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# Fun Newsletter January 2016

*Wishing all our members  
a happy and F.UN New Year*



At  
FUN



the

*Christmas Party & Chester  
Zoo Lantern Walk*

## ***FORTHCOMING F.UN EVENTS***

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### ***LIVE MUSIC NOW***



*at Winwick Leisure Centre  
Saturday 27th February  
with*

***'Project Jam Sandwich'**  
2.00pm—4.30pm*

**This will be a really fun  
afternoon for all the family  
that everyone can join in.**

**Project Jam Sandwich will be bringing guitars/ukeleles, an  
array of handheld percussion featuring the cajon, djembe,  
conga, hihat for the children to play.**

**Booking essential - please book your places as  
soon as possible by email :  
familiesutd@yahoo.com**

**There will be light refreshments and a bar.**



# Saturday F.U.N Club

Fearnhead Community Centre, Insall Rd, Fearnhead

Drop in session from 10.30 am —1.30 pm

£2 per family per session. Healthy lunchtime snack for the children, tea and coffee for parents. Children must be accompanied by a parent/carer who must be responsible for their child/children throughout the session.

## Next Fun Club Dates

**9th January     23rd January Clippy Clop Ponies**

If you would like any further info on F.UN Club activities,  
please call the F.UN Office on 0743 267 6713

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## ***F.UN NEWS***

### **Got a Max Card?**

The Max Card is a national discount card for foster families and families of children with additional needs. Local authorities and selected charities administer the cards to eligible families in their areas. Families simply show their Max Card upon entry to a venue in order to obtain free or discounted admission. The scheme is designed to help these families save money on great days out at castles, zoos, bowling alleys and more. For example, Merlin Entertainments, which includes the Sea Life Centre, Trafford, is currently offering up to 52% off their attractions. You must book 24 hours before your visit. To check if your local authority is participating or to see a list of venues that you could go to please visit <http://www.mymaxcard.co.uk/> or email [hello@mymaxcard.co.uk](mailto:hello@mymaxcard.co.uk) 0113 3947 951.

### **The Autism Directory....**

is an easy to use, national online directory website that aims to pull together the help and support that is out there and signpost autism families to the help they need. The directory is populated by anyone who can share information for the benefit of other individuals, families and professionals who live and work with autism. Whether it is to access help and support in Health, Education, Treatments and Therapies, Personal Support, Living Support, Money and Legal, Recreation and Holidays, Books and Magazines or even finding autism friendly businesses (such as hairdressers), the Autism Directory is growing daily with more and more resources to tap into. To access the directory please go to <http://www.theautismdirectory.com/> or call the new helpline for autism families on 0113 8150 210. This is a free UK wide service available to anyone looking for help and support run by their partners Living Autism.

## Warrington's Local Offer



### **What's a**

### **Local Offer?**

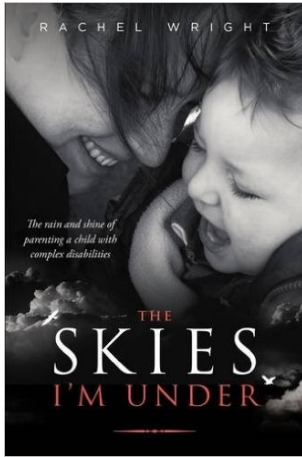
Every Local Authority should now have a list of activities for children with disabilities. The list is set out in an area named the 'local offer' on council websites and should be jargon free, easily accessible and transparent. There should be a comprehensive list of education, health and social care services including a list of various activities, many of which are low cost or free, which have been specifically set up for children with special educational needs and disabilities age 0-25 in your area. You can inquire by phone or online to your local council. You can also look at the short breaks page to check out if there are any non-assessed breaks, although some you will incur a cost. There should also be a contact number to be assessed for more specialist provision if you feel the existing activities offered will not meet your child's needs.

**The Local offer supports parents and carers of children and young people with Special Educational Needs and/or Disabilities (SEND) and young people with SEND themselves. This website is the place to find support and services for anyone with SEND and so much more.**

**We want you to have all of the information you need at your fingertips to help you find the right support. We can only do this with your help, so if you can't find what you're looking for please tell us and we'll help to find the services that you need and add the information to this website.**

**Warrington - local offer can be found at:**

**<http://warrington.fsd.org.uk/kb5/warrington/fsd/localoffer.page>**



Tim and Rachel return from working abroad as a doctor and nurse. Their life is unfolding with reassuring predictability until Rachel finds herself sitting in the darkness of a newly decorated nursery, unable to feel her unborn baby move. Suddenly everything is turned upside down as their newborn teeters on the brink of life and death. Within weeks, they are catapulted into a world of brain damage and on a road to cerebral palsy, epilepsy and palliative care. Instead of embarking on the new adventure of motherhood, Rachel helplessly watches her future slip through her fingers like dry sand.

Rachel's personal and evocative narrative exposes the heart of being forced to live an unexpected life. Her story will make you laugh and cry as she shares her experiences of grappling with healing, forgiveness, grief and her faith.

### **Reviews:**

"Like creating a mosaic from shattered tiles, my life is made up of broken pieces fashioned together into something priceless and more beautiful."

‘A moving, heartbreaking, joy-giving, hope-filled, brilliant book about what it’s really like when life is turned upside down and all your expectations are shattered. I love how this book doesn’t accept the easy answers that can explain difficult things away by saying that everything happens for a reason or things will be alright in the end – sometimes the difficulties don’t go away, but this book is all about the reality of living amongst the messiness and the chaos and finding joy and laughter and beauty in the midst of it all anyway. I hope that this book will encourage others who are walking similar (and different) roads as parents of children with disabilities – and I know it also has the power to help others to gain more understanding and be able to support friends and families around them who are struggling.

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This is lovely—one for our next trip to Rossendale Ski Slope or Chill Factor!

**<http://noahsdad.com/down-syndrome-skiing-tips>**

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*I am wearing a pair of shoes.*

*They aren't pretty shoes... uncomfortable shoes.*

*Each day I wear them. Each day I wish they'd feel more comfortable.*

*Some days my shoes hurt so badly that I do not think I can take another step.*

*et, I continue to wear them and continue my journey....I get funny looks wearing these shoes.*

*I can tell in others eyes that they are glad these are my shoes and not theirs.*

*They never talk about my shoes....*

*To learn how painful my shoes are might make them uncomfortable.*

*To truly understand these shoes one must walk in them.*

*But, once you put them on, you can never take them off.*

*I now realize that I am not the only one who wears these shoes.*

*There are many pairs in this world. Some women ache daily as they try and walk in them.*

*Some have learned how to walk in them so they don't hurt quite as much.*

*Some have worn the shoes so long that days will go by before they think about how much they hurt.*

*No Mum deserves to wear these shoes. Yet, because of these shoes I am a stronger woman.*

*These shoes have given me the strength to face anything. They have made me who I am.*

*I am a Mom who has a child(ren) with special needs.*

*I will forever walk in these shoes.*

~ Unknown