



# Special Parents

Newsletter 4—August 2010

## Welcome!

Welcome to the Summer letter and apologies for it being slightly delayed, this is because I have been waiting for information to include in the newsletter.

I hope everyone has had a peaceful Summer and has used the website forum to keep in touch with the other members.

Those of you attending the group meetings will have noticed that attendance has increased somewhat recently and this is due to external agencies recommending us and families talking about us. Please keep spreading the word and lets between us support as many parents as we can. As you'll see from the newsletter, we are now in a position to commence evening meetings which is a big achievement for us.

Thank you again to all that come to the meetings and contribute such worthy information, please continue to support us in whatever way you can, and thank you to the committee for their ongoing support and commitment.

Rachel.

### Special points of interest:

- \* AGM
- \* Daytime meetings
- \* Evening meetings
- \* Bowling Night
- \* Knockhatch Trip
- \* Fundraising
- \* Forthcoming Events
- \* Dates for your diary

## AGM and Committee News

We have now held our first AGM for the group, it was attended by all committee members and whilst it was very short due to being the first year of the group it was run in accordance with the regulations for non profit community groups.

The minutes of the AGM are available on request but the main point of significance were the treasurer report stating that we had a 'healthy' bank balance.

The other issue was the appointment of a new committee member who has joined to help with the running of the group. Our newest committee member is Nicole Sewell, Nicole has experience of committee work in a community group and also has a son that is undergoing assessment for additional needs. All committee members welcome Nicole to the group and look forward to working with her, we also hope she benefits from the support that can be provided from our members.



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

## Support Meetings

Daytime meetings have now recommenced after the Summer break, just a reminder that they are held on the first Tuesday of each month and we do provide a pre-bookable crèche.

In addition to our daytime meetings we are now pleased to announce the start of evening support meetings. We were fortunate enough to obtain a

grant to allow for the hire of premises, advertising and refreshments for these meetings. Evening meetings will take place on the 1st Monday of each month from 7.15pm-8.45pm. The evening meetings take place at St Lukes Parish Centre in the small meeting room and refreshments are provided.

It was decided some time

ago that parent to parent support was valuable to us all and there wasn't an urgent requirement for guest speakers. However, if anyone does want specialist advice or training please let me know and I will see if I can arrange it.

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We are always looking for ideas for fundraising, if you have any ideas or wish to make a donation please contact one of the committee members.

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## Bowling Event

We were very fortunate to be accepted for funding for a night out for the siblings in our group.

We approached Access 2 Activities funding to ask them to fund a dedicated night out for the siblings to give them a night off and time to spend on a one to one basis with a parent.

The event took place in August 2010 when we took

a group of 11 families to Lloyds Lane where we had two games of bowling and a basket meal each.

The night was a huge success, it was lovely to see everyone relaxing and laughing and most of all having fun. I have created a portfolio of evidence of the night that has been sent onto A2A funding to thank them and show them how

worthwhile the grant was, obviously this is available for any members to view.

The evening was such a success that we have vowed to repeat a sibling event again next year and we will aim to fundraise specifically for that purpose.

Thanks to all that came and to those that helped organize the event.

## Knockhatch Trip

After a Summer of some mixed weather we finally got round to our trip to Knockhatch.

We opened the curtains on the morning of the trip to heavy rain!! However...the show had to go on! Understandably some of our families had to drop out due to the weather, but that is a lesson learnt to us when planning our next family trip.

So despite the miserable weather we took 13 families to Knockhatch on an all expenses paid day out. The day was made possible with funding from the Eastbourne Lions Club who have always been very supportive to Special Parents.

We had a coach arranged to take us to Knockhatch, entry paid for all the families and all the children also had an extra activity such as laser quest or go karts.

The day was really enjoyable to everyone of all ages...even the adults in the group too part on some of the activities!

Also some of the children were involved in some filming for the new Knockhatch website so something for us to look out for!

Special thanks to the children's centre and Spectrum for supplying staff to assist on the day.

## Fundraising

Since our last newsletter we haven't as a group completed any fundraising events. However....

Bluebell Hill Nursery held a cake sale day, children were able to make and sell cakes and all proceeds were given to Special Parents. In total they raised £70 which is a huge amount and will help us towards holding future events for our families. Many thanks to Nicola Likeman who chose our group to receive the funds.

We have also received a cheque for £200 from the Eastbourne Masonic Lodge. Most of the funding we receive from outside agencies have to have a dedicated use, however the Masonic Lodge stated that the money can be used for anything we like that would support the ongoing work of Special Parents.

At a recent committee meeting we had a lot of discussion around fundraising events that we wish

to hold and we will be advertising these in future newsletters. We plan to attempt to raise funds to repeat all our events again next year so please assist us with ideas for fundraising or come along to our fundraising events. We are always looking for raffle prize donations from individuals and companies to please bear us in mind and contact Rachel if you can help fundraise in any way.

## Sponsored Swim



We have finally planned our sponsored swim and are now looking for people to take part in the event!

The swim will take place at Eastbourne Sovereign Centre on Thursday 25th November from 7-9pm.

We are looking for 12 people to swim in the event, 6 people from 7-8pm and a further 6 from 8-9pm. You can be sponsored by time,

distance or just for taking part, we will leave that decision to you when you collect sponsorship!

We will provide you with a sponsorship form and a leaflet about the event so your potential sponsors can see where the money raised will be helping families with special needs children. We will also provide a friendly and encouraging face and a drink on comple-

tion.

This has taken a lot of effort to plan and we feel it could be a very good event but we do need people to come forward and raise sponsorship for us, if you feel you could take part please contact Rachel as soon as possible.

I will report back on the event in the next newsletter.

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**Don't forget to book your children into the free crèche! Phone 01323 464160 two weeks before the meeting.**

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## Sibling Group



We are still researching the idea of a sibling group and from the research we have completed so far it would appear that this is a much needed service! This is a huge mission to take on and will eventually be set up as a separate concern with its own committee. In the meantime it is our aim to provide a dedicated sibling event once a year.

## Members Input

I regularly have members approach me at groups or by email telling me how much they appreciate the help Special Parents have provided....well, now is your time to come forward and tell everyone!

I would like to place a member's view in each newsletter about how the group meetings, newsletters, events have helped you and made a difference. So far the newsletter is always about what the committee is doing and I feel it would be more personal and enjoyable to new members if they could see a member's point of view.

So, I would be really grateful if you could put together a couple of paragraphs about your view of Special Parents and email it to me [Rachel@specialparents.org.uk](mailto:Rachel@specialparents.org.uk) by November 30th 2010.

Obviously if you wish your information to be printed anonymously please let me know. Thanks in advance.



## Committee Meetings

Committee meetings have now been changed to every four months, if any members have any issues/ideas that they wish to bring to the committee's attention please contact one of the committee members (listed below), the next meeting will be held in January 2011.

## Dates for your Diary

6th September	First Evening Group meeting
14th September	Daytime Group Meeting
4th October	Evening Group Meeting
5th October	Daytime Group Meeting
1st November	Evening Group Meeting
2nd November	Daytime Group Meeting
6th December	Fundraising Christmas Sale night (to be confirmed)
7th December	Daytime Group Meeting

Committee: Rachel Moran—Chairperson, David Moran—Secretary, Danniil Courtier-Taylor—Treasurer, Marie Baker, Julie Jones, Nicole Sewell

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