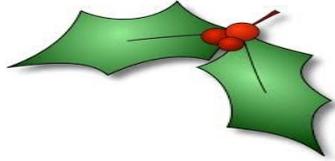


chip+

Children in the Highlands Information Point



# CHIP Bulletin

November 2017

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

In this Issue; New ADHD report, book review, new Relax Kids group, sleep support and more....

## **Special General Meeting and Festive Gathering**

You are warmly invited to attend our SGM and festive gathering on Monday, 11th Dec from 12:30-2pm at the Pines, Drummond Road, Inverness IV2 4NZ. At our SGM (12:30-1:00pm) members will be asked to vote to adopt a new constitution for **CHIP+**. The draft constitution will be available for viewing on the **CHIP+** website from 20/11/17. We will then enjoy catching up over some festive refreshments. Let's take some time to reconnect, celebrate our successes and look to the future. All welcome to attend.

Our AGM was on Wednesday, 29th September and it was one of our most successful! We had a really good attendance with lots of new faces and old friends too. Our guest speakers were Maria Dickson, Paediatric Service Manager who introduced the new Neurodevelopmental assessment service & Claire Watt who is the Transitions Project Manager and who introduced the new transitions service in Highland.

The speakers were very informative and answered numerous questions from the guests attending. The Annual Report is available to view on our website or you can request a hard copy from the office <http://www.chipplus.org.uk/userfiles/file/newsletters/master-annual-report-2016-to-2017.pdf>

## GoTo Shop Trolley Campaign

Firefly Friends is a company which makes products for children with special needs to enable them to take part in daily life. They have been encouraging supermarkets to buy a GoTo Shop trolley which would help parents whose child is a wheelchair user to do their weekly shop without a struggle. There are currently three in Highland, at Tesco Inshes, Asda & Sainsbury in Nairn. The five point harness and extra postural support makes a huge difference to families when shopping. [http://community.fireflyfriends.com/images/assets/GoTo\\_Shop\\_Leaflet\\_\(UK-Family-A4\)\\_v1.pdf](http://community.fireflyfriends.com/images/assets/GoTo_Shop_Leaflet_(UK-Family-A4)_v1.pdf) to view the seat.

If sleep is an issue in your home,

z contact **CHIP** for a copy of  
z the Early Support booklet, a  
z comprehensive guide to  
z understanding sleep &  
z identifying sleep issues. It  
z covers all ages & has a sleep  
z diary, who can help,  
z resources and more.

## NAS Updates

NAS Online Community is an online network for parents to connect with other parents. It has recently been relaunched and is very active. Go to <http://community.autism.org.uk/>

The BBC is launching a new CBeebies series called Pablo which is the first animated TV series to star an autistic character and the first TV programme with an all-autistic core <http://www.bbc.co.uk/programmes/p05d6lhr>

Dobbies Garden Centre Inverness are again holding an autism friendly Santa's Grotto. This will be on Monday, 4th & Monday, 11th



December between 3.30-6.30pm and costs £9.95 with choice of present. Call 01463 701770 to book a place.

**The last **CHIP** induction of the year for professionals will be on Wed, 22nd November at 2pm. Book a place to find out how our service can help you support parent/carers.**

The Scottish Government has launched a Consultation, Excellence and Equity for All: Guidance on Presumption of Mainstreaming and is being announced as part of a Presumption of Mainstreaming Debate in Parliament.

It is intended to provide guidance on applying the presumption and looks to encourage a child centred approach to making decisions about placement. As the implementation of the presumption of mainstreaming requires a commitment to inclusive practice and approaches to be effective, the guidance clearly links inclusive practice with the presumption throughout and includes key features of inclusion and guidance on how to improve inclusive practice in schools. The consultation closes on 9th February, 2018. <https://consult.gov.scot/supporting-learners/presumption-of-mainstreaming/>



Waverly Care recently held LGBT Diversity & Inclusion training and our information & support officer, Catherine attended. Of the day, Catherine said "this was excellent training, I learnt a lot and would recommend it to others".

Down's Syndrome Scotland Highlands & Islands branch are having their Christmas party on Saturday, 2nd December from 12-3pm with Sing & Sign from 12-1pm and then the Disco Dome, finishing with a special visitor. Please message the facebook page to advise if you are going. <https://www.facebook.com/DS-Scotland-Highlands-and-Islands-Branch-445319875630468/>



## relax Kids

Relax Kids is a class where children learn to manage their feelings through imagination, helping them to be more calm and confident. There's a new class starting in Inverness in January, message on facebook for more [information https://www.facebook.com/relaxkidskrista/](https://www.facebook.com/relaxkidskrista/)



The ADHD Foundation, supported by a group of ADHD charities including the Scottish ADHD Coalition, has published 'A lifetime lost, or a lifetime saved?', a new report highlighting the lifetime impact of ADHD and the importance of prompt diagnosis and access to effective treatment and support. It looks at the impact of ADHD on children in the UK and what must be done to achieve equity for these particularly vulnerable children, so they might be able to reach their exceptional potential as they progress into adulthood. A copy will be sent to every MSP in the Scottish parliament. Go to <https://www.adhdfoundation.org.uk/2017/11/03/a-lifetime-lost-or-a-lifetime-saved/>



Listening. Informing. Empowering.



SIGN, the Scottish Intercollegiate Guidelines Network works to improve the quality of healthcare for patients in Scotland, partly by reducing variation in practice & outcome. They have developed the Autism guide for parents & carers into Urdu, which is downloadable from their website. [http://www.sign.ac.uk/assets/pat145\\_parents\\_and\\_carers\\_urdu.pdf](http://www.sign.ac.uk/assets/pat145_parents_and_carers_urdu.pdf)

Contact a Family are a UK wide charity that supports families with a disabled child. This is through guidance, information sheets, medical information, campaigning on behalf of & bringing families together as well as many other services.

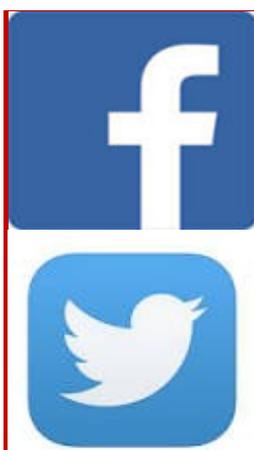
They have now rebranded and are called "Contact", check out their website by going to <https://contact.org.uk/>

### CHIP Library

We are having a library book amnesty, so if you've borrowed a book from our library and it's sitting on a shelf, please drop it in to the Birnie centre. It doesn't matter how long you've had it, we'd just like it back!



Someone recently reviewed some of our books that she borrowed for her degree; **Bereavement, Loss and Learning Disabilities: A Guide for Professionals and Carers** - *The author is an experienced psychotherapist and counsellor of adults with learning disabilities and long term health conditions. The book highlights the importance of managing and addressing grief and loss in a supportive manner for people with learning disabilities. Loss is not only discussed as an experience from death but from transitional experiences via loss of environment, ability or changes to routines and those around them. The format uses fictional case histories to demonstrate understanding whilst valuing the persons genuine grieving behaviours and emotions, with methods of expressing these via talking therapies to lower anxieties and to facilitate coping strategies with the changed circumstances for the person.* Check out our library list on the website <http://www.chipplus.org.uk/lending-library>



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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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