



Newsletter

Welcome

Hi everyone and welcome to the May edition of our newsletter.

I would like to say a special welcome to all of our new members who have recently received a diagnosis for their children. We understand that this can be a very difficult time and we are here to help in anyway we can.

We have included some information which you may find useful to get you started but if you have any questions please just ask and if we can't answer them we can hopefully signpost you to someone who can.

We haven't forgotten about our adult members and we will be holding a meeting very soon to find out what you would like from the group. We are meeting some people in the next few weeks who can hopefully help us to run a separate support group for you and any volunteers would be much appreciated!

Finally - a big thank you to everyone who got involved in awareness activities and fundraising for World Autism Awareness Week. We are still collecting donations so unable to give a total this month but people have been very generous and these funds will enable us to organise more for you. A special thank you goes to Lisa Maudsley and pupils/staff from Central Lancaster High school for their amazing fundraising efforts and for joining us on our sponsored walk and also to staff from Alternative Futures group and Piccadilly Gardens in Lancaster.

Meetings in May

Our NAS meetings are highlighted on the diary page at the end of our newsletter along with other meetings which aren't autism specific but very welcoming of our members.

For those of you near Bentham/the border with Yorkshire there is a support group called Sunbeams which is run by some of our members. They meet up once a month, organise activities and have said our members would be very welcome to attend their meetings. The next one is Tues 12th May from 1.30-3pm in the Community Room at Bentham Community Primary School. The days/venue of their meetings vary so for future meetings please check our website or contact Rebecca on beckse@hotmail.co.uk. They also have a facebook group
<https://m.facebook.com/groups/911390488918115>

New clubs and activities

Minecraft

We are pleased to announce a new club which is being run by Lancaster University exclusively for our members. It's Computer Minecraft and the theme is building science labs and research stations. The first session is Thursday 7th May from 6.30-7.30 pm and it's free! There are 24 computers so it shouldn't be necessary to book. The building is on campus at Bowland North, computer lab 2. Bowland North is signposted from the car park but if you have trouble finding it please go the chaplaincy building by the car park, call 07500 881 831 and we'll come and get you.

Youth Group

There are still spaces at our youth group for children with Aspergers or high functioning autism on Wednesday evenings at the YPS room, Morecambe library. If you would like further information please get in touch. New members will need to book in beforehand.

We are hoping to trial a similar session for children 10-16 who have any diagnosis of autism so please watch this space for further details.

Lego Club

The lego club has started up again and is now at Carnforth Children's centre on Tuesdays 4-6.30 (term time only). It's a lovely quiet venue with separate rooms available if its too busy in the main room. The Carnforth Rotary have got back in touch with us and we hope to arrange another fun trip with them in the summer.

Sunbeams

The Sunbeams support group in Bentham is also starting a lego group and we have donated some of our lego some to help get them started. They have two sessions planned on Wednesday 13th May and Tuesday 2nd June from 5.00-6.30. For more information contact Rebecca on beckse@hotmail.co.uk

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Newsletter

Education and Training

NAS Active for Autism sports Training

Last month we organised some free training to advise sports personnel on how to motivate and interact with people on the autistic spectrum. Staff from Salt Ayre, 315 Gym, Students from the University of Cumbria (who help with the special needs trampoline club) and a yoga teacher (who works with a child with autism) all completed the training. We appreciate them taking the time to attend and the feedback was very positive. If there is sufficient demand it may be possible for us to run this course again.

Autism Awareness course, White Cross, Lancaster

There are still places on this course, Tuesday 12th May, and there is a choice of two sessions; 1-4pm or 6-9pm. Both sessions cost £14.25 and reservations can be made by calling 0300 123 6711

Teachers - resources about autism

The NAS has just launched a new teachers campaign, hoping to equip teachers with more information and resources about autism should they want it. It's called "My World" and teachers can sign up for a free welcome pack and fortnightly updates by registering on the website. There is separate information for early years, primary, secondary and young adults (18-25)
<http://www.autism.org.uk/myworld>

NAS conferences

The NAS organise some very interesting and enlightening conferences at various locations through the year. Some of them offer substantial discounts for those on low incomes or for NAS members so it's worth contacting them if you are interested.

For a full list go to their website - but below are a few which are coming up soon <http://www.autism.org.uk/news-and-events/nas-conferences.aspx>

Developing a greater understanding of transition

Date: 1 June 2015

Location: Marriott Renaissance Hotel, Manchester

Autism and schools workshop with Dr Wenn Lawson

Date: 3 July 2015 (9.30am-4.00pm)

Location: Birmingham City Football Club

Autism and Sensory Integration conference

Date: (to be confirmed) July 2015

Location: Cardiff

Events

Luke Jackson Lecture

The booking system for a talk by Luke Jackson (author of Freaks, Geeks and Asperger's syndrome) is now open. It's on Saturday 6th June 1.30-3pm at the Storey in Lancaster and we are asking for contributions (just to cover costs) of £5 for members and £7.50 for non members.

It is a lecture theatre so unsuitable for small children and babies. There are limited spaces for wheelchairs so please contact us before booking if you require these spaces. You can book via the website or by contacting us on landm@nas.org.uk 07500 881 831
<http://www.naslandm.co.uk/diary-dates.php?bookevent=53>

Circus Starr

The coach is now full for the Circus Starr performance in Carlisle on Saturday 9th May but there are still a few (free) tickets so if you are able to make your own way there please contact Debbie on 075 175 19905 debbie.c@naslandm.co.uk

Autism Show

The Autism Show in Manchester (Event City near to the Trafford Centre) is on June 26th and 27th and there will be a wealth of information, seminars, advice and products to browse
<http://manchester.autismshow.co.uk/>

One of our members, Lucy Ellis, is hoping to organise a coach on the Friday (26th). For more information on costs/pick up times please contact Lucy on Northlancsdirectionsgroup@gmail.com

For those of you who want to make your own way down there, a 10% discount is available for NAS members by entering code NAS15 on their on-line booking system (see above link)

Other Useful information

The Royal College of General Practitioners has produced a useful resource which aims to make it easier for people with autism and their carers to access their GP. Feel free to download and pass on <http://www.rcgp.org.uk/clinical-and-research/clinical-resources/autistic-spectrum-disorder.aspx>

Lancaster District Options Event is for young people age 14-25 with Additional Educational Needs & Disabilities and is being held on Tue 19th May 15.30-18:00 at Lancaster and Morecambe College. There will be representatives from a variety of schools, colleges and other organisations to give you information and advice on your future options.

For any budding gardeners - there is still time to enter the pumpkin competition run by Piccadilly gardens. Packs are available until 15th May and for £1 you get a pumpkin plant, compost and instructions. Call 01524 847685 to enter

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Newsletter

Campaigning

Sadly we never managed to organise a hustings for our local MPs as a general one for this area had already been organised. Once the candidates have been voted in we will be inviting them to some coffee mornings to find out what they can do to help and support people on the Autistic Spectrum.

Blue Badges

The NAS campaigns team are trying to change the law on Blue Badges so that people with autism who need one have a clearer entitlement. To do this they need to find people who have been refused a Blue Badge and who are willing to bring a legal challenge against the current rules.

If you are entitled to legal aid then you might consider sending a letter to your council asking them to reconsider your application for a Blue Badge and explaining that if you are refused you will seek legal advice on the "lawfulness of the council's decision". The NAS campaigns team have a template letter for you use if you so wish. To be entitled to legal aid you usually have to not be working or be on a low income and not be a homeowner (even where the Blue Badge is for a child).

If the council still refuses to give you a Blue Badge then you can contact the NAS policy and campaigns team who will put you in touch with a team of solicitors they are working with. For more information contact Emma Shepherd (07436 269094 emma.shepherd@nas.org.uk) or Louise Mumcular (07435 786016 louise.mumcular@nas.org.uk)

Campaigning for Children

We had a very productive meeting last month with Fiona Eaton (Consultant Paediatrician at Longlands Child Development Centre) and Laurel White (Community Paediatrics Service Manager) We raised all the issues that you passed onto us regarding the diagnostic process for children and the lack of services post diagnosis.

The flowchart for the new diagnostic pathway is still being finalised and they were keen to hear our views. They are scheduling another meeting with us and it will hopefully include staff from schools (Sencos/Teaching assistants) and Children's Centres to ensure that everyone is communicating with each other during the diagnostic process.

The MAAT waiting list has been cleared, with the exception of some of Dr Formosa's patients, and despite the departure of Dr Cade the MAAT panel is still able to meet up to discuss new cases. There is currently no-one able to carry out an ADOS assessment but we were told Katri Kuusniemi (clinical psychologist) is able to do this and she will be returning to the team after her secondment.

They are aware that there is a need for more services post diagnosis and these are currently lacking or non-existent in this area. We will continue to campaign for a full-time learning disability nurse, specialised speech and language and sensory therapy and better access to CAMHS (child and adolescent mental health). They agree that the recommendations laid out in the NICE guidelines are not being met and are very keen to ensure they strive to meet them in the future.

We informed them of parent/carer's frustrations re: administration eg having to repeat information over again to various departments and having to wait too long for letters and referrals. We were told that staff will be assigned some defined administration time which hasn't been the case in the past. There is an issue with different computer systems between the health authority and Longlands and this is being addressed.

Fiona would like the new pathway to look at children of all ages and not separate school age from preschool as is done now. Some children with delayed development may not meet the criteria for ASD diagnosis at a young age but may need to be monitored or referred back to the pathway when older. Not separating ages would mean some of the information will already be available which should speed up the process and prevent parents from having to repeat information.

All in all it was a very positive meeting and they are very keen to work with us, as a voluntary organisation, to see how we can fill the gaps - especially with regard to training courses for parents. We talked about how existing courses are not relevant for our children and this is something we can work together on to resolve.

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Newsletter

Campaigning for Adults

On March 26th this year the Government published new statutory guidance for local authorities and the NHS to support implementation of the Autism Strategy, a key requirement of the Autism Act 2009.

This statutory guidance shows how local authorities and NHS organisations should carry out their responsibilities to develop services that support and meet the needs of people with autism and their families/carers. It also explains what support people can expect to receive from local authorities and NHS organisations.

More information on this guidance can be found on the following website and there is an easy read version available.
<https://www.gov.uk/government/publications/adult-autism-strategy-statutory-guidance>

The NAS Push for Action campaign showed that 70% of adults with autism were not getting the care and support they needed from social services. Likewise, 70% of adults with autism stated that with more support they would be less isolated. Meanwhile, many local authorities admitted they needed more guidance on how to improve services and the pathway for adult diagnosis etc

Pressure was put on the Government review the Autism Strategy and "Think Autism" was published which committed to improving support for adults with autism and included a number of new areas such as employment support and criminal justice.

The next step was to tell local authorities and the NHS how to implement Think Autism and this is why the new guidance was necessary. As well as giving guidance on employment and criminal justice it updates what local authorities and NHS bodies should be doing in relation to some new laws like the Care Act and the Children and Families Act for adults with autism.

Notably, it makes clear which professionals need what levels of training.

Councils and local NHS organisations have to follow this guidance unless they can show a good reason not to or they can be legally challenged. They also have to report back regularly to central Government on their progress.

While a lot of local areas have been working to improve their services for adults with autism, progress remains patchy and so the NAS is calling on local decision makers to help drive forward the statutory guidance in every single area. You can find out about the Autism Act, Think Autism and the new guidance on the NAS website www.autism.org.uk/autismstrategy

HOW YOU CAN GET INVOLVED

Feedback to your Autism Lead

The NAS are encouraging adults with autism/their parents & carers to contact their Autism Lead who is responsible for delivering the Autism Strategy in each area. Our Autism Lead is a lady called Sue Hird.

They want you to give feedback on what your experiences are, what you think is currently lacking and why it's so important to you that things improve. You could also ask what this area is doing to ensure that the guidance in Think Autism is being implemented

Feedback can be given on-line by going to this link and it will automatically send your comments to Sue Hird.
<https://act.autism.org.uk/ea-action/action?ea.client.id=10&ea.campaign.id=36263&ea.tracking.id=NASWebsite>.

Getting more involved with the Autism Partnership Board

We are lucky to have several members who sit on our local Autism Partnership board and various subgroups to ensure that our authority are striving to fulfil their legal obligations and improve services.

If you would like to find out more about this Board, what it does & to get feedback and updates please get in touch.

There used to be a parent/carer subgroup which fed back directly into the board but sadly this group has been stopped. I think it's vital that the views of adults and their parents/carers are heard and fed back so if enough people are interested it may be possible to set up a local meeting with some of your representatives on the board.

Campaign and Complain

One of our members is actively campaigning for her son who is transferring soon to adult services and she is having to battle constantly with a whole host of organisations for appropriate support. If an adult has a "normal" IQ then they may not be eligible for services under the "learning disability" umbrella - even though they need this help. We are arguing that, for many of our adults, their IQ does not relate to their ability to perform tasks independently eg shopping, cooking or basic self care. Also, our teenagers may meet the criteria for Children's mental health services but not for the Adults. This need doesn't suddenly disappear the day they turn 18!

This parent would really appreciate it if more people got involved and she wasn't a lone voice. It does take time and effort to write complaint letters and attend meetings with organisations like the Care Quality Commission (CQC) and Clinical Commissioning Group (CCG) but sadly this is often the only way things change and it would be great if we could co-ordinate our effort to bring some much needed change in this area.

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The National
Autistic Society
Lancaster and
Morecambe Branch

Newsletter

Receiving a diagnosis for your child

I speak from personal experience when I say that receiving a diagnosis of autism for your child can bring a variety of mixed emotions. I was constantly being told by friends and relatives that I was being paranoid and too impatient for my son to reach his milestones. People thought me cruel by trying to label him at such a young age (he was 3) when he was probably just a late developer like all his cousins. Others made me feel guilty for not being able to bond with him and it was so upsetting to meet up with friends and see them interact with their children that I just stopped mixing with them. We had been excluded from every playgroup in the area and I became extremely isolated. So for me it came as an enormous relief when I was finally told that my son had autism.

For others, especially if they receive a diagnosis when their child is older, it can come as a shock and parents have told me they have feelings of denial and even guilt for not spotting the signs sooner.

The important thing is to recognise that these are all understandable emotions and a natural part of a "grieving" process. I hope I don't upset any adults on the spectrum when I say this. I love my child dearly but there is a lovely poem by Emily Perl Kingsley which sums it up perfectly by saying what many parents grieve for is the life they thought they were going to have with their child. It's only after grieving that I finally accepted the new life I was going to have and the new path I was travelling on and, along with the support of some fantastic families in this group, I realised I was not alone on my journey and this helped me enormously.

The following links you to the poem by Emily.
<http://www.child-autism-parent-cafe.com/welcome-to-holland.html>

Once my son received his diagnosis I then had hundreds of questions but didn't know where to turn to get answers - and that's where I hope we can support you as a NAS branch. If you have any questions at all (there is no such thing as a silly question!) or you want some information or advice then please just get in touch with us.

It can be hard to walk into a room full of people you don't know so if you would like to come to any of our meetings we are happy to meet you before hand. We can also support you via e mail, phone or facebook if you aren't ready for physical meet ups.

The important thing is to ask for help and support if and when you are ready. We will be here for you.

Useful Links

FIND (Family Information Network Directory)

The FIND database holds a wealth of information on local services and support for families of children with additional needs, including a quarterly newsletter. Click on the following link to register with them; <http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/help-for-parents-and-carers/family-information-network-directory.aspx>

Disability Living Allowance (DLA) and Carers Allowance (CA)

If you haven't already claimed for DLA then you may want to consider doing so to cover any extra costs that you might incur. If you get DLA then you may also be entitled to Carers Allowance. You can apply for both on-line but we strongly advise you to seek advice filling in the forms, especially for the first time. We can provide a list of services to help you on request.
<https://www.gov.uk/disability-living-allowance-children>
<https://www.gov.uk/carers-allowance>

N-compass Carers point

If you get Carers allowance you can register with a group called N-compass carers point. They produce a very useful newsletter and can offer advice and support in your caring role. They offer a service called "Peace of Mind" which is an emergency back up if you were unable to look after your child. You get a key fob which all emergency services are trained to look for and the plan you have created with Carers point is immediately put into place.

They can also arrange for you to have a Carers Assessment to identify any additional help and support you may need. Sadly services have been hard cut in recent years but it is still worth applying for this assessment.
<http://ncompassnorthwest.co.uk/our-services/carers-point/making-a-referral/>

The CEA Card (Cinema Exhibitors' Association)

A national card scheme which allows a Carer free entry into participating cinemas if the person they are with has a CEA card. You can apply on-line and it costs £6 a year. The cared for person must be in receipt of DLA. Both the VUE cinema in Lancaster and the REEL cinema in Morecambe accept this card
<https://www.ceacard.co.uk/howtoapply.aspx>

The Local Offer

Local Authorities are obliged to inform parents of children with additional needs of local services available to them. Their website has lots of useful information on everything from schools and Education, Health and Care plans to activities and transition
<http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/>

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The National
Autistic Society
Lancaster and
Morecambe Branch

Contacts

Lancaster & Morecambe Branch Contacts

Branch Officer

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Campaigns, Education

Kizzy Felstead
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Branch Treasurer / IT

Tracy McCarthy-Allen
tracy.m@naslandm.co.uk



NASLandM



@NASLandM

www.naslandm.co.uk

Other useful contacts

*Unless stated, organisations not endorsed by the NAS
Lancaster & Morecambe Branch or the NAS*

General

NAS Helpline:

Tel: 0808 800 4104 (10am – 4pm), or email autismhelpline@nas.org.uk (replies within 14 working days)
www.autism.org.uk

Education

Barnados Independent supporters

E mail IndependentSupporters@barnados.org.uk 01772 629470

IPSEA - Independent Parental Special Education Advice

www.ipsea.org.uk

Support

NAS Parent-to-Parent line 0808 800 4106

UK-wide confidential service providing emotional support to parents and carers of children or adults with autism

NAS community discussion forum

for people to talk about autism and share their thoughts, questions and experiences. To register go to their home page
<http://community.autism.org.uk/discussions>

NAS E-Befriending service

open to anyone age 12+ Care is taken to ensure people are appropriately matched based on age and interest. For more information and an application pack please contact E-befriending@nas.org.uk or call 02920 629314 Mobile: 07920 295911

Local Information

North Lancs Directions Group

www.northlancsdirectionsgroup.com

FIND newsletter and service

<http://tinyurl.com/kcfnmuc>

Local Offer

<http://tinyurl.com/mv2e47m>

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Diary Dates

Sat 25th Apr, 10:40

Autism friendly Screening 'Home'

Reel cinema, Morecambe

£3.50. Any additional need, no proof needed

Sun 26th Apr, 10:00

Autism Friendly Screening 'Paddington'

Vue cinema, Lancaster

£1.75. Any additional need

Wed 6th May, 10:00-12:00

NAS information morning

Firbank Childrens Centre

There will be no guest speaker but some friendly faces and a chance to browse our library.



Thu 7th May, 18:30-19:30

Minecraft Club

Lancaster University

Bowland North, Computer Lab 2. FREE, no booking necessary. If you require directions or can't find the building please call us on 07500 881 831 and we'll try and find you! <http://www.lancaster.ac.uk/contact-and-getting-here/maps-and-travel/maps/>



Sat 9th May, 14:00

Circus Starr, Carlisle

**** NOW FULL**** contact

debbie.c@naslandm.co.uk for more information.

Coach Pickups: Morecambe (Central Drive outside Morrisons) 11.20am, leaving at 11.30am; Carnforth (Carnforth High School) 11.40am, leaving at 11.50am.



Mon 11th May, 09:30-11:30

Carnforth drop in

Carnforth Children's Centre

An informal drop in session for anyone with an interest in autism



Tue 12th May, 13:30-15:00

Sunbeams support group

Bentham Community Primary school

General support group for families with additional needs children

Sun 17th May, 14:00-16:00

Karaoke

Mencap, Charles Street, Morecambe

Karaoke at Mencap organised by Alternative Futures, everyone of all ages is welcome to go along. The cost of this event will be £2 and this includes a drink.

Tue 19th May, 10:00-12:00

Informal Coffee Morning

Kerry's cafe in Morecambe

(opposite the crown hotel near to the Eric Morecambe Statue). We will meet downstairs unless anyone has problems with access.



Tue 19th May, 15:30-18:00

Lancaster District Options Event

Lancaster & Morecambe College Business Centre

For Young People age 14-25 with Additional Educational Needs & Disabilities. Representatives from a variety of schools, colleges and other organisations to give you information and advice on your future options.

Mon 25th May, 16:30-18:00

Zone soft play

Dalton square, Lancaster

Exclusive play session for children with additional needs & their families

Wed 3rd Jun, 10:00-12:00

NAS information morning

Firbank Childrens Centre



Sat 6th Jun, 13:30-15:00

Luke Jackson - Living with Asperger Syndrome

The Storey, Lancaster

£5 NAS members / £7.50 non-members. We are currently taking bookings for those registered with the Lancaster & Morecambe Branch, general tickets will be available soon.



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The National
Autistic Society
Lancaster and
Morecambe Branch

Diary Dates

Monday, 10:00 - 11:30, Parents United, Mencap, Charles St, Morecambe

Last session before summer: 11th May, due to building works at Mencap. Contact: Leona 07432274195.

Monday, 13:00 - 15:00, Bright Sparks, Poulton CC

A support group for families with children with disabilities/additional needs who are aged 0-5 years. Stay and play is free or £5 per session for respite. Contact: Ruth Threlfall – 01524 833644.

Monday, 17:00 - 19:00, Kids United, Mencap, Charles St, Morecambe

Last session before summer: 11th May, due to building works at Mencap. Contact: Leona 07432274195.

Tuesday, 13:00 - 15:00, AOK, Lune Park CC

Peer support group for parents/carers of children with additional needs (0-8yrs) with/without a diagnosis. Chat with other parents/carers whilst your children play, do craft activities and use our sensory room. Contact: Trisha/Claire 01524 382818. Parent supporter is Lucy Ellis.

Tuesday, 15:30 - 16:30, Wise Up Workshops, Morecambe memorial hall - near to police station

Autism friendly drama sessions for ages 6+. Cost £4 per session Contact: 07506295782 wiseupworkshops@hotmail.com. BOOKING ESSENTIAL

Tuesday, 15:45 - 17:15, Disability Multi Sports club, Salt Ayre sports centre

For children (8+), young adults and their families. Try a variety of sports activities. Cost £3 per person & a free swim afterwards (including carers) No need to pre-book but places are allocated on a first come first served basis Contact: Salt ayre on 01524 847540.

Tuesday, 16:30 - 18:00, Lego Club, Carnforth Childrens Centre

£2* for the first child and £1* for additional children. Siblings are welcome and the child with additional needs must be 4 years plus. Contact: debbie.c@naslandm.co.uk 075 175 19905.



Wednesday, 10:30 - 12:00, Unique Kidz Coffee and Cake, Woodhill Lane, Morecambe. LA44NW.

including school holidays, children welcome Contact: Jane Halpin 07544570384.

Wednesday, 18:00 - 20:00, Youth Group, Morecambe Library (term time only)

open to children aged 13-19 with a diagnosis of Aspergers or high functioning autism. £3 per session*. Contact: landm@nas.org.uk/ 07500 881 831. BOOKING ESSENTIAL



Saturday, 09:00 - 12:00, Bright Sparks, Heysham CC

A group developed in consultation with children, parents/carers & partner organisations to provide regular respite care for families with children between the ages of 4-8 with additional needs. Contact: Victoria Hutton on 01524 409569. BOOKING ESSENTIAL

Thursday, 15:30 - 16:30, Wise up Workshops, Kings community centre, phoenix street, lancaster

Autism friendly drama club 6+. Cost £4 per session Contact: 07506295782 wiseupworkshops@hotmail.com. BOOKING ESSENTIAL

Saturday, 10:30 - 11:30, Multi-ball skills sessions, Globe Arena astroturf pitch

For children with an Autistic Spectrum Disorder and their siblings. £3.00 per child. Contact: Morecambe community sports at the Globe on 01524 411797. BOOKING ESSENTIAL

Saturday, 13:00 - 16:00, Saturday Superstars, Heysham CC

On onsite scheme providing a range of activities eg sport, music, arts & craft, ICT, drama, cooking. Children can relax with their peers & have fun. For children aged 8-18 years old with additional needs. Contact: Victoria Hutton on 01524 409569. BOOKING ESSENTIAL

Saturday, 15:30 - 16:30, Disabilities Trampolining, University of Cumbria

Trampolining session for children with additional needs. Contact: Sports complex on 01524 526526. BOOKING ESSENTIAL

Sunday, 14:00 - 16:00, Sunday disability sports, Lancaster University

Range of sporting activities for children with disabilities aged 13-19. Contact: frances.jones2@barnados.org.uk 01772 629470/0792 0153460. BOOKING ESSENTIAL

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