



Children in the Highlands Information Point

CHIP Bulletin

May 2016

News for families who have children with additional needs and the professionals who work with them

ASL Guide Update

A guide to the Education (Additional Support for Learning) (Scotland) Act 2004 and as amended 2009, produced by The Highland Council and **CHIP** has been updated to reflect the new CSP (Co-ordinated Support Plan) process, whereby your area Additional Support Needs (ASN) manager will co-ordinate all CSP renewals & any new referrals made. It also takes the staff changes within Highland Council into account. To view the guide, go to www.chipplus.org.uk/index.asp?pageid=331378 or ask us for a hard copy.

Do you have any family photos that you'd be willing to share with **CHIP**? This could be days out, going to school or Uni or even selfies! We'd love to use them on our website, which we're hoping to upgrade soon and also in our publications like the Annual Report. Please e-mail any photos to info@chipplus.org.uk. Thanks!

SIGN Guidelines

SIGN (Scottish Intercollegiate Guidelines Network) develops evidence-based national clinical practice guidelines for NHS Scotland. They have a booklet on autism for parents & carers and also one aimed at Young People to explain what autism is, how it is diagnosed & what can help. We have recently added the guide for young people to our website along with the one for parent/carers and you can view it under our Information packs tab at www.chipplus.org.uk/index.asp?pageid=331433

SIGN are also looking for young people with autism to help with a consultation to review and comment on their guide for Young People with Autism and its contents. View the guide on the link above or contact the **CHIP** office for a hard copy and if you want to comment we can pass on your details to take part in the consultation or e-mail karenking5@nhs.net direct.

Scottish Disability Sports Summer Camp



With Summer fast approaching, SDS have issued their information for applying for summer camp with them at Badaguish Outdoor Centre, near Aviemore. It's open to all children and young people with physical or sensory disabilities aged between 10 and 18 years. Exciting outdoor experiences include climbing, cycling, archery & water sports. At only £90 cost for all coaching, accommodation, food & staff care on hand day & night, spaces are bound to fill up fast. This year, it's from Wednesday 27th to Friday 29th July and the closing date for applications is Friday, 17th June. Telephone 0131 317 1130, e-mail kate.shaw@scottishdisabilitysport.com for more information or call the **CHIP** office for a hard copy of the application form on 01463 711189. You can also view the poster and download the application form from our website news page at www.chipplus.org.uk/news.asp

Cyber Bullying

Bullying, specifically Cyber bullying has rapidly become a worrying trend for children, young people & their families with the rise of social media. No longer is home a safe haven as bullies can reach their targets through many sites such as facebook, Instagram, Snapchat & WhatsApp to name a few. It can often be difficult for parents to realise or understand what is happening or how they can help. The websites below give advice not only for parents but for young people on the effects of bullying and how best to deal with it.

www.bullying.co.uk/cyberbullying/

www.anti-bullyingalliance.org.uk/

www.childline.org.uk/

Don't forget our **CHIP** library has a good selection of books on bullying for young people and parents to borrow.

Challenging Behaviour

Some behaviours are a challenge to professionals, teachers, carers and parents. Behaviour is challenging if it causes harm to the person or others, or if it stops them fulfilling some aspect of their lives, such as when a child cannot go to school because they show some aggressive behaviour. It is the impact of these behaviours that makes them challenging. Cerebra have issued a factsheet which covers five key points:

- * What is challenging behaviour?
- * Why does challenging behaviour happen?
- * Understanding challenging behaviour
- * Where do I find professional help?
- * What further information is available?



There are lots of useful website addresses to go to for help on the factsheet including The Challenging Behaviour Foundation, Family Lives & NICE. You can download it by going to w3.cerebra.org.uk/help-and-information/guides-for-parents/managing-challenging-behaviour-factsheet-2/

Easy Read European Union Referendum



The referendum on whether to stay in the EU or leave it is being held on 23rd June 2016 and everyone over 18 years old can vote. This easy-read document on the main points is available on www.ldascotland.org/docs/Easy%20Read%20on%20the%20European%20Union%20Referendum.pdf from the Learning Disability Alliance Scotland website.

Blue Badge Disabled Parking— Extension to Eligibility Pilot

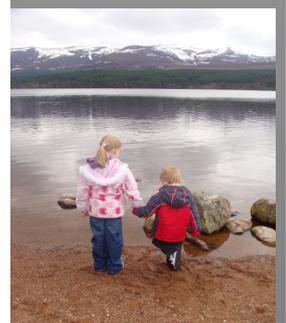
Transport Scotland are piloting a scheme to extend the eligibility when applying for a Blue Badge to include **“People, who as a result of a diagnosed mental disorder or cognitive impairment, have no awareness of danger from traffic and are likely to compromise their safety, or the safety of others.”** The pilot is for one year, after which a consultation will be done to decide whether to permanently change the scheme. You must be in receipt of higher or middle rate of Disability Living Allowance or have at least eight points in respect of activities 7, 8 and 9 of the Personal Independence Payment (PIP). To apply under this category please call The Highland Council on 01349 886604 to request a form – the pilot cannot be applied for online. If successful, there is a charge of £20 for the year.



Listening Books provides an excellent audiobook service to anyone who finds it difficult to read books in the usual way due to an illness, disability, learning or mental difficulty. Schools or other organisations can also become members of this charity. Among the thousands of audiobooks available are the National Curriculum set texts and study guides which could help a young person with dyslexia or visual impairment. From downloads & streams, postal service or a mix of both, rates are very reasonable and cover a wide genre. To find out more call 020 7407 9417, e-mail info@listening-books.org.uk or visit www.listening-books.org.uk.



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Transport Engagement Event

Scottish Disability Equality Forum (SDEF) are holding Transport Engagement Events all over Scotland in the coming months to let disabled people including young people 16+ & their parents/carers give their views on actions towards removing barriers to accessible travel. This will guide the "Accessible Travel Plan", created by the Scottish Government.



The two events in Highland are as follows; Merkinch Community Centre, Inverness on 31st May and The Broadford Hotel, Isle of Skye on 7th June.

This **FREE** event will be from 11 am till 3 pm with all refreshments & lunch included. To book your place, call 01259 272064, e-mail admin@sdef.org.uk or go to tinyurl.com/jadeo94

Brain Sane

Nicola Morgan has had over 90 books published, written mainly for teenagers & children including "The Teenage Guide to Stress" & "Blame my Brain". A prolific blogger & tweeter, Nicola also produces a monthly newsletter, Brain Sane, which is full of interesting links and articles including the effects of messaging/texting on sleep and links between the internet and a decrease in attention span. In the latest newsletter, the topics of awkwardness & introversion are also covered. Go to eepurl.com/b0DIM1 and remember we do have Nicola's book, "The Teenage Guide to Stress" in our **CHIP** library available to borrow.



Short Stature Scotland

Short Stature Scotland is a Scottish charity which supports people with various restricted growth conditions. They aim to offer friendship, support and advice to people with short stature of all ages, their family, friends and any interested professional bodies. Whilst striving to promote public awareness to give society a better understanding of the challenges that people with short stature face on a daily basis, they try to raise awareness that people with short stature can and do live fulfilling lives. That may include pursuing a desired occupation, entering into a relationship and having a family, or - as witnessed recently - being a medal-winning Paralympic athlete. They organise social events so that people with restricted growth conditions have a chance to meet others with similar conditions. Short Stature Scotland also organises visits to schools to educate children about restricted growth conditions and the challenges they face.



People with short stature often have a lot of medical issues and they have daily practical struggles due to their height. However, all people with short stature say that the biggest problem they come across is other people's attitudes towards them. Peter Dinklage, one of the stars in Game of Thrones, once said that dwarves are still the butt of other people's jokes and this is true. Dwarfism is seen as the last socially acceptable prejudice and it is Short Stature Scotland's aim to make people aware of this prejudice. If you want more information or want to book them for a school visit, please check their website www.shortstaturescotland.co.uk or e-mail enquiries@shortstaturescotland.co.uk. You can also find us on Facebook.

Events & News in Brief

Wednesday, 25th May - Dyslexia Scotland Inverness Branch informal coffee evening from 7-9pm in Smithton/Cullooden Free Church

Friday, 27th May - Pines Autism Info Session on Pets & Autism with author Nuala Gardner from 10-12pm

Monday, 30th May - All carers & professionals are invited by Enable to the Highland launch of the Emergency Planning Toolkit for Carers, which will be held at Lhanbryde Community Hall, Elgin on Monday, from 10am-12.30pm. The Emergency Planning Toolkit will provide carers with a resource to support them to plan for emergencies in their own time, at their own pace. Contact kelly.munro@enable.org.uk or tel: 07469 149178 to book a place.

Thursday, 2nd June - Pines Autism Info Session on Managing Anger from 10-12pm and repeated as a twilight session on **Tuesday, 7th June** from 6-7.30pm.

Saturday, 4th June - Come along to Castle Heather Park, Inverness at 12 noon and support or take part in Race 21 to raise funds for Down's Syndrome Scotland. Teams of 3 are tied at the wrist and walk a mile around the park to let all abilities participate, then back to Hilton Community Centre Hall for a wee party!

Monday, 6th June - It's the start of Carers Week, watch the **CHIP** website, facebook & twitter for upcoming events. **For more details on any of these events contact the CHIP office.**

CHIP staff recently attended a free workshop run by the Fragile X Society at the Health Sciences Building at Raigmore Hospital. Fragile X is the most common inherited cause of learning disability and staff found it really interesting & informative. Contact www.fragilex.org.uk for more info.

The Fragile X Society

One Parent Families Scotland have a range of Information packs including disability benefits, energy & money saving tips and universal credit. Go to www.opfs.org.uk and look under advice & info.



Published by CHIP

Birnie Centre

Raigmore Hospital

Inverness

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If you would like to be placed on our mailing list or contribute to the bulletin, please contact us

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