

Inclusive Calderdale

Winter 2017
Newsletter



Hello and Welcome to the Inclusive Calderdale Winter 2017 Newsletter

Newsletter you ask? Where is the magazine?

Over the years we have found that a lot happens in Spring and Autumn and we thought it would make sense to move the printing of the magazine to those times so we can tell you all about it at the time it is happening.

Inside are just a few of the things you can look forward to reading about in the next edition!

Short Breaks Group Activities Development Grants

We are looking to commission new group activities from April 2018 for those who require a little additional support and have been consulting throughout the Spring and Summer. In Autumn we went out to the market and invited groups and organisations to bid for a grant. The bidding closed mid November and we are now busy evaluating the bids to make sure they are the right mix of School Holiday and Term Time provision across all of Calderdale for all age ranges. We hope we can introduce you to the new groups being set up in and around Calderdale in the next edition and let you know the dates and times they run and if they are inclusive, mixed ability or for specific disabilities.

Daunted by the DLA form? Perplexed by PIP?

Unique Ways can now offer one-to-one appointments for support with form filling, letter writing and preparing for meetings. We can help with DLA, PIP, ESA, Carer's Allowance, Family Fund, Blue Badge and more, with both applications and appeals. We can also support with applications for Short Breaks and with completing the Parent Carer Needs Assessment.

This service is available to parents and carers of children and young people aged 0-25 who have a disability or additional need.

For more information or to book an appointment, please phone Lucy on 01422 343090 or email lucy.armour@uniqueways.org.uk

Project SEARCH

Project SEARCH was launched in September 2017 and is a partnership between Calderdale College, Calderdale Council and Calderdale and Huddersfield NHS Foundation Trust. The 12 young people enrolled work 5 days a week doing three different jobs over the academic year. The aim is for them to learn valuable employability skills with help from mentors, job coaches and a tutor from Calderdale College.



The young people involved in this year's internship started their journey to employment at:

Ravenscliffe High School, Sowerby Bridge High School, Ryburn Valley and Calderdale College's Employment and Life Skills Department and are now working in administration, catering and manual roles within Calderdale Council.

They will start work at Calderdale and Huddersfield NHS Trust in January 2018 where they will build on their skills. Some of the young people will share their stories in the next edition of Inclusive Calderdale.

Upcoming Courses

at Unique Ways



We will be running our 3 very successful courses, **Insider's Guide**, **Parenting for Health and Emotional Wellbeing** and **Planning for Your Child's Future** over the course of this financial year.

Insider's Guide

Starting 9 January for under 5's and 26 February (tbc)

The Insider's Guide is a group-based learning course, designed by and for parent carers of children with additional needs. It focuses on building resilience and finding practical solutions to everyday challenges, encouraging parent carers to feel positive and confident in their abilities.

Parenting for Health and Emotional Wellbeing

17/18 January and 22/23 March

Our Parenting for Health and Emotional Wellbeing (PHEW) course for parents and carers of 11 to 18-year-olds with additional needs focuses on building a parenting relationship with teens that supports their mental health needs.



Planning for Your Child's Future Course

Starting 31 January and 27 February

Who is the course for?

If your child has additional needs or a disability, and you are requesting an EHC assessment or are unsure if you need one, then the Planning for Your Child's Future course can help.

All courses are held at Unique Ways Offices, Hanson Lane Enterprise Centre, Hanson Lane, Halifax, HX1 5PG

You can keep up to date with all our current courses and information sessions at

<http://www.uniqueways.org.uk/events/>

For more information or to book on any of our courses, please contact Amanda Rorrison on 01422 343090, or email hi@uniqueways.org.uk.

Local Transformation Plan

Dear Parents and Carers

Please can you take the time to complete the survey on the link below. The purpose of this survey is to continue our consultation with parents, carers and family members to inform our Emotional Health and Wellbeing Local Transformation Plan. Your contributions are appreciated and will influence future plans. Thank you in advance for participating in our survey. If you wish to make any general comments about the survey or want to know more about the Local Transformation Plan.

Please contact Joanna.marshall@calderdale.gov.uk

<https://www.surveymonkey.co.uk/r/CMBC-EHWB>



Coping with Christmas - Top ten tips (highlights)

The full article can be found at Unique Ways

<http://www.uniqueways.org.uk/coping-with-christmas/>

Preparation: You could involve your child in changes to the house, Use the advent calendar to help your child be aware of upcoming events and prepare them for daily changes.

Know your limits: Finding a coping mechanism and be realistic about what your family can deal with.

Schedules: Try to keep the daily schedule the same as far as possible, including on Christmas Day.

Be happy with your own perfect: Don't be afraid to make your own version of Christmas and incorporate all the things your family enjoy. Make your own Christmas perfect for you.

Christmas Free Time: Pencil in some Christmas free time over the festive period. It gives everyone a break from the festivities.

Christmas Day: Plan the day together as a family.



Reward yourself: Whether it is a caramel latte and 5 minutes with a magazine, a walk or snuggles with loved ones. Cherish the moment and let everything else wait!

Stay Calm: Getting worked up and stressed will not make things easier. Think, if it doesn't get done is it really the end of the world?

Take a deep breath and enjoy yourself: Celebrate it in whatever way makes it easiest for you and your family.

Learn more about:

- gift ideas at www.autism.org.uk/toys
- preparing for change at www.autism.org.uk/change
- routines at www.autism.org.uk/routines
- visual supports at www.autism.org.uk/visualsupports
- autism-specific travel insurance at www.autism.org.uk/travelinsurance
- NAS membership at www.autism.org.uk/joinus

For any further information or advice please contact:

Unique Ways

T: 01422 343090

E: hi@uniqueways.org.uk

W: www.uniqueways.org.uk

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