

July 2021



**News and information
across Dorset (and
beyond) for children who
are disabled and their
families and carers**

Find short breaks this summer.

We hope you are looking forward to what is looking to be a lovely and warm summer. With Schools breaking up for summer, and after the year that we have had, we must remember the importance as parents and carers to have a break.

There are a number of short break providers who are running fun activities for children with additional needs. These are also a chance for you as their parents or carers to; spend time with your other children, have a break and spend time with family and friends.

Find Short Breaks

Dorset Council also a collection of summer activities, many of which are suitable for children with a variety of additional needs. All activities listed on the 'Summer in Dorset' programme are free if your child is eligible for free school meals.

Find out more



You are receiving this newsletter because you have registered as a member of The Xchange network for Dorset families with children who are disabled or because you have asked to receive a copy. If you no longer wish to be registered with The Xchange or to receive the newsletter, please send us an email with your details and marked 'unsubscribe me' to info@xchangeonline.co.uk



Summer at Artz+ Sportz+

Art+ Sportz+ is currently planning a range of summer activities, which will include woodland activities, music, craft and drama workshops, sports sessions and water based activities such as paddleboarding, raft making and beach safety games and activities.

There will also be a public performance of *The Elves & The Shoemaker* by Treehouse Theatre on Thursday 5th August at Sturminster Marshall Village Hall starting at 11am. Artz + Sportz+ has teamed up with Sting in the Tale, Festival of Stories to put on this show and families that access the Artz+ programme can see the show for free, though booking is needed.

Artz+ Sportz+ run activities for children who have special needs and disabilities and their siblings. In most cases children can be left in the care of the support team after the child's first session. If it is not possible for the team to meet a child's needs the project will pay for the child's own carer to attend.

Bookings are by email. If you would like a programme and are not on the project's email list please send your email address to: leisureWDWP@dorsetcouncil.gov.uk

Latest programmes, news and updates will also appear on the project's Facebook page.

Our Facebook page

Our website



Short breaks



We are open everyday during the summer holidays (Monday 26th July to Sunday 5th September). Our new 'Lugger Zone' is open, which supports the conservation and reintroduction of the Lugger falcon.



Dorset falconry park is a beautiful tranquil site that embraces conservation and education. See our flying displays at 11am and 3.30pm. More information can be found on our website.

Dorset Falconry Park



A-Stars is a club for children aged 5 or over, and young adults with Asperger's Syndrome or an A-Stars is an autism related condition (ASC), and their families.

A Stars is no longer operating out of Budmouth College, Weymouth due to a change of management. We are busy looking for new premises and will update our website, as soon as we have further information.

A-Stars Website



Hipp!!Bones' is a targeted youth club for young people with additional needs and disabilities aged 11 -25yrs of age. The club opens from

10am to 12 noon on the 1st and 3rd Saturday of the month at Gillingham Youth and Community Centre. We are really pleased to announce that we are reopen, and will soon be in a position to operate a 'drop in'

Find out more

If you are interested in joining or volunteering please get in touch by contacting:

j.green.hippbones@gmail.com.

Providing LPAs, wills, and wills with trusts

The Diverse Abilities Advice Team can help families with much more than disability benefit applications, appeals, and Carers Allowance, they are also on hand to deal with Lasting Powers of Attorney, wills, and wills with trusts – and these can be for the whole family, not just the person with disabilities or their carers.

A free will writing service is currently available with every LPA application made, and telephone appointments are available throughout the week, we have extended our opening hours until 5.30pm in order to provide more help.

We also have a limited amount of free support for low income families, if you think this might apply to you, please give us a call to find out more.

If you require help or support, visit diverseabilities.org.uk/advice to find out more, or call 0300 330 5514 on weekdays between 9am and 5.30pm to speak to the team.

Weekend sessions with Diverse Abilities

With the summer holidays on the horizon, the Short Breaks Crew at Diverse Abilities has been busy organising a range of sessions and activities to keep everyone engaged and active. We're all so excited to see everyone in real life again, and we hope to see as many families as possible!

While we're all booked up for the summer, we've got space in the autumn for families looking for play opportunities on the weekends. Coping with CHAOS supports the whole family, so that all children and young people have equal access and can participate in play and activities to have fun together.

We also provide a family support service and a Facebook group for parents, as well as information and signposting.

You can self-refer to Coping with CHAOS now by visiting diverseabilities.org.uk/coping-wth-chaos or email chaos@diverseabilities.org.uk for further details on how to get involved.



Carer Support Dorset supports unpaid carers of all ages across the Dorset Council area with information, advice and guidance on all things carer-related.

Sign up to receive the Dorset Carers Card and our regular newsletters. Over the summer, we are also running a number of free events. Take a look at what's coming up...

Rethink Mental Illness/Carer Support Dorset drop-in on Wednesday 28 July, 10am–11am.

These sessions are a chance to talk through your own questions or concerns about mental health.

Scam Awareness on Friday 30 July, 2pm–3pm. A session delivered by Friends Against Scams on the different types of scams, how to spot them and how to support a victim.

Self-Awareness training on Thursday 12 August, 10am–11.30am. This session aims to support carers in adopting a problem-solving approach to allow them to identify the challenges they are facing in their caring role. It includes how to make best use of any resources which may be available. The session will be very interactive, allowing for discussions with other carers.

First Aid on Tuesday 17 August, 11.30am–1pm. A digital workshop where you will learn about every day first aid. The aim is to build confidence so you can help someone in a first aid emergency, using the objects that you have around you. This workshop is specifically aimed at adults.

To find out more, please contact us on 0800 368 8349 or email admin@carersupportdorset.co.uk

Find out more

contact *For families
with disabled children*

Some useful links from the Contact charity website about common concerns for parent/carers.

"Is your child having difficulty meeting certain milestones? It is never too early to seek help or advice.

It can be very difficult to decide whether your child is just slow in developing and will catch up or whether you need to ask for help. For some children, getting help early can make a real

difference, and there are lots of different people who can help."

On the pages linked below you'll find tip and hints so you can support different areas of your child's development:

[Behaviour that challenges](#)

[Helping you and your child sleep](#)

[Feeding and eating](#)

[Potty and toilet training](#)

[Speech, learning and movement](#)

Dorset Council's SEND Local Offer

Dorset's Local Offer is for 0 to 25 year olds with special educational needs and disabilities (SEND). Young people, their families and professionals can find SEND information, services and resources, all in one place. You can search categories including:

- **education and learning**
- **activities and short breaks**
- **preparing for adulthood**
- **transport**
- **health**



You can also find out more about where you can get help for your family, make a complaint and what to do if you think your child may have SEN or a disability.

Find advice and support in our Local Offer:

Dorset's SEND local offer

Sign up for the SEND newsletter:

The SEND newsletter

The Local Offer

The Dorset Max Card

The Dorset Max card entitles your child and one other person (such as you or a friend) to free or discounted access or benefits at a range of:

- leisure activities
- activity venues
- shops and cafes
- country parks
- museums and galleries
- organisations

Your Dorset Max Card can be used by your child on their own, or with you or a friend or carer to get free or reduced entry (or other forms of discount) at lots of places.

Find venues and activities where you can use your Dorset Max Card.

The Dorset Max Card

The Dorset Max Card App

The Dorset Max Card App is a free online list of all the venues that are signed up to the Dorset Max Card scheme, you can use it on smart-phones, tablets, laptops or P.C.s.

The app lets you see where you can go and the concessions that you and your child get by using your Dorset Max Card. You can also search by category, and find full contact details and directions

Download the Max Card App

We can't guarantee that the venue details are completely up to date. Please ensure that you call and check that they still offer the concessions before visiting any venue.

The Max Card

Summer in Dorset 2021

Summer in Dorset is back, but it is a bit different from last year.

This year, the funding has come from the Department for Education's Holiday Activity and Food (HAF) programme. This funding allows us to provide free activities for children who receive benefit-related free school meals.

Watch a short video from Marcus Rashford that explains the HAF programme

The HAF programme will form part of Summer in Dorset, which is due to be six weeks of fun activities and tasty meals!

Summer in Dorset benefits the wider community as it encourages activity providers to offer more events, the majority of which are also available for fee-paying families.

Find out more

Summer in Dorset activities for children with SEND

Other activities for children with SEND

Our Localities Teams: Who they are and how can you contact them

We've created an 'at a glance' postcard that highlights the support and help available for children and young people with special educational needs or disabilities in Dorset. Find out what support is available in your locality, and how to get in touch.

Download here

Help where you live

Our specialist teams are based in six localities and provide information, advice and support for families with children or young people aged 0 to 25 with special educational needs or disabilities.

Find what locality you live in

