

HD CD NEWS



spring 2010

NEW CHAIRMAN APPOINTED

Following on from the AGM held on 26th November 2009, Andy Maxtone succeeded Dave Matheson as Chairperson. Andy has been an active member of the HD CD Group since 1998. Over the last 4 years he has served as Vice Chair and before that as a Committee member. With Dave deciding it was time to step down, Andy has assumed the role of Chairperson, He writes...

"I suppose it was a natural progression for me to become Chairman, having supported Dave and the group as Vice Chair for so many years you could say it was inevitable.

I hope to be able to continue the good work the group has achieved, led by Dave & Arlene and most ably supported by our Committee and a host of other interested members and volunteers.

Dave is a founder member of HD CD and served as Chairperson for 6 Years. It's no accident that the groups most successful and influential years were under his leadership. On behalf of everyone, I would like to thank Dave for his contribution as Chairperson and I am glad to report that Dave will continue as secretary for the group this year.

I would also like to recognise the contribution of Morven Ball. Morven, who resigned from the group after 12 year's involvement was not only a valued committee member but as a health professional offered guidance and support to the group as well.

Thanks Morven and good luck for the future

UNITED VOLUNTARY FUND

The United Voluntary Fund (UVF) lead has been in touch to inform us that, subject to the Parliament approving the Scottish Government budget (actually going through Parliament this week) we, the Lotland Street Partnership, shall receive a grant of £19,987 for 2010/11. We have previously been funded by UVF for the past 3 years for overheads.

This is good news for all of us especially HD CD as we do not receive ANY funding from Highland Council or NHS. HD CD is independently funded by grants, fundraising and donations and a lot of hard work. This will cover our overheads again for a further year for printing, stationery, telephone, postage, office insurance, rent and web costs.

HD CD would also like to thank Calum Munro from HCF (Highlands Children's Forum) for all his hard work in putting the bid together.

So, to the future. As we move forward into another year, a year that will probably bring the most challenging environment that charities and voluntary organisations have ever experienced. What will the key objectives be for HD CD?

As always the group remains committed to its core objectives of raising awareness of DCD supporting families and providing activities for our members.

We have built a strong reputation in DCD circles. In order to sustain this I believe we need to look at a number of areas including securing funding, review the role of the group within the voluntary sector and be prepared to make changes, develop our activities and services to meet a broader age group, market the group through our website and continue to build on the successful partnership working we have established with the Health & Education services in Highland to ensure our children receive the best support available.

As I said earlier, all the group has achieved over the years has been the result of hard work by many volunteers. I would like to encourage everyone to get involved and help. It's not necessarily about being on a committee; it's about new ideas, fresh energy and sharing the load to help all adults and children with DCD in our area. So if 2010 is your year to give a bit of time, we'd love to hear from you."

"Best wishes for 2010"

Andy

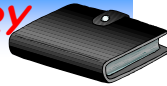


If you have a story that you would like to share with us at HD CD about your family, or about your child's achievements, then please do write and tell us about it and we will put it into the Newsletter.

If you have any questions or Hints & Tips which you would like to share, again we would love to hear from you.

Contact details are on the back page of this Newsletter

DATES FOR YOUR DIARY



- In June there will be a Trampolining session. More details soon.
- We need you to tell us what you want us to provide in the way of Activities **please!!!**

ANNUAL SUBSCRIPTIONS DUE

We would like to remind you that it is time for you to renew your membership (only £10). This £10 helps towards funding a small dedicated group of Parents to continue to raise awareness and offer support to children, young people and families affected by DCD.

Please send your £10 to the office Address at the bottom of the page.



TRANSITION FROM PRIMARY TO SECONDARY

Many children will be, or should now be starting the transition from primary school to secondary school for August 2010. Most children will cope with the change fairly quickly but in contrast the child who has learning difficulties may take a much longer time to settle in the school. Hopefully there will have / will be a lot of preparation for the huge change in their life and if the transition goes smoothly then it makes it easier for the child to settle in but the first few weeks are crucial otherwise it can result in lasting damage throughout their secondary school days.

Change in the school environment may cause major "outbursts" and cause anxiety which will have a knock on effect on their self esteem and performance. They may also become withdrawn. The move to secondary school exposes the child at key times in the school day such as coping alone, lunchtimes and break times.

WHAT IS DIFFERENT ABOUT SECONDARY SCHOOL?

- Classes may be larger
- Larger school environment
- No personal desks, trays to store belongings
- Subject teachers
- Greater volume of homework
- Greater need for organisational skills

KEY TRANSITION DIFFICULTIES

- Negotiating your way around the school and worries about being late or getting lost
- New pupils who may not understand the difficulties your child faces every day
- Teachers who do not recognise the difficulties your child faces with school rules
- More complicated timetable with many more subjects & having to carry round all your books
- P.E. - coping with changing in and out of their kit (no teachers to help here) and understanding rules of games they play and the poor coordination of your child
- Alone at break times as there will be no staff in the playground

STRATEGIES

- Visits to the school over a couple of terms and at different times of the day. E.g. break time, library time, lunchtime and to meet with staff
- Make sure you and your child have a member of staff that they get to know before they start school full time
- Timetable to be given out before leaving primary school
- Photos of the school, room and teachers to aid memory
- Ask for assistance to help your child with their organisation of work
- Have a buddy/ mentor in place for them and again if possible meet the person before starting school in August
- Correct provision of tools
- All teachers to be given the information about your child. As parents you can have an input in this as you know your child and their capabilities
- Good communication links between home, school and teachers
- If required involve your Educational Psychologist

For further information HDCC along with Highland Council and NHS has published a **Transition Guide** to help you, your child and the school to a smooth transition.

If any fully paid up HDCC members would like a copy of the **Transition Guide**, then please contact Arlene by phone, email or in writing.

This document is also in every school in Highland so please ask your school about it. Some of the pages might not be relevant to you but you can pick and choose what is suitable to your son or daughter.



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