

HD CD NEWS



spring 2009

TRAMPOLINE / REBOUND THERAPY

Trampolines are very popular and great fun for children and adults. They get your heart and lungs working harder.



Benefits:

Rebounding is gentle bouncing and guided movements on a trampoline.

"Rebound Therapy" is the therapeutic use of a trampoline under supervision with an Occupational Therapist, Physiotherapist or a qualified trampoline coach.

It can help deliver many skills:

- ☞ Balance and Coordination
- ☞ Body and Spatial awareness
- ☞ Relaxation
- ☞ Language skills - through listening and the use of words to describe movement
- ☞ Concentration
- ☞ Listening skills
- ☞ Social skills
- ☞ Follow sequences of instructions
- ☞ Self esteem.

Hint: Encourage to get on and off the trampoline independently if possible as this is good for upper body strength. Also, encourage movement on the trampoline e.g. rolling, crawling (if doing this at home please make sure that your child is supervised).

Here are some games to play on the trampoline. Before beginning, **Learn where the middle of the trampoline is.**

Gentle Jumping: In the middle of the trampoline with both feet together.

After 10 consecutive jumps encourage your child to make a controlled stop. This will require some practice.

Once confident you can play '**Simon Says**' - this will improve body awareness whilst the child has to control their balance and maintain a rhythm.

This is also a listening and '**doing task**'.

Catch and Throw:

You need a medium to large sized ball. When your child is bouncing encourage them to throw a largish ball with both hands.

Depending on your child's age you can ask them to catch with one hand e.g. left or right. You can also make this harder by decreasing the size of the ball. This is good for hand eye coordination.

Twist and Turn:

Whilst your child is bouncing give them short clear instructions to turn $\frac{1}{2}$ turn left, then to the right. Again depending on the age of your child you can add directions like North, South, East or West, or by using maths e.g. $\frac{1}{4}$ turn or $\frac{1}{2}$ turn. You can also use landmarks that are in your garden e.g. tree, shed, washing line as this will help with instructions, directional concepts and language.

BUT most of all have FUN.

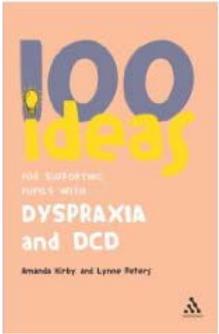
MEMBERSHIP RENEWAL

Thank you to those of you who have already renewed your membership.

We are aware that the credit crunch has hit charities and many are being forced to reduce services. At HD CD we are lucky that we are independent but are always looking for funding and **we need your help** - by renewing your membership (only £10) it allows us to continue to raise awareness and offers support to children, young people and families affected by

Developmental Coordination Disorder/Dyspraxia.
Members who joined between January 2009 & March 2009 will not need to renew.

RESOURCES



'100 Ideas for supporting Pupils with Dyspraxia and DCD'

By Amanda Kirby and Lynne Peters
ISBN 0-8264-9440-4

Amanda Kirby is the founder member of the **Dyscovery Centre**. She is the mother of a boy with **DCD/Dyspraxia** and is an expert in this field and is renowned for her huge wealth of

knowledge, experience and understanding of this condition.

Lynne Peters is a classroom assistant and Centre Manager of the **Dyscovery Centre**. Together they have put together their experiences into this easy readable book. The book is divided into 3 sections covering Preschool, Primary and Secondary ages.

In each section there are the possibilities that these children may encounter in their every day life at home & School. Each difficulty is numbered and practical, simple solutions or tips are outlined in the following paragraphs.

It is Well Worth a Read.

TIGER WOODS LOOKOUT!

A group of budding golfing stars went along to the Fairways Golf Driving Range in Inverness recently.

They all had a great time, and for some it was the first time they swung a golf club. The balls went near and far and the chap picking them up certainly had his work cut out.



DATES FOR YOUR DIARY



- 👉 April 30th - **Transitions Fair** at Drummond School Inverness from 12 noon until 7.30pm. **HDCD** will be providing a stand.
- 👉 May 23rd - **Barbeque picnic** at Abriachan Woods. (**Weather permitting**) Enjoy the woodland walks or bring your bicycle and cycle the woodland trails. Meet at Woodland Centre 12.30pm BBQ 1pm and costs £1 per person. Please bring your own refreshments. Can you please let Arlene know at the office if you are attending this for catering purposes.
- 👉 June 27th - **Nairn Beach**. Bring your own picnic lunch. Sandcastle Team Challenge. Meet at the car park through the caravan park at 2pm. (**Weather permitting**)
- 👉 July - **No Activities**
- 👉 August - **Orienteering** - to be arranged.
- 👉 September 26th - **Family Fun Day** from 11am - 3pm at Strathpeffer Community Centre. Activities include Indoor Curling, also Caperiaro with Fraser MacDonald. Raffle draw. **Light lunch and refreshments will be available.**

If you have any ideas for this years activities, **please contact Arlene** using the contact information below.

DR JANE AUSTINS RETIRES

On behalf of the committee and members of **HDCD** we would like to take this opportunity to say that we were very sorry to hear of Dr Jane Austin's retirement.

Dr Austin has been a constant support to **HDCD** over the past 12 years and will be sadly missed. But we do wish her all the very best for a long and happy retirement.

We would like to thank Dr Austin for all her hard work she has done and for the many, many families that she has helped and supported in her time in the Highlands.



01463 709 907



www.hdcd.org.uk



hdcd.org@tiscali.co.uk



HDCD Group, Unit 6,
15 Lotland Street, Inverness, IV1 1ST