

Fenland Clubs & Groups

This fact sheet has been produced to provide information on clubs and groups in the Fenland 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.

East Cambridgeshire District Council believes all its residents should have the same access to sport, leisure and recreational opportunities.

The Sports Development Team recognises the diverse needs of the districts residents, and is committed to making the necessary steps to ensure equal sporting opportunities for all of its residents.

To view current activities in East Cambridgeshire contact Fenland District Council's Sports Development Team **Tel:** 01354 654321

Email: sportsdevelopment@fenland.gov.uk

Website: sports.eastcambs.gov.uk/content/disability-sport

Fenland & East Cambs District Councils

The District Councils have a range of activities across both East Cambridgeshire and Fenland.

Fendis

Fenland Disability Sports Forum is supported by Fenland District Council and meet bi-monthly to organise and promote sport and activity opportunities for people with disabilities in Fenland.

Contact: Fenland District Council's Sports Development Team

Tel: 01354 654321 or **Email:** sportsdevelopment@fenland.gov.uk

Website: www.fenland.gov.uk

Disport

Disport East Cambs aims to raise awareness of disability issues within the district, improve communication links and information on local organisations and clubs, to apply for funding to enable the delivery of activities, courses and information.

All details of Disport activities and training, etc are available on here:

Website: <http://sports.eastcambs.gov.uk/content/disability-sport>

Email: phillip.turner@eastcambs.gov.uk

Football for adults only at present

Venue: March GER Club
Time: Wednesdays 1.15pm – 2.15pm
Contact: Jim Hill, Cambs FA.
Tel: 01223 209034
Email: jim.hill@cambridgeshirefa.com
Cost: free.

Adults at Littleport

Time: Tuesdays 1.30pm – 2.30pm
Venue: Littleport
Contact: Jim Hill, Cambs FA.

Adults

Venue: CRC MUGA
Time: Tuesdays 6.15pm – 7.15pm

Adults

Venue: Abbey MUGA
Time: Thursday 10am – 11am

Football for boys and girls aged 16 and under.

Venue: Meadowgate School, Wisbech
Time: Friday afternoons
Contact: Jim Hill for more details

Girls and boys.

Venue: Histon Recreation Ground
Time: Saturday mornings 10.30am - 11.30am
Contact: Jim Hill for more details

Multisport Club

Littleport Leisure Centre holds monthly multisport sessions for people with any type of disability aged 15 and above.

Examples of activities include football, volleyball, boccia and hockey.

Sessions take place approximately the 3rd Thursday of the month 1.30pm - 3pm and cost just £2.50

Contact: Littleport Leisure Centre.
Tel: 01353 860600 to confirm dates for future sessions and for more information.

Neale Wade Gymnastics Club

Gymnastics club. Please telephone for details of classes.

Venue: Neale-Wade Community College, Sports Hall Wimblington Road, March PE15 9PX

Contact: Alan Todd Tel: 01354 692437 (Daytime)

Email: kim.todd@hotmail.co.uk

Swimming

There is a timeslot dedicated to disabled people at the Paradise swimming pool in Ely on Sundays 1.30pm - 2.30pm. For more details contact the Paradise Swimming Pool
Tel: 01353 665481

Swimming

All of Fenlands swimming pools have allocated sessions for people with disabilities.

Hudson Leisure Centre, Wisbech:

Wednesdays: 2.30pm – 4pm

Manor Leisure Centre, Whittlesey:

Fridays 2pm – 3pm

George Campbell Leisure Centre, March:

Tuesdays 2.30pm – 4pm

For information and details of the leisure centres see pages 17 to 21.

Health Walks

There are a number of regular health walks available across East Cambs which are local walks lasting 30-60 minutes. Beginner walks are on fully accessible routes. Walks are lead by qualified walk leaders and are free to take part in.

For more details contact: Gemma Voutt

Tel: 01353 865393

Archery

Parkfield Archers based in Wimblington hold regular beginner sessions

For more details contact: Angela Watson

Tel: 01354 680705

Equipment hire

Groups can hire sport/play equipment from East Cambridgeshire District Council free of charge for up to a month at time.

For a list of equipment available contact Lewis Bage, Projects Officer

Tel: 01353 61637

Email: Lewis.bage@eastcambs.gov.uk or

ECSport website: www.ecsport.co.uk

Bowls

Fendis have joined up with bowls clubs in March, Whittlesey and Wisbech to provide regular sessions of indoor and outdoor (March only) bowls.

Contact: Fenland District Council's Sports Development Team **Tel:** 01354 654321

Email: sportsdevelopment@fenland.gov.uk

Camboccia

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

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

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

Sunday 2.15pm - 3.45pm - Impington Sports Centre, Cambridge.

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

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

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

Coach House Riding School

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

We have mounting ramps and can accommodate some special needs riders.

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

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

For further information or to book a lesson contact: Coach House Riding School, Chippenham, Ely, Cambs CB7 5PP. **Tel:** 01638 720415

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

Email: linda@coachouseriding.co.uk

For more information visit our new website: www.coachouseriding.co.uk

Old Tiger Stables

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

They are able to offer a range of lessons from complete beginners to a more advanced level (dressage, showjumping and eventing). There are 5 qualified instructors available who will be able to teach to your requirements.

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

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

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

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)

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

Ely Roller Hockey Club

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

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

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

Ely Roller Skating Club

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

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

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

Email: ELyRollerSkatingClub@live.co.uk

Girlguiding Cambs East

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

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

Girlguiding Cambs East is one of the forty-three counties of Girlguiding UK. Administrative support is provided to all the units in East Cambridgeshire: from Wisbech to Bassingbourn and Newmarket to Cambourne. There are units for girls from age 5, Rainbows, through Brownies and Guides to senior section units for the 14 - 25 age range.

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

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

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

Special People in Cambs East Guides

SPICE Guides is a Girl Guide and Ranger unit for girls aged from seven to 25 with moderate to severe additional needs. We run an online Girl Guiding program and meet up once a month for special events and meetings. All of our activities are heavily grant funded and cost between £3 and £10. Girls have the opportunity to take part in activities in a girl only, peer led space.

Contact: Rachel Copping **Tel:** 01638 669883 **Email:** cambseastkanga@yahoo.co.uk

Cambridgeshire Scouts

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

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

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

Contact: For enquiries about Scouting in Cambridge, details of you nearest troop or volunteering opportunities contact Pam Butler, District Commissioner for Cambridge.

Email: dc@cambridgescouts.org.uk **Website:** www.cambridgeshirescouts.org.uk

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

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

FACET

FACET aims to help people aged 16+ with learning disabilities, physical disabilities and/or sensory impairment, people with mental health problems and head injury victims to realise their full potential in life.

Their aim is to provide improved access to training and to prepare people for and move into work, paid or voluntary. Also to help them lead more independent lives and engage in activities, which enable them to become more integrated with the rest of the community.

Facet offers the following types of accredited and vocational training:

- Retail
- Catering, including Dining Area Service
- Practical woodwork
- Horticulture
- Art & Design and various crafts
- Independent Living Skills
- Basic Literacy, Numeracy and IT
- Job Clubs / Job seeking skills
- Music and drama
- Sport and leisure

We also have a newly established sensory room, which is the best facility for miles around. This provides a really calming, relaxing and pleasurable experience. It is available for rent at £25 per hour - £12.50 per half hour.

For more information on Fenland Area Community Enterprise Trust (FACET) please contact: Marwick Centre, 21 Marwick Road, March, Cambs PE15 8PH

Tel: 01354 655080 **Email:** lindaing@waitrose.com

Lantern Dance Theatre Company

Integrated Contemporary Dance

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

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

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

Connexions

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

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

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

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

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

Freephone: 080 800 13219.

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

Youthoria

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

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

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

There are over 100 youth clubs and fun stuff listed on the Youthoria website. If you do not have access to the internet and would like information on youth clubs contact Connexions.

Youth Groups

Young People March Drop-in

Offers a safe, supportive meeting place and a range of activities for young people aged 7-25 years.

Monday and Tuesday Drop-in for ages 11 – 25 years

Time: 7pm – 9pm.

Free Entry

Wednesday Junior Club for ages 7 - 11 years

Time: 6pm – 8pm

Cost: £2.50.

Friday Girls Club 'Charlies Angels' for ages 11 - 16+ years

Time: 7pm – 8.30pm

Cost: £1

Saturday Drop-in for ages 11 - 25s

Time: 1pm – 4pm.

Free Entry

Holiday Club Drop-in Monday to Thursday for age 11 – 25 years. The holiday club runs every school holiday.

Time: 12noon – 4pm

Free Entry. Not open bank Holidays.

Venue: Young People March, The Centre City Road, March PE15 9LS

Contact: Sarah Brown (Manager) **Tel:** 01354 650645

Email: admin@yvm.org.uk **Website:**

<http://www.yvm.org.uk>

Youth Service - March & Chatteris

March and Chatteris Youth service offers a range of activities and opportunities from a number of local venues for ages 11 – 19 years.

Young People March, The Centre City Road, March PE15 9LS

Contact: Penny Andrews on 01354 651703

Email:

penny.andrews@cambridgeshire.gov.uk

March - Fenland Dodgers

Youth Group for young people with disabilities aged 13 – 19 years, offering a range of activities including sports and crafts.

Time: 6.15pm – 7.45pm. Mondays – Fortnightly.

Cost: Free

Access: Blue badge parking bays, Accessible toilet without alarm, Wheelchair access ramp.

Contact: Debbie Hamilton on 01354 651703

Venue: March Youth and Community Centre, Station Road, March PE15 8LE

Chatteris - Teen Machine

Mobile drop-in based in Furrowfield Car Park. Call in for information on learning, leisure, employment, health & personal development.

Time: Thursdays 7pm – 9.30pm

Cost: Free

Contact: Debbie Hamilton on 07500100463

Chatteris - Youth Club

A youth club for boys and girls in school years 7 to 9 (age 11 – 14years).

Time: Wednesdays (all year). 7pm – 9pm

Cost: Free

Contact: Jacqui McIntyre on 01945 585128

Venue: King Edward Community Centre, Railway Lane, Chatteris PE16 6NF

Manea Youth Club

Delivering a range of activities for 11 – 13 year olds in a safe environment, to encourage and support young people through their transition into adulthood.

Time: Tuesdays (term time only) 6pm – 7pm

Cost: £1

Contact: Natalie McCullough on 01354 681 703

Email:

natalie.mccullough@cambridgeshire.gov.uk

Venue: Manea Village Hall, School Lane, Manea PE15 0JN

Manea Senior Youth Club

A youth club for ages 14 - 19 years, providing a safe environment to engage in positive activities.

Time: Tuesdays 7.15pm – 8.30pm

Cost: £1 for refreshments and tuck.

Contact: Natalie McCullough on 01354 651703

Venue: Manea Village Hall, School Lane, Manea PE15 0JN

Chatteris - Drop In Sessions

This is a drop in session for young people aged 16 - 19 years. A safe place to meet and make friends, play pool, listen to music and do a range of activities. A place to get information on a range of topics that young people face every day.

Time: Every two weeks on a Friday throughout the year (not over Christmas). 8pm – 9.30pm.

Cost: Free

Contact: Natalie McCulloch on 01354 651703

Venue: King Edward Community Centre, Railway Lane, Chatteris PE16 6NF

Young People Guyhirn (YPG)

The group plans and organises activities for young people in the village of Guyhirn and the surrounding area. Meet every three weeks on Monday evenings.

Venue: Guyhirn Village Hall, High Road, Guyhirn PE13 4EE

Contact: Mrs S Pitcher on 01945 450788

Email: suepitcher260246@aol.com

Youth Theatre

Fenland Arts is proud to boast the success of four Youth Theatres within the area. These are hosted within March, Chatteris and Whittlesy.

They are available to children ranging from the age of 6 upwards.

Children get the chance to explore their potential for the arts whether in dance, acting, singing or behind the scenes. A great way to encourage confidence and aspirations.

Cost: From £3.50 per session

For further details contact: Katherine Nightingale

Email: info@fenlandarts.org.uk

Parson Drove - Youth Club

Personal development, social education programme for 10 – 16 year olds.

Cost: £1 Membership - 50p Weekly Subs

Time: Mondays 6.30pm – 8.30pm

Venue: Parson Drove Pavilion, Main Road, Wisbech PE13 4LA

Contact: Alice Goose on 01945 582438

Wisbech Youth Club

Youth club for 11 – 14 year olds from Wisbech and surrounding area. Music, arts, crafts, Playstation, table tennis, pool, fuseball, board games, competitions, trips & outings. Gymnasium hall for sports, unihoc, football, basketball and other physical activities.

Time: Thursdays 6.30pm – 8.30pm.

Venue: Queen Mary Centre, Queens Road, Wisbech PE13 2PE

Contact: Lizzi Wales **Tel:** 07500 224590

Email: lizzi.wales@cambridgeshire.gov.uk

Murrow - Youth Club

Personal development and promotion of healthy lifestyles for 10 – 16 year olds. Just turn up.

Cost: £1 membership - 50p weekly subs

Time: Wednesdays 6.30pm – 8.30pm.

Venue: Murrow Village Hall, 19 Murrow Bank, Wisbech PE13 4HB

Contact: Laura Burgess **Tel:** 01945 582438

Email:

laura.burgess@cambridgeshire.gov.uk

Youth Service - Ely, Littleport & Witchford

For information on the groups run by the youth service please visit:

<http://www.fbook.me/RedYouthTeam>

Contact: Vivien Merryweather

Tel: 01353 612800

Email:

vivien.merryweather@cambridgeshire.gov.uk

Haddenham - Hangout Youth Club

Social Education Programme: learning, volunteering, arts, sport, leisure, health and personal development for ages 8 – 19 years.

Time: Wednesdays, 6.15pm – 7.15pm for juniors.

7pm – 9pm for seniors

Cost: Free

Venue: Haddenham Hangout Youth Club, High Street, Stretham, Ely CB6 3LD

Contact: Viv Merryweather **Tel:** 01353 612800

Email:

vivien.merryweather@cambridgeshire.gov.uk

Gauntlet Auto Project

Gauntlet is a registered charity whose aim is to teach riding and mechanical skills, in a safe environment, to young people aged 11 – 16.

Time: Saturday 10am – 12.30pm or by arrangement.

Venue: Gauntlet Auto Project, Unit 5 Park Farm Workshop, Ramsey PE26 2XA

Contact: Mark Homan **Tel:** 01487 711161

Email: enquiries@gauntlet.biz **Website:**

<http://www.gauntlet.biz>

B3Base

The B3Base is a youth club in Littleport. We are currently running a disability and inclusion theme along side our standard activities - which include Xbox, guitar hero, Crafts, Fenland Jam (which is a music project, which allows young people to come and learn how to play instruments such as a guitar, bass and drums). We change the theme every term, this term is disability and inclusion until Christmas, then it will change. Just turn up.

Time: Tuesdays 7pm – 9pm

Age Group: 11 – 16 year olds.

Cost: Free

Venue: Littleport Scout & Guide Hut, Camel Road, Littleport CB6 1PU

Contact: Amanda Warman

Tel: 01353 612800

Whittlesey Junior Youth Club

Young people aged 10 – 13 years have the opportunity to do arts and crafts, cooking, sports and many more.

Time: Mondays 6.30pm – 8.30pm

Cost: £1

Venue: Whittlesey Youth & Community Centre, Scaldgate, Whittlesey PE7 1SD.

Contact: Julie Gunn on 01733 203624

Whittlesey Senior Youth Club

Young people aged 14 – 17 years have the opportunity to take part in arts and craft, cooking, sports, trips and discussions about things relevant to them.

Time: Wednesdays 7pm – 9pm

Cost: £1

Venue: Whittlesey Youth & Community Centre, Scaldgate, Whittlesey PE7 1SD.

Contact: Lynette Ippolito on 01733 203624

Whittlesey - 'Fused' Disco and Live Music Events

Disco's and live music events are run monthly on Fridays. There is also information on leisure, personal development and volunteering.

Contact: Steph Webb or Becca Hoy for details. **Tel:** 01733 203624.

Venue: Whittlesey Youth and Community Centre, Scaldgate, Peterborough PE7 1SD.

Tuesday Night - Youth Club

General drop in youth club, activities and project work for 10 – 16 year olds.

Time: Tuesday 7pm – 9pm

Cost: 50p

Venue: Queen Mary Centre, Centre 4 Queens Road, Wisbech PE13 2PE

Contact: Jacqui McIntyre **Tel:** 01945 582438

Youth Club for Disabled Teenagers (Ramsey)

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.

Tuesday: March Youth and Community Centre

Wednesday: Queen Mary Centre, Wisbech

Time: 7pm - 9pm weekly in school term time.

Contact: Linda Roberts Tel: 07764 273326

Email: linda.roberts@papworth.org.uk

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

National Youth Advocacy Service (NYAS)

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

Contact: Jo King, Project Administrator. Suite B1, 89 High Street, Huntingdon PE29 3DP
Tel: 01480 437953 **Email:** jo.king@nyas.net **Web:** www.nyas.net

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.

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

Volunteering England - Volunteer Management Portal

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

Young Lives

Young Lives - Linking voluntary and community sector organisations with the statutory organisations who work with children and young people to improve information flows, consultation, and involvement in decision-making and joint working.

East Cambs & Fenland contact: Helen Hooson

Email: Helen@young-lives.org.uk

You can also download a VoiCes Directory containing information on voluntary and community organisations from www.young-lives.org.uk

Young Lives

Young Lives, an infrastructure organisation supporting those working with children and young people in the voluntary and community sector. Offering support, training, information, access to networks and quality assurance guidance, plus activities and projects that young people can get involved in.

Visit www.young-lives.org.uk for more information.

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.dofecams.org

Connections Bus Project

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

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

For more information contact: The Connections Bus Project, P.O. Box 344, Histon, Cambridge CB24 9WZ. **Tel:** 01223 232978 **Email:** admin@connectionsbusproject.org.uk

Website: www.connectionsbusproject.org.uk

You will find the Connections Bus at:

Longstanton

Venue: Abington Institute

Time: Mondays 4pm - 6pm

Oakington

Venue: Oakington Recreation Ground.

Time: Mondays 7pm - 9pm

Eversdens

Venue: Eversdens Recreation Ground

Time: Monday 7pm – 9pm

Comberton

Venue: Comberton Recreation Ground

Time: Tuesdays 7pm - 9pm (term time only)

Haslingfield

Venue: Haslingfield Recreation Ground

Time: Wednesdays 4.30pm - 6.30pm

Willingham

Venue: Willingham Recreation Ground

Time: Wednesdays 7:30pm - 9.30pm

Caldecote

Venue: Caldecote Recreation Ground

Time: Wednesday 7.15pm – 9.15pm

Teversham

Venue: Teversham Recreation Ground

Time: Alternate Thursdays 7pm – 9pm

Fen Drayton

Venue: Fen Drayton Recreation Ground

Time: Alternate Thursdays 7pm - 9pm

Elsworth

Venue: Elsworth – outside Junior School

Time: Thursdays 7pm - 9pm

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

www.connectionsbusproject.org.uk

Leisure Centres

Your local leisure centres hold activities throughout the year and run extra activities throughout the Easter and summer holidays. For information about what is going on contact your local centre.

Manor Leisure Centre

The leisure centre provides a wide range of opportunities to take part in various health and fitness, sporting and leisure activities - whether you are a complete novice or a dedicated sports person there is something for everyone. The centre caters for all areas of the community.

The Manor Leisure Centre offers the following facilities:

- 3 Court Sports Hall
- 50 Station Lifestyle Fitness Studio
- Multi Activity/Meeting Room
- Group Cycling Studio
- Crèche
- 25 metre - 6 lane Swimming Pool
- Teaching Pool
- Lifestyle Health Suite - Sauna and Steam Room
- Vending Machines
- 3 Floodlit Tennis Courts / All weather multi purpose area
- Senior and Junior Football Pitches

There is a huge range of activities from, crèche, coaching to sports courses and holiday activities.

Our latest junior fitness classes include:

Junior Body Blitz

Take advantage of the latest fitness equipment and attend one of our Easy Line Classes. Minimum Height = 146cm.
Wednesday 4pm – 4.30pm

Junior Group Cycling

A fun aerobic session on exercise cycles.
Children must be aged 8+.
Tuesday 4.30pm – 5.20pm

School Holiday Activities

We offer a wide range of activities and sessions that will entertain the children during the school holidays. School holiday programmes are available at least two weeks prior to the holidays. Contact the centre for more information.

The Manor Leisure Centre is host to a number of clubs that hire their facilities. For details of these clubs contact the centre or go to their website.

For Further information contact: Manor Leisure Centre, Station Road, Whittlesey, Peterborough, Cambs PE7 1UA **Tel:** 01733 202298 **Email:** manor@fenland.gov.uk
Website: www.fenland.gov.uk/article/2150/Leisure-Centres

Hudson Leisure Centre

Facilities include:

- Swimming Pool
- Teaching Pool
- Lifestyle Fitness Studio
- Health Suite
- 6 Court Sports Hall
- Indoor Cycling Room
- Ofsted registered Crèche facility
- Indoor Bowls Hall

The leisure centre offers a wide range of activities and sessions for the under 5's, the 5 - 7 years and the over 8's that will entertain the children during the school holidays. For further details on holiday activities please contact the centre or take a look at their website.

Mini Soccer

Saturday 9am – 10am

A fun hour of soccer games and competitions for all abilities.

Ages: 5 - 12 years

Madhouse

Saturday 10am – 12noon

A fun session of madhouse activities Sports, Arts & Crafts, Bouncy Castle plus lots more.

Ages: 5 - 12 years

Enerjetix

Saturday 1pm – 2pm & 2pm – 3pm

A fully supervised gym session specially designed for kids. Designed to encourage kids to adopt a responsible approach to their own health and well being, but ensuring that the fun factor is maintained.

Advanced Booking Recommended

Ages: 10 - 13 years

Mini Mites

Fridays 9.30am – 10.15am

A fun session where tots can learn balance and co-ordination using specially designed equipment. Sessions taken by qualified Gymnastics coach.

Age: Pre School Under 5 years

How to Book

A waiting list system is in place for all the above courses. A booking form is available from the centres reception, (also can be downloaded from their website).

For further information contact reception at Hudson Leisure Centre, Harecroft Road, Wisbech PE13 1RL. **Tel:** 01945 584230

Email: hudson@fenland.gov.uk **Website:** www.fenland.gov.uk/article/2150/Leisure-Centres

George Campbell Leisure Centre

Some of the facilities available are:

- Lifestyle Fitness Studio with 50 exercise stations
- Multi activity/meeting room
- Crèche
- 25 metre / 6 lane main swimming pool
- Lifestyle Health Suite with sauna

Swimming: Lots of swimming sessions are available for children.

Enerjetix - This programme includes a variety of fitness activities designed specifically for 10 - 13 year olds to develop confidence, practical skills, theoretical knowledge and general fitness in a gym environment.

- Breathe Easy Fitness Classes - Fridays 2.30pm - 3.30pm
- Chair Based Exercise Classes - Thursdays 10.30am - 11.30am
- Health Hearts Classes - Thursdays 3.30pm - 5.30pm
- Long Term Conditions Classes - Fridays 12.30pm - 2pm.

For further information on all these activities and lots more contact:

George Campbell Leisure Centre, City Road, March, PE15 9LT. **Tel:** 01354 622399

Email: gcampbell@fenland.gov.uk **Website:** www.fenland.gov.uk/article/2150/Leisure-Centres

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

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

Contact: Jillian Hall **Tel:** 01763 268111

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

Contact: Charlotte Clark / Amy Vaughan

Tel: 01223 578000

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.

Contact: Linda Roberts **Tel:** 07764 273326

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.

Contact: Janine Allway **Tel:** 07825 640969

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

Contact: Elaine King

Tel: 07534 321312 / 0845 241 0954

Website:

www.crossroadscarecambridgeshire.org.uk

Action for Children - Inclusion Project

The Inclusion Project is here to support disabled children and young people aged 0 – 19 years to access mainstream activities close to where they live.

Contact: Linda Simmons

Tel: 01480 451775

Website: www.actionforchildren.org.uk

Crossroads Saturday Club – St Neots

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

Venue: Samuel Pepys School, St Neots PE19 2EZ

Contact: Gary Lant **Tel:** 07919 484668

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

Contact: Vanessa Hart

Tel: 07739 649467 / 01733 425050

Website: www.sense.org.uk

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

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

The service we offer is confidential and impartial.

The helpline is open:

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

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

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

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

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

Childcare Brokerage Service

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

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

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

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

National Childminding Association (NCMA)

The National Child Minding Association (NCMA) provides a respite service using childminders from around the county. For more details about this specialist service providing flexible quality childcare and education for children and families in need across Cambridgeshire, please see our website or contact us on number below www.ncma.org.uk Please note that generally the funding comes from social care however the service will find childminders for families with Direct Payments.

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

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

Alternatively contact the NCMA Administrator on 01223 714792

Early Support - Helping every child succeed

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

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

Early Support:

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

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

For information contact:

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

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

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

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

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

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/>

Soham Support Group for Under 5's

Tuesday Drop-In at Soham Area Children's Centre at Weatheralls Primary School from 3.15pm - 5pm. Tea provided and access to toys and activities, a sensory room, and support and information. A great chance to meet other families.

For more information contact: Soham Area Children's Centre on 01353 727188

Email: sohamchildrenscentre@cambridgeshire.gov.uk

Wisbech ADHD Group

This ADHD support group meets every Friday from 10am – 12noon at the Oasis Community Centre, Wisbech. For more information contact 07594 587438.

Sensing Fun

A group for children under the age of five with special educational needs and their families. "Sensing Fun" happens fortnightly 1pm - 2.30pm on the 2nd and 4th Friday of the month. It is a time for families to meet together, explore and have fun with a range of messy and sensory activities.

Ongoing regular activity. Support for special needs, disabled people, learning disability, long term conditions, physical disability, sensory impairment, social interaction difficulties. The group meets at Ely Children's Centre, High Barns, Ely CB7 4RB.

This is a **FREE** group, no booking necessary, just come along! There are refreshments and snack-time. For more information please call Pippa on 01353 611594

Email: elychildrenscentre@cambridgeshire.gov.uk

Friends in the Fens

This is a support group for parents and carers of children and young people with additional educational needs in the Fenland area.

The group encourages parents and professionals from statutory services and voluntary organisations to meet informally to share experiences and provide mutual support.

Anyone with an interest in additional educational needs living and/or working in the Fens area is welcome. **For further information contact:** 0759 458 7438

Tumble Tots - Ely

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

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

For further information contact: Karen Sivyver on 01353 661255

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

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.

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

Helping Hands – Gardening Group

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

For further details and an opportunity to volunteer as a gardener contact: Voluntary and Community Action, East Cambridgeshire, 41e Forehill, Ely CB7 4AA **Tel:** 01353 666166
Email: info@vcaec.org.uk **Website:** <http://vcaec.webeden.co.uk/#/helping-hands/4536875310>

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.

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>

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

Family Workers (formerly Parent Support Adviser)

Family Workers (FW) are there to support you and your child to get the very best from your school by providing support, advice and information. A FW 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.

FW'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 Family Worker

FW'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 Family Worker 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

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

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

Contact: The Hyperactive Children's Support Group, 71 Whyke Lane, Chichester, West Sussex PO19 7PD. HACSG will send you a free Initial Information Pack (please send us a stamped address envelope). HACSG do not have a Helpline, but if you feel you need to talk urgently to someone about your problem, you're welcome to call them on 01243 539966 and we will do our best to help you. **Email:** hacsg@hacsg.org.uk **Website:** www.hacsg.org.uk/

National Autistic Society

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

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

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

Aims of the branch:

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

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

Website: www.cambridge-autism.org.uk

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

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

All calls charged at local rate and will cost no more than 4p per minute from BT landlines. Calls from mobile phones may cost more.

Minicom service: 0845 070 4003.

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

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

Website: www.autism.org.uk

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

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.

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.

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

Website: www.ndcs.org.uk

Cambridge/Huntingdon Deaf Children's Society Youth Group

Would you like to:

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

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

We have a pool table, darts, table football, an Xbox Kinect and a Wii – so there are 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

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

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

Mind, Peterborough & Fenland

Mind aim to help people aged between 16 - 65 who suffer from mental ill health to cope with day to day life in the community offering one-to-one support, and group activities.

Contact: Sandra Cutts. Old School Buildings, Dartford Road, March PE15 8AN

Tel: 01354 658058 **Email:** fenlandproject@pf-mind.org.uk

Cambridgeshire Mencap

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

Children's Services

Downs Syndrome Baby and Toddler Group

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

Family Support Service

The Family Support Service provides support to children and young people aged between 0 – 19, their families and carers. Volunteers will provide one-to-one support to a child or young person to enable them to access leisure activities in the community, widening their interests and independence. Volunteers also provide respite time for parents and carers by looking after their child or young person and any siblings while their guardians go out.

Music Groups

In partnership with Anglia Ruskin University (ARU), Cambridgeshire Mencap aims to support the development of children between the age of 0 - 5 through engaging with music. Children will be supported in developing their communication skills, learning to be with other children, developing social skills, learning to wait their turn, improving listening skills, having fun, taking the initiative and expressing themselves. It is also a place where families are able to meet others in a similar situation and to find support and acceptance within this group.

Young Peoples Services: Befriending Scheme for young people

This scheme is for people aged between 13 and 25. Volunteer Befrienders support the young person to access leisure and social activities in the community on either a one to one basis or in small social groups. This can help the young person to develop their self confidence and social skills, increase their level of independence in the community, and enable friendships to be made.

Bedazzle Performing Art Workshops

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

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

Windmill Hydrotherapy Pool

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

Cambridgeshire Mencap offers a variety of services across Cambridgeshire to children, young people and adults who have learning disabilities. All services are supported by trained staff and volunteers.

The focus for each service is specific to the needs of the service users 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

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

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

Ormiston

Ormiston is the biggest children's charity in the East of England.

We currently have 40 services across seven counties, including Children's Centres and visitor support services in prisons as well as services working directly with families in their homes and their communities.

Ormiston's vision is of a society where all children and young people have choices to realise their full potential and to achieve happiness and fulfilment, free from prejudice, isolation and stigma.

For further information contact: Ormiston Children & Families Trust, 333 Felixstowe Road, Ipswich, Suffolk IP3 9BU. **Tel:** 01945 475440

Email: enquiries@ormiston.org **Website:** www.ormiston.org/home

Centre 33 Young Carers Project

Supporting Young Carers in Cambridge City and South

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

They can help you by:

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

Groups – Centre 33 runs fortnightly groups in the City, Cambourne, Milton and Sawston. They offer the chance to:

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

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

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

Centre 33

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

Contact: Central Manager, 33 Clarendon Street, Cambridge CB1 1JX. **Tel:** 01223 314763 (office) 01223 316488 (helpline). **Email:** admin@centre33.org.uk **Web:** www.centre33.org.uk

For more information on the Young Carers Project and Centre 33 contact the Central Manager. **Tel:** 01223 307488 **Email:** youngcarers@centre33.org.uk
Website: www.centre33.org.uk Referral forms can be downloaded from the website.

VoiceAbility

Strengthening voice, championing rights, changing lives!

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

We're really proud of what we do and we want everyone's voice to be heard loudly and clearly; we want to support people to understand their rights and take control of their lives. We've summed this up in our new mission statement:

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

Romsey Mill

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

We work with around 2500 people each year, including:

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

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

For 10 – 25 year olds, Romsey Mill provides consistent, long-term support, someone to listen and show unconditional care. Through skills development courses and interest-based projects, such as sports, music or arts, young people develop new skills and begin to discover their potential.

They work with young parents (under 21) through providing antenatal care, parenting groups and educational opportunities.

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

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

For further information contact: Romsey Mill, Hemingford Road, Cambridge CB1 3BZ
Tel: 01223 213162 **Email:** admin@romseymill.org **Website:** www.romseymill.org

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

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

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: Alison Black, Project Co-ordinator. Suite B1, 89 High Street, Huntingdon PE29 3DP
Tel: 01480 437953 **Email:** alison.black@nyas.net **Web:** www.nyas.net

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

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

Sense

Sense is the leading national charity that supports and campaigns for children and adults who are deafblind. Sense works with children who have a dual sensory impairment or a single sensory impairment with additional complex learning and/or physical disabilities, their families and 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.

Short Breaks

Enjoy a 48 hour break in a setting based on your child's needs and abilities. This includes accommodation and 48 hours support with experienced carers. We aim to give full accessibility to all activities on offer to ensure full potential and enjoyment.

Activity Scheme

Saturday Clubs: These run twice a month.

Here is an opportunity for your child to enjoy a range of activities including:

- Indoor activities at our Knapwell Resource Centre
- Days out
- Excursions to Grafham Water (sailing, canoeing, wall climbing and cycling)
- Bowling

Family Days

Around four times a year, we hold our special family days - social gatherings for all the family to relax and enjoy the activities on offer. Parents also get the chance to meet and talk to other parents and carers.

For further information contact Vanessa Hart on: 07739 649467 or 01733 425050

Email: vanessa.hart@sense.org.uk

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

Bullystop

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

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

Contact: Christine & Hughie O'Neill. The White House, Main Road, Elm, Wisbech PE14 0AG.
Tel: 01945 860496 **Email:** bullystopuk@btinternet.com **Web:** www.Bullystop.net

Red Balloon - Cambridge

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

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

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

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

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

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

Young Lives 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

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

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.

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

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

Netherton United Football Club

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

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

Time: Wednesday 6pm – 8pm

Cost: £1

Contact: Derek Nimmo **Tel:** 07852987458

Peterborough Sharks – Special Needs Basketball Club

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

Time: Saturday 10 – 11am

Cost: £3 per session

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

Email: adam.sampson@vivacity-peterborough.com

Peterborough Adapted Cycling Scheme

Venue: Peterborough Regional Pool Athletics Track.

Time: Wednesday 5pm – 7pm.

Cost: £2 per session

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

Email: adam.sampson@vivacity-peterborough.com

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

Special Olympic Groups - Peterborough

Athletics

Venue: Embankment Track. Peterborough Regional Fitness & Swimming Centre Bishop's Road, Peterborough PE1 5BW

Time: Thursday evenings 6pm – 7pm

Contact: Ian Nolan **Tel:** 01778 347458

Swimming

Venue: Hunt Swimming Pool, Ledbury Road, Peterborough PE3 9PN

Times: Friday 7.30pm – 9pm

Contact: Julie Orr **Tel:** 01733 358665

Equestrian

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

Time: Wednesdays 6pm - 8pm

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

Gymnastics

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

Times: Saturday 11am – noon

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

For full details of the Special Olympics, you can contact: Jodie East, Chair. North Cambs Special Olympics Tel: 07710955399 or Tom Potts Tel: 01733 863807

Little Miracles Peterborough

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

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

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

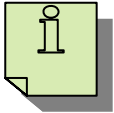
Email: littlemiracles@live.co.uk **Website:** www.littlemiraclespeterborough.org.uk

Think Autism Parent Support Group

The group meets in Peterborough every six weeks. The group is for parents/carers only as there are no childcare facilities and you must sign up to attend. Elisa Ferriggi works with families to help them reach their full developmental potential.

For further details contact: Elisa Ferriggi **Tel:** 07961 027007

Email: elisa@thinkautism.co.uk **Website:** www.thinkautism.co.uk



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

Cambridgeshire Direct - The Contact Centre

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

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

You can contact us to speak with a Customer Liaison Officer between 8am and 8pm, Monday to Saturday, unless specified otherwise against a service contact number. You will always speak to a real person based in Cambridgeshire. We will endeavour to answer or resolve your issue there and then, but where that is not possible, we will ensure that you are referred to the right person.

Tel: 0345 045 5200 or **Email:** info@cambridgeshire.gov.uk

Website: www.cambridgeshire.gov.uk

Cambridgeshire.net

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

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

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

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

Website: www.cambridgeshire.net

Disability Cambridgeshire

Disability Cambridgeshire is a registered charity providing free, confidential and impartial information and advice on all disability matters to disabled/ older people and carers living or working in Cambridgeshire. We provide:

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

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

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

Website: www.disability-cambridgeshire.org.uk

Adviceguide

The Adviceguide website is the main public information service of Citizens Advice, providing people with round-the-clock access to CAB information on their rights - including benefits, housing and employment, and on debt, consumer and legal issues.

The aim is to empower people by providing them with the information they need to solve their own problems and to signpost them to appropriate advice where necessary. Adviceguide helps you to have a better understanding of your rights and entitlements, and also to take the first steps in resolving your problems.

The online CAB service that provides independent advice on your rights -

- practical, up-to-date information on a wide range of topics, including benefits and housing, employment rights and discrimination, debt and tax issues
- links to our directory of Citizens Advice Bureaux
- information in a wide range of languages
- a wide selection of fact sheets to print off
- details of other reliable online sources of information.

Factsheets on various debt and consumer issues are available on the website - these can be downloaded.

Before going to a CAB, please consider saving time and travelling costs by phoning or emailing as most enquiries can be answered this way. If you decide to visit us, **you do not need an appointment** to see an adviser, but please be prepared for what may be a lengthy wait in busy periods.

Main Bureau – [66 Devonshire Road, Cambridge CB1 2BL](#)

Drop-in – no appointment necessary.

Monday – Friday: 9.30am – 1pm.

Early arrival is essential, as we are often unable to see all those attending.

Addenbrooke's Hospital - [Hills Road, Cambridge, CB2 0QQ](#)

Drop-in – no appointment necessary.

Monday, Wednesday, Thursday: 10am – 4pm.

Service for patients, staff and visitors to patients. Situated in corridor to the left of main reception.

Sawston – [John Huntingdon Charity, Tannery Road, Sawston CB22 3UW](#)
Drop-in – no appointment necessary.
Wednesday and Friday: 9.30am – 12.30pm.

Girton – [Doctors' Surgery, 1a Pepys Way, Girton, CB3 0PA](#)
Drop in – no appointment necessary.
Monday: 1pm – 3pm.

Tel: 0844 848 7979 (Our phone lines are staffed from Monday to Friday, but advisers are often only available between **2pm and 4pm**. There is no call queuing service, so please try again later if your call is not answered.) **Website:** www.cambridgecab.org.uk

Village Benefits

The Village Benefits Advice Service helps people living in rural areas of Cambridgeshire to claim their share of these benefits, by offering:

- Advice and assistance.
- Free confidential advice on all social security benefits
- Home Visits
- Support in getting the benefits you are entitled to - for example filling in claim forms, writing to the Department for Work and Pensions and helping with appeals.

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

We also go to clubs and groups such as lunch clubs and over 60's clubs all around the county to give talks and offer benefits advice.

Contact: Village Benefits Advice Service, Freepost CB66, Ely CB7 4SB. **Tel:** 01353 666990

Families in Cambridgeshire

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

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

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

Website: www.familiesincambridgeshire.co.uk

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

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

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



Netmums

[Netmums](#) is a family of local websites set up and run by mums (hence the name, but of course dads and anyone involved in caring for young children are welcome too).

Each local website is edited and maintained by a local mum with support from a central team. The uniqueness of the Netmums concept stems from the belief that only other local mothers can truly access and provide the local information essential to life as a mum to young children in each specific area.

Each local Netmums website covers local information on [places to go](#), [things to do](#), [education](#), [childcare](#), community, social and [employment](#) issues. The site is set up around a local community and is totally interactive with much of the information on the site coming from other local mums.

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

The [Coffee House](#), which provides an invaluable place members can chat with other mums and get support and advice on anything and everything to do with being a parent, from little gripes to big issues. Our members enjoy an incredibly dynamic, friendly and welcoming forum that has proved to be a lifeline for many Netmums. Our [Parent Support Team](#) also work within our [Coffee House](#), adding a layer of expert help to our community of parents who support each other.

Netmums is also available offline too with the publication of eight [books](#). Our books respond to the practical needs of real mothers who juggle increasingly busy lives, and offer support and guidance for those times when it's difficult to cope with the demands of family life. Check out Netmums for all this and more.

Registration: You need to register as a Netmums member before you can access the local information on Netmums - the unique email address and password you set up will give you full access to this site. It's free and they don't pass on your email to anyone.

For further information contact: Netmums. 124 Mildred Avenue, Watford WD18 7DX.

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

Peterborough

To find activities or events in and around Peterborough take a look at www.peterborough.gov.uk

There are links to youth clubs, activities, support and advice. See pages 49 and 50 for further information on activities in Peterborough.

Gateopener

This is a charity providing free information to people with disabilities, their families and carers throughout Suffolk and East Cambridgeshire. They also provide information to professionals and others working in this field.

Gateopener has a comprehensive database listing thousands of national and local organisations. They can also help to identify charities and Trusts that may be able to provide financial assistance.

Contact: Gateopener, Unit 5 Craven Way, Newmarket, Suffolk CB8 0BW. **Tel:** 01638 667614
Email: enquiry@gateopener.org.uk **Website:** www.gateopener.org.uk

Merlin's Magic Wand

Merlin's Magic Wand has been set up by the Merlin Entertainments Group ("Merlin") to provide magical experiences at its attractions. We aim to give children who are seriously ill, disabled or disadvantaged the opportunity to enjoy attractions that they may otherwise not have been able to.

Merlin's Magic Wand is an international charitable trust.

The Attractions

Merlin has over 60 locations worldwide including the following brands – Legoland, Thorpe Park, Warwick Castle, London Eye and many more.

Find out more about Merlin at www.merlinentertainments.biz.

Who can apply?

We welcome applications on behalf of seriously ill, disabled or disadvantaged children (aged 18 or under) who may benefit from an award. These applications can be made by either parents/guardians of these children OR organisations which work with these children.

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

Discounted ticket rates for charities

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

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

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

For further information contact:

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

Email: hilary.birkinshaw@merlinentertainments.biz

Nicky Elliott-Maclean, Applications Manager

Email: mmw.applications@merlinentertainments.biz



Useful Information

Radar National Key Scheme Disabled People's Toilet

Radar believes that everyone who experiences ill-health, injury or disability should have the same freedom and independence as other citizens. An important part of that freedom is having the confidence to go out, knowing that public toilets will be available, accessible and will meet your needs.

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with NKS locks can be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.

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

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

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

Blue Badge Scheme

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

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

If you reside in Cambridgeshire and want to apply for a Blue Badge please telephone: **0345 045 5204** between 8am - 8pm Monday to Friday. 9am -1pm on Saturdays.

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

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

You cannot renew a Blue Badge online.

Email: blue.badges@cambridgeshire.gov.uk

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

Contact a Family

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

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

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

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

New SEN National Advice Service

Contact a Family has been awarded the Department for Education contract to include a Special Educational Needs advisory service within their existing range of services for families.

The new SEN National Advice Service will be part of their integrated Helpline/Online service for families. It is staffed by experienced SEN advisers. It is a one stop shop for parents and other family members caring for a child with SEN, on all education issues.

The telephone helpline enables parents and carers to get one-to-one, in-depth and personalised advice from fully-trained SEN advisers.

CaF also offer online services for more general advice and guidance, via email, the website, Facebook and Twitter to enable families to engage with CaF and with each other.

The SEN service covers comprehensive advice on a broad range of issues related to special educational needs in any education setting, including:

- Early years/portage
- School Action and Action Plus
- Individual Education Plans (IEPs)
- Statutory Assessments
- Statements
- Transition Planning
- 139A assessments and post-16 provision
- Home education
- Bullying
- Exclusions
- School transport
- 16 – 19 Bursary Fund

Contact a Family, 209-211 City Road, London EC1V 1JN. **Helpline:** 0808 808 3555 or **Textphone:** 0808 808 3556. The helpline is open Monday - Friday, 9.30am - 5pm.
Email: helpline@cafamily.org.uk **Web:** www.cafamily.org.uk

Family Fund

The Family Fund gives grants to families with severely disabled children for things that make life easier and more enjoyable. It is the largest charitable sector grant-maker to families, giving around £30 million to about 50,000 families each year. The Fund helps with things to meet the additional needs of caring for a severely disabled child such as holidays, washing machines, driving lessons, computers and hospital visiting costs.

Parents or carers of severely disabled children can apply if:

- Their child is 17yrs or under; and
- Money coming into the household is less than £25,000 if you living in England, £27,000 if you live in Northern Ireland, Scotland or Wales. This is the money you receive from benefits and tax credits. If you are working we also count your net income (this is the money you take home after you have paid tax and national insurance). We do not count Disability Living Allowance or Child benefit).
- They have lived in the UK for six months and have permanent residency here.

We cannot help children and young people in local authority care, including those living with relatives or foster carers.

For more information contact: The Family Fund, Unit 4, Alpha Court, Monks Cross Drive, Huntington, York YO32 9WN. **Tel:** 08449 744 099

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

Family Fund extra

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

Helping families' money go further

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

Making a difference by shopping through extra

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

What else extra offers

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

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

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

Whizz-Kidz

Whizz-Kidz is a charity that is all about giving disabled children the chance to lead a more independent life.

The charity provides disabled children and young people with appropriate mobility equipment, wheelchair skills training, life skills training, local clubs where they can meet and make friends, work placements and help to campaign locally and nationally on issues that matter to them.

Clubs and training events take place throughout the country. All services and help with mobility equipment are provided free of charge.

For more information about Whizz-Kidz contact: 4th Floor, Portland House, Bressenden Place, London SW1E 5BH.

Email: info@whizz-kidz.org.uk **Website:** www.whizz-kidz.org.uk

Whizz-Kidz is the working name of The Movement for Non-Mobile Children.

Fledglings

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

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

For information contact: Rose or Ruth at Fledglings, Wenden Court, Station Approach, Wendens Ambo, Saffron Walden CB11 4LB

Tel: 0845 458 1124 **Email:** enquiries@fledglings.org.uk **Website:** www.fledglings.org.uk

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

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

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

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

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

Children Today

Helping disabled children and young people live a life of greater freedom. Children Today provide grants for vital, life-changing equipment for children and young people with sickness and disability across the UK.

Children Today raise funds to provide special equipment for children and young people with disabilities throughout the UK. Their aim is to ensure that every disabled child and young person fulfils their potential and leads an active childhood. The provision of equipment and aids is vital in helping children and young people overcome their disabilities and enable them to lead full and active lives with their families and friends.

Contact: Children Today Charitable Trust, The Moorings, Rowton Bridge, Christleton, Chester CH3 7AE. **Tel:** 01244 335622

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

Living Sport

Cambridgeshire & Peterborough Sports Partnership

LIVING SPORT is the County Sports Partnership for Cambridgeshire and Peterborough. It is one of 49 in the country, promoting and encouraging sports and physical activity at all levels across all age groups.

Our vision is “active and healthy communities where everyone can play, achieve and enjoy”. We work with a wide range of individuals and organisations, bringing them together to form one powerful voice for sport in Cambridgeshire and Peterborough.

Play - Achieve - Enjoy

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

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

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

English Federation of Disability Sport (EFDS)

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

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

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

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

netdoctor

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

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

If you have a health query go to www.netdoctor.co.uk

Disability Discrimination Act

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

The Equality Act

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

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

This factsheet has been produced by the Disabled Children's Database (SCIP) Coordinator with the help of parents, carer's, and local groups/professionals to whom we are very grateful. Every effort has been made to ensure the information provided is current and accurate.

If you are aware of any omissions or errors please contact: Joan Adamson, The Disabled Children's Database (SCIP) Co-ordinator. Box No: H1/08B, Bargroves, Cromwell Road, St Neots PE19 2EY. **Tel:** 01480 379827

Email: SCIP@cambridgeshire.gov.uk **This factsheet and others are available online at:** www.cambridgeshire.gov.uk/childrenyoungpeople/scip-events

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

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