

Disabled Childrens Register Summer Information Sheet 2019

**Produced by the Children with Disabilities Team,
Newcastle City Council**



What's on this summer for Children and Young People in Newcastle

The Summer Holidays are here again so why don't you have a look at some of the great things that your children could be doing. The newsletter contains just a taster of things that they could be trying out and on the Newcastle Local Offer Webpage your first port of call for information, advice and support you'll find much more. Also attached is a planner to cover the summer holiday so that you and your family can plan what you might like to do over the coming weeks.

[www.newcastle.gov.uk/local offer](http://www.newcastle.gov.uk/local%20offer)

Max Cards

Your child's max card can be used at venues over the North East Region and across the United Kingdom. The max card offer you and your family free or discounted entry to a number of museums, galleries and cultural venues as well as fun activities. It is worth checking with the venue before you visit how many people in the family the max card will admit as venues differ.

See on the following pages some of the places you could visit this summer with your child max card or check the link to the website for other great ideas <http://www.mymaxcard.co.uk/>

Seven Stories, The National Centre for Children's Books



Max Card entitles holder to free entry.

Seven Stories is the National Centre for Children's Books. We select original artwork and manuscripts – from first scribbles to finished books – to create our innovative exhibitions and popular events.

Seven Stories celebrates children's books. How books are made, where they come from and how we can enjoy and share them. It's a great day out for the whole family!

Access Information: Fully wheelchair accessible, hearing loop system available, large print guides available online, accessible toilet (fitted with hoist), disabled parking, guide dogs welcome.

How to Redeem:

Present your Max Card on arrival.

Terms and Conditions:

- Valid for up to two adults and two children per Max Card.
- Not to be used in conjunction with any other offer.
- Management reserve the right to refuse entry.



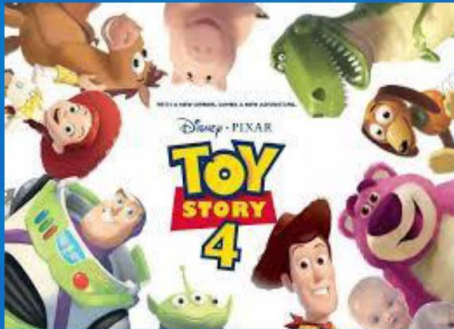
Disabled Childrens Register Max Card Events

On the next couple of pages you will see the Max Cards events that Newcastle City Councils Children with Disabilities Team are hosting for the Children and Young People who are registered on the Disabled Childrens Register and are in receipt of a Max Card this includes Toy Story 4 tickets/Family Fun Day/Pantomime Tickets and an Inclusive Family Swimming Session. All these sessions are free with your max card.

If you don't have a max card, please phone the Children with Disabilities Team to register on 0191 2774700 or <https://www.newcastle.gov.uk/services/care-and-support/childrens-social-care-and-early-help/getting-help-children-and-families-0>

Disabled Childrens Register Max Card Event – Tyneside Cinema – FREE Relaxed Performance of Toy Story 4 on Thursday 8 August 10.30-12.30

Come and join us at this **FREE** relaxed screening of Toy Story 4 at the Tyneside Cinema with your family. You will need to take your child's max card to the Box Office at the cinema to book **FREE** tickets. Maximum 6 tickets per max card shown for you and your family. Tickets will get snapped up quickly so act fast. Please note children must be accompanied by Parent/Carer.



Date – Thursday 8 August 2019

Time – 10.30-12.30

Tyneside Cinema, 10 Pilgrim Street, Newcastle

Cost – FREE of charge upon Max Card production at Box Office prior to the date

This is an event that requires you to show your child's max card to gain access. If your child doesn't have a max card please phone the Children with Disabilities Team to register and receive one on 0191 277 4700 or go online <https://www.newcastle.gov.uk/services/care-and-support/childrens-social-care-and-early-help/getting-help-children-and-families-0>

**Disabled Childrens Register Max Card Inclusive
Family Fun Day and Toy Picnic 15 August 2019 @
11.00 -2.00pm– Bring your packed lunch**

Come and join us at Nunsmoor Centre for a fun packed day of inclusive activities including face painting, crafts, sporting activities. Smurf the Shetland Pony will be visiting us along with Animal Antics. The playground and outside space will also be available. Lunch will not be provided so we hope that you will bring a picnic lunch along to eat in the sunshine and after that enjoy dancing the remainder of the afternoon away with the DJ that we have booked or enjoy an organised walk if you want a more peaceful end to your day. Children and Young People must be accompanied during the whole event.



Date -Thursday 15 August, 11am – 2pm

Venue - Nunsmoor Centre, Studley Terrace, Newcastle upon Tyne ,NE4 5AH

Cost – FREE Production of your child's Max Card is required to gain entry. Places are limited to 120.

MAX CARD must be shown to gain entry. If you don't have a max card please phone the Children with Disabilities Team to register and receive one on 0191 2774700. A member of the team will also be at the event to sign you up to the Register.

Supported by the Nunsmoor Partnership Trust

**Disabled Childrens Register Max Card Inclusive
Family Swim Session @ Jesmond Pool
24 August 2019 4 - 6.00pm**

Come and join us at this FREE Inclusive Family Swim session at Jesmond Swimming Pool. A hoist is available for access to the pool.

Max Card must be shown to allow access into the pool. See below for details on how to apply for a Max card if you haven't got one.



Date – Saturday 24 August 2019

Time – 4.00- 6.00pm

Jesmond Swimming Pool, St Georges Terrace, NE2 2DL

Cost – FREE of charge Max Card production is required at the door

This is an event that requires you to show your max card to gain access. If you don't have a max card, please phone the Children with Disabilities Team to register and receive one on 0191 2774700. A member of the team will be at the event to sign you up to the Disabled Children's Register on the day or register online with Newcastle City Council.

Disabled Childrens Register Max Card – Northern Stage Sleeping Beauty Relaxed Family Pantomime– 48 FREE tickets

Come and join us at this **FREE** relaxed Pantomime at Northern Stage with your parent/carer. Your parent/carer can book your tickets by calling 0191 277 4700 and quoting your max card number. Please note 2 tickets per max card only. Tickets will get snapped up quickly so act fast. Please note children must be accompanied by Parent/Carer.



Date – 28 August 2019

Time – 3.00pm

Venue- Northern Stage, Barrass Bridge, Newcastle

Cost – Free

This is an event that requires you to show your child's max card to gain access. If your child doesn't have a max card please phone the Children with Disabilities Team to register and receive one on 0191 277 4700 or go online <https://www.newcastle.gov.uk/services/care-and-support/childrens-social-care-and-early-help/getting-help-children-and-families-0>

£1

Donation

Youth Sport Session

play, develop, socialise

Wednesday 4.30 - 5.30
Soccerworld Newcastle

AND

Saturday 10.30 - 11.30
Kenton Park Sports Centre

**SPORTS
CONNECT**



stephen.net@outlook.com

07944644284



Beach **Connect**

Come along to our fantastic, free and inclusive family fun day at the beach!

There'll be art, dancing, music and games

Tuesday 23rd July, 11am - 2pm

Whitley Bay Beach (in front of the Rendezvous cafe)

Bring a packed lunch, spare clothes and towel - swimming cossie optional!

Meet us there or book a seat on the free coach leaving from Scotswood Natural Community Gardens

For more information contact **Sally** on **07808 473300**



The BIG BIKE Revival



Little Sprockets 1-2pm

Learn to ride

Every Wednesday over the summer holidays.

Starts 24th July

Eazy riderz 2.30-3.30pm

For competent riders



A small amount of bikes are available to use, including adapted bikes. These must be booked before the sessions.

The Nunsmoor Centre, Studley Terrace, Fenham, NE4 5AH

stephen.nct@outlook.com

07944644284

For Children. All ages and abilities welcome

Summer Strollers

A group for people of all ages, families welcome. All routes begin at 1.00pm.
Free of charge and routes are around one hour.

We can include visiting Pokéstops for any Pokémon trainers!
These events are not endorsed by the Niantic company.



All routes are wheelchair accessible. Toilets may not always be available.
Look out for Stephen in a yellow high-vis jacket at the locations.



25th July. Leazes Park. NE2 4BJ.

Meet by 'The Tower Café' next to the lake.

1st August. Walker Park. NE6 4HA

Meet outside of the Café.



8th August. Quayside. NE1 3DU

Meet by the entrance of the Millennium Bridge,
Newcastle side.

15th August. The Nunsmoor Centre. NE4 5AH
Meet outside of the centre



22nd August. Jesmond Dene. NE7 7BQ

Meet outside of Café, near pets corner.

29th August. The Rising Sun Country Park.
NE12 9SS. Meet outside of the Café.



Stephen Douglas

Stephen.nct@outlook.com

07944644284

Children and Young people across Newcastle are set to enjoy their “Best Summer Ever” thanks to a partnership between Newcastle City Council and StreetGames.



NUFC Foundation host a football session

Best Summer Ever is an amazing million-pound programme of events, activities, sports and healthy eating available to all children and young people across Newcastle throughout the school summer holidays.

The project will feature projects from over 70 different partners, including the Newcastle United Foundation, Hat-Trick and Bollywood Dancing as well as nutritional advice and healthy food provided by Fair Share.

£1.1 million pound funding to develop the project came from a Department for Education grant aimed at reducing the number of young people who experience “holiday hunger”, however Newcastle’s offer is open to all young people – aged 5 – 16 – in the city and every project is completely free.

The events will kick off on July 22 and be held at over 140 different venues across Newcastle, including schools, sports clubs, libraries and parks. Some specific projects may even include trips out of the city – to the seaside, museums and visiting Dippy the Dinosaur.

Best Summer Ever will also tie into other major projects aimed at young people in Newcastle, including the Summer Reading Challenge at Newcastle’s Libraries and the City of Dreams project which aims to get more children involved in the arts, culture and museums. This will help to create a fully inclusive offer with something for absolutely everyone to enjoy.

The project was officially launched at Bridgewater Community Primary School, in Newcastle’s West End, where pupils enjoyed a sample of some of the activities that will be on offer this summer, including football skills from the NUFC Foundation, dodgeball with Hat-Trick and Bollywood Dancing. There was also healthy eating advice and free fruit on offer, provided by Fair Share.

Councillor Clare Penny-Evans, cabinet member for communities with Newcastle City Council said:

“I am pleased to officially launch Newcastle’s Best Summer Ever.

“This million-pound programme of events will have around 70 different projects across Newcastle taking part, showcasing a variety of activities, sporting events, design and crafts, dance, performing arts and healthy eating.

“The offer is open to all children and young people in the city and we are creating a programme that will suit everyone’s tastes and be fully inclusive – everyone taking part will get lunch and nutritional advice from our team of experts to keep them fuelled up during their chosen activities.

“Years of government-led austerity have had a real impact on the region and summer holidays can be challenging times for families. Unfortunately, as a result, many young people see the amount of physical activity they take part in reduce over the break and it is important we provide opportunities for children to be active, healthy and happy all year round.

“I hope everyone, from all communities and backgrounds, will really get on board and be a part of Newcastle’s Best Summer Ever and enjoy this fantastic opportunity.”

Jane Ashworth, CEO of StreetGames, said: “By securing this funding from the Department for Education we intend to provide young people with access to great activities, nutritious meals and fun summertime experiences.

"In working with Newcastle City Council, as well as hundreds of community organisations, we have developed an exciting, engaging and educational programme of events.

"Together, we will support more young people, families and communities to experience their best summer ever!"

It is estimated that across Newcastle over 10,000 young people access free school meals, an important source of energy and nutrition during the school term. However, school holiday periods can lead to increased pressure on families without school meals, breakfast clubs or after school clubs, this additional pressure can increase the likelihood of holiday hunger.

There is also evidence to show that many pupils reduce the amount of physical activity they enjoy over the holidays, this reduction can be 18 times higher in some of the most deprived wards in Newcastle.

The Best Summer Ever will engage with children across the city; evidence shows that 16 days of activity throughout the holidays is the perfect amount to ensure they remain health and happy.

The programme will be delivered in partnership between Newcastle City Council, Active Newcastle and StreetGames, who successfully delivered a pilot of the programmed in summer 2018.

For more information and to book onto any activity that is part of Newcastle’s Best Summer Ever head over to the Active Newcastle website.

FAS Team



Our Family Advice and Support team (FAS) work with parents and carers of disabled children and young people up to the age of 25 years to provide co-ordinated support.

What the Family Advice and Support Team can do for you:

Information Advice and Support

The team provides information and advice on a range of issues, from helping you to navigate your way around the Local Offer, connecting you with other services, to offering advice on a range of specific issues such as transport, holidays, activities and planning for adulthood.

We can offer you practical information and advice, appropriate to your circumstances and we work across all agencies such as education, social care, health, benefits, leisure and voluntary services.

We can support you in meetings in school and help with Parental Views in the Education Health & Care Plan Assessment process. Our Information Advice and Guidance service will work with you to see if you need more in depth support such as supporting you at Early Help meetings.

In Depth Casework

We can offer in depth advice and support for parents/carers tailored to your individual family's needs, working with other agencies towards positive outcomes for your family. This support is usually more longer term, and is not time limited, but considers your family's situation.

For example we can help families prepare for meetings so that the views of parents, children and young people are heard.

FAS Team continued.....

Grant Funding Applications

We can provide help and guidance on completing grant funding application forms for items or activities which will help your family or child/young person. (This is often dependent on family income).

Coffee Morning / Drop ins

Come and meet other parent/carers and find out what works for them. Speak to our team face to face to help you get information relevant to your family.

Social Media

Our social media allows you to keep up to date with news and local activities for you and your family. You can connect with other parents/carers to help each other.

Workshops / Training

We run workshops and events based on feedback from parents on a variety of topics including “How to use Newcastle Local Offer website” and “Preparing for Adulthood” - preparing parents for when their young person moves from children's to adult services.

Facebook: Pass it on Parents Newcastle

Twitter: @Passitonparents

Instagram: passitonparents

Our website has a list of resource and information booklets - <http://skillsforpeople.org.uk/support/family-advice/>

How to get in touch

Skills for People
Key House
Tinkerville Place
Newcastle upon Tyne
NE2 5AF

Telephone: 0191 281 8737
Fax: 0191 212 0300

Email: info@skillsforpeople.org.uk
Website: www.skillsforpeople.org.uk
Facebook: [facebook.com/skillsforpeople](https://www.facebook.com/skillsforpeople)
Twitter: @skillsforpeople

You can contact us at Skills for People or come and find us on social media

Facebook: @HSNNUK

Facebook: Pass it on Parents Newcastle
Twitter: @Passitonparents
Instagram: passitonparents

Skills for People is an independent organisation, a company limited by guarantee registered in England under no. 3487635 and is a registered charity no. 1069993
Revised Aug 2018

Skills for people Family Advice and Support

Do you live in Newcastle?

Do you have a child or young person with a disability or special needs?

Family, Children and Young Peoples' Programme 2019/20

All our events, classes and activity aims to be fully inclusive and anyone with additional needs is welcome. If you would like to have an informal conversation with our team before visiting the gallery then please contact the Laing learning team for an informal chat on:

learning@laingartgallery.org.uk

All of our activity is available to book online by visiting

<https://laingartgallery.org.uk/whats-on>

Art Academy for 7-10 year olds

23 July until 25 July ; 30 July until 1 Aug ; 13 Aug until 15 Aug; 20 Aug until 22 Aug

The Laing's popular Art Academy sessions for 7-10 year olds run over three days in the school holidays. Young people will have the opportunity to explore the galleries and try out a range of art techniques from painting with acrylics and watercolours to drawing and illustrating, sculpting with clay and experimenting with printmaking.

*There is also the opportunity for participants to achieve the nationally accredited Explore level Arts Award.

Art School for 11-16 year olds

22 July until 26 July; 29 July until 2 August

Over the course of a week (Monday-Friday) young people will work with a professional arts educators to experiment with a variety of materials and create a portfolio of paintings, illustrations and 3D artwork. Be inspired by the Laing's broad collection and explore and develop your artistic skills and techniques.

*There is also the opportunity for participants to achieve the nationally accredited Bronze Level Arts Award.

Laing Continued.....

Saturday Art Classes for 10-15 year olds

An inclusive art class held on the first and third Saturday of every month for 10-15 year olds.

This is an opportunity to work with professional art educators, working in a different medium or with a different technique each month.

This group aims to be fully inclusive and anyone with additional needs is welcome. If you would like to have an informal conversation with the tutor before attending then please contact the Laing learning team on learning@laingartgallery.org.uk.

Run in partnership with Arts Connect.

*There is also the opportunity for participants to achieve the nationally accredited Explore or Bronze Level Arts Award.

Make & Take

10-2pm, £5 per child

Every Wednesday during the School Holidays

Suitable for 0-13 year olds

Make & Takes are all about bringing families together to have fun and get creative with hands-on art activities.

Make & Take days have 3 art activities to participate in. One of the activities is a 'messy session' which is time slotted.

BIG ART days are for all the family to explore, make and create art together. Each session is led by an artist or gallery educator and a team of volunteers. There are new techniques and materials throughout the gallery to try and experiment with every Wednesday during the holidays. New families get a free Tote bag to take away their creation. Get a discount if you bring the bag on your next visit.

*There is also the opportunity for participants to achieve the nationally accredited Discover Arts Award.

L-INK ...the Laing's young people's group

16-21 year olds

L-INK are a group of young people who work with the Laing Art Gallery to organise events, work with artists, create artworks, fundraise, deliver family events and visit other museum and galleries.

For young people who are 16-21 years old, interested in the arts, are curious about what goes on inside a gallery, or just want to meet new people. L-inkers should be energetic, enthusiastic, positive, friendly and willing to commit to one Sunday afternoon a month.

*There is also the opportunity for participants to achieve the nationally accredited Bronze, Silver or Gold Level Arts Award.

For our Littlest Visitors

Little Artists - for Under 5s

Tuesdays (term-time)

10.30-11.30am

An opportunity for families to explore the Laing with their little ones in a creative and relaxed environment. Sessions are one hour and include exploring the galleries, a story, an art/craft activity and a snack.

Play Space

Open Daily Free

Our Playspace is especially for our youngest visitors, where they can dress up, explore art and play. The space features a brand new den, light table, dress-up and new books and toys to explore.

CONTACT – HELPFUL GUIDE FOR FAMILIES WITH DISABLED CHILDREN

If you care for a Disabled child, or a child with additional needs. You might have a diagnosis for your child or you could be waiting for one. Maybe you've been living with your child's condition for some time but are now looking for extra support, or you're not sure, but you think your child may need extra help and support. Perhaps you feel like you are on a roller coaster and simply don't know which way to turn next.

To get a guide copy and paste the link into internet browser where you can order a copy of The Helpful Guide for Families with Disabled Children



<https://contact.org.uk/news-and-blogs/its-here-our-new-helpful-guide-for-families-with-disabled-children/>

**Special Offer on Relaxed Performance Pantomime Tickets – 28th
August 3.00pm**



The producer Liam Glendinning of Glendo Entertainments has very kindly offered tickets at a discounted price for this wonderful RELAXED production. Tickets are available at a discounted price of £15.00 each with no free carers as this is a special deal for an inclusive relaxed performance.

Tickets are available from Northern Stage, Box Office.

Newcastle Airport open sensory area as part of Mental Health Awareness Week

Newcastle Airport has become the first airport in the North to open a sensory area for passengers with hidden disabilities.

The area, which has been opened during Mental Health Awareness Week, provides a designated relaxing and safe environment for passengers with hidden disabilities such as autism, dementia, sensory issues and mental health issues.

The calming sensory area has been specially designed to support relaxation and de-escalation for passengers who may need to escape when those busy airport surroundings become overwhelming.

Departing passengers who need to use it will be able to relax in the serene space before they fly – and airport staff can guide travellers safely to the location.

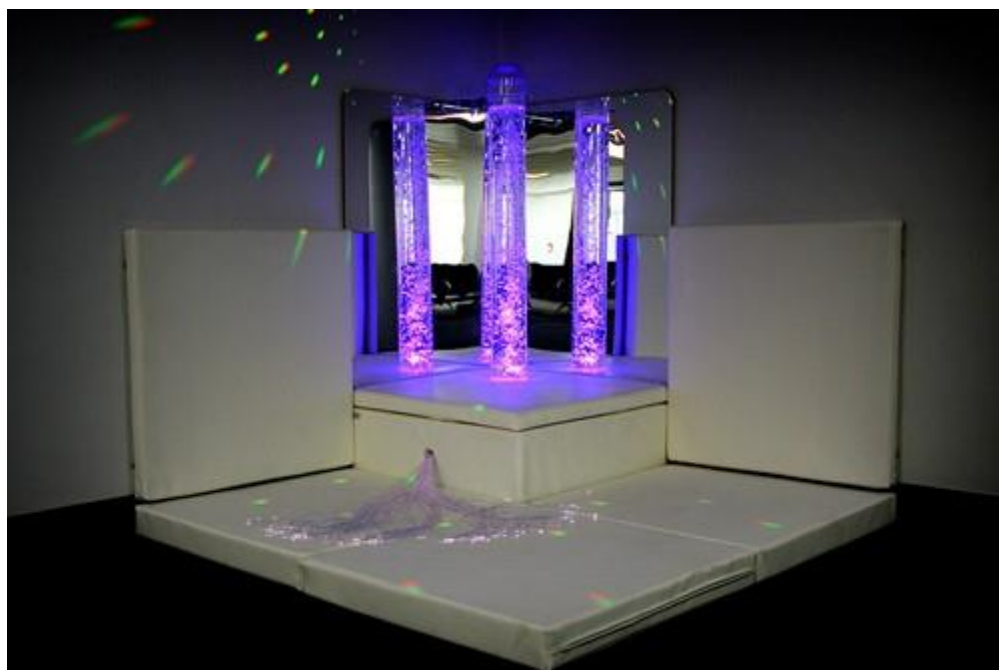


The open area is free to use and is aimed exclusively for passengers with hidden or physical disabilities to use.

The area features a specially-designed bubble tube, a calming LED fibre optic 'softie' and a disco ball – all of which are specially designed to stimulate the senses as well as improve motor skills.

It is also completely padded to provide a comfortable and relaxing environment for users.

Representatives from the Toby Henderson Trust, the North East Autism Society and The Children's Foundation joined airport staff today (FRIDAY MAY 17th) to watch as the area was officially opened to the public.



Richard Knight, Chief Operating Officer at Newcastle Airport, said: “The passenger journey entails travelling through a busy environment – which can cause stress for people with hidden disabilities.

“I think it is absolutely fantastic that we have been able to provide this new service and I hope that it will make a true difference to the passengers who will use it.

Kerrie Highcock, Family Development Manager of the North East Autism Society, added: “The North East Autism Society has a longstanding relationship with Newcastle International Airport through training and partnering to provide ‘passports’ for autistic travellers.

“We are thrilled that a further step has been taken to once more make the North East, and Newcastle International Airport, an exceptional place for people whose sensory needs usually preclude them from such spaces.

“We look forward to the great reports coming back as the world opens up for more and more people thanks to incredible initiatives such as this one to make a sensory space available to passengers. Well done NIA!

Acting CEO/Trustee of the Children's Foundation, Dr Sue Vernon, said: “Airports are stress filled places for us all and the sensory room is a brilliant additive to the airport, bringing a space of calmness for children and young people with sensory problems.”

Sarah Stephenson, Community Fundraising Partner for the Toby Henderson Trust, added: “I think that this has been a very well thought out project by the airport – and the sensory area is in a great and quiet location.

“It has real potential to calm children down who may be anxious about their journey, and it will be a great support for parents or carers travelling with them.”

The sensory area will have limited availability; however passengers do not need to book for usage.

Newcastle Quayside Seaside

Wesley Square, Near the Law Courts, Newcastle Quayside, Newcastle Upon Tyne, Tyne And Wear, NE1 3RN



Oh I do like to be beside the seaside – oh I do like to be beside... Newcastle Quayside Seaside! Get ready to feel the sand between your toes once again when the NE1 Northumbrian Water Newcastle Quayside Seaside returns this May 2019 until October 2019.

One of NewcastleGateshead’s most iconic spaces is transformed every year into a seaside paradise complete with deckchairs, palm trees, candy-striped beach huts, golden sand and a kids' climbing wall. Soak up the sun during your lunch break from the office or enjoy building a sandcastle in the city centre. Returning for another year to the Quayside Seaside is the children's playground area equipped with a slide and a fireman’s pole, which proved a big hit with children last year. Kick back, relax and while away a summer’s day in this city centre oasis.

New for 2019! Recline in the sunshine on a brand new astro-turf area equipped with additional seating, giant outdoor games and an area designed to welcome a roster of street food vendors.

As part of its support, Northumbrian Water is planning a range of fun and interactive activities on the Quayside Seaside to keep beachgoers hydrated and entertained including yoga and pilates. The Northumbrian Water team will work with local businesses to offer free water re-filling stations in the surrounding area.

Esh Civils, the civil engineering division of Esh Construction will begin work on the Quayside Seaside attraction on Tuesday 14 May which is set to be ready for visitors to enjoy over the late-May bank holiday weekend.



Dippy on Tour: A Natural History Adventure

Dippy the Dinosaur has arrived in Newcastle. Plan your Natural History Adventure today



Dates

Until Sunday 6 October

Relaxed sessions every Sunday (11.15am) and first Wednesday of the month (4.15pm).

Location

Special Exhibitions Hall, first floor

There are related displays throughout the rest of the museum.

Price and booking info

Free entry, donations welcome

Walk up spaces are available daily

Booking a ticket in advance guarantees you entry if it's really busy. It also helps us to manage visitor flow, providing a better experience for everyone.

Relaxed sessions have a greatly reduced capacity and are strictly ticket only.

About



Following his visits to Dorchester, Birmingham, Belfast and Glasgow, the Natural History Museum's famous Dinosaur **Dippy** has come to Newcastle for a very special exhibition.

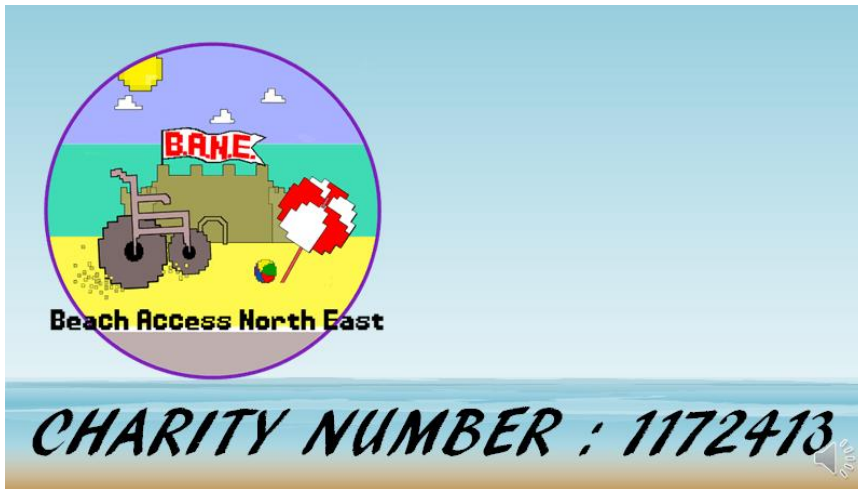
Dippy the Diplodocus lived in London for over 100 years but now he's on an adventure around the UK's best family museums.

Unveiled to the British public in 1905, Dippy was cast from the type specimen found in America. The full skeleton is 21.3 metres long, 4.3 metres wide and 4.25 metres high.

Enjoy a day out with Dippy and get inspired about the natural world!



Beach Access North East (BANE)



<http://www.beachaccessnortheast.org>

Tel – 0300 999 4444

Email - info@beachaccessnortheast.org

This is a charity that helps disabled children and adults enjoy the stunning beaches of the north east with specialist equipment like Beach Wheelchair. Visit their website to get more information about free hire.

This is some information that they sent us –

We have made some amazing progress since I last contacted you and our container is now in place down on the promenade at Whitley Bay, beside the Rendevous Cafe. This means we have storage at both Blyth & Whitley Bay. Newbiggin Maritime Centre has also joined forces with our organisation and they have 2 Hippocampes for free loan by contacting the centre directly on 01670 811 951 .

Our publicity has gone viral and we have now reached over 200,000 people on Facebook alone.

<https://www.facebook.com/groups/1213359952035625/>

We are currently recruiting Volunteers and setting up a rota to support our work at Blyth and Whitley Bay – please spread the word.

VOLUNTEERS REQUIRED for BEACH ACCESS NORTH EAST - 'A DAY AT THE SEASIDE'

To assist a BEACH ACCESS charity at Blyth Tynemouth and Whitley Bay. We need volunteers to be on hand for half or full days at our storage container, on a rota basis. To raise the profile of our service by handing out flyers and showing our equipment to the general public, and to loan out equipment when required. Volunteers are not expected to push the wheelchairs.

Full training will be given, this will take a maximum of one hour.

On days where the weather is inclement, we have administration work which can be done by volunteers, for example putting out flyers, pitching in shopping centres to raise the profile of our service or approaching businesses to support our work.

We also need help with answering our phone line to take bookings.

This Facebook group is dedicated to our Volunteers - where information regarding training and rota will be updated.

Please join this group if you are interested in Volunteering for us. Thanks

https://www.facebook.com/groups/462227957575639/?hc_location=group

SEN INCLUSIVE SWIMMING SESSIONS

Sen Inclusive Session
Aqua splash **Starting Sat 29th**
June
@West Denton Pool

BETTER
the feel good place

3 til 4pm **£3.50 pp**



BALTIC



Why don't you check out Whats on at the Baltic on the Gateshead side of the river to see what happening over the summer. A couple of examples below

<http://baltic.art/whats-on/family-activities>

SUMMER OF MAKING

Every Wednesday throughout the Summer Holidays

10.30-13.00 FREE Drop-in

This summer BALTIC is celebrating the magic of making! Come along to these free artist-led workshops and try your hand at some experimental making techniques inspired by BALTIC's current exhibitions. You and your family could be planning practical jokes, mixing slime, building your own inventions or getting crafty with recycling.

Summer of Making sessions take place every Wednesday throughout the Summer Holidays, 10.30-13.00. Recommended for 4-11 year olds, but everyone welcome.

Summer of Making sessions will have the following themes:

- 24 July - Making Noise
- 31 July - Making Mess
- 7 August - Making Jokes
- 14 August - Making Things Up
- 21 August - Re-making
- 28 August - Making Even More Mess

BALTIC CONTINUED

BE CREATIVE AUTISM FRIENDLY

3 August, 7 September 13.00 & 14.00

Booking essential
FREE (voluntary donations tickets available)

These free sessions are for families and friends on the autistic spectrum.

Recommended for ages 5-13.

BALTIC is working with North East Autism Society to help create a relaxed and engaging activity. The following adaptations will be made to help you have the best possible experience.

- The capacity of the sessions has been carefully considered and spaces are limited
- BALTIC artists leading the sessions have experience of working with children on the Autistic spectrum
- The activities will include sensory elements and a BALTIC artist will be available to support you and your family

Please be aware that each child and adult attending must have a ticket. All children must attend with an adult.

*Plus booking fee

north east
autism society



CITY OF DREAMS

Fantastic activities

SUMMER 2019

#MAKE SOMETHING BRILLIANT

for children & young people

across Newcastle & Gateshead

in the most exciting venues

FOR AGES 5-13

Looking for fun and creative adventures this Summer?

Good news - Newcastle and Gateshead will be brimming with activities for the family to get involved with.

From top-secret investigations at spy school to a sensory exploration of the Ouseburn Valley, there's something for everyone!

Most activities are free (yes, FREE!) or great value.

GET ARTY

SUMMER OF MAKING

Try your hand at some experimental making techniques
Baltic

GET INVENTING

FIRE A ROCKET

Get your head around some basic rocket science!
Life Science Centre

MAKE A SHOW OF YOURSELF

PLAY IN A WEEK

Create your own theatrical extravaganza!
Theatre Royal

DO SOMETHING DIFFERENT

SPY SCHOOL

Can you solve a mystery and catch the baddest of baddies?
Northern Stage

For dates, times, bookings and all things brilliant:

bit.ly/MSBsummer

NEWCASTLE GATESHEAD CULTURAL VENUES

NEW WRITING NORTH YOUNG WRITERS

BALLINGER CHARITABLE TRUST

Gillian Dickinson

Community Foundation

NEWCASTLE UNIVERSITY FESTIVAL

part of

CITY OF DREAMS

LET'S MAKE NEWCASTLE AND GATESHEAD THE BEST PLACE TO BE YOUNG

unsubscribe

CITY OF DREAMS

Fantastic activities

SUMMER 2019

for children & young people

#MAKE SOMETHING BRILLIANT

across Newcastle & Gateshead

in the most exciting venues

UNDER 55

Looking for fun and creative adventures this Summer?

Good news - Newcastle and Gateshead will be brimming with activities for you and your family to get involved with.

From sensory explorations of the Baltic to getting your Superhero on at Centre for Life, there's something for everyone!

Most activities are free (yes, FREE!) or great value.

GET ARTY

WONDER AND WANDER POM POM CREATIONS

Sensory explorations of Baltic for toddlers and family
Baltic

Make your own wooly wonders
Life Science Centre

GET INVENTING

ROCKET LAUNCH

Make a hanging spiral to take your rocket to the moon!
Life Science Centre

For dates, times, bookings and all things brilliant:

bit.ly/MSBsummer



You are invited to attend

AutismAble Summer Club

Running throughout August

Please come along to the AutismAble Summer Club opening event on Saturday 3rd August 11am-2pm to find out more information.

The Summer Club is free and suitable for people aged 16+ with a learning disability and / or autism

Free BBQ supplied by SeaChange Cafe
Raffle prizes (including a brand new iPad)
Arts & Crafts
Games
Activities

For more information please call 0191 4560894 or email info@autismable.com
AutismAble, Custom Space, Captains Row, South Shields, NE335AS

CHANGING PLACES -



Over a 1/4 million people need Changing Places toilets to enable them to get out and about and enjoy the day-to-day activities many of us take for granted.

The Changing Places Consortium launched its campaign in 2006 on behalf of the over 1/4 of a million people who cannot use standard accessible toilets. This includes people with profound and multiple learning disabilities, motor neurone disease, multiple sclerosis, cerebral palsy, as well as older people.



To use the toilet in safety and comfort, many people need to be able to access a Changing Places, which have more space and the right equipment, including a height adjustable changing bench and a hoist.

www.changingplaces.uktoiletmap.org

Below are a list of places locally that you can access

- 1. Newcastle University – Daysh Building, NE1 7RU**
- 2. City Library – New Bridge Street West , Newcastle, NE1 8AX**
- 3. Eldon Square Shopping Centre, NE1 7JB**
- 4. Discovery Museum, Blandford House, NE1 4JA**
- 5. Metrocentre , Gateshead**
- 6. Newcastle International Airport**



CIRCUS CIRCUS CIRCUS CIRCUS CIRCUS CIRCUS CIRCUS

Circus Central are running two Summer Schools – SEE www.circuscentral.co.uk

1. 22 July to 26 July at Mill Lane
Circus and Parkour for ages 7-15
Suitable for beginners, those with experience and anyone with Special Needs or disabilities
Full Price £120
2. 19 to 23 August at Christ Church
5 days to explore, create and train circus for ages 7 - 15
Show at the end of the week
All ages – all abilities
Full Price £120

If you have any questions or want to discuss additional support/flexibility for anyone with special needs or disabilities, please contact admin@circuscentral.co.uk



Useful Family Planner

Please also see the planner that has been produced to help your family plan what you might want to do and try this summer. It's attached to this newsletter



The image shows a calendar grid for the summer of 2019, titled "Planner Summer 2019". The grid covers dates from Monday, July 22nd to Sunday, September 8th. The dates are arranged in a 7-column, 7-row format. The first row contains dates from Mon 22 Jul to Sun 28 Jul. The second row contains dates from Mon 29 Jul to Sun 4 Aug. The third row contains dates from Mon 5 Aug to Sun 11 Aug. The fourth row contains dates from Mon 12 Aug to Sun 18 Aug. The fifth row contains dates from Mon 19 Aug to Sun 25 Aug. The sixth row contains dates from Mon 26 Aug to Sun 1 Sep. The seventh row contains dates from Mon 2 Sep to Sun 8 Sep. The calendar is decorated with stylized palm fronds in blue and green at the top and bottom corners.

Mon 22 Jul	Tues 23 Jul	Wed 24 Jul	Thu 25 Jul	Fri 26 Jul	Sat 27 Jul	Sun 28 Jul
Mon 29 Jul	Tues 30 Jul	Wed 31 Jul	Thu 1 Aug	Fri 2 Aug	Sat 3 Aug	Sun 4 Aug
Mon 5 Aug	Tue 6 Aug	Wed 7 Aug	Thu 8 Aug	Fri 9 Aug	Sat 10 Aug	Sun 11 Aug
Mon 12 Aug	Tue 13 Aug	Wed 14 Aug	Thu 15 Aug	Fri 16 Aug	Sat 17 Aug	Sun 18 Aug
Mon 19 Aug	Tue 20 Aug	Wed 21 Aug	Thu 22 Aug	Fri 23 Aug	Sat 24 Aug	Sun 25 Aug
Mon 26 Aug	Tue 27 Aug	Wed 28 Aug	Thu 29 Aug	Fri 30 Aug	Sat 31 Aug	Sun 1 Sep
Mon 2 Sep	Tue 3 Sep	Wed 4 Sep	Thu 5 Sep	Fri 6 Sep	Sat 7 Sep	Sun 8 Sep



Supporting visually impaired children and their families across the North East with a range of positive opportunities and activities

Register Your Child with Useful Vision Today on

<https://www.usefulvision.org.uk/> and then you will be able to go online and book the events free of charge.

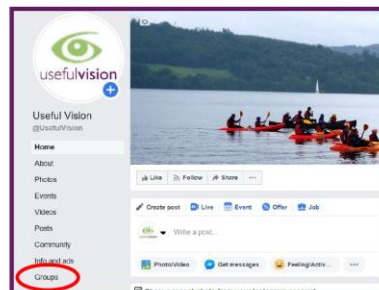
Parents & Carers Forum

Remember to join our Facebook group

What it is: A private platform to speak with other UV parents. This is an opportunity for parents and carers of visually impaired children to give input about Useful Vision activities as well as share personal experiences.

How to join:

1. Like us on Facebook at www.facebook.com/usefulvision
2. Click on 'Groups' and then 'Join Group'
3. An admin will verify you and accept your request



Regular Activities

Activity	Location	Day & Time
Horse Riding (4+) 	Morpeth RDA	Tuesdays 6-6:30pm or 6:30-7pm
Football (5-16) 	Walker Dome	Wednesdays 5:30pm-6:30pm
Trampolining (4+) 	Newburn Activity Centre	Thursdays 5:30-6:30pm
Sports Club & Swim (5+) 	Washington Leisure Centre	Saturdays 9-11am

Book your place now. Spaces fill up very quickly so don't delay! Please note these activities are organised by Useful Vision but will be delivered by facilitators.



NUFC Stadium Tour

Date: Friday 9th August 2019

Time: 10am – 11:30am

Location: Newcastle United Football Club, St James Park, Newcastle. NE1 4ST

Suitable for: 7ys +

Information: We have an exclusive tour of St James Park Stadium. For any Newcastle United fans this is a great chance to have access behind the scenes and learn about the history of the club. Get the chance to sit in the managers seat and walk through the Tunnel.



Alnwick Gardens Family Day

Date: Tuesday 27th August 2019

Time: 10.30am – 4pm

Location: The Alnwick Gardens, Greenwell Road
Alnwick. Northumberland. NE66 1HB

Suitable for: All the Family.

Information: We invite you to a wonderful family day at the beautiful Alnwick garden! Take an exclusive tour of the poison garden, sensory tour of the grounds, potting and planting and the opportunity to make your own grass head to take home. Explore the rest that Alnwick gardens has to offer at your leisure. Bring your own packed lunch.





Book

Ring, email or use the website to book your place on as many activities as you would like.



Receive your confirmation

This will come by email (or if you don't have email, via post) so make sure your contact info is up to date!

If you would like to receive this booklet via email please let us know.

Website address to book activities -
<https://www.usefulvision.org.uk/>

Useful Family Planner

Please also see the planner that has been produced to help your family plan what you might want to do and try this summer. It's attached to this newsletter



Planner Summer 2019

Mon 22 Jul	Tues 23 Jul	Wed 24 Jul	Thu 25 Jul	Fri 26 Jul	Sat 27 Jul	Sun 28 Jul
Mon 29 Jul	Tues 30 Jul	Wed 31 Jul	Thu 1 Aug	Fri 2 Aug	Sat 3 Aug	Sun 4 Aug
Mon 5 Aug	Tue 6 Aug	Wed 7 Aug	Thu 8 Aug	Fri 9 Aug	Sat 10 Aug	Sun 11 Aug
Mon 12 Aug	Tue 13 Aug	Wed 14 Aug	Thu 15 Aug	Fri 16 Aug	Sat 17 Aug	Sun 18 Aug
Mon 19 Aug	Tue 20 Aug	Wed 21 Aug	Thu 22 Aug	Fri 23 Aug	Sat 24 Aug	Sun 25 Aug
Mon 26 Aug	Tue 27 Aug	Wed 28 Aug	Thu 29 Aug	Fri 30 Aug	Sat 31 Aug	Sun 1 Sep
Mon 2 Sep	Tue 3 Sep	Wed 4 Sep	Thu 5 Sep	Fri 6 Sep	Sat 7 Sep	Sun 8 Sep

The Children with Disabilities Team cannot be responsible for changes or cancellation to any of the information that is printed in this newsletter. We would recommend that you contact the organisation before attending any of the featured activities.