

Oxford Dyspraxia Group newsletter

February 2015

Local news and information

Talk on Dyspraxia/DCD at Oxford Brookes

You are all invited to attend the 2015 Oxford Brookes Faculty of Health and Life Sciences Professorial Lecture which will be given by **Professor Anna Barnett on February 11th at 6pm on Childhood difficulties with movement skills: Understanding Developmental Coordination Disorder**

This event is FREE and open to EVERYONE but booking is ESSENTIAL

For further information and to book your place please go to: www.brookes.ac.uk/events

Movement skills are a fundamental aspect of human behaviour, enabling us to perform everyday tasks, to express ourselves and to maintain our health and well-being. However, some children lack the movement skills they need to cope with the everyday demands of home and school, despite normal intellectual, sensory and neurological development. Sometimes referred to as 'dyspraxia' or 'clumsiness', this condition is more properly called Developmental Coordination Disorder (DCD). Anna Barnett is a Professor in Psychology at Oxford Brookes researching perceptual motor development, with a special interest in both DCD and handwriting. She will draw on her own research to illustrate how psychologists have contributed to understanding this condition.

Following the lecture there will be a drinks reception from 19:00-20:00

Grants for families living in Oxford- the Graham Moxon Family Trust

This is a family trust that provides small grants (up to £400) for families in **Oxford City** with dependents (less than 18 years old) affected by the Autism Spectrum. Grants can be provided for equipment, respite care, tuition and physiotherapy, occupational therapy & speech therapy sessions. Applicants must complete the attached form; the application must be accompanied by a professional endorsement (from GP, Social Worker, physiotherapist or occupational therapist) and an invoice. Our policy is to limit applications to one per family.

As of February 2015, we will no longer have a PO Box, therefore applications must be emailed to: mmoxon@hotmail.com

The Trust will contact you after receiving your application to let you know if the application is going to be considered or if more information is needed. Please note that we do not make any payments to the families; invoices must be from the suppliers or providers.

Please contact us if you have any questions and please pass this information on to any relevant organisations or individuals. **Please see document attached to apply**

The Graham-Moxon Family Trust (part of the Charities Aid Foundation/ Reg. Charity number: 268369)

Oxford Dyspraxia Activity club

We have recently had problems using the Tower Playbase building in Marston to run this group due to the poor state of the building. Fortunately we have been able to move to the OXSRAD sports and leisure building in Marston, Oxford and the room and facilities are very good and there is a large free car park and the parents and children really like the new venue. So we hope to continue using this venue long term.

The activity club has 2 sessions run by Jaro the physiotherapist on Saturdays in termtime at 10.45 am and 12 o'clock for 1 hour and is suitable for children aged 5-12 years with motor co-ordination difficulties. There is a maximum of 7 places in each group and costs £8 per session (free visit).

If you are interested in visiting with your child then please e mail me for more details.

Cycling course

The next cycling course for children with motor co-ordination difficulties will run in the February half term and children will be able to attend this for free with funding from the Oxford Dyspraxia Group to pay for the Hall hire and staff running this course providing their time as part of their jobs or as volunteers.

All the places for this course have been filled but we hope to run further courses later in the year, probably in the summer holidays.

If you would like your child to go on the wait list for the next course then please contact:

Julia Hyde | Children's Community Physiotherapist | Oxford Health NHS Foundation Trust on 01865231988 or mobile 07887650398

You will then be contacted by her when the dates of the next course are finalised and you will need to confirm then that your child can attend. The venue for the course moves around Oxfordshire to make it fair for families who don't live in Oxford and according to where is available and suitable.

National News

Kidz in the Middle

This is one of the largest Free UK exhibitions dedicated to children and young adults with disabilities and special needs, their families and the professionals who work with them.

Over 120 exhibitors offer advice and information on funding, mobility, seating, beds, communication, access, education, toys, transport, style, sensory, sports and leisure and more

Thursday 19 March from 9.30 am to 4.30 pm

Jaguar Exhibition Hall, Ricoh Arena, Coventry, CV6 6GE

Free entry, free parking, fully accessible! Visitor's free entry ticket is now available!

See - <http://www.disabledliving.co.uk/Kidz/Welcome>

For FREE Visitors tickets
Please Call: 0161 607 8200 Email:
info@disabledliving.co.uk www.kidzinthemiddle.co.uk

A full programme of FREE CPD seminars will run alongside the exhibition. Topics include; behaviour and sleep issues, continence, sensory, moving and handling, transition, legal matters (including recent changes to SEN and the Families and Childrens ACT) and much more.

Please help us to share this information to those who may benefit from this FREE event organised by Disabled Living (one of the North West's oldest disability charities).

Other dates for your diary:-

- **Kidz South** – 4th June 2015 – Rivermead Leisure Complex, Reading.
- **Kidz Scotland** – 17th September 2015 - Highland Hall, Royal Highland Exhibition Centre, Edinburgh.
- **Kidz up North** – 19th November 2015 – EventCity, Manchester.

NEW GUIDE LAUNCHED TO HELP YOUNG PEOPLE WITH DYSPRAXIA AND NEW YOUTH INFORMATION OFFICER!

Despite many of us proclaiming school days were the “best years of our lives” – the experience can be far from positive for the many teenagers who have been diagnosed with dyspraxia. In fact, the results of a recent survey¹ commissioned by the Dyspraxia Foundation reveal that the secondary school environment can create huge levels of anxiety, fear or even dread for those teenagers living with the condition.

95% of parents and carers stated that their teenage child had experienced feeling of anxiety – due to issues such as being late for lessons, forgetting appointments, losing books or equipment and poor presentation of their written work. This was further supported by the fact that 40% of teenagers with dyspraxia who took part in the survey said they felt anxious “all of the time.”

In response to these findings, as well as wider research and feedback, the Dyspraxia Foundation has developed a new resource for teenagers [*Dyspraxia: Hints and Tips for Teenagers*] providing them with a practical guide to school as well as many other day-to-day tasks such as getting dressed and personal grooming, leisure activities, writing and typing,

social skills and general domestic tasks including cooking, housework and time management.

Go to the Download section of the Dyspraxia Foundation website for the new Guidelines along with a copy of the new Dyspraxia in Adults leaflet and general factsheets.

<http://www.dyspraxiafoundation.org.uk/about-dyspraxia/downloads/>

In the news

Just a note to let you know a new press release on the teenage guide launched recently generated a mention on the Mail on Sunday in December and reached the popular parenting site Primary Times.

<http://www.primarytimes.net/news/2014/12/new-guide-launched-to-help-young-people-with-dyspraxia-navigate-their-way-through-secondary-school>

New Dyspraxia Foundation Youth Information Officer

In addition to the new downloadable resource, the Dyspraxia Foundation has also introduced a new **Youth Information Officer** thanks to funding.

Claire Cripps(who joins the charity from a background of working with young people within the NHS) starts working at the Hitchin Officer from January and will be available to offer advice for young people experiencing difficulties associated with dyspraxia, whilst sharing info via the charity's social media networks.

Support for University students with disabilities

Long time DF supporter, local coordinator and speaker, Judi Smith and her daughter Hannah feature on Radio 4 'You and Yours' programme today (16th January) from 12.15 -1pm talking about support at universities for students with disabilities. Listen in or catch on BBC iplayer at <http://www.bbc.co.uk/radio4>

Shopping online?

Why not consider doing it through the Easyfundraising website where you will raise a FREE donation for the Dyspraxia Foundation every time you shop at NO extra cost to you. You just need to visit their website first and register that you want to raise funds for the Dyspraxia Foundation and then click on the link to the store's website that you wish to visit and continue to shop normally at stores like Amazon, John Lewis, Debenhams, Argos, M&S and many more knowing that easyfundraising will donate money on your behalf to help the

foundation continue it's essential work. <http://www.easyfundraising.org.uk/causes/dyspraxiafoundation>

Dyspraxia Diffusion 2015 'Dyspraxia: Adolescence into Adulthood'

The Dyspraxia Foundation is pleased to host a series of workshops as part of the Dyspraxia Diffusion Project funded by a grant from the Big Lottery Fund. The 2015 workshops focus on young people from 13–25 yrs and are aimed at parents, adults with dyspraxia, teachers, health professionals, employers and anyone working with dyspraxia or with an interest in the condition. Talks include an overview of dyspraxia; self-esteem and social aspects of living with dyspraxia; a Secondary Teachers perspective and strategies to support pupils; an insight into findings from a recent in depth teenage survey and a talk from a young adult with dyspraxia about their journey from adolescence into adulthood.

In addition, there will be an opportunity to attend a '***Dyspraxia in Adulthood Employment Workshop***' during part of the day looking at job applications, interview skills and disclosure.

Dyspraxia Diffusion Birmingham, Friday 6th March 2015

A day for parents, teachers, health professionals and adults with dyspraxia in association with the South & City College, Birmingham from 9.00am—3.30pm. Fees include delegate packs, refreshments and an exhibition of resources.

Venue: Birmingham City Football Club, St Andrews Stadium, Birmingham B9 4RL

Fees: Individuals **£30.00** (DF members receive 10% discount) /Job seekers or students **£15.00**

Dyspraxia Diffusion Manchester, Friday 8th May 2015

A full day for parents, teachers, health professionals and adults with dyspraxia in association with the Salford Disability Forum from 9am—3.30pm. Fees include delegate packs, refreshments and an exhibition of resources.

Venue: The Pendulum Hotel & Conference Centre, Sackville Street, Manchester M1 3BB

Fees: Individuals **£30.00** (DF members receive 10% discount) /Job seekers or students **£15.00**

Places are limited so [book now](#) to secure your place

For further details call 01462 455016 or email info@dyspraxiafoundation.org.uk or simply download the [Dyspraxia Diffusion 2015 flyer](#)

To keep in touch with the Dyspraxia Foundation

Join the conversation on Facebook <https://www.facebook.com/dyspraxiafoundation>

Follow us on Twitter <https://twitter.com/DYSPRAXIAFDTN>

See our Website <http://www.dyspraxiafoundation.org.uk>

New book and conference notes added to website to benefit members!

A new book is now available to view in the members-only section of the website! Charity Vice Chair, speaker and author Gill Dixon has kindly donated a comprehensive book to directly benefit the members of the Foundation. **‘Dyspraxia—The Foundations’** contains over 100 pages including an overview of dyspraxia; movement; characteristics and the impact on learning and living; family matters; involving professionals; visual problems and practical hints, tips and strategies for supporting children at home and at school.

In addition to a full length DVD – ‘Introducing Matthew – a child with dyspraxia’, a range of new and updated factsheets and films the new area also includes speakers notes from the recent conference in Bristol **‘Dyspraxia: There’s more to it than just motor skills’** with our thanks to speakers; Sally Payne, Gill Dixon and Ian and Danielle Mansell.

If you are not a member of the Dyspraxia Foundation it does not stop you receiving this newsletter but there are many benefits now that you will have access to information, you also get discounts to any meetings or resources and you are supporting the charity. See below for current membership costs:

Standard Membership	£25.00
Professional Membership	£30.00
Corporate	£45.00
Schools	£30.00
Overseas	£35.00
Professional Overseas	£40.00
Associate/Students	£ 7.50

Dyspraxic Me workshop on Social Skills

The next 'Dyspraxic Me' Workshop being held in London on Saturday 21st February. Please contact Jess directly at dyspraxicme@gmail.com should you have any queries at all.

Dyspraxic Me is a peer support network for young adults aged 16-25 with dyspraxia. **Please note that this is *not* a Dyspraxia Foundation run workshop.**

Does dyspraxia leave you lacking in confidence? Does it feel hard for you to make close friends? Are you fed-up with being passed over, or seen as rude or awkward? This social skills workshop, led by an adult with dyspraxia, will help you. There will be a presentation with a Q&A and discussion, and the chance to meet other young people with dyspraxia.

Maxine Frances Roper is a writer and speaker who has dyspraxia. Her articles on living with dyspraxia have been published in the Guardian, The Times and the Daily Telegraph. She has spoken on dyspraxia to organisations including Sainsburys, Deloitte, the National Audit Office and The Open University, as well as schools and community groups.

The workshop will be at: Lift
45 White Lion St, London N1 9PW (nearest tube station Angel (Northern Line))
Saturday, 21 February from 11:30 to 13:30

Please book your place here: <http://bit.ly/1EdKW05>

What is the local offer?

The local offer provides information for children and young people with special educational needs and disabilities (SEND) and their parents or carers in a single place.

Every local authority must identify education, health and social care services in their local area provided for children, young people and families who have SEN or disabilities and include them in an information directory called the Local Offer. This will also help local authorities as they can use it to see where the gaps in provision are. The Local Offer also needs to include information about services provided outside your local area that local people are likely to use.

The local offer provides information on what services children, young people and their families can expect from a range of local agencies, including education, health and social care. Knowing what is out there gives you more choice and therefore more control over what support is right for your child.

The local offer provides information on a number of things, including:

- special educational provision;
- health provision;
- social care provision;
- other educational provision;
- training provision;
- travel arrangements for children and young people to schools, colleges and early years education;

- preparing for adulthood, including housing, employment and leisure opportunities.

The Department for Education has produced a guide to the SEND reforms which includes the local offer.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/344424/Special_educational_needs_and_disabilities_guide_for_parents_and_carers.pdf

<https://sendirect.org.uk>

@ SENDirect you can browse the following services to find the right support, services and information for your family

[At home](#) Things that we might need at home, like specialised equipment, personal assistants & babysitting

[Health & wellbeing](#) Locally available therapies, health centres, dentists and advice around our health

[Overnights & breaks away](#) Respite, specialist breaks or holidays.

[Fun stuff](#) Activities and groups that are fun and suitable for my family and our needs, such as short breaks or accessible clubs and classes.

[Daily life & childcare](#) Supermarkets, childcare, shops and hairdressers - every day services that understand our needs.

[Education & Learning](#) Schools, independence and other life skills - how can we learn in our area?

[Into adulthood](#) Employment, work experience, opportunities and independent living for young people with SEND

[Advice, support, participation & training](#) For families who want to need advice, training or support with anything or would like to join their local forum.

Best wishes

Julie Lambert

Oxford Co-ordinator

Dyspraxia Foundation