

HD CD NEWS



summer 2010

NUMBER ONE STAGGIES FAN HAS A GREAT DAY AT HAMPDEN

Alexander and his family are members of HD CD. We are delighted that Alexander was part of this day.

Here is a picture of Alexander at the Scottish Cup Final on the 15th of May.

He was lucky enough to win a competition in the Ross-shire Journal. The prize was organized by the Scottish Football Association to celebrate 125 years of the Scottish Cup.

They took a bunch of kids to their Football Academy at Toryglen for the day and also gave them the opportunity to walk on to the pitch before the match with flags representing all the teams that have won over the years.



It was a fantastic opportunity for Alexander as he is a mad keen Ross County fan and goes to all the home games with his dad.

He had a great day... apart from the result!

Although they didn't come home with the Cup Alexander still thinks Ross County are brilliant. Well done the Staggies!!!



Other members of the HD CD group were also spotted at Hampden

APPRECIATION FOR HD CD SUPPORT

Arlene received a lovely letter from one of our members who has given us permission to put it into our newsletter.

As a parent, it tells of the struggles but also the achievements of her wonderful son. As a parent herself, Arlene was truly uplifted on hearing a positive outcome for a child with DCD and what can be achieved through a supportive school and supportive parents.

The letter reads

'Dear All

Thank you for your newsletters, support and information over the past few years - still been useful to us even though we left Nairn to come to Aberdeenshire in 2003. We now stay "well out" in the country in a working croft. Please let your members know that despite the hardships of DCD and Aspergers, Sandy has now turned 16 and is at college fulltime. He had two years of "day release" at college studying Mechanical Engineering and Electrics from the age of 13 years, and left school at 15½ years to go to college fulltime to study Motor Mechanics (Automatic Engineering).

He is due to start his 4th year (2nd full time) at college in September.

Yes, it has been a very long and difficult tunnel but there is a light at the end of it!

Please remind everyone that our wonderful, gorgeous, talented and funny kids deserve the challenges and the conquests they make! They will get through it, and when they start to succeed and enjoy life, it is all worth it!

Wishing you luck and happiness for the future

Yours , Fiona Fraser'



The HD CD group would like to say to Fiona and we wish Sandy all the very best for his future in Motor Mechanics.

Please keep in touch and let us know how he gets on.

Hello,
My name is Lisa Edwards and I work as a Researcher at The Dyscovery Centre with Professor Amanda Kirby. We're currently running a project looking at the driving abilities of adults with **DCD\Dyspraxia** and wondered if you'd be willing to help us advertise it via your newsletter. I thought that young adults in your group may be interested in taking part or parents of children with **DCD\Dyspraxia** (who see similar symptoms in themselves). Further information is below and I'd be more than happy to answer any questions.

*Best wishes
Lisa*

Research into the driving experiences of adults with movement difficulties

Motor difficulties affect up to 6% of the population. In the past these difficulties have been given a number of names including Dyspraxia and Developmental Coordination Disorder (**DCD**). Until recently there was little knowledge about what happens to children as they grow up into adulthood with difficulties that may have affected them at school and at home.

It is now known that movement difficulties continue into adulthood for most. One skill that proves especially difficult for adults with **DCD\Dyspraxia** is learning to drive a car.

The Dyscovery Centre, University of Wales, Newport has recently carried out research into the driving skills of adults with movement difficulties.

The research shows that adults with movement difficulties such as **DCD\Dyspraxia** may spend more time learning to drive than their peers and may need more attempts of the practical and theory tests.

It also indicates that once the driving test is passed, adults may continue to experience difficulties with parking, distance estimation and may continue to drive only on familiar routes.

This research has been very useful in better understanding the difficulties faced by adults with **DCD\Dyspraxia** when learning to drive.

The Dyscovery Centre is keen to learn more about the experiences of adults who have never learnt to drive, those that have started and stopped learning, as well as those that are learning/have passed their test.

It is hoped that this information will help better understand the range of difficulties experienced and may help inform driving instructors on how to better support adults with movement difficulties.

If you are interested in taking part in this research you will need to complete an online questionnaire, which will take about 20 minutes to complete. To take part, you should:

- ➡ Be over 17 years of age
- ➡ Have a diagnosis of Developmental Coordination Disorder (**DCD\Dyspraxia**) or, have had poor coordination since childhood

Go to <http://www.surveymonkey.com/s/B9NMVPM> to access the online questionnaire.

If you have any questions or would prefer to complete a paper based version of the questionnaire, please contact Lisa Edwards at:

dyscoverycentre@newport.ac.uk or

on 01633 432330

Or write to:

Lisa Edwards

Researcher/ Ymchwilydd

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Young Adults Activities

We would like to arrange some activities for the young adults who are, or used to be part of the **HDCC** group.

Initially we were thinking of a get together somewhere like the Roller Bowl or perhaps Riley's snooker club, but it could be anywhere. Perhaps you can suggest somewhere? If you would like to get back in touch, please write to:

Roddy Robertson at the **HDCC** address below or send me an email to roddyrobertson@btinternet.com

