



Anthony, 12



Welcome to Wandsworth's Monthly Update June 2020

We are Contact, the charity for families with disabled children. We understand that life with a disabled child brings unique challenges, and we exist to help families feel valued, supported, confident and informed. To make that happen, we work in three closely linked ways. We support families with the best possible guidance and information. We bring families together in local groups and online, to support each other by sharing experiences and advice. And we help families to campaign, volunteer, fundraise and shape local services to improve life for themselves and others.

Contact are based at the Early Years Centre, 1 Siward Road SW17 0LA. You can email the office at Wandsworth.Office@contact.org.uk
You can also find out what's on at Contact Wandsworth on our Facebook page www.facebook.com/contactinwandsworth

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1. Message from Wandsworth Team

Hello everyone,

As always, we hope you are all well.

We wanted to say again a big thank you and well done again to everyone who entered the art competition. The newsletter picture this month is a fantastic digital picture submitted by Anthony, age 12 and we will be trying to use everyone's submission as our front page for the upcoming newsletters.

We have also received some great feedback from the Online Safety Training workshop that we ran in partnership with Childnet and we hope to utilise the learning and materials in the future. In this newsletter you will find details on Contact's upcoming workshops and how to apply for a space. As these will be taking place virtually, spaces are very limited and will be given on a first come first served basis.

If you have any further questions about the service or the information in this newsletter, please contact the office on wandsworth.office@contact.org.uk

2. Upcoming Contact Workshops

These sessions are for families registered with Contact Wandsworth. To book please e-mail wandsworth.office@contact.org.uk

Toilet Training

A workshop for parents of children aged 0-5 years who are looking to toilet train their children.

Friday 5th June
10:30 - 12:00pm

Understanding your Child's Behaviour

A workshop for parents who would like to know about behaviour strategies that can be used at home.

Wednesday 24th June
10:30—12:00pm

Growing Up, Sex, Puberty and Relationships

A 3 hour workshop for parents of children aged 5+ who want to be prepared for the changes and how to discuss with their children.

Tuesday 16th June
10:30 - 12:00pm



3. Sleep Workshop in Partnership with SCOPE

Sleep Workshop – your questions answered

Wednesday 10 June 2020

10.30am - 11:30am

West Hill Enhanced Children's Centre and Contact are working in partnership with SCOPE to deliver a workshop for parents via Zoom centred on sleep. Our trainer for this session from SCOPE will be Helen Westbrook who is a sleep practitioner from Sleep Right London.

This is a great opportunity to have your questions on sleep answered by an expert and also to gain some top tips to support you. We welcome you to send us your sleep specific questions that can be passed on to the trainer and included in the workshop material so that along with general good sleep hygiene tips, the session can be tailored to your specific needs.

If you would like to attend this zoom workshop, please email wandsworth.office@contact.org.uk by Wednesday 3 June. If you secure a space, you will be sent the workshop link closer to the workshop date.

4. Funding Available from Wandsworth

We are delighted to announce that Contact has received limited funding from Wandsworth Council to support families during this present time in the form of Amazon or supermarket food vouchers. Please note that it will be one voucher per family.

This opportunity is open to families in greatest need and you will need to complete the application form to be considered. The form can be found attached to this e-mail as a separate document.

There is a limited number of vouchers available and applications will be assessed on the information given on your application form.

For more information or support to complete the application please contact wandsworth.office@contact.org.uk

contact

For families
with disabled children

In Contact
WANDSWORTH



5. Healthwatch Covid-19 Survey

Healthwatch are the independent champion for people in Wandsworth who use health and social care services. They aim to promote and support involvement of the public in health and social care and find out what local people think, what matters to them and make sure that their views shape health and care services in Wandsworth.

Covid-19 Survey

healthwatch
Wandsworth

Tell us how you are managing

Health and social care services have had to drastically change the support they offer the public. It is important that we understand how these changes are working for people.

We want to hear from as many people as possible about how you have been managing your health during this time. We would very much appreciate if we could have a few minutes of your time to give us this feedback.

You can take part by completing the survey online or why not give us a call to talk it through.

Call: 020 8516 7767 between the hours of 10am – 4pm Monday to Friday.

<https://www.smartsurvey.co.uk/s/hww-covid19-2020/>



5. Wandsworth Autism Advisory Service YouTube Videos

The Wandsworth Autism Advisory Service have created some short videos with top tips and guidance for parents/ carers on using visuals and other resources during this time and these are now available on the Local Offer YouTube channel found [here](#).

They will be regularly updating their resource bank with materials to support families while children are spending time away from school. All of the resources will be uploaded to the THRIVE Local Offer website found [here](#). We will also be signposting to other websites.

6. CREW—Supporting with Energy costs

Lockdown is having a big impact on lots of families energy bills, whether they have increased dramatically or you are struggling to cover the new costs, CREW are Wandsworth's community energy provider and are here to help.

Call them on 0207 112 8102 for lockdown energy advice on your gas, electric and water bills, prepaid meters and debt support.

Struggling to pay for your energy bills or top up? CREW can help!

- Book your **FREE** telephone advice appointment now!
- FREE impartial advice on:**
 - Energy bills
 - Topping up
 - and more!
- Get help with discounts, debt reduction and **COVID-19** support

Call or email now to get started

Mon-Fri, 9am to 5pm: 0207 112 8102
energycafe@crewenergy.london

@crewenergyldn



8. Contact—what we offer nationally

Contact Freephone Advice & Support Helpline

For information and advice on any aspect of caring for a disabled child, parents can call our free phone helpline. Our helpline is available from Monday to Friday 9.30am – 5.00pm on free phone number **0808 808 3555** free from UK landlines and UK mobiles <https://www.contact.org.uk/advice-and-support/our-helpline/>

Medical information

Our medical information is written by experts to be accessible for parents and carers as well as professionals. For further information please see:

<https://contact.org.uk/advice-and-support/medical-information/>

Campaigns

We help families to campaign, volunteer and fundraise to improve life for themselves and others. We are a force for change and campaign with families to remove the barriers they face every day. For more information on our campaigning <https://www.contact.org.uk/get-involved/campaigns-and-research/>

Website and parent resources

We have online information on many issues that affect families. We have a common questions tool that can help you find the advice you need on our website:

<https://contact.org.uk/advice-and-support/common-questions/>

As well as a resource library

<https://contact.org.uk/advice-and-support/resource-library/>

Online community

Welcome to Contact's online community! Find other families like yours. Chat. Ask. Share. Support.

Register or join a group for parents whose child has the same condition.

For more information: <https://community.contact.org.uk/>

Working with professionals

We offer a range of training courses for professionals to take themselves, for professionals to commission for the parents they work with, and courses for networks, groups, and parent carer forums.

Click this link <https://contact.org.uk/professionals/training/> for more information.

Want to support us?

Visit: <https://www.contact.org.uk/get-involved>

The Helpful Guide

Our new helpful guide is our all-in-one book with all the information and help you need to enjoy family life. With our guide, we'll talk you through what can be a confusing system of support and the guide is split into easy read sections so you can find advice when you're ready to. If you'd like a copy of our helpful guide, simply complete our online application form. <https://contact.org.uk/order-your-copy-of-the-helpful-guide-for-families-with-disabled-children/>