

HD CD NEWS



autumn 2009

FAMILY FUN DAY WAS A BIG SUCCESS

On September 27th HD CD held a Family Fun Day at Strathpeffer Community Centre which was well attended by some familiar faces but it was also welcoming and encouraging to meet many new members.



all eyes on the Capoeira Experts

The morning began with a session of Brazilian Martial Arts called Capoeira from Fraser MacDonald.

This was enjoyed by everyone.

We were also delighted to welcome Marc from Fresh Paint Workshop who is a graffiti artist.

Marc taught us how to represent our names in a graffiti style and Lyn Fraser gave us all a taster of indoor curling which went down well.

Everyone had a fantastic day and it was lovely to see the children getting on so well together and for parents to meet others who understood their families needs.

We would like to thank everyone who helped by selling and buying raffle tickets and congratulations to those who won a prize.

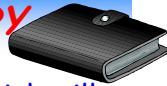
We would especially like to thank Ann Jones for all her help and support before, during and after the day.

Fraser MacDonald the Martial Arts coach, holds classes on a Tuesday evening at Eden Court should anyone wish to take this up as a past time.



some of the children having fun at the Indoor Curling

DATES FOR YOUR DIARY



👉 November 26th The HDCD AGM which will take place at 7pm at 78 Holm Park, Inverness, IV2 4XU. Contact the HDCD group on 01463 709 907 for further details.

Refreshments Available

All Welcome

👉 December 13th from 10.30am until 12am we are holding a trampoline session with Jean from JD Coaching at The Inverness Royal Academy.

Please, please let us know if you will be attending because if numbers are high then we will have to book another coach to help us.

As this event is free we do not want to book 2 coaches and then find out they are both not required. Also we would hate for so many to turn up and you not be able to have some fun.

No charge for this event



A Big Thank You to Mr MacDonald and his colleagues from Elfin Oilfield for a generous donation of £500 for the group.

The money will be used towards children's activities for the group.

Another Big Thank You to the Inverness Accordion and Fiddle Club who have kindly donated £200 to HDCD, from a concert that they gave earlier in the year. Arlene went along on the 19th October for the presentation and had a really enjoyable evening.

The Accordion and Fiddle Club meet at the Waterside Hotel. For further information about the Fiddle Club please contact May Smith on 01463 233 419.

Well done to everyone involved in both the above groups.

ENQUIRE

HDCD has many members throughout Scotland. We would like to make everyone aware of a service called Enquire. This is the Scottish Advice Service for Additional Needs for Learning.

Enquire are managed by Children In Scotland and are funded by the Scottish Government.

The feedback that we have had from people has been very positive about the help and support that Enquire have been given.

For further details call: **Enquire**

On 0845 123 2303

They are open Monday to Friday from 9am to 5pm. They are open late on Thursdays until 7pm.

Email info@enquire.org.uk

Website www.enquire.org.uk

Enquire's website contains excellent information and materials. It is a very user friendly website which has colourful leaflets aimed at secondary pupils parents and professionals.

HDCD CHRISTMAS CARDS

HDCD has some packs of Christmas Cards for sale at the cost of £3 per pack of 10 quality cards plus £1 P&P if required.



DLA INFORMATION

As many of us know the services of the Citizens Advice Bureau is stretched. For help in finances, allowances, help in filling in DLA forms and other areas, Arlene has heard of a service provided by Highland Council.

Please contact Caroline MacKay, the Customer Income Maximisation Officer at Highland Council on 01463 702391.

Highland Council - City of Inverness

If you or your child is in receipt of Disability Living Allowance claiming £26.25, you can qualify for a Winter Payment Allowance. Forms are available at Inverness Service Point 21/23 Church Street, Inverness. Contact Telephone 01463 703999 or City Manager at Town House - 01463 724368.

To qualify for this One-Off Payment: you must be a resident in the City of Inverness; only one application per household and you must supply proof of your entitlement, and forms must be returned by 20th November 2009.



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