MOSAIC inTouch: a newsletter for families in Camden with disabled children

We hope you and your family are continuing to enjoy the many clubs and activities in Camden.

If you have visited a great place / activity, please let us know and we will share this in our next newsletter. In each issue of MOSAIC inTouch we’d like to include hints, tips and suggestions from parents and professionals to share with other parents in Camden with disabled children. Please email any suggestions to marie.keeley@camden.gov.uk

Please check out www.localoffer.camden.gov.uk for further information about services for and all the inTouch editions.

Thanks to parents and professionals for sharing their ideas with our MOSAIC inTouch Summer Edition

www.booksbeyondwords.co.uk
Books Beyond Words use pictures to tell stories; but they also let the reader tell their own story - the one they see in the pictures. This can tell you a lot about a person’s inner world and their understanding of situations.

https://www.sightlinedirectory.org.uk/
The directory for services aimed at helping blind or partially sighted people.
We want to thank everyone who contributed to the short breaks consultation and parent co design meetings this year. The short breaks statement 2015/16 is due to be published in November 2015. We will continue to work closely with young people and parents/carers in our next steps.

Next Steps:
⇒ Short breaks statement 2015/16 to be published in November, 2015
⇒ Co design the self referral tool with parents and professionals
⇒ Develop an easy read short breaks statement 2015/16

For information, please contact marie.keeley@camden.gov.uk or phone 020 3317 2228

It’s just over a year since the Camden Local Offer website went live. We worked with many parents, carers and young people to develop the Local Offer website so that you could have the latest news, information and details about local services all in one place.

During November 2015, once again we will be seeking your feedback on the Local Offer website to see what you think about the website, what you like and what you don’t like, how easy it is to use and what you’d like to see improved.

We will have an online survey as well as paper copies of the survey that you can pick up from MOSAIC during November 2015 – make sure you feedback your thoughts so that we can improve the Camden Local Offer further.

Visit localoffer.camden.gov.uk

For more information about the Local Offer website or to provide feedback, email localoffer@camden.gov.uk or contact Fahim Ahmed on 020 7974 6345.
MOSAIC Disability Card

If you live in Camden, your child is under 18 years old and receiving services from MOSAIC then you may be eligible for a disability card.

Benefits of the MOSAIC Disability Card:

- Can be used to explain to people that your child has a disability.
- Offers concessionary rates and use of facilities at attractions. For example, a carer can go free to London Zoo, London Eye, Legoland, Chessington World of Adventures and many more!

Contact Marie Keeley 020 3317 2228 or email marie.keeeley@camden.gov.uk find out if you are eligible.

First Friday of every month at MOSAIC
Kentish Town Health Centre from 9:30-11.30

Make an appointment today to find out what activities and services are available in Camden for your child. This includes afterschool clubs, holiday clubs, swimming sessions, disability card, sports clubs and much more.

Short breaks drop-in

Contact: Marie Keeley (Short Breaks Coordinator and Outreach Worker)

020 3317 2228 or email marie.keeley@camden.gov.uk

Please book an appointment
Camden MOSAIC Group for Parents of Adolescents with Disabilities - *Exploring Adolescence* -

What is the aim of the group?

To explore adolescence with parents of disabled children. A short, informal presentation on one aspect of adolescence will be given each session - followed by a group discussion. It will be an informal, open group and parents are welcome to bring friends who also have adolescents with disabilities.

Where will the group take place?

It will take place once a month at Swiss Cottage School, 80 Avenue Road, Swiss Cottage, NW8 6HX. *Your child does not have to attend Swiss Cottage School – parents of children from any school are welcome.*

Who will be running the group?

Susan Cottam, Clinical Psychologist, MOSAIC: 020 3317 2261 susan.cottam@nhs.net
Adele O’Hanlon, Child & Adolescent Psychotherapist, MOSAIC: 020 3317 2272 adele.ohanlon@nhs.net

Themes

2. **Friendships** - Tuesday 3 November 2015 from 9.30am to 10.45am
   - Difficulties with friendships
   - Establishing a friendship group
   - Ways of relating

3. **Sexuality** - Tuesday 15 December 2015 from 9.30am to 10.45am
   - Relationships
   - Masturbation
   - Talking to adolescents

4. **Identity and role models** - Tuesday 12 January 2016 from 9.30am to 10.45am
   - How identities are formed
   - Disability and identity
   - Value of role models

5. **Coping as a parent of an adolescent** - Tuesday 9 February 2016 from 9.30am to 10.45am
   - Looking after yourself
   - Mindfulness as an approach to stress management

6. **Activities and groups** - Tuesday 8 March 2016 from 9.30am to 10.45am
   - What’s in Camden?
   - Sharing experiences of activities and groups
The Active for All project is a disability sports project aimed at 14 to 25 year olds (however younger or older participants will not be excluded) whose aim is to create more opportunities for people with a disability to be physically active. This will be available during the summer holidays 2015.

**Monday Night Club:** Every Monday from 7:00pm to 9:00pm at Talacre Sports Centre. Come along and play a variety of adapted multi-sports including boccia, table cricket, kurling and table tennis. We hold competition evenings once per month where participants can earn medals and trophies.

**Move It!** Friday mornings during term time from 10:00am to 11:00am at Talacre Sports Centre. Come along and try a variety of sports and adapted games. It is a fun, active and sociable session where participants can play games, meet new people and develop confidence to be more active.

**Weekend Hub Clubs:** A rolling programme of weekend activities. **Saturdays at Swiss Cottage Leisure Centre** and **Sundays at Talacre Sports Centre.** Hub Clubs activities on offer will include: Swimming, climbing, gym and fitness, wheelchair sports, dance, football and athletics. All activities will be **free of charge** and present a great opportunity to try new activities in a fun supportive environment.

Every Saturday from 2:00pm to 5:00pm at Swiss Cottage Leisure Centre, the session is free, the age group is 14-25 and the activities are as follows:

- 2:00-3:00 - Gym and Fitness
- 3:00-4:00 - Adapted Dance
- 4:00-5:00 - Adapted Sports

There is no need to book in advance, participants can stay for all three sessions or just attend the session they are most interested in.

For more information email **Jessica.Neece@camden.gov.uk** or contact **0207 974 4625**
Junior Swimming Session at Kentish Town Sports Centre

When: Every Sunday  
   Time: 3:00pm to 5:00pm  
   This is a drop in session so there is no need to book in advance.

Where: Kentish Town Sports Centre- Grafton Road, NW5 3DU  
   This session is in the training pool which is not very deep. It is ideal for new swimmers or people who are just getting used to being the water

Cost: Junior non-member: £1.85  
      Junior pay and play member: £1.45  
      Junior pay and play concessionary member: £1.30  
      Junior prepaid memberships (includes disability card) – no charge  
*Parents/carers accompanying participants attend for free

Age group: under 16’s. This is a targeted disability swim session for disabled children.  
Siblings under 16 are also welcome to attend this session.

Please note: This session is a fun splash session and parents or carers are encouraged to join in the session and be in the water with their child especially if their child is not confident in the water. There will be a volunteer instructor there to support some of the sessions, but this is not a learn to swim session. The session will always be supervised by a lifeguard.

For more information contact: Jessica Neece on Jessica.neece@camden.gov.uk
Fun, Active, Sociable Swimming Lessons

Have fun, exercise, and learn to swim in classes for disabled people, people with limited mobility, and those recovering from injury affecting mobility.

In the Grafton pool at Kentish Town Sports Centre

For young people 14+

£1.50 per session 6 week course

You can book at any time if there is space available

Ring 020 7974 5440 or visit Kentish Town Sports Centre to book

Community Clubs Multi –Sports sessions for all disabled people

WEEKLY TERM-TIME SESSIONS BETWEEN SEPTEMBER 2015-JULY 2017

WEST REGION CLUBS

<table>
<thead>
<tr>
<th>CLUB BRENT</th>
<th>Saturday</th>
<th>2.00 - 5.00pm</th>
<th>Willesden Sports Centre - NW10 3QX</th>
<th>£6</th>
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<tbody>
<tr>
<td>CLUB KENSINGTON &amp; CHELSEA</td>
<td>Saturday</td>
<td>11.00 - 1.00pm</td>
<td>Kensington Leisure Centre - W10 6EX</td>
<td>£2</td>
</tr>
<tr>
<td>CLUB HILLINGDON</td>
<td>Wednesday</td>
<td>7.00 - 9.00pm</td>
<td>West Drayton YM Centre - UB7 9LU</td>
<td>£2</td>
</tr>
<tr>
<td>CLUB WESTMINSTER</td>
<td>Thursday</td>
<td>4.00 - 6.00pm</td>
<td>Little Venice Sports Centre - W2 1ND</td>
<td>£1</td>
</tr>
</tbody>
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EAST REGION CLUBS

<table>
<thead>
<tr>
<th>CLUB ISLINGTON</th>
<th>Saturday</th>
<th>11.00 - 1.00pm</th>
<th>Sobell Leisure Centre - N7 7NY</th>
<th>£3</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLUB HACKNEY</td>
<td>Thursday</td>
<td>11.00 - 12.30pm</td>
<td>Queensbridge Leisure Centre - E8 3XW</td>
<td>£2.50</td>
</tr>
<tr>
<td>CLUB TOWER HAMLETS</td>
<td>Thursday</td>
<td>5.30 - 7.00pm</td>
<td>Mile End Stadium - E1 4NS</td>
<td>£1</td>
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SOUTH REGION CLUBS

<table>
<thead>
<tr>
<th>CLUB LAMBETH</th>
<th>Tuesday</th>
<th>4.30 - 6.00pm</th>
<th>Brixton Recreation Centre - SW9 800</th>
<th>£2</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLUB SOUTHWARK</td>
<td>Saturday</td>
<td>3.00 - 5.00pm</td>
<td>Camberwell Leisure Centre - SE5 8TS</td>
<td>£2</td>
</tr>
<tr>
<td>CLUB SUTTON</td>
<td>Saturday</td>
<td>11.00 - 12.30pm</td>
<td>Carshalton Leisure Centre - SM5 1SL</td>
<td>£2.50</td>
</tr>
<tr>
<td>CLUB WANDSWORTH</td>
<td>Tuesday</td>
<td>4.30 - 6.00pm</td>
<td>Calus House Youth Centre - SW11 3RL</td>
<td>£2</td>
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For more information, please contact 020 7021 0973 or email clubs@disabilitysportscoach.co.uk
Running Club for Disabled Young People

Fun Sunday sessions facilitated by coaches from Highgate Harriers running club at the Talacre Sport Centre.

Sunday 25th of October 2 - 4 pm
Sunday 29th of November 2 - 4 pm

This is an enclosed area, so if you have children who like to run (and sometimes run away) this is an ideal space for them to let off steam and burn off some energy.

Please note that parents or carers must attend and accompany participants throughout the session.

For more information contact ben.dorsett@camden.gov.uk or marie.keeley@camden.gov.uk Or phone 020 3317 2228

KEEN London is a charity which offers one-to-one sports and recreational opportunities for children and young adults with special needs (our 'athletes'), and their siblings, at no cost to their families and caregivers.

For more information visit their website on www.keenlondon.org/ or call 07858 899066.
Want to be part of a fun, friendly, Girls-Only Football Team this summer?

EVERY SATURDAY 4PM-5PM
SESSION & SIGN-USomers Town Youth Centre
134 Charlton Street, NW1 1 RX

Please Call/text/email Becki on 07749959901 to book
becki@somerstown.org.uk
# Autumn Calendar 2015

Welcome to our Autumn Calendar of forums and workshops for anyone in Camden with a child or young person with special needs – please come along!

We send out regular email bulletins so if you want to join our mailing list please let us know. To contact us please email rachel.dixon@kids.org.uk, call/text 07587 039033 or call KIDS on 020 7359 3635 and ask for Rachel, Samantha or Linnet. Take a look at www.facebook.com/CamdenSpecialParentsForum.

**November**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>4 Wed</td>
<td>Transition Forum, for parents of those aged 14+ moving into adulthood</td>
<td>10-12pm</td>
<td>VAC</td>
</tr>
<tr>
<td>6 Nov</td>
<td>Personal Budgets Day</td>
<td>10 – 2pm</td>
<td>Lumen Centre</td>
</tr>
<tr>
<td>11 Wed</td>
<td>Art and Crafts Workshop</td>
<td>10.30 – 12.30pm</td>
<td>VAC</td>
</tr>
<tr>
<td>16 Mon</td>
<td>Walk and Talk</td>
<td>10.15-12.15pm</td>
<td>Hampstead Heath</td>
</tr>
<tr>
<td>18 Wed</td>
<td>Special Parents Forum, for all parents of 0-25 year olds with special needs</td>
<td>10-12pm</td>
<td>VAC</td>
</tr>
<tr>
<td>24 Tues</td>
<td>Introduction to Social Media</td>
<td>10-12pm</td>
<td>VAC</td>
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**December**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>2 Wed</td>
<td>ASD Forum, for parents of 0-25 year olds with Autistic Spectrum Disorders</td>
<td>10-12pm</td>
<td>VAC</td>
</tr>
<tr>
<td>4 Fri</td>
<td>Cook And Eat</td>
<td>12-2pm</td>
<td>Kentish Town Congregational Church</td>
</tr>
<tr>
<td>7 Mon</td>
<td>Walk and Talk</td>
<td>10.15-12.15pm</td>
<td>Hampstead Heath</td>
</tr>
<tr>
<td>9 Wed</td>
<td>Preparing for Adulthood Workshop</td>
<td>10.30 – 2pm</td>
<td>VAC</td>
</tr>
</tbody>
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To book or find out more please get in touch- Rachel.Dixon@kids.org.uk, text or call 07587 039033 or call KIDS on 0207 359 3635 and ask for Rachel, Samantha or Linnet or leave a message.

*We work Mondays (Linnet only), Tuesdays and Wednesdays during term time only.*

www.facebook.com/CamdenSpecialParentsForum
We support young people and their families across the boroughs of Islington and Camden. Young Carers are those who provide care to another family member who has a physical illness or disability, mental health issue, sensory disability, learning disability or has a problem with drugs or alcohol. Young Carers can care for parents, siblings or extended family members within the home.

For more information contact:
Family Action
Islington ad Camden Young Carers
The Exchange
Watkinson Road
Islington
N7 8DE
T: 0207 272 6933
E: icyc@family-action.org.uk
Autism-Friendly Screenings are film screenings especially for people on the autism spectrum and other learning difficulties or complex needs and their families, friends and carers. Some people with autism are sensitive to sound and light and they can find going to the cinema difficult.

During Autism-Friendly Screenings low lights are left on in the auditorium and the volume of the soundtrack is reduced. It is fine for customers to move around, make noise or take a break during the film.

Autism-Friendly Screenings use advice and information from the National Autistic Society. The National Autistic Society is the UK’s leading charity for people affected by autism.

If you need information, advice and support, call The National Autistic Society’s Autism Helpline on 0808 800 4104 (Monday - Friday, 10.00am – 4.00pm).
Celebrating **Apple Day** since 1992, the farm continues to pull off one of the best celebrations in town.

Britain grows the best apples in the world and on Kentish Town City Farm we will be celebrating with a wide variety of English apples to taste and buy – which could include unusually named varieties like Frogmore, Burr Knot and Hoary Morning. There will be apple cookery, apple pressing, apple arts and crafts, an apple treasure hunt, and apple games such as apple bobbing and the longest peel competition. Apples will be from the farm’s apple trees, and also kindly donated by Sainsbury’s.

Wac Arts Interactive is a BBC Children in Need funded project that offers young people (12-18) with mild to moderate learning disabilities an opportunity to explore their creativity and enhance their communication and independence skills, whilst enabling opportunities to form friendships and have fun.

The Interactive group have worked on producing their very own radio show, streaming a live TV Broadcast, developing imaginative animations, creating their very own electronic music, producing Sci-Fi Films using exciting Green Screen skills, exploring 3D printing, developing their very own Apps and games using innovative techniques and investigating the fun world of video mapping.

Wac Arts Interactive is fully funded by BBC Children in Need and workshops and holiday projects are a free service (no transport is provided).

To join Wac Arts Interactive and take part in any of the activities, please contact the Interactive Project Co-ordinator, Tommy Edwards for more information at: [Thomas.edwards@wacarts.co.uk](mailto:Thomas.edwards@wacarts.co.uk) or call 0207 692 5878.
October Gallery Education FREE Family Art Workshops

October Gallery
Saturday 24th October
Bloomsbury Festival
10am-11.30am
Art and multi-sensory storytelling for under 5s and older siblings.

Half Term Fun
British Museum Main Foyer
Monday 26th October
Tuesday 27th October
11am-4pm
Art Drop-in suitable for all ages

For more information or if you would like to join our mailing list please email:
Georgie Fay georgie@octobergallery.co.uk

Fun Free activities for family at half term

Museum of London
150 London Wall EC2Y 5HN, Open 7 days
10am – 6pm.
Box office: 020 7001 9844

The British Museum
Great Russell Street, WC1B 3DG
Open daily, 10am – 5:30pm
For more information, please phone

Kenwood House
Hampstead Lane NW3
Tel: 020 8340 0143

Foundling Museum
40 Brunswick Square, WC1N 1AZ
For more information, please phone
020 7831 3600
Camden MOSAIC

Fun Activities

Offers dance, performance, social and other creative opportunities to children and young people with varying disabilities, including wheelchair users.

Class take place Saturday mornings: ages 5-25 in Hampstead (term time)

Contact: Charity manager Lewis (Lewis@icandance.org.uk)

Celebrating Parents and carers
Free family fun day

Date and time
Saturday 24 October 2015
1pm - 5pm

Venue
Haverstock School
Haverstock Hill
NW3 2BQ

Sports, arts and crafts, dance, games. See over for details.

Families and young people welcome:
Further details: email sandra.soteriou@camden.gov.uk

‘Resilience in Camden – Bouncing Back’

Activities
* music • dance • crafts
* bouncy castles • sports
* performances • Bubble the Clown
* massage • climbing wall • drumming
* face and henna painting • table tennis
* football • smoothie bike • under-fives activity centre
* cheerleading • still walkers • storytelling • reflexology
* health checks • information stalls • find out what’s available in your area • fun cycle skills and Dr Bike
* bring your bike! • graffiti t-shirts

Where to find us:

Organised by Camden Parent Council
Hi Everyone!

This time we would like to say hello to new staff and sadly say goodbye to staff leaving the MOSAIC team.

**Hello and Welcome to our new staff:**

- Rob Agnew (Locum Clinical Psychologist)
- Nikki Lim-Ashworth (Trainee Clinical Psychologist)
- Manus Moynihan (Clinical Psychologist)
- Sheree Rahim (Trainee Clinical Psychologist)
- Anthea Flanders (Educational Psychologist Trainee)
- Kasia Williams (Educational Psychologist trainee)
- Melissa (Child Psychotherapy Trainee)
- Youvanne Lewars (Social Worker)
- Isobel Coulson (Transition Social Worker)
- Fiona Mackay-Kabir (Senior Practitioner, Disabled Children’s Team)
- Ola Bankole (Keyworker)
- Caroline Banks (Speech and Language Therapist)
- Chloe Selby (Speech and Language Therapist)
- Ladan Abdirahman (Therapy Assistant)
- Grace Masterson (Clinical Assessment and Care Planning Coordinator)

**Fond farewell to:**

- Elleni Ross (Senior Practitioner, Disabled Children’s Team)
- Jasmine Monk (Social Worker, Disabled Children’s Team)
- Muriel Fowler (Family Support Worker, Disabled Children’s Team)
- Thea Macalury (Speech and Language Therapist)