

# HD CD NEWS



winter 2008/2009

## MUSIC TO OUR EARS

On 26<sup>th</sup> November, Arlene (on behalf of HD CD) was invited along to attend the Merkinch Community Centre. The reason... to receive a donation of £200 from Billy Nelson. Billy is a well known local entertainer and fundraiser for charities in Inverness.

Last year Billy recorded a CD and the money raised from the sales of this CD were going towards 10 local charities.

We would like to thank Dave Rennie at Speedprint who told Billy all about our charity and that we are independently funded and always looking for ways to fundraise for ourselves.



Arlene had a lovely afternoon meeting some really nice people who run local charities and to hear of the good work that they do.

A HUGE Thank You to you Billy and we wish you every success in your future fundraising ventures.

## TRANSITION PACK

In the Autumn Newsletter, Arlene wrote about a transition pack that HD CD, Highland Council and NHS Highland were involved in and that this was being put forward for a COSLA Award.

Well, just before Christmas we were delighted to hear that we won the Bronze Medal.

This pack has now been sent out to ALL schools in Highland area, and the feedback from this has been very positive.

## SLEEP SCOTLAND

Sleep Scotland is a charity which supports the parents and carers of children and young people with Additional Needs and sleep problems.

Sleep Scotland  
8 Hope Park Square  
Edinburgh EH8 9NW

<http://www.sleepscotland.org/>  
telephone: 0131 651 1392



Pictured here is Arlene receiving the cheque from Billy Nelson



## SIBLING GROUP

Louise Corbett, who works in the Birnie Child Development Unit at Raigmore Hospital, has successfully run a **Sibling Group** for many years. The group meet monthly during term time, and is aimed at siblings aged between 5 and 16 years old. The idea is that they come along and have some fun time for themselves. The **Sibling Group** also supports siblings who are growing up with a brother or sister who may have a disability, long term sickness or life limiting conditions.



At present Louise has vacancies for anyone who would like to come along.

There is a small cost towards the activities.

Please contact Louise at the Birnie Child Development Unit who will be happy to talk to you and give you further information. **Phone: 01463 711189**

## HDCD Group Office Bearers for 2009

Chair person	David Matheson
Vice Chair	Andy Maxtone
Secretary	Morven Ball
Accountants	Terry & Henderson

<b>Committee members</b>	
Angela Spalding	Elaine De Ste Croix
Justin Trick	Lindsay Graham
Rhona MacLean	Kirsten Ramsay
Claire Gray	Catherine Musgrave



## DATES FOR YOUR DIARY

- 👉 January - No activities.
- 👉 February 21<sup>st</sup> - Swimming at Culloden Academy - 4.15pm until 5.15pm. Cost £1 per child.
- 👉 March 22<sup>nd</sup> - Trampoline at Inverness Royal Academy - 10.15 until midday. Limited to 20 places.

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

## BANKING ON GOOD DECISIONS

The Foundation for people with Learning Disabilities ([www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)) has produced an easier read booklet explaining how a Law called the 'Mental Capacity Act 2005' can help people with learning disabilities deal with their money when they go to Banks, Building Societies and Post Offices.

You can contact the Foundation by letter to:  
**Foundation for People with Learning Disabilities,**  
9th Floor, Sea Containers House, 20 Upper Ground,  
London, SE1 9QB  
Phone: 020 7803 1100  
Email: [fpld@fpld.org.uk](mailto:fpld@fpld.org.uk)

## INCAPACITY BENEFIT REPLACED BY EMPLOYMENT & SUPPORT ALLOWANCE

Employment & Support Allowance (ESA) was introduced October 2008 to replace Incapacity Benefit for new claimants and for some old claimants.

If you would like to know how the new rules affect you, take a look at the following link [www.dwp.gov.uk/esa](http://www.dwp.gov.uk/esa) or call **Contact a Family Benefit Helpline** on 0808 808 3555

## CAN'T PLAY ~ WON'T PLAY

A great new book *Can't Play Won't Play* by Sharon Drew and Elizabeth Atter. Published by Jessica Kinglsey Publishers ISBN 978-1-84310-601-2.

Sharon Drew, is an occupational therapist with a passion for providing practical support for children with living and learning difficulties. Sharon has written several textbooks. Elizabeth Atter is a physiotherapist with 25 years experience of working with children and is committed to enabling children and young people to engage in physical activities.

Learning to roller-skate, swim or to ride a bike should be an enjoyable experience, but for a child or young person with **DCD** these activities can lead to frustration and failure.

Chapters include football, rugby, skipping, skating and the advice covers all regular childhood activities as well as some fun games to improve physical organisation and skills. It also provides an equipment list and safety tips, some photographs and diagrams to illustrate the activities.

*Can't Play Won't Play* is an essential resource for parents, teachers and all those working with children with **DCD**. This book offers handy hints for developing the necessary skills to make it an enjoyable experience.



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[www.hdc.org.uk](http://www.hdc.org.uk)



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