

Huntingdon Clubs & Groups Factsheet

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

Huntingdonshire Disability Sports Forum

This was formed to assist the development of disability sport and recreation throughout the district. These developments include access to clubs, activities and coaches, so that sports can be delivered to a high standard.

The forum has elected officers and a proactive committee, which consists of local club representatives both disabled and non-disabled.

If you would like to join the forum, become a volunteer or would like more information about the work of the forum, please **contact:** Paul Ashbridge, Sports Development Officer, Sport & Active Lifestyles, Huntingdonshire District Council. **Tel:** 01480 388842 or 07500 993717

Email: Paul.Ashbridge@huntingdonshire.gov.uk

Website: www.huntingdonshire.gov.uk/activelifestyles

Volunteers are essential to the work the Disability Sports Forum is doing. If you have some time to spare and would like to help out, or to find out more about volunteering please contact David. You do not need to have any sporting experience or qualifications, just an interest in working with disabled people. Huntingdonshire Disability Sports Forum can offer training and support. All volunteers will need to fill in an application form and are subject to an Enhanced CRB check.

Disability Festivals

These take place in both July (outdoor) and October (indoor) at the St. Ivo Leisure Centres. There is a wide range of sports activities for all ages to take part in. Booking is required prior to the festivals to ensure your place, as many of the activities are very popular.

For information about the 2011 festivals, **contact:** Paul Ashbridge, Sports Development Officer, Sport & Active Lifestyles, Huntingdonshire District Council.

Tel: 01480 388842 or 07500 993717. **Email:** Paul.Ashbridge@huntingdonshire.gov.uk

Website: www.huntingdonshire.gov.uk/activelifestyles

Active and Able Sports Club

The active and able sports club is a multi-sports club for disabled people that runs on a weekly basis. A variety of sports are included, such as football, cricket, basketball and many more.

Adult Club (aged 16 and over)

St. Neots Leisure Centre – Every Friday 11am – 12noon

Huntingdon Leisure Centre – Every Thursday 11am – 12noon

Junior Club (aged 18 and under) - Please call for information on dates

St. Neots Leisure Centre – Every other Wednesday 5 - 6pm

Huntingdon Leisure Centre – Every other Tuesday 5 - 6pm

Cost: Each session cost £1.50 (Increasing to £2 in January 2011)

For information about the Active and Able Sports Club, **contact:** Paul Ashbridge, Sports Development Officer, Sport & Active Lifestyles, Huntingdonshire District Council.

Tel: 01480 388842 or 07500 993717. **Email:** Paul.Ashbridge@huntingdonshire.gov.uk

Website: www.huntingdonshire.gov.uk/activelifestyles

St Ives Rangers Ability Counts FC

The St Ives Rangers Ability Counts football team give disabled people the opportunity to participate in regular football. Sessions are run in conjunction with the Huntingdonshire FA. The adult team plays in the Eastern Region Ability Counts League providing competition once a month, midweek and the junior team plays in a monthly weekend tournament.

Both teams train together:

Wednesdays 6pm - 7pm, at St Ives One Leisure Outdoor Centre

Cost: £1 per training session.

For information and to book a place on the above or for further information

Contact: Andy Coles, Huntingdonshire Football Association. **Tel:** 01480 447486

Email: andy.coles@huntsfa.com

Upside Down Sports Club

Sporting Activities for school-aged wheelchair users

Enabling wheelchair users to enjoy sports in a friendly and supportive environment.

- New opportunities for children with disabilities
- Promoting independence and self esteem for children with disabilities
- Social forum for parents of children with disabilities
- Sponsorship for children with disabilities wanting to specialize in a particular sport

The club usually meets at the St. Ivo indoor sports centre. This is a multi sports session with a choice of activities. We also arrange activities out and about such as riding, sailing, bowling and picnics

A parent/carer is required to stay at the St. Ivo Centre during the session, although they are welcome to go upstairs for a coffee. Activities out and about always require the parent/carer to be responsible for the child and some of these activities are also open to siblings.

For further information and dates/times contact: Cathy Ledsham. **Tel:** 07923 516663

Venue: Sessions are held on the first Saturday of every month at the St Ivo Indoor Recreation Centre, St Ives.

Email: [Via](#) the website **Website:** www.upsidedownsportsclub.btck.co.uk

Monach Farm Riding Stables

This is a working farm offering a family friendly service. There is a maximum of 5 pupils in each group lesson. There are leaders and helpers for all beginners and nervous riders, and the instructors are fully qualified. The horse's workload is restricted to keep them happy.

Lessons are available Tuesday - Sunday. We are closed on Mondays to give the horses a day off.

Weekday lessons start at 10.30am with the last lesson at 6.45pm.

Weekend lessons times start at 9am and the last lesson is at 3.45pm.

Private lessons are available but only by prior arrangement and availability may be limited.

During school holidays the farm runs a variety of special events including 'Own a Pony Days' and in the summer there are Sunday hacks. All lessons must be booked in advance.

For further information please contact: Monach Farm, The Green, Hilton, Huntingdon, Cambs PE28 9NB. **Tel:** 01480 830426 or **07714399063**

Email: emy2@dialstart.net **Website:** www.monachfarm.co.uk

Huntingdon Olympic Gymnastics Club

The club runs recreational classes every night for hundreds of boys and girls who enjoy and clearly benefit from the variety of apparatus and the skills needed to master them. The children range from 5 years to 15 years old.

All children are invited to take part in an annual in house competition with the winners receiving medals and everyone getting a certificate for taking part.

Taster sessions are held every half term and holiday, from 4.30 to 5.30pm.

Sessions for those with Special Needs/Disability

Special needs have always been an important part of the club. Throughout the week, they provide an inspiring environment for approximately 60 local children and adults with severe learning difficulties and disabilities. These classes are very special and those that attend gain an enjoyment and sense of achievement that is hard to beat.

For further information about all the above sessions contact: Huntingdon Gymnastics Club, Mayfield Road, Huntingdon PE29 1UL. **Tel:** 01480 523 43 (this number is correct).

Email: huntgymnast@tiscali.co.uk **Website:** www.huntingdongymclub.org.uk

Hunts Howzats Cricket Club

The club is open to people with various disabilities aged 10 to adult who like to play cricket. Wheelchair users are encouraged to play. The club meets (indoors) on Sunday mornings 10am – 12pm at One Leisure St. Neots, Barford Road, St. Neots. Sessions start on September 25 and run until 12 Dec 2011.

Cost: Under 18's: £2.00 per session. Over 18's: £3.00 per session.

For information **contact:** Jane Rawling on 01480 213689

Email: jane.rawling1@btinternet.com

The Scouts

The Scout Association provides adventurous activities and personal development opportunities for 400,000 young people aged 6 - 25.

For days and times of meetings of groups in Alconbury, Brampton, Brington, Buckden, Eaton Socon, Godmanchester, Great Paxton, Huntingdon, Kimbolton, Little Paxton, Sawtry, St Neots and Stukeley Meadows contact: **Tel:** 08453001818 or 02084337100

Email: info.centre@scouts.org.uk **Website:** <http://scouts.org.uk/>

Girlguiding Anglia

Being a Rainbow, Brownie, Guide or member of the Senior Section opens up a world of opportunities that will last a lifetime. It provides a safe, girl-only space to explore the activities, issues and possibilities that are available to girls today.

The range of activities is enormous and there's something, or more than something, to appeal to everyone, from outdoor challenges to learning new skills, international travel to getting involved in community action projects.

Girlguiding Cambridgeshire West covers guiding within Peterborough North and North East, Huntingdon, St Neots and all the villages surrounding these areas.

For further information contact: Girlguiding Cambridgeshire West
County Office, Ripton Lodge, Abbots Ripton, Huntingdon, Cambs PE28 2PH.

Tel: 01487 773211

Email: cambswestguides@yahoo.co.uk **Website:** www.girlguidingcambswest.org.uk

Anglia Girlguiding HQ, 7 Great Hautbois Road, Coltishall, Norwich, Norfolk NR12 7JN

Tel: 01603 737 357 **Email:** angliahq@girlguiding-anglia.org.uk

Website: www.girlguiding.org.uk

Join Girlguiding UK: call us on 0800 1695901 **General enquiries:** 0207 834 6242

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

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

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

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

Youth clubs and fun stuff are 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

Youth Service - Huntingdon

Huntingdon Youth Service offers a range of activities for young people aged 11 – 19 and opportunities from a number of local venues.

- Godmanchester Youth Club
- Funky Monkey Club
- Inspire Project
- Junior Gateway Club
- The Limit
- Brampton Youth Club
- Fusion
-

Venue: Huntingdon Youth Centre, Sallowbush Road, Huntingdon PE29 7AF

Contact: Nicky Hornsby **Tel:** 01480 375030

Details about these clubs are available on the Youthoria website:

www.youthoria.org/things2do/search/view/10886

Huntingdon Youth Centre

Huntingdon Youth Centre is part of Cambridgeshire County Council, Office of Children and Young People's Services. The Centre runs a variety of clubs and projects for young people aged 8 to 18 during term time (for young people with additional needs programmes continue up to age 25) and a holiday activity project (FUSION) in school holidays. Most activities are free. Please ring for details of current programmes. The Centre also has Live Music and Studio Recording facilities and a Training Room with TV/DVD.

Time: Open weekdays 9.30am - 9pm.

Venue: Huntingdon Youth Centre, Sallowbush Road, Huntingdon PE29 7AF

Contact: 01480 375030

Next Steps

This group is for young people aged 16 to 25 with a learning disability or ASD. They are working on setting up a drop-in information bar, 'Dreamers' for young people, which will hopefully be open by Christmas 2010. It will run on Tuesday afternoons from 1pm - 3pm. The group is run by VoiceAbility.

Time: Tuesdays from 10am to 3pm. **Venue:** Huntingdon Youth Centre

Next Steps is currently running a 'Work to Success' programme that involves working with young people (16 - 25yr olds) with ASD on a one-one basis to help them develop their skills and confidence to become 'job ready.' This involves assessing individual needs and skills, help with CV's, applications and interviews, work experience, training and making employers aware of the needs of the individual. The programme is free and will until April 2011, it is currently based in Fenland and Cambridge.

For further information on Next Steps projects **contact:** Graham Fitzgerald.

Email: Graham.Fitzgerald@voiceability.org **Tel:** 07872 601829 or 01354 651222

The Limit

Youth Club for people aged 13 – 18 year olds. Arts, Health, Learning, Leisure, Personal Development, Sport.

Cost: Free

Time: Monday 7pm – 9pm (Term time)

Venue: Huntingdon Youth Centre,
Sallowbush Road, Huntingdon PE29 7AF

Contact: Angela Linton **Tel:** 01480 375030

Email:

Angela.Linton@cambridgeshire.gov.uk

Inspire Project

Inspire is a weekly youth club for people aged 11 - 17. Activities include cooking, sports and crafts.

Cost: Free

Time: Wednesday 7pm - 9pm (Term time)

Venue: Huntingdon Youth Centre,
Sallowbush Road, Huntingdon PE29 7AF

Contact: Lindsay Keegans

Tel: 01480 375030

Youth Club

Opportunity for young people aged 11 – 18 years to engage with qualified youth workers sharing ideas and aspirations and involvement in democratic process.

Educational, drop in, chill out & advice.

Cost: Free

Time: Tuesday 7pm – 9pm (Term time)

Venue: Huntingdon Youth Centre,
Sallowbush Road, Huntingdon PE29 7AF

Contact: Lindsay Keegans

Tel: 01480 375030

Brampton Youth Club

Youth club for fun activities and socialising with others aged 11 - 18 in and around Brampton.

Cost: Free

Time: Thursday 6pm - 8pm (Term time)

Venue: Brampton Memorial Hall,
Brampton, Huntingdon PE28 4TB

Contact: Angela Linton **Tel:** 01480 375030

Youth Club for Disabled Teenagers (Huntingdon)

Papworth Trust and My Fantastic Life have launched a Youth Club for disabled teenagers aged 14 – 19 years.

Commissioned under Aiming High by Cambridgeshire County Council, the Clubs take place in Huntingdon, March, Wisbech and Ramsey.

Cost: Free

Time: Monday 7pm - 9pm (term time)

Venue: Huntingdon Community Centre, Ambury Road, Huntingdon PE29 1JE

Contact: Linda Roberts

Tel: 07764 273326

Email: linda.roberts@papworth.org.uk

Website:

http://www.papworth.org.uk/page.php?s=3c05824886d004c315512d2c5bbb1223&urlid=youth_clubs

Huntingdon Junior Gateway Club

Young people with learning difficulties aged 11 – 25 years, arts, crafts, trips, traditional games.

Cost: 50p

Time: Tuesday 6pm – 8.30pm

Venue: Huntingdon Youth Centre, Sallowbush Road, Huntingdon PE29 7AF

Contact: Antony Evans **Tel:** 01480 375030

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.dofecamb.org

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.

Huntingdonshire Volunteer Centre

Huntingdonshire Volunteer Centre (HVC) is part of a nationwide volunteering information service. The aim of HVC is to link anyone interested in volunteering, with volunteering opportunities and projects in their local community and further afield.

We hold details of a wide range of volunteering opportunities. If none of them match your skills or interests, then we can explore other volunteering opportunities that do!

HVC matches volunteers to those individuals and organisations who need them. The Centre also runs a Social Car Scheme for the disabled and elderly.

Huntingdonshire Volunteer Centre has offices in:

Huntingdon Tel: 01480 414766

Email: huntingdon-vb@hotmail.co.uk

Times: Open Mon - Thurs: 10am - 12noon.

St Ives Tel: 01480 301462

Email: stivesvolbureau@waitrose.com

Times: Open Mon - Thurs: 12.30pm - 3pm

Ramsey Tel: 01487 814117

Email: volunteers@ramvol.fsnet.co.uk

Times: Open Mon - Thurs: 10am - 12noon.

St Neots Tel: 01480 476047

Email: huntingdon-vb@hotmail.co.uk

Times: Open Mon - Thurs: 11am - 1pm

Volunteering England's, Volunteer Management Portal

If you would like to access Volunteering England's Volunteer Management Portal click on this link: <http://www.volunteering.org.uk/vmportal>. 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.

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

Wood Green Animal Shelter

Wood Green animal shelter is a registered charity that rescues and re-houses animals. The charity takes in over 6,000 animals a year and has set national standards in animal care. People can volunteer at the shelter from the age of 18.

Age: 18 years

Venue: King's Bush Farm, London Road, Godmanchester.

Contact: Paula Monaghan **Tel:** 01480 830014 for information.

Email: Paula.Monaghan@woodgreen.org.uk

Leisure Centres

Your local leisure centre has a range of facilities for you to enjoy. Leisure centres run a variety of activities throughout the summer holidays and term breaks. Brochures/timetables are available from the centres and can also be downloaded from their website. Contact your local centre for details. You can also book activities on line.

One Leisure Huntingdon

One Leisure Huntingdon is a multi purpose leisure facility comprising of Sports Hall, Fitness Centre, Funzone (children's indoor play area), I-Zone (kids interactive area with dance mats and sports walls), Swimming Pool, Bar / Café / Function Suite, Synthetic all weather pitch, Sauna / Steam / Sunbed suite, Squash Courts, Hair Salon and Therapy rooms.

Leo's Funzone (for children up to 9 yrs)

Leo's Funzone (for children up to 9 yrs) Leo's is a brand new indoor adventure play frame housed on three levels with climbing walls, pings panels, wobble floors, a pool (for under 2's) and a Sensory area. Leo's Funzone is open every day 9am - 5pm (10am - 5pm in school holidays).

Time: Every day 9am - 5pm (10am - 5pm in school holidays), also open on Bank Holidays.

Cost: £3.70 per child (£4.30 school holidays - under 1's free)

Active and Able

This is a disability multi-sports club which runs every Thursday 11am - 12pm (term time), (times vary during the school holidays).

Cost: £1.50 per session.

There are a wide variety of children's activities that take place throughout the term time and school holidays. Please call reception for more information.

I-Zone

The I-Zone is a brand new interactive zone featuring the latest innovations in fitness and gaming. Use your feet to go crazy on the dance mats and your speed and stamina to zap lights on the sport walls.

I-Zone sessions can be booked up to seven days in advance. All sessions are supervised by a member of staff to operate and demonstrate the equipment.

During the school holidays you can play squash or racketball for only £2 per court and hire one of our NEW third generation football specific pitches for only £5 (for under 17yrs only). All equipment hire is FREE of charge.

The outdoor synthetic pitch is ideal for playing football and available during the school holidays for a special price of only £5 per hour for the pitch.

All pitches and courts can be booked up to seven days in advance.

Clubs and Organisations

Huntingdon Leisure Centre is used by a wide variety of private clubs and organisations. There is also a range of party options for children of all ages, for more information please contact the leisure centre.

One Leisure Huntingdon, St. Peter's Road, Huntingdon PE29 7DA

Tel: 01480 388600 **Email:** huntingdon.leisure@huntsdc.gov.uk

Website: www.huntsleisure.org/LeisureCentres/Huntingdon

One Leisure St. Neots

One Leisure St. Neots has various facilities including a swimming pool with a snake water slide that is great fun for all ages; even Mum and Dad can have a go! The pool was refurbished in May 2008, it had extensive building work which included a new larger reception and improved changing facilities.

The leisure centre has undergone a massive investment and redevelopment which finished in September 2010. One Leisure St Neots now boasts brand new changing rooms, complete with state of the art locker security; a new purpose built crèche; two new Studio fitness rooms; and a new set of changing rooms specific for our AstroTurf users.

The two purpose built fitness studios offer a wide range of activities: Karate, Dance Lessons, Aerobic and Yoga Sessions, Children's Parties, Meetings and Social Events. They are able to offer a number of other activities including Squash, Tennis, Badminton and AstroTurf's.

One Leisure St. Neots also benefits from a massive investment in their Impressions Fitness Studio, which now boasts 120 stations on two levels! You have to see it to really appreciate the state of the art equipment, which includes the latest Techogym machines complete with Nike+ and iPod connectivity, allowing you to enjoy your own music, play games, watch TV, or even watch a movie while you work out!

Perhaps the ultimate way to relax after your work-out, is in PURE. PURE is our new Sauna and Spa facility. You can relax and unwind after a strenuous workout / day in the office in our heat treatment rooms. Why not release some extra tension / sooth your aching muscles with one of our beauty treatments and massages? - Male and Female treatments are available.

Ladies / Mums, we also cater for your every need in our special Pamper Day packages. Contact our treatment therapists in PURE for more information on the number below.

Café Zest is the best way to enjoy a cup of coffee, or a healthy bite to eat. A range of menu options and hot / cold drinks are available all at affordable prices.

Leo's Funzone, is proving a big hit with the children! Let your youngsters burn off some energy, while you sit back (or play with them), and enjoy a coffee in the adjoining Café Zest.

One Leisure St. Neots offer children's courses in football, cricket, trampolining, and lots more at different times throughout the year. Please contact them for specific information.

Children's Term Time Activities

The following activities and courses are available during term time:

- Leos Funzone, (pre school sessions available on a Friday!)
- Baby and Junior Swimming Lessons
- Little Strikers and Soccer Skills Courses
- Trampolining Courses

Please see half term brochures to find out what activities are available during the school holidays. There is a wide variety of activities available from arts & crafts, cheer leading, junior cooking, as well as many different sports based courses. There should be an activity for everyone's taste.

- Dr Croc's Holiday Club: Every holiday period Dr Croc invites you to come along and join in the fun at the children's activity club. Registered with OFSTED, the club is open to 6 - 12 year olds and is staffed by friendly and experienced helpers who participate and assist with all the arts, crafts, fun and games.
- Swimming
- Sports Courses and Tasters (Basketball, Cricket, Football, Short Tennis, Tennis and Trampolining)
- Activities for under 5's

Clubs and Organisations

St Neots Leisure Centre is used by a wide variety of private clubs and organisations. For further information please contact the leisure centre.

Contact: One Leisure St. Neots, Barford Road, Eynesbury, St. Neots PE19 2SA.

Tel: 01480 388700 **Email:** oneleisurestneots@huntsdc.gov.uk

Website: www.oneleisure.net

One Leisure Ramsey

One Leisure Ramsey has various facilities including a swimming pool, three court sports hall, Impressions fitness studio, small exercise room, meeting room, crèche, sauna & steam and an outdoor synthetic pitch. They offer a wide range of fitness classes such as Zumba, Ex-Bike, Pump FX, Circuit Training and Fitball and they run Teen Ex-Bike, swimming lessons, trampolining, dance and football courses and other activities throughout the year for children. There are fully equipped disabled changing facilities including changing areas, toilet/shower and pool hoist.

Children's School Holiday Activities

Holiday activities are offered during all school holidays and programmes are published well in advance to give you plenty of time to book your favourite activities. One Leisure Ramsey provides a fun-filled, exciting and caring environment with experienced staff supervising all activities. Swimming, sports, Fun & Games, Arts & Crafts, Cooking and much more!

Clubs and Organisations

One Leisure Ramsey is used by a wide variety of private clubs and organisations. For further information please contact the leisure centre for details of the clubs.

One Leisure Ramsey, Abbey Road, Ramsey PE26 1DP. **Tel:** 01480 387900

Email: oneleisureramsey@huntsdc.gov.uk

Website: www.oneleisure.net

One Leisure St. Ives

One Leisure St. Ives has an indoor and out door centre and has a large range of activities including swimming pool, crèche facilities for under 5's, a rifle range and sports hall.

One Leisure St Ives has a wide range of activities available during term time and the school holidays for children all ages.

- Children's Parties
- Crèche
- Roller Skating
- School Holiday Activities (including Cyril the Squirrels Holiday Club)
- Term Time Activities

During the school holidays there is a packed programme of activities guaranteed to keep children active and entertained. There are Trampolining Courses, Hairspray and High School Musical 3 (performing arts), Tennis Courses, Football Courses, Athletics Course, Archery Tasters, Junior Self Defence, Easter Cooking and much more. Contact the leisure centre for details.

Clubs and Organisations

One Leisure St. Ives is used by a wide variety of private clubs and organisations. For further information please contact the leisure centre for details of the clubs.

One Leisure St. Ives, California Road, St. Ives PE27 6SJ. **Tel:** 01480 388500

Email: oneleisurestives@huntsdc.gov.uk **Website:** www.oneleisure.net

One Leisure Sawtry

One Leisure Sawtry has various facilities including a swimming pool, three court sports hall, Impressions fitness studio, multi-purpose dance studio/meeting room, crèche and an outdoor synthetic pitch. They offer a wide range of fitness classes such as Zumba, Ex-Bike, Pump FX, Circuit Training and Fitball and they run swimming lessons, Teen Ex-Bike, trampolining, dance and football courses and other activities throughout the year for children. There are fully equipped disabled changing facilities including changing areas, toilet/shower and electronic pool hoist.

One Leisure Sawtry, Leapz and Boundz Club

The club is suitable for ages 6 - 12 years. It is Ofsted registered and provides a fun, caring and exciting environment with experienced staff supervising all activities. Swimming (twice a day), Sports, Fun & Games, Arts & Crafts, Cooking and much more! The club runs during the school holidays.

Clubs and Organisations

One Leisure Sawtry is used by a wide variety of private clubs and organisations. For further information please contact the leisure centre for details of the clubs.

Contact: One Leisure Sawtry, Green End Road, Sawtry, Cambs PE28 5UY.

Tel: 01480 387800

Email: oneleisuresawtry@huntsdc.gov.uk

Website: www.oneleisure.net

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).

Time: 9.30am -11.30am for ages 5 – 7 years.

Time: 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

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

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

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>

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

Little Stars

Little Stars is a drop-in group for parents of pre-school children who have special needs. The group meets weekly in Huntingdon.

You can have a cuppa and some cake, and the children can use the facilities at the sessions. There is access to a Sensory Room with lights, a Bubble Tube and fibre optics. There is a soft play area and a toy library.

Little Stars is run by parents, most of whom have children with special needs. Little Stars welcomes children with a wide range of special needs and children with no definite diagnosis. Parents can also bring pre-school siblings.

Session times: Wednesdays: 9.45am – 11.45am. The Sensory room, Spring Common Lower School, American Lane, Huntingdon. For further information **freephone:** 0800 0278780

Email: head@huntingdon-nur.cambs.sch.uk

Act 4 Kidz

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

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

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

Act 4 Kidz is looking for your help – they would like to know what children with additional needs in the county want to do. Ideas already put forward are; a music group, a sports group and an allotment group. They are also looking at the idea of a dance or drama group.

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.

Hunts Parent Carer Forum (HPCF)

This is a group of parents and carers of children with disabilities, aged 0 -19 years living in Huntingdonshire. They hold regular training sessions and talks on subjects of interest to members, and provide opportunities for parents and carers to meet socially.

HPCF produce a newsletter for parents, carers, interested professionals and voluntary organisations working with children with disabilities and their families.

Their aims are to:

- Build a network of parents and carers of children with disabilities to offer support, advice and information.
- Be a representative for the concerns and issues raised by parents, carers and children with disabilities.
- Work in close partnership with statutory agencies and the voluntary sector to help improve communication and information.
- Provide information and workshops to enable parents and carers to access the services available and, when possible, to provide relevant training on social skills, personal hygiene, behaviour management, sexuality and any other subjects identified.
- Build a register of willing and able parents and carers to act as delegates for the group on parental representation panels/committees held by the statutory agencies and provide the appropriate training and support where necessary and if applicable.
- Build links with other parent run groups concerned with children with disabilities within the Huntingdonshire area.

For further information and to be added to HPCF mailing list contact: Hunts Parent Carer Forum, Hunts Parent Carer Forum c/o The Maple Centre, 6 Oak Drive, Huntingdon PE29 7HN.

Tel: 01480 420618 **Email:** huntspcf@ntlworld.com **Website:** www.huntspcf.co.uk

Hunts Forum of Voluntary Organisations

This is an umbrella body for voluntary and community groups in Huntingdonshire. We support voluntary and community organisations with information, advice and training. Through membership of Hunts Forum, local groups have their chance to contribute to policy discussions at district and county level.

Advice and information on starting up or accessing funds is available to any group in the Huntingdonshire district free of charge for the first consultation. However, after one meeting or advice session, we do ask groups to consider joining Hunts Forum before receiving further support.

Contact: Hunts Forum of Voluntary Organisations. The Maple Centre 6 Oak Drive Huntingdon Cambs PE29 7HN.

Tel: 01480 420601 **Email:** info@huntsforum.org.uk **Web:** www.huntsforum.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

Small Steps

This group was set up by Alison Watson, parent of a child with Down Syndrome (DS). It offers support and friendship to parents who may be expecting a child with DS or have a child with DS under 5.

It is a small friendly group of parents and children who come together to chat, laugh, share experiences and knowledge, with access to information about DS and support from speech therapists, physiotherapists and doctors.

Small Steps offers sensory play, singing and signing (Makaton is taught as we go along at whatever pace), snack time, and search out courses and sources to help give children the best start.

Alison offers personal support during tough times either at the group or privately where she can. All information is confidential unless the parent is happy to share.

You don't have to come to be part of the group, Alison is happy to provide support away from the group via email.

The group runs every Friday during term times from 12.30pm – 2.30pm at the Sure Start Centre, Ambury road, Huntingdon.

The group also provides information to families of older children with DS.

Contact: Alison Watson **Tel:** 01480 414504 **Email:** watsonalison@hotmail.co.uk

Huntingdon Toy Library

Toys for pre-school & nursery age children. Aim to help children have different experiences and learn through play. It also provides mums with extra resources, a meeting place. There are craft activities, book share, story time and music sessions.

The Toy Library caters for babies, pre-school children and nursery age children. Children with special needs are very welcome. The Toy Library is open on Thursdays 9am – 11.15am and 12.45pm – 3pm (term-time).

Cost: There is a small fee to join the Toy Library for a year (around £1) and toys can be hired for as little as 25p per week. You can enjoy a cup of coffee while your child plays and listens to stories.

The Toy Library is based at Huntingdon Nursery School & Children's Centre, Ambury Road, Huntingdon.

For further information contact: Mrs Mary Mansfield. **Tel:** 01480 811784 (Evening)

Family Support Group

Run at the Daisy Children's Centre in Varrier Jones Drive, Papworth, this group is on Monday's, 9am - 10.30am, fortnightly, during term time only. The group is run by local parents of children with additional needs and is a chance to get together, share experiences and knowledge and support for each other. Children are welcome and siblings too. Refreshments are provided.

No diagnosis needed just come along for a friendly chat and cup of tea!

Contact: Caroline on 01480 839166. Activities provided for children/siblings under 5 years.

For more information on activities at the Daisy Children's Centre **Tel:** 01480 831423

Email: papworthchildrenscentre@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 six months 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/ely

Huntingdon Tumble Tots

Part of a physical activity programme for children from six months to seven years in five structured age groups. We have 40 minute sessions for six months to walking (gymbabes), 45 minute sessions for walking to 2 years, 2 - 3 yrs and 3 - school age and 50 minute sessions for school age to 7 yrs. Under 3's to be accompanied by parent/carer, and parent/carer must remain on the premises.

Disabled facilities are available at most centres. Classes held at Great Stukeley (for Huntingdon) and Eaton Socon - see website for details and costs. Sessions held in term time only. This group has some experience of working with disabled children.

For further information contact: Ann Smyth. **Tel:** 07906 949206

Email: ann.smyth@tumbletots.com **Website:** www.tumbletots.com/huntingdon_kettering

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.

St Ives Parent Support Group

This group is open to all parents and carers. The group meets monthly during term time at the Broadleas Centre, St Ives PE27 5QB.

Time: 9.30am – 11.30am.

For further information contact: Eve Webb **Tel:** 07905855192

Email: evewebb@me.com

St Neots Parent Zone

A new drop-in and chill out space for parents, grandparents and other carers of children and young people with special needs. Community Cafe listeners are on hand for confidential discussions. The group meets at the Cornerstone Bookshop & Cafe, St Neots PE19 1JL, on the last Tuesday of the month in term time from 10am – 12noon.

For further information contact: Christine on 0845 582 6224

Email: Christine@communitycoachingcafe.org.uk

Website: www.communitycoachingcafe.org.uk/index.aspx#parentzone

Parent Support Drop-in

This group is for all types of disability and additional needs. All ages welcome (no crèche facilities). They get together on Thursday afternoons during term time 1.15pm – 2.45pm at the Community Room, Hartford Infants School, Mayfield Road, Huntingdon PE29 1UL.

Contact Sarah Thompson for further details. **Tel:** 07920 829396

Email: sarah.thompson@cambridgeshire.gov.uk

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

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

Parents and Carers of Autistic ADHD Spectrum (PACAAS)

This group meets on the first Thursday of every month during term time from 9.30am – 11.30am at The Royal British Legion, Cricketfield Lane, Ramsay PE26 1BG. All ages are welcome; children's siblings can attend crèche.

Contact: Sharon Ferrell **Tel:** 07736 943264 **Email:** sferrell@fsid.org.uk

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

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

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

pinpoint (Hunts 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 Hunts network meetings are at the Maple Centre, 6 Oak Drive, Huntingdon PE29 7HN.

Contact: Lynn Powell **Tel:** 0751 741 9761 **Email:** lynn@pinpoint-cambs.org.uk

Website: www.pinpoint-cambs.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

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

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.

The Early Support website has 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.

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

Transition Information Advice - changing or starting school (Choice Advice)

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

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

For further information contact the Transition Information Adviser on 01223 699194

Email: transitioninfoadvice@cambridgeshire.gov.uk

Website:

<http://www.cambridgeshire.gov.uk/education/parents/support/partnership/choiceadvice/>

Transitions Team

Cambridgeshire's Transitions Team is made up of social care staff who work with the Children's Social Care Teams, Connexions and education professionals to support young people with disabilities through the transition to adult social care services. This team only work with young people and their families who are likely to require social care services as an adult.

The Transitions Team give advice and information to young people and their parents/carers as they near their 17th birthday or earlier if issues are complex. It is usual at this point to establish the best time for a Community Social Care Assessment to be completed by a member of the Transitions Team.

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

Email: transitions.enquire@cambridgeshire.gov.uk

Website: <http://www.cambridgeshire.gov.uk/social/transition>

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/

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>

Parenting Courses

A variety of parenting courses are offered at different locations.

- Strengthening families - strengthening communities
- Raising children
- Raising teens
- Sibling rivalry
- 1-2-3 Magic

Ask about courses on managing challenging behaviours.

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

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

Pauline Finnerty on 0776 6070 253

Email: pauline.finnerty@cambridgeshire.gov.uk

Website:

<http://www.cambridgeshire.gov.uk/childrenyoungpeople/familyinformation/parentcourses/default.htm>

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/

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.

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

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/>

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

Huntingdon Community Group

The Huntingdonshire Community Group is in main a community development group run by volunteers. Its main aim is to contribute towards an inclusive and diverse Huntingdonshire from an economic and social point of view; through increasing the ability of residents to participate effectively in the continued development of their communities. From this viewpoint; we have a vision.....

The Vision

To work towards a cohesive community in Huntingdonshire where:

- There is a common vision and sense of belonging for all
- People's various backgrounds and circumstances are appreciated and valued
- There are similar life opportunities for people from all backgrounds

As people from a variety of backgrounds and starting points, we believe that we all have a variety of needs, hopes and aspirations. Therefore one solution cannot fit all members of the community. However by striving for and encouraging the provision of a flexible and adaptable approach, all members of the community could be enabled to fulfil and realise their true potential.

For more information contact Patrick on 07752 552 204. Medway Centre, Medway Road, Huntingdon PE29 1SF.

Email: huntingdoncommunitygroup@yahoo.co.uk **Website:** www.huntscg.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

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, books and guides for parents, those who have dyspraxia and professionals
- Organises conferences and talks about dyspraxia and related topics for parents, carers and professionals
- 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 about Dyspraxia, 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

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

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 and is led through consultation to ensure that we are meeting the needs of the individuals and their families/ carers.

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

VoiceAbility

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 continue to develop our services to respond to the requirements of the people we work alongside, ensuring that we find the best way to guarantee that people have control of their lives in a rapidly changing world.

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:

Strengthening voice, championing rights, changing lives!

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

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

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.

For information on events and activities contact the Family Officer for Eastern England representative Pip Johns

Tel & Textphone: 0808 800 8880 **Email:** helpline@ndcs.org.uk **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

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.

Crossroads Care Cambridgeshire covers Huntingdonshire, South & East Cambridgeshire, Cambridge City, Fenland and Peterborough and last year supported over 2,200 carers and 1,500 people with care needs. We provided over 93,000 hours of care through almost 40,000 short breaks for adults, young carers and families of disabled children. 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, whilst their families have a break. 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

Crossroads Young Carers Project

This Project gives young carers the chance to meet others, take time-out from caring, have fun and talk through problems if they want. The aim of the Project is to give young carers confidence, help them to make friends and to keep them up to date about what is happening in the area.

Crossroads Care Cambridgeshire run two Young Carers Projects in Huntingdonshire and Fenland, and arrange lots of fun activities during the school holidays. In addition the Project raises awareness about young carers and the issues they face thereby enabling other agencies to identify them and develop appropriate services.

Huntingdonshire:

Tel: 0845 241 2125 Young Carers Youth Leader

Email: enquiries@youngcarershunts.org.uk

Website: www.youngcarershunts.org.uk

Fenland:

Tel: 07432 128629 Young Carers Group Leader

Email: pauline.mason@crossroadscarecambridgeshire.org.uk

Website: www.crossroadscarecambridgeshire.org.uk

Crossroads Young Adult Carers Groups

Crossroads Care Cambridgeshire offers support to young adult carers aged 18 to 25 years. Groups are held on the 3rd Tuesday of the month from 7pm until 9pm at the Hartford Marina. Come along and join us for a meal and a drink. Transport can be provided if needed.

Contact: 0845 241 0954

Email: carersgroups@ycrossroadscarecambridgeshire.org.uk

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.

Red Balloon

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

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

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

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

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

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

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

Hunts Mind

Hunts Mind offers a variety of services to mental health service users in Huntingdonshire. Our service supports individuals by providing:

1:1 Support

- With the support of a Project Worker or mentor using the Recovery Star tool.

Peer Focused Support

- Recovery Star Support Group
- Personality Disorder Groups (Bridging the Gap)

Social Support

- Women's Group
- Men's Group
- New Members Group
- Evening Social Group

Skills Building

- Allotment Group
- Rock Group
- 5 Steps to Wellbeing
- Newsletter Group
- Sports Group

Volunteering

- Supporting people to volunteer within our service or with other local agencies or organisations.

We have a wide range of information on mental health issues and related topics for service users, carers and the general public at our main office at The Limes and also at satellite points located at various points around the locality.

It is expected that the majority of service users will experience mild to moderate mental health problems. However more acutely unwell individuals will not be excluded from the service. Due to our current funding criteria, our age range for service users is 17 - 65 and we encourage people to self refer.

For information contact: Sarah Hughes. The Limes, 24 New Street, St. Neots PE19 1AJ.
Tel: 01480 470480 **Email:** sarah.hughes@huntsmind.org.uk **Web:** www.huntsmind.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

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

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

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

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

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)

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

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

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

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

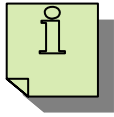
Think Autism Parent Support Group

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

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? You may be new to the county and need to know what family activities there are, or what Clubs and Groups there are. Then 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

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 Huntingdon shire 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 (formerly Directions Plus) 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 (Take a look at the re-vamped website).

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

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

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

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.

Huntingdon Citizens Advice Bureau: 6 All Saints Passage, Huntingdon PE29 3LE.

Tel: 01480 388900

St Neots Citizens Advice Bureau: 28 New Street, St Neots PE19 1AJ **Tel:** 01480 388905

Tel: 0844 848 7979 (Our phone lines are staffed from Monday to Friday, but advisers are often only available between **2.00pm and 4.00pm**. There is no call queuing service, so please try again later if your call is not answered.) **Website:** www.huntscab.org.uk

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 page ?? for further information on activities in Peterborough.

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

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



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



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/

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

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

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

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

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.

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

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

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 Banaszkiwicz (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 Banaszkiwicz. 4 Camps Close, Waterbeach, Cambridge CB25 9NT. **Tel:** 01223 860747

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

Letterbox Library

Letterbox Library is a children bookseller, specialising in books which celebrate equality, diversity and inclusiveness. It provides books which show under-represented individuals/communities and which deal with issues which are critical to children and yet are so often neglected by mainstream booksellers. Multicultural and non-sexist titles, books featuring children with disabilities, books dealing with family break up, immigration, bereavement, mental health etc. A non-profit driven social enterprise.

For more information contact: Letterbox Library, Unit 151 Stratford Workshops, Burford Road, Stratford, London E15 2SP.

Tel: 0207 503 4801 **Email:** info@letterboxlibrary.com **Website:** www.letterboxlibrary.com

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

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) Co-ordinator. The Butts Grove Centre, 38 Butts Grove Way, Huntingdon, Cambridgeshire PE29 1LY. **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 Co-ordinator.

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