children's and child care, education, wheelchairs and vehicles, mobility scooters, walking, daily living and bathing aids. Ableize is owned and run by disabled people and has disability covered.

Website: www.ableize.com

pinpoint

This is an independent information, support and parental involvement network run by parents for parents.

The aims of pinpoint are to provide:

- easy access to good quality information for parents
- a central website for parent-led groups and community organisations to share information on the services they offer; and
- a parental involvement network that supports the participation of parents in making important decisions that will lead to improved services.

pinpoint runs open meetings for parents and carers once a term in each of the five Cambridgeshire districts. The meetings are free, and are an opportunity for parents and carers to get together and share information. Representatives are invited to join us for lunch to talk about topical issues, giving parents an opportunity to get involved in planning and developing services if they want to. Lunch is provided.

We have funding from local and national government to involve parents and carers in decision-making. pinpoint has supported parent representatives to attend workshops, groups and board meetings, and representatives have also been involved in staff interviewing and commissioning services. We provide a range of support and training for parents

Our new website has been developed with parents and carers who told us they needed more detailed information on clubs, groups and activities to help them decide if they are right for their family. This will include a parent carer rating system, and the opportunity for parents to leave comments.

If you would like to be kept up-to-date, then sign up for pinpoint's e-newsletter. You can do this online at www.pinpoint-cambs.org.uk or email getinvolved@pinpoint-cambs.org.uk and ask to join our mailing list. And please send us details of any events or groups you would like us to promote to others.

We are always looking for more parents to help us with our work. If you're interested in volunteering please phone Lynn on 07871 558850 or email lynn@pinpoint-cambs.org.uk

For further information go to: **Website:** www.pinpoint-cambs.org.uk **Tel:** 0751 7419761
Email: getinvolved@pinpoint-cambs.org.uk

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

 **Netmums**

Netmums is a family of local websites set up and run by mums (hence the name, but of course dads 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 uniqueness of the Netmums concept stems from the belief that only other local mothers can truly access and provide the local information essential to life as a mum to young children in each specific area.

Each local Netmums website covers local information on places to go, things to do, education, childcare, 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.

There is information on local places to visit, play centres, family-friendly restaurants and local clubs and classes... ballet, football, tennis.... And the 'what's on' section of local events will keep you up to date with all the latest that's going on in your area. And there is more! Are you looking for a job, a local plumber or builder or a venue and entertainers for those all-important children's birthday parties?

The Coffee House, which 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 also work within our Coffee House, adding a layer of expert help to our community of parents who support each other.

Netmums is also available offline too with the publication of eight books. Our books respond to the practical needs of real mothers who juggle increasingly busy lives, and offer support and guidance for those times when it's difficult to cope with the demands of family 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. 124 Mildred Avenue, Watford WD18 7DX.

Email: contactus@netmums.com **Website:** www.netmums.com

Peterborough

To find activities or events in and around Peterborough take a look at

www.peterborough.gov.uk

There are links to youth clubs, activities, support and advice. See pages 54 and 55 for further information on activities in Peterborough.

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, Unit 5 Craven Way, Newmarket, Suffolk CB8 0BW. **Tel:** 01638 667614

Email: enquiry@gateopener.org.uk **Website:** www.gateopener.org.uk

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 Officer on 01223 703592

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

Merlin's Magic Wand

Merlin's Magic Wand 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.

Merlin's Magic Wand is an international charitable trust.

The Attractions

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.

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.

If you are eligible then see the [how to apply page](#) on the website and complete one of our official application forms.

Discounted ticket rates for charities

Organisations or charities which themselves are focused on providing experiences for disadvantaged or sick children may be able to take advantage of Merlin Group Attractions' special charity rates for tickets.

Details of attraction charity ticket rates can found on their individual web sites. You can get to them from the logos on the [about our charity page](#).

Please go to the website for all the details including terms and conditions.

For further information contact:

Hilary Birkinshaw, Charity Manager **Tel:** 01372 751 374

Email: hilary.birkinshaw@merlinentertainments.biz

Nicky Elliott-Maclean, Applications Manager

Email: mmw.applications@merlinentertainments.biz



Useful Information

Radar National Key Scheme Disabled People's Toilet

Radar 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.

There is a [National Key Scheme Guide](#) 2011 (£20 to buy) or you could download Radar's NKS smartphone App - Instantly locate your nearest toilet facility and get directions by road, bus or foot. iPhone app £4.99. App Store: www.apple.com/iphone/features/app-store.html

The key costs £3.50. For further information **Radar**, 12 City Forum, 250 City Road, London EC1V 8AF. **Tel:** 020 7250 3222 **Textphone:** 020 7250 4119

Email: radar@radar.org.uk **Website:** www.radar-shop.org.uk/Default.aspx

Blue Badge Scheme

Blue badge holders may park on single or double yellow lines for up to three hours in England and Wales except where there is a ban on loading or unloading or it causes an obstruction. There are a few locations like city centres where local schemes apply.

Cambridgeshire County Council is responsible for Blue Badge parking and providing disabled parking bays in Cambridgeshire, but excluding the Peterborough Unitary Council area.

If you reside in Cambridgeshire and want to apply for a Blue Badge please telephone:

0345 045 5204 between 8am - 8pm Monday to Friday. 9am -1pm on Saturdays.

Blue Badges, Blue Badge Department, Cambridgeshire Direct, PO Box 144,
St Ives PE27 9AU

Alternatively, you can now [apply for your Blue Badge online](#).

You cannot renew a Blue Badge online.

Email: blue.badges@cambridgeshire.gov.uk

Website: www.cambridgeshire.gov.uk/transport/around/carjourneys/parking/bluebadge/

Contact a Family

This is a national registered charity for families with disabled children. Contact a Family (CaF) is a UK-wide charity providing support, advice and information for families with disabled children. The charity is for families who have a disabled child and those who work with them or are interested to find out more about their needs.

CaF keeps parents and professionals informed through a range of newsletters, fact sheets, booklets and research reports. All publications are available on the website.

Contact a Family has a Family Worker offering practical and emotional support to families with disabled or additional needs children in Cambridgeshire. Dawn Stilwell can offer advice and information on a range of issues such as financial matters by phone or through one to one visits. This is a free and confidential service.

Dawn is also putting on a number of workshops on financial matters for parents across the county. You can contact her on 01733 811993 or at dawn.stilwell@cafamily.org.uk

Contact a Family, 209-211 City Road, London EC1V 1JN. **Helpline:** 0808 808 3555 or
Textphone: 0808 808 3556 **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 50,000 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
- Money coming into the household is less than £25,000 if you living in England, £27,000 if you live in Northern Ireland, Scotland or Wales. This is the money you receive from benefits and tax credits. If you are working we also count your net income (this is the money you take home after you have paid tax and national insurance). We do not count Disability Living Allowance or Child benefit).
- 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, Unit 4, Alpha Court, Monks Cross Drive, Huntington, York YO32 9WN. **Tel:** 08449 744 099

Textphone: 01904 658085. **Email:** info@familyfund.org.uk **Web:** www.familyfund.org.uk

Family Fund extra

Families with a disabled child can now make their money go further through a new online website - Family Fund extra. And anyone can shop online and help severely disabled children without it costing them a penny more.

Helping families' money go further

All families with a disabled child, as well as disabled young people themselves up to the age of 25 years, can join Family Fund extra for free and enjoy discounts of up to 25 per cent from leading online retailers, including Comet, Argos, BSM, Haven Holidays and Stone Computers.

Making a difference by shopping through extra

That's not all. Anyone who shops online can help severely disabled children at no additional cost to themselves simply by clicking from the extra website through to nearly a hundred leading retailers, including Tesco, Marks and Spencer, Amazon, Boots, Comet, Argos, HMV, John Lewis, B&Q, Dell, PC World and Halfords. As retailers give Family Fund extra commission on every purchase, you can support families with severely disabled children without spending a penny more.

What else extra offers

extra offers more than shopping. Families with disabled children can share their stories and experiences on "Chat with extra", and organisations can conduct surveys using 'Your Opinion Counts' to help improve services for disabled children and their families.

Family Fund extra is part of the Family Fund, which provides grants to nearly 50,000 low-income families with severely disabled children a year to meet their additional needs. All monies raised by Family Fund extra are gifted to the Family Fund to enable them to extend their reach to more families.

To find out about Family Fund extra, visit www.familyfundextra.org.uk

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.

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.

Fledglings

Fledglings is a locally based national charity which helps parents and carers of disabled children, or those with special needs of any kind, to find solutions to the practical problems of everyday living.

The approach of the charity is to focus on difficulties which arise as a consequence of the disability rather than on the disability itself. By working closely with parents, professionals and manufacturers, Fledglings has developed an extensive knowledge of helpful and affordable products, e.g. waterproof bedding, all-in-one clothing and chewy tubes, many of which can be supplied directly via a mail order catalogue. Fledglings also send out '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 giving your name, address, phone number and email address and ask to be added to the mailing list. It also helps if you indicate whether you are a parent, other relative, friend or a professional worker.

For information contact: Rose or Ruth 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

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, with more than one in every 1,000 babies 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 8,000 affected families and many relevant professionals as members worldwide in 81 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

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

Kids Direct - The Local Web and Magazine Resource for Parents and their Children

Kids Direct magazine was first published in the Cambridge area in 1995 as a small 16-page family magazine. It is a much-valued resource for local parents.

The aim of the magazine and web site is to provide local parents with information that is useful, practical and up-to-date, so if you see anything on this site that needs amending or know of something or somewhere that you think should be included, please get in touch with Debbie Banaszekiewicz (details below).

Have you been looking for some specific information but haven't been able to find it? Kids Direct may be able to help or could you suggest something that you think is missing from the site?

Your kids are growing up and so is Kids Direct!

Kids Direct have launched an e-newsletter service for parents of 11 - 16 year olds for Cambridge and the surrounding villages.

Kids Direct would like to hear from local parents. **Contact:** Debbie Banaszekiewicz. 4 Camps Close, Waterbeach, Cambridge CB25 9NT. **Tel:** 01223 860747

Email: debbie@kidsdirect.org.uk **Website:** www.kidsdirect.org.uk

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 4,500 audiobooks for both adults and children. Members can now listen to thousands of titles by downloading to an iPod or similar portable mp3 player. 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

Log on to our website and find out how you or your organisation can join.

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

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.

Because we are small, we are very effective. 83p in every £1 that we raise goes directly on the services we provide to disadvantaged kids, making us one of the UK's most effective charities!

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

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

Living Sport

Cambridgeshire & Peterborough Sports Partnership

LIVING SPORT is the County Sports Partnership for Cambridgeshire and Peterborough. It is one of 49 in the country, 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”. We work with a wide range of individuals and organisations, bringing them together to form one powerful voice for sport in Cambridgeshire and Peterborough.

Play - Achieve - Enjoy

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

For more information contact: LIVING SPORT County Sport Partnership, Lakeside Lodge Health Club, Pidley, Huntingdon PE28 3DF **Tel:** 01487 841 559

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

English Federation of Disability Sport (EFDS)

English Federation of Disability Sport's Events division is called EFDS Events. The division organises regional, national and international championships in a variety of sports. EFDS works with the governing bodies of sports to develop events to provide pathways to success for disabled people across all impairments groups. From grass root events, which increase opportunities in sport, to elite competition for competition development - our programmes are available to guide disabled sports people on to greater success.

The EFDS is a charity, which supports and promotes disabled people in sport. EFDS strive to improve the same opportunities and choices as non-disabled people have to participate, stay and excel in sport. We want to get more disabled people taking part in sport; that is enjoying equal opportunities to access quality sport provision of their choice, at a venue of their choice and a level of their choice - with sport making a real impact on their lives. Our programmes have been developed to increase participation and promote the benefits of physical activity and sport to disabled people.

EFDS Events rely on volunteers to support their events programmes. Without volunteers, we would not be as successful as we are today. Whether you have specific or various skills, there are many ways to volunteer your time and energy to the charity.

For further information on EFDS or EFDS Events contact: Belle Vue Centre, Pink Bank Lane, Manchester M12 5GL. **Tel:** 0161 953 2499 **Email:** events@efds.co.uk

Website: www.disabilitysport.org.uk or www.efds.co.uk

netdoctor

NetDoctor.co.uk is a collaboration between committed doctors, health care professionals, information specialists and patients who believe that medical practice should be based on quality-assessed information and, wherever possible, on the basis of the principles of evidence-based medicine.

Some of the UK's and Europe's leading doctors and health professionals write, edit and update the contents of NetDoctor.co.uk. In addition to creating written content for the patient these same health professionals respond to user's questions and concerns regarding general health concerns. **If you have a health query go to www.netdoctor.co.uk**

Disability Discrimination Act

The Disability Discrimination Act makes it unlawful for your child to be discriminated against just because of their disability. The Equality and Human Rights Commission (EHRC) can provide you with information on racial, disability and sexual discrimination. For further information on discrimination go to the EHRC website is www.equalityhumanrights.com or the Citizen's Advice Bureau at: www.adviceguide.org.uk

The Equality Act

This came into force on 1 Oct 2010. It has brought into effect important safeguarding against discrimination. The implications for carers can and will be complex especially in relation to carers who work, or who may be contemplating a return to work and balancing their caring duties alongside their work.

For further information contact the Equality and Human Rights Commission **helpline:** 08457 622 633. **Textphone:** 08457 622 644. **Address:** Equality and Human Rights Commission Disability Helpline, Freepost MIDO2164, Stratford Upon Avon CV37 9BR.

This factsheet has been produced by the Disabled Children's Database (SCIP) Coordinator 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, The Disabled Children's Database (SCIP) Coordinator. 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/childrenyoungpeople/scip-events

If you would like to receive this publication in a LARGE PRINT format, another language, in Braille or on Audio Cassette please contact the SCIP Coordinator.

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