

kidz to ADULTZ MAGAZINE

ISSUE 13 / JULY 2021



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ORAL HYGIENE FOR PEOPLE WITH DISABILITIES AND ADDITIONAL NEEDS

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Welcome!

WELCOME TO OUR LATEST ISSUE



The school summer holidays are almost upon us, with people living in Scotland already well into their summer break, which started at the end of June. We are experiencing good weather, Covid restrictions continue to be lifted, so the next few months look promising for normality to return – fingers crossed! Therefore, consider this edition of the Kidz to Adultz Magazine part of your relaxing ‘holiday read’.

As always, it is our readers who influence the content we publish in the Kidz to Adultz magazine and in this edition, we have a host of new contributors and very informative articles.

We appear to have a ‘therapy’ theme emerging for this edition. Beata highlights the benefits of Lego Therapy and explains how assigning children the tasks of the engineer, builder and supplier can encourage communication. Karen’s article about Oral Placement Therapy discusses how a technique using Cheerios can be beneficial for children who have muscle-based weakness as part of their condition and Elizabeth Beckerlegge explains the benefits of hippotherapy, which is a therapy using horses.

Although most of us may opt for a ‘staycation’ this year, we can start to think about travelling to foreign shores in 2022. With this in mind, Josh Withersgill from ableMove shares with us the findings of the recent aviation survey. An article from the Oral Health Foundation offers practical information about oral hygiene and directs you to an extremely useful website.

Don’t forget, there is still the opportunity to view the equipment and services which were showcased in Venue to Virtual – The Disabled Living Collective at the end of June. This virtual event can be accessed until 31st July 2021.

Look out for an email dropping in your inbox towards the end of July about the Live Kidz to Adultz Exhibitions returning.

Carmel Hourigan

Editor & Manager Kidz to Adultz Exhibitions
Disabled Living
#kidztoadultz



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Toilet Training Give it a Try!

Developing toileting skills may seem intimidating at first, but the gains for both child and family can be truly transformative.

Toilet training has a wide range of health and social benefits. Continence is linked to healthy development of the bladder and bowel and healthy development of the associated neurological systems. Furthermore, the increased independence in hygiene and personal care can positively impact a child's confidence and self-esteem.

Full continence may not be the goal for every child but even the smallest amount of independence can make the biggest difference.

Studies have shown that by applying innovative techniques, children with bladder and bowel dysfunction (Garcia-Fernandez and Emanuel Petros, 2020), or physical and neuro-disabilities (Millard, 2013) may have more potential to develop toileting skills than we previously thought. And often combining these new approaches is the key to developing the skills needed.

Consistency is one aspect of toilet training that children with disabilities can miss out on. Lack of consistency makes the process lengthier and more complex. Having a toilet seat or potty for use at home but not being able to bring it out with you on day trips or when visiting relatives can result in children having to revert to nappies when out and about, which is not ideal.

For many children with physical disabilities, being appropriately supported to void is a real issue. Research has shown that squatting is the ideal posture to reduce the strain required when voiding – for all of us! The squat posture also has the additional benefit of reducing dystonic movements as it closes the angles at hip, knee and ankle.

One aspect of toilet training you may be familiar with is waiting until your child gives you signals to indicate that they are ready to start. This is something we want to encourage you to rethink. Parents and caregivers can



start toilet training early with simple everyday changes. For example, mimicking going to the toilet, using common toileting language, getting children familiar and comfortable with the toilet and the bathroom, and ensuring that their child's diet supports regular bladder and bowel movements. Small steps are the key to ensuring that the process is not overwhelming for anyone involved.

The **GottaGo** toilet seat is the latest product to join the Firefly Friends family. Lightweight, fully foldable and with a stylish backpack, the **GottaGo** can be easily transported and used in any environment where your child may need a trip to the bathroom! The portability of the design provides the consistency needed for successful toilet training and the flexible seat uniquely supports the squat posture.

When you're at the start of the toilet training journey it can seem like an insurmountable task. However, with the right support and the right equipment achieving your goal is possible and the benefits to self-esteem, and bladder and bowel health make it worth it. More information on toilet training including case stories, and on the **GottaGo** can be found at www.fireflyfriends.com/gottago. Remember, every small step towards independence can make a big difference to your child.



Hippotherapy

ELIZABETH BECKERLEGGE IS A CHARTERED PHYSIOTHERAPIST AND FOUNDER OF RIDING FOR REHAB, A MULTIDISCIPLINARY EQUINE FACILITATED THERAPY PRACTICE BASED IN YORKSHIRE BUT WITH CLIENTS ALL AROUND THE UK. SHE IS CHAIR OF ACPEA, THE ASSOCIATION OF CHARTERED PHYSIOTHERAPISTS IN EQUINE ACTIVITIES AND HAS BEEN INVOLVED WITH THE RIDING FOR THE DISABLED ASSOCIATION (RDA) FOR MANY YEARS

Riding for people with a disability can be a sport – look at the success of our paradressage riders – a leisure and pleasure activity or a specific therapy activity. Hippotherapy is the term given to using a horse for treatment (hippos

= Greek for horse and therapia = treatment). In the UK hippotherapy is carried out by Physiotherapists, Occupational Therapists or Speech Therapists who have undertaken specific post-graduate training in this specialism. It is a therapy treatment

and riding skills are not taught but many children or adults who have had hippotherapy treatment do go on to join an RDA group or a commercial riding school in order to learn to ride for sport or a leisure activity.

SO WHY USE AN EQUINE (A HORSE OR PONY)?

A horse has been described as a three-dimensional movement machine with an in-built heating mechanism, but it is so much more than that! The movement of the equine at walk is a very important factor in the treatment. As the horse walks, its back moves in three planes, forward and back, up, and down and side to side with each stride. This movement is transferred to the rider giving an anterior/posterior movement of the pelvis, a lateral tilt of the pelvis and rotation of the pelvis. These are the same movements which take place in a normal human walking pattern. The horse gives between 90 and 110 movement impulses per minute so in a typical 30 minute hippotherapy session the client receives approximately 3000 opportunities to adapt their posture, practice balancing and move their back and hips as the horse is walking. The physiotherapist will direct the movement of the horse, its direction and speed, according to the treatment goals and the client's response. Additional activities or games with toys might be included to increase activity and meet specific aims of treatment. Hippotherapy

treatment is usually offered in blocks of weekly sessions with an assessment at the beginning and a reassessment at the end of the block.

WHAT ARE THE BENEFITS OF HIPPOTHERAPY?

Research has shown significant improvements in posture, balance, and coordination for children with neuromuscular conditions following a block of hippotherapy. There are also the added benefits of physical exercise out in the open, the relationship with an animal and the control of it (a pony will go over ground that wobbly legs, walking aids or wheelchairs struggle with), the self-esteem and confidence that comes with learning a new skill and enjoying a new activity, emotional regulation and behaviour control.

Hippotherapy has also been shown to have a positive effect on speech and communication. This is partly due to the improved posture and respiration but also the stimulation and desire to communicate with the horse. A combination of vocalization, signing and adaptive technology can be used during a hippotherapy session.

Hippotherapy is therapy treatment in disguise! In an atmosphere of fun

and enjoyment, children are often more willing to engage in a therapy session than they are in the clinic setting.

WHO CAN HAVE HIPPOTHERAPY TREATMENT?

Hippotherapy is most commonly used with neuromuscular disorders (cerebral palsy, developmental delay, genetic syndromes, acquired brain injuries et al) but is also used for musculoskeletal conditions. Both adults and children can be treated with hippotherapy, but little research has been carried out with adults and there are very few places in the UK offering specific hippotherapy for older teenagers or adults. This age group tend to access therapeutic riding facilities with the RDA or other riding centres, perhaps with physiotherapy support.



LET ME TELL YOU ABOUT 'T'...

Experiences of hippotherapy shared with permission of her mother.

T had her first hippotherapy session aged two and a half years. At that stage she was not walking but had functional sitting balance and was crawling. She could pull to standing by leaning on her forearms but was on tiptoes only and kept her hands fisted. She had sensory processing difficulties and some rigidity of behaviour patterns and routines. She was socially anxious and very attached to Mum. She had no confirmed diagnosis, but Joubert's Syndrome was suspected.

The hippotherapy team were briefed to keep quiet, slow and peaceful. T had to be lifted onto the pony, Mary, and would only stop crying if Mum was in sight so we asked Mum to walk in front and we 'chased' her. T's sitting balance on the walking pony was not secure and so the aims of the first few weeks of treatment were to improve her core stability, to reduce her anxiety and to encourage communication (using 'Go' and 'Stop') After 4 weeks she was much happier, relaxed and smiling but still needed Mum in front. She was consistently and appropriately saying Go but did not

want to stop! Her upright sitting balance had improved but lateral weight shift to the left was poor so correcting this became the next aim of treatment. By the end of her 1st block of hippotherapy (9 weeks) T was saying Go and Stop, she could sit forwards, sideways, and backwards on Mary and had just started to engage with games with beanbags and quoits on the pony. Mum could now watch from the car. Then Covid came along! We managed one block of hippotherapy at the end of 2020



and another April-July 2021. Now aged 4, T is walking independently but with an ataxic gait, she is talking in full sentences and initiating conversation. The aim of her next block of hippotherapy will be to improve her dexterity with mounted activities and to introduce the use of reins with a view to moving her on to an RDA group so that she can continue to enjoy horses and riding and learn new skills.

Mum says: "Thank you for believing in T from the beginning when, screaming and flailing on the back of Mary, you saw a potential to get us where we are today hands free, balancing on Arthur... Life-changing... Hippotherapy succeeded when others couldn't manage her... so many successes she takes away from her sessions."

DO YOU WANT TO KNOW MORE?

RIDING FOR REHAB

www.ridingforrehab.com

ridingforrehab@gmail.com

ACPEA – The Association of Chartered Physiotherapists in Equine Activities

www.acpea.org

There is a Directory of Service Providers on the website (find a therapist)

RDA – Riding for the Disabled Association

www.rda.org.uk

Find an RDA group near you and to learn more about RDA activities.

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The Aviation Education Programme is suitable for 12 -18 year olds with mild to moderate physical and/or learning disabilities. The programme includes 15 sessions on Saturdays during term time from September 2021 to July 2022.

To apply visit www.aerobility.com/aep. Applications close on the 20th of August 2021.



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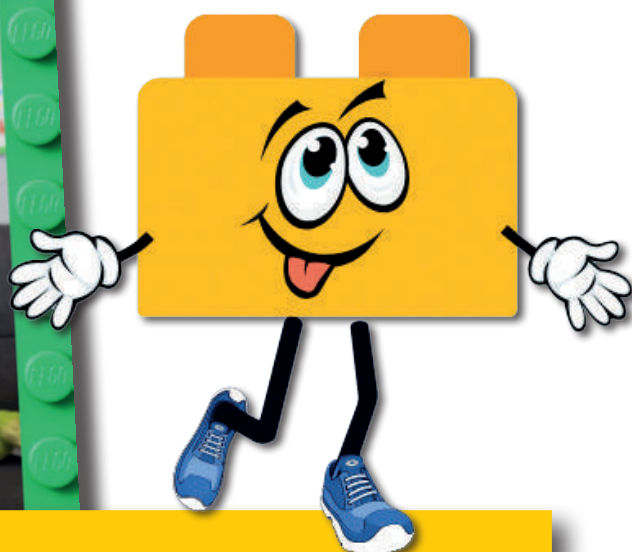
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THE PHENOMENON OF Lego® based therapy!

LET ME START BY SAYING THAT THERE IS PERHAPS NO SIMPLER TOY THAN A SINGLE AND HUMBLE LEGO® BRICK. THIS GENIUS INVENTION INSPIRES MILLIONS OF CHILDREN AND ADULTS ACROSS THE WORLD

I love Lego®! Who doesn't? Right?! In my career as the Lego® – Based Therapy Facilitator, I had only two children that did not like playing with Lego®, but they were converted by me through their strong interests in Minecraft Game and superheroes!

Lego building bricks are well known worldwide and more than likely you had a chance to build everything out of Lego bricks. Children and adults love and build Lego projects at home on their own, with their family members, in a social group, at school, or in a community setting.

WHO CAN BENEFIT FROM LEGO® BASED THERAPY AND HOW PLAY THERAPY CAN HELP?

You may have heard some of the many true stories about Lego® Based Therapy (LBT) and how people are using it to develop creative, ground-breaking ways to educate and support children, young adults, families, adults, and elderly people.

We know that Lego® – Based Therapy can play a central role in changing people's lives for the better. It has applications in the fields of education, special educational needs

and disability, social care, mental health and more.

It is all down to the benefits of real play: time spent away from TV and computer screens – quality time that we can spend socialising, solving problems, being active, curious, and creative. It is an opportunity for real engagement with people, which makes it a wonderful tool for teachers, learning support assistants and learning mentors, play therapists, counsellors, speech and language therapists, social care workers, occupational therapists, etc.

HOW CAN LEGO® BASED THERAPY HELP CHILDREN WITH SEND/ AUTISM?

This is a highly flexible therapy and one that is especially beneficial to children with SEND. It is an ideal tool for developing children's social, communication and language skills, cognitive skills, fine motor skills, and improve their emotional and behavioural responses.

It also helps to improve and develop self-esteem, self-regulation, and relaxation.

A skilled therapist will be able to use it to assess a child's needs, target any skills deficits, and then plan activities and games to improve the relevant skills.

Lego® Based Therapy gives children the opportunity to socialise and form relationships with others and helps them to learn about other people's point of view (the theory of mind). When applied as a social communication skills programme, it gives children a chance to transfer their skills from their small Lego group to a bigger group, classroom, school, home, or other community settings and the skilful therapist will plan the generalisation activities into the therapy.

WHAT IS LEGO® BASED THERAPY?

This extremely engaging therapy was coincidentally discovered by Dr. Daniel LeGoff. I will not bore you with all the history, but I would like to say how grateful I am for this discovery. If you would like to learn about the origins of Lego® Based Therapy then read the Lego® Based Therapy Book by Dr. Daniel LeGoff, Georgina Gomez De La Cuesta, GW Krauss, and Simon Baron-Cohen. It is a must read, especially when you are planning this awesome play therapy in your setting.

Over the years other people, professionals such as speech and language therapists, psychologists, or teachers have written other fantastic books about the use of Lego® – Based Therapy and as I am in favour of the eclectic and holistic way of working with children, I suggest studying them all if you would like to

incorporate the full potential of this simple idea.

Lego® – Based Therapy is a great tool for working with children who have special needs, and particularly those with autism, but let me tell you that this approach benefits typically also developing children and should be run in each school. This is at least my personal dream as I saw how effective it is when you are helping and supporting children's individual needs around communication, language, social skills as well as in shaping emotional and behavioural responses. Over the years, I have helped many different children some of them with autism, learning difficulties but also EAL children with typical development but lacking social skills, self-esteem skills or experiencing high anxiety or expressing challenging behaviour.

A simple way of describing the Lego® – Based Therapy would be to say that this is the a collaborative social programme centred on the use of Lego® bricks. Lego® – Based Therapy is a positive, structured, child-centred, and evidence-based approach that should be delivered in a graduated way. Depending on your children's needs and your own facilitator experience, you can organise groups of three, four or five as well as working in pairs or one-to-one.

WHAT THE LEGO® BASED THERAPY SESSION LOOKS LIKE

There are so many things that you and your children can do during the therapy sessions but for the purpose of this article let us say that there are four different levels of delivering Lego® – Based Therapy where children gradually are introduced to more complicated activities (or responsibilities) and through these activities, they are learning new skills.

They play different board games, build collaborative sets, build freestyle building projects, create slow motion movies, incorporate art, cooking, shopping, computer skills, planning, etc. When children build, they will do it as a team but with the

jobs allocated. Depending on the number of children in a group, you will have to use different jobs.

A classic way of organising your groups is to place children in a group of three so you will have the builder, the supplier and the engineer. If you have bigger or smaller groups then you must make changes accordingly: for example, introduce other jobs such as the inspector.

WHY I THINK LEGO® BASED THERAPY IS THE BEST APPROACH WHEN TEACHING SOCIAL COMMUNICATION SKILLS

There are several different reasons but the most important one is that you do not have to work hard to engage children (and trust me this is especially important) as they are naturally motivated by the building process.

From my experience, 98% of children that I worked with loved playing with bricks and were more likely to focus, follow the rules, try new things, or problem solve with their friends.

Also, if you are the facilitator then teaching skills through this therapy, is a pure pleasure, as you are using a natural way of learning – through play.

HOW DOES LEGO® BASED THERAPY WORKS?

Lego® – based therapy is about far more than putting bricks together. On the surface, you will see children building different sets but while the building activity is the engaging part for children, it is everything else that matters in terms of therapy.



The experience affords plenty of opportunities to socialise, communicate, and shape children's emotional and behavioural responses which is part of the reason why this intervention is so successful. Well trained facilitators will be able to organise and run sessions in a collaborative, goal-oriented style of communication with particular attention to the language of change. The skilled therapist will strengthen personal motivation and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion.

FORMAT AND FLEXIBILITY

Lego® – Based Therapy should be delivered over a period of at least 12 weeks. There are four different levels to the therapy. Usually, children work together as a team. They experiment, practise and master different skills, play games, and of course they build!

A typical session will involve a group of three children, and it will last for 60 minutes, once a week for at least 12 weeks. There are three job roles: engineer, supplier, and builder. The engineer oversees building instructions (i.e., gives directions to both supplier and the builder). The supplier oversees bricks (locates them and passes them to the builder). The builder puts the bricks together (following the engineer's directions). More jobs can be designed and allocated if the group is bigger, and you are teaching more complex skills.

This is one of the more typical ways to deliver LBTH, but the programme is extremely flexible. It can be delivered one-to-one, to pairs of children, to bigger groups or to a whole class. Likewise, the timing and frequency of the therapy can be adapted to suit individual needs; it can vary from ten minutes every day (for example, when teaching communication or language) to 90 minutes, once a week, when working with children who need more time to process information and respond.

Regardless of the format, this



intervention will encourage children to communicate with each other (verbally and non-verbally). They will pay collective attention to a project, and they will learn how to allocate job roles and how to share/rotate them.

Lego® – based therapy is highly structured, so it gives children a sense of safety, familiarity, and predictability. It is engaging and motivating, so children are more likely to follow a facilitator's lead or group rules. It offers a host of different projects to build, and numerous games and activities to play, so children are kept engaged and remain more willing to listen and learn.

This awesome therapy when delivered by a trustworthy, empathetic, respectful, and creative facilitator can empower children to problem solve, develop social communication and emotional intelligence, improve self-regulation, increase self-confidence, and create friendships.

www.beainclusive.com

ABOUT BEATA...

Beata Bednarska is an Autism Lead Practitioner, Trainee Counsellor, Higher Level Teaching Assistant, and an expert in Lego® based Therapy. She has extensive experience working with children with special needs. Beata specialises in supporting children on the autism spectrum, children with complex needs and learning difficulties. She is a creator and funder of the Brick-by-Brick Academy and offers Lego Based Therapy online and in-house training for parents, educational staff, NHS professionals. You can learn more about LBTH and school provision through her vlogs and you can join Beata Inclusive community on social media:



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THE SEND LOCAL OFFER –

what's going on

OVER THE SUMMER HOLIDAYS?

The SEND (Special Educational Needs & Disability) Local Offer provides information in a single place. The Local Offer helps children, young people, and their parents to understand what services and support they can expect from a range of local agencies - including their statutory entitlements. The SEND pages of your Local Authority website will direct you to information about the activities available in your area.

The government has allocated

£220m for local councils to deliver free holiday clubs. These clubs will offer free healthy food and physical activities. Funding is expected to

cover activities for at least four hours a day, four days a week, for four weeks of the holidays.

Councils are expected to offer free club access to all children eligible for free school meals. Children who do

not receive free meals may still be offered places, but not for free.

www.redbankhouse.com

“The government has allocated £220m to offer free holiday clubs.”



Manchester City Council are working in partnership with Disabled Living to provide free sessions for children and their siblings in the multi-sensory rooms at Redbank House, not only for this summer holiday period, but also October and February half term holidays.



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KIDZ TO ADULTZ

Live events

ARE BACK!

Kidz to Adultz North

**Wednesday 17th
November 2021**

NEW VENUE...

**ACC Liverpool, Kings
Dock, Liverpool
Waterfront, Liverpool,
Merseyside, L3 4FP**

It has been a long time coming! We are absolutely delighted to announce the Kidz to Adultz live events are back, starting with Kidz to Adultz North in November at ACC Liverpool, an outstanding event venue on Liverpool's iconic waterfront.

On the banks of the River Mersey at the heart of the city's iconic waterfront, ACC Liverpool is a fully accessible, world-class facility in a unique setting.



WHO IS THIS EVENT FOR?

This event is dedicated to children and young adults with disabilities and additional needs, their parents, carers, and the professionals who support them. 180+ exhibitors offering advice and information on:

- Funding
- Mobility
- Seating
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Boost your CPD portfolio and gain credits by attending one or more of the FREE CPD seminars taking place alongside the exhibition. Seminars are presentations covering a wide range of issues and interests to families and carers of children with disabilities and special needs, and the professionals who work with them. Topics include: toileting issues, autism, transition, employment, seating and much more!



SEE WHAT OUR EXHIBITORS AND VISITORS HAVE TO SAY:

Bundlebean: "We had our best experience yet at Kidz to Adultz North. We met loads of gorgeous kids and young people and just had a wonderful time. We sold out of three lines of stock by 11am! Thank you so much for putting on another fab show."

Parent: "What an amazing event! Disabled Living really do think of everything. There's so much information and everybody was really friendly. It was great that we could try out equipment and have a better idea of what we're looking for."



Our regular visitors to Kidz to Adultz North asked why we have changed the venue from Manchester to Liverpool?

The simple answer is, we keep growing!

Unfortunately, there is no longer a venue in Manchester which is large enough to support the expansion of the Kidz to Adultz exhibitions and at the same time 'tick the boxes' we require, to ensure our visitors have the best experience possible. EventCity, the venue which had been home to Kidz to Adultz North for the last seven years is to be re-developed into a Wellbeing Resort.

However, you never look back, you look forward. So, if you have not yet visited Liverpool, November is the time to do so! With excellent motorway, and rail networks the venue is highly accessible. Will it be worth coming? You bet it will!

As we bounce back from what has been a challenging eighteen months, we cannot wait to welcome visitors back to Kidz to Adultz North.

REGISTER HERE





Oral hygiene

FOR PEOPLE WITH DISABILITIES OR ADDITIONAL NEEDS

BY DR NIGEL CARTER OBE, CHIEF EXECUTIVE
OF ORAL HEALTH FOUNDATION

Everybody deserves to have good oral health. Despite this, many people with disabilities or additional needs face continued challenges regarding both self-care and access to care. The World Health Organisation (WHO) have reported that the Covid-19 pandemic has exacerbated already existing health inequalities for those with disabilities. That being said, there is a lot you can do at home yourself, or for someone you are caring for, to help maintain good oral health.

A strong oral health routine at home is the cornerstone of good oral health so it is important that you get it right. Below are some top tips for good oral health and hygiene for people with disabilities or additional needs.

BRUSHING TWICE A DAY

Brushing twice a day with a fluoride toothpaste for two minutes is key if you want to get rid of plaque on your teeth and



avoid tooth decay and gum disease. Plaque is a sticky film of bacteria that constantly forms on teeth. Bacteria in plaque produce acids after you eat or drink. These acids can destroy tooth enamel (the hard protective outer layer of your teeth) and cause tooth decay and gum disease. It is really important gum disease is taken seriously as, if left untreated, it can lead to tooth loss and also increase your chances of developing heart disease, diabetes, and complications from a Covid-19 infection.

For those with disabilities or additional needs, especially if their mobility is limited, tooth brushing can be difficult. Thankfully, there are aids available to help with toothbrushing. For people who struggle with dexterity, there are brushes with specially designed handles available that can aid brushing. These handles are typically wider making them easier to grip and move around. Alternatively, developing better oral health may be gained by making a simple switch from a manual to electric toothbrush. Electric brushes have also been proven to be more effective than a manual brush in removing plaque and so can provide a more thorough clean.

When it comes to when you should brush your teeth, the answer is last thing at night before you go to bed and at one other time during the day. The brush last thing at night is really important because as you sleep your body produces less saliva – the body's natural defence to acid. This lack of saliva leaves your teeth more vulnerable to decay which is why it is so important you get that fluoride on your teeth last thing at night to help protect your teeth while you sleep.

USING THE RIGHT TOOTHPASTE FOR YOU

Fluoride is a mineral that can be naturally found in many foods and in all drinking water. The amount of fluoride in water varies from area to area.

Fluoride is your teeth's best friend, as it helps to protect them from acids from foods and drinks. Fluoride

can greatly help dental health by strengthening the tooth enamel, making it more resistant to tooth decay.

When buying toothpaste, make sure it contains the right amount of fluoride so that your teeth can get the maximum benefit. All children up to three years old should use a smear of toothpaste with a fluoride level of no less than 1000ppm (parts per million). After three years old both children and adults should use a pea-sized amount of toothpaste that contains 1350ppm to 1500ppm.

If your children are under seven you should keep an eye on them when they brush their teeth and encourage them not to swallow the toothpaste. For children with disabilities or additional needs you may need to supervise them for longer until you are confident they can brush safely and effectively on their own.

Sometimes following a dental check or caries risk assessment by a dentist, they may feel you need more fluoride to prevent tooth decay – this is where prescription high fluoride toothpastes come in.

Prescription high fluoride toothpaste at 5000ppm has more

than three times the usual amount of fluoride you would expect in an adult toothpaste (typically 1450ppm). This makes it effective at preventing and reducing tooth decay.

Your dentist fills out the prescription with enough toothpaste to cover 3-to-6 months. You can then take this to the pharmacy.

High fluoride toothpaste can be a great tool for those at a higher risk of tooth decay, which can often include those with disabilities or additional needs. Those with disabilities or additional needs may be at high risk due to difficulties brushing effectively or due to taking medication that causes dry mouth – reducing their saliva flow and therefore the mouth's natural ability to protect teeth from tooth decay and erosion.

A fluoride varnish can also be another effective tool for protecting against tooth decay for those with disabilities or additional needs, especially children. Fluoride varnish is a pale-yellow gel that sets quickly when applied to children's teeth using a soft brush. The varnish sets quickly, has a pleasant taste and a fruity smell.

Scientific studies have shown that fluoride varnish gives added





protection to teeth against decay when used in addition to brushing teeth regularly with fluoride toothpaste.

If you think that you, or someone you are caring for, could benefit from a high fluoride toothpaste or fluoride varnish give your dentist a call and arrange an appointment.

THE IMPORTANCE OF REGULAR DENTAL VISITS AND HOW TO FIND THE RIGHT DENTIST

Finding a dentist when you, or someone you care for, has a disability or additional needs can be tricky, but there are services to help.

Unfortunately, due to the Covid-19 pandemic, many NHS dentists are facing a backlog of patients. Nevertheless, dentists in the UK are working hard to try and deal with the backlog whilst keeping their practices as safe and accessible as possible.

Most dental practices in the UK are reporting to be working at around 66% capacity now and are working additional hours to see as many patients as possible. If you have not had a check-up in the last 12 months, give your dentist a call and see if you can arrange an appointment.

Remember, you should not wait to go to a dentist until you have got a problem. Being proactive and visiting the dentist regularly, as often as they ask to see you, is key to staying on top of good oral health.

You can find NHS dentists near you by heading to www.nhs.uk and using their 'find a dentist' tool. If, after contacting NHS dentists in your area, you still cannot find one taking on NHS patients, you can call NHS England's Customer Contact Centre on 0300 311 2233. Alternatively, you can also call NHS 111 who should be able to offer advice on next steps.

For some with disabilities or additional needs, being seen by the dentist at the dental practice might not be possible due to accessibility issues. In this case, the dentist should refer you to a more specialised dental service. Ask your dentist what is needed for a referral and if it is suitable in your case.

Specialised dental services are commonly provided by community dental services which can include hospitals, specialist health centres and mobile clinics, as well as home visits.

Some hospitals or health centres

can also help patients who need specialist care and may be able to offer treatment under sedation or general anaesthetic. Again, discuss the options available to you with your dentist who can then refer you if necessary.

To find out more about the community dental care available in your area, contact NHS England on 0300 311 2233.

OUR DENTAL HELPLINE IS HERE TO HELP

If you or someone you are caring for runs into difficulty with their oral health, you can always call the Oral Health Foundation's Dental Helpline, for confidential and independent oral health advice. The Dental Helpline is staffed by trained professionals ready and waiting to offer free advice and support for any oral health related issues. You can contact our Dental Helpline during 9am-5pm, Monday to Friday, by calling 01788 539780. Alternatively, you can also email the Helpline via helpline@dentalhealth.org.

For more information head to our website at www.dentalhealth.org

I'M ONE VERY LUCKY GIRL!

an awesome specialised bed from Centrobed

Carmela Chillery-Watson, from Wiltshire, lives with LMNA-CMD which is a progressive muscle wasting disease which weakens every muscle over time affecting the ability to walk and use her arms and hands.

Since her diagnosis aged just three, Carmela and her family have worked endlessly to help fund vital research into potential treatments and ultimately towards a cure

Some of Carmela's fundraising challenges have included walking a kilometre a day for 30 days and a 100-day fitness challenge to share physiotherapy exercises and inspiration.

To mark the end of Carmela's 100-day fitness challenge, Centrobed were delighted to deliver Carmela a bespoke Caribbean Bed, complete with Wonder Woman theme!

The Caribbean is a paediatric, fully profiling bed that turns, has independent leg movement, and will grow with the child. This specialist bed has a wide range of movements available that can help children reposition and find comfort with minimal intervention.

(An automatic turning system is available)

The Caribbean is suitable for children of all ages, from toddler to teen with a starting length of 60" growing to 66" then finally 72". The Caribbean can have its frame and panels customised to the user's own personal preferences. Choose the colour and theme to complement any room



**Video Call
demonstrations**

Carmela's mum, Lucy:
'Every single member of staff we
have spoken to are incredible. They
all genuinely have interest in welfare
and care and their customer service
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EXERCISE AT HOME WITH

WheelPower

WHEELPOWER, THE NATIONAL CHARITY FOR WHEELCHAIR SPORT, HAS BEEN PROVIDING OPPORTUNITIES FOR DISABLED PEOPLE TO PLAY SPORT AND LEAD HEALTHY ACTIVE LIVES FOR OVER 70 YEARS. FROM THEIR HOME AT STOKE MANDEVILLE STADIUM, THE BIRTHPLACE OF THE PARALYMPIC MOVEMENT, THEY HAVE SUPPORTED THOUSANDS OF DISABLED PEOPLE EVERY YEAR THROUGHOUT THE UNITED KINGDOM

Unable to host their popular annual events such as the Inter Spinal Unit Games and National Junior Games, WheelPower has had to adapt to the Covid-19 pandemic to ensure that disabled people have access to a variety of resources needed to stay active from their homes. This past year has been a challenging one for the whole sector and charities such as WheelPower have led the way in the creation of new and exciting digital resources, that include online workout videos and live exercise classes.

Back in March 2021 WheelPower released their very first 'Exercise at Home' video which introduced disabled people to Adaptive Yoga. The three online yoga classes have been a huge success with the wider community and have been watched over 22,000 times on YouTube. These first videos paved the way for many more WheelPower Workouts to be released and the full series now includes cardio, circuits, and resistance bands training, alongside the original adaptive yoga content. "Our data has shown us that thousands of disabled people have benefited from the Exercise at Home videos, not only in the United Kingdom but around the world! The feedback has been very positive, and we are delighted with the service we have provided to maintain and improve the physical and mental wellbeing of disabled people," comments Emily Weller, Head of Sport and Physical Activity, WheelPower.

As well as the growing number of fitness videos, WheelPower also hosts three live online exercises classes per week via Zoom. Hosted by Ben Clark (cardio), Ella Beaumont (circuits) and Nina Boswell-Brown (yoga) these classes provide an opportunity to take part in and enjoy exercise with other members of the community. Social interactions have become an important part of the classes and many friendships have been formed amongst the participants.

Finally, to compliment the wider

fitness programmes WheelPower has also been able to support disabled people with the gift of exercise equipment. The charity has now gifted over 500 free sets of resistance bands to recipients across the country. One happy recipient was 7-year-old Alex from Essex, who was born with a tethered spinal cord and is a full-time wheelchair user. As someone who is clinically vulnerable the aspiring wheelchair racer Alex and his family were looking for new ways to stay active during an extended period at home and were so grateful for the gift from WheelPower. As he explains, "My new resistance bands are great. I'm not getting as much exercise as I usually do but with these new bands I am now able to take part in training with my friends from the local wheelchair racing club. Thank you for giving me something that helps keep me strong and fit."

After a whole year of lockdowns and uncertainty we now look ahead positively to a return to play, a return to sports facilities and return to events as we know them. It has been an incredibly tough year for the charity sector financially but organisations like WheelPower have adapted to the challenges faced during the pandemic and have

continued to support thousands of disabled people to improve their health and wellbeing. "The Exercise at Home online programmes have had a fantastic impact and we are so pleased to hear how much disabled people have benefited. It has been wonderful to see how the help we have provided has enabled disabled people to maintain their physical and mental health during the pandemic and we thank everyone for supporting WheelPower during these unprecedented times," says Martin McElhatton OBE, Chief Executive of WheelPower.

To find out more about the WheelPower Exercise at Home resources please visit:
www.wheelpower.org.uk/homeworkouts

All videos can be found on YouTube: <https://www.youtube.com/WheelPowerVideos>

WheelPower can be found on all channels so please do tag us into your posts using the following: @wheelchairsport (Facebook) @wheelpower (twitter) @wheelpower_official (Instagram) @WheelPowerVideos (YouTube)



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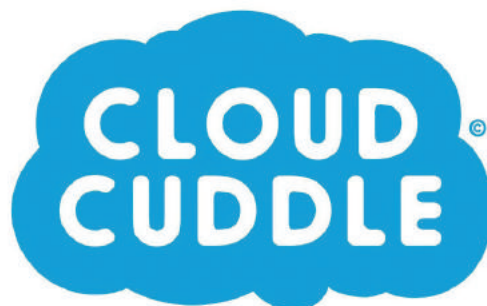
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**Sessions can be viewed up until
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A showcase for people of all ages with disabilities and additional needs, their families and all the professionals who support them.

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FOR YOUR SAFEST DREAMS

A UNIQUE, MULTI AWARD WINNING, TAKE ANYWHERE BED SURROUND THAT CREATES A SAFE AND CALMING SLEEPING ENVIRONMENT FOR CHILDREN AND PEACE OF MIND FOR PARENTS AND CARERS.



The CloudCuddle bed tent has been specially developed to allow a child with a disability to sleep safely wherever they are. The CloudCuddle can be fitted to nearly all types of single bed in only 5 minutes. It then creates a safe sleeping environment that allows a child to relax and unwind in a truly calming space as well as being safe and secure, for peace of mind of parents and carers.

Tasked with finding a solution to the request of parents with children with special needs who were restricted in travelling on holidays and visits to families, because their child wasn't safe in bed when they arrived at their destination, students at Delft University in the Netherlands designed and developed the Cloud Cuddle bed tent, before introducing it

for use in the Netherlands in 2017.

The rest is history as they say as the product has proven a huge success with use by parents, carers, respite care centre managers and healthcare professionals who work with children in the community. Consequently the designers of Cloud Cuddle have won a succession of awards in Europe. The product is tough, robust and durable but the fact it is lightweight and fits into a small carry bag for transportation, so making it a take-anywhere product, whether by motor vehicle, plane, train or coach has hugely assisted parents when travelling and made it so popular.

Not only can the Cloud Cuddle be used on your travels, it can be used at home on a domestic bed or with a medical bed, so allowing you to

take your child's familiar sleeping environment with you wherever you go.

Cloud Cuddle chief designer and company CEO Lotte Leufkens is delighted that the product can now be made available in the UK after appointing Spacesaverbeds Ltd as distributor from April 1st 2021.

For further information please contact info@spacesaverbeds.co.uk or visit www.spacesaverbeds.co.uk

 **SpaceSaverBeds**



HELP KATIE TO DESIGN

products for the future

KATIE MICHAELS IS A GRADUATE OF LOUGHBOROUGH UNIVERSITY WHO HAS A PASSION FOR HELPING OTHERS AND WORKING WITH CHILDREN

Since graduating from a design course last summer, Katie has been developing a product that aims to make physiotherapy practice more fun for children. The project has been inspired by her young cousin, who has cerebral palsy.

Katie has put together a short questionnaire that is directed towards parents and caregivers of children who require regular physiotherapy. Katie would really

appreciate your input to develop her designs further and welcome any feedback or advice which she can use in future product development.

If you want to find out more about Katie's project, drop her an email: katiemichaels97@gmail.com

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WHEELCHAIR USERS

have their say

ON FLYING EXPERIENCES

JOSH WINTERSGILL, FOUNDER OF ABLEMOVE, SHARES WITH US THE RESULTS OF THEIR RECENT SURVEY.

We have now released the findings of our survey on air travel for wheelchair users. In collaboration with Flying Disabled, ableMove asked 336 wheelchair (powered and manual) users from across the globe about their experiences in aviation so we can keep driving forward positive changes across the industry for all wheelchair users.

Our findings have highlighted an

urgent need for consistency across the industry in the form of a globally recognised standard that ensures the same level of service at every airline and airport.

Our survey found that the biggest concerns for wheelchair users were around the issues of wheelchairs being lost or damaged; transferring on and off aircraft; seating in the cabin; boarding and disembarking processes; carriage

of medical equipment and toileting arrangements for wheelchair users, both at airports and on aircraft.

The impact of these concerns is worrying. Only 25% of wheelchair users we spoke to would rate their overall experiences of flying by air as good, very good or extremely good. A huge 43% of wheelchair users stated that they no longer feel able to fly because of the issues we are highlighting through this report.

We recognise that there have been advancements made in recent years in levelling up accessibility issues as well as the introduction of enhanced regulatory frameworks, but it is clear from our findings that these do not go far enough, and we are now calling on decision makers and those in charge to work together to ensure that wheelchair users are able to fly without the added anxieties that we have found are a very common theme amongst this group of travellers.

Wheelchair users are one of the smallest categories of passengers with reduced mobility in the aviation industry, equating to between 1% and 2% of overall passenger numbers globally. In the UK during 2018 there were around 3.2m total passengers with reduced mobility requests and only between 160k and 224k of these were from wheelchair users. Our vast experience in this area leads us to believe that the industry perceives, due to such low numbers of wheelchair users flying, that it is not economically viable to change the way things are currently done as the demand just is not there. Our survey and many years of experience show just the opposite. The appetite for air travel from wheelchair users is vast and growing but, in many cases, air travel is deemed an impossibility by potential customers who use wheelchairs because of the issues we have highlighted. One survey respondent told us, "Flying as a wheelchair user is completely humiliating and current procedures are a deterrent to fly at all!"



One of the most impactful findings we discovered was that 62% of respondents deliberately dehydrate and starve themselves in order to fly, and often this process begins up to 24 hours before a flight, so the wheelchair user is completely confident that they will not need to use the toilet whilst on an aircraft. Not only is this incredibly damaging to health but also means that whilst for some wheelchair users they might be able to manage a short haul flight using this method, long haul flights for all customers in wheelchairs are an impossibility. Toilets on all aircraft should be fully accessible for all passengers, not just those who are more mobile.

Alarmingly, only 53% of respondents did not even know transfer equipment on aircrafts existed, let alone having had any experiences using it. This finding clearly demonstrates the lack of staff training and consistency in transfer procedures across the industry. Only 2% of people we surveyed said they had felt safe when using transfer equipment such as aisle chairs. "As soon as you go to the transfer chair and onto the airplane you immediately feel like you don't belong if you are disabled. Nothing is made for us, and everything is so difficult too, and it is very disheartening because I would love to travel more if it weren't so hard," said one survey respondent.

43% of people we asked said they used to fly but have since stopped flying and the two main reasons for this are bad experiences and personal injury caused by inexperienced or incorrectly trained staff. That equates to almost half of all survey respondents not being able to fly anymore due to the difficulties involved, and for airlines, when this statistic is applied more widely, equates to a lot of lost ticket sales.

Josh commented on the report findings; "There are some easy fixes that airlines can put in place with immediate effect that tackle the issues we have found in this survey. These are providing wheelchair users



with guarantees that wheelchairs will not be lost or damaged in transit and changing the timing of when wheelchair users are boarded so as to maintain dignity for the customer. Alongside these measures, airlines can then begin the dialogue with industry and innovators about improving toilet arrangements for wheelchair customers. The ultimate fix of course is the wheelchair in the cabin solution."

The findings from our survey point to a clear 'wheelchair in the cabin' solution. This will give wheelchair customers the safety, dignity and comfort they are entitled to in the same way that more mobile passengers expect these basic rights. Wheelchairs in the cabin will get more wheelchair users in the sky, flying more frequently and in larger groups whilst contributing to significant growth in tickets sales for airlines. It will remove the need for specialist equipment to board passengers thus saving time and manpower during boarding and disembarking procedures. Most importantly of all, wheelchairs in the cabin will allow wheelchair customers the same freedoms as more mobile passengers and level up what is currently a very uneven playing field.

For further information contact:
joshwintersgill@ablemove.co.uk

You can read the full report here:
<https://ablemoveh.kinsta.cloud/wp-content/uploads/2021/04/Wheelchair-Customer-Aviation-Survey-FINAL.pdf>



Helpline



Live chat



Free legal advice service



Information / resources



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kidz & ADULTZ EVENTS

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ACC Liverpool

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Thursday 17th March 2022
Ricoh Arena, Coventry

SOUTH

Tuesday 17th May 2022
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WALES & WEST

Thursday 7th July 2022
The International Conference Centre (ICC), Newport

NEW VENUE!

SCOTLAND

September 2022
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CHILDREN AND YOUNG
PEOPLE'S SERVICES AT

Back Up

AS THE ONLY CHARITY IN THE UK WITH
DEDICATED SERVICES FOR CHILDREN AND YOUNG
PEOPLE AFFECTED BY SPINAL CORD INJURY,
BACK UP HAVE A RANGE OF SERVICES ON OFFER.
READ ON TO DISCOVER WHAT WE HAVE FOR YOU.

Like many charities, the Covid-19 pandemic meant that some of our services had to go on hold, and others became virtual. We have been delivering online discussion groups for young people, so they can have a regular fortnightly get together over Zoom. By doing this we have adapted the way we provide support, so that we can remain there for children and young people affected by spinal cord injury.

We are delighted that our residential Multi-Activity Courses will be taking place again this summer! Our courses are a great opportunity to try new things such as abseiling or horse riding, meet other people the same age with a spinal cord injury, share and learn from each other's experiences, and just have some fun. We offer two courses for children under 13 years old to attend with a parent, and one course for young people aged 13-17 where they have the option to bring a friend. As part of these courses, we also teach essential wheelchair skills.

Our wheelchair skills training sessions aim to help children and young people become as independent as possible. The training is offered for manual or power wheelchair users and taught by volunteers who have a spinal cord injury themselves. The skills can help children and young people learn more about how to get on a bus, how to get up and down curbs, manage steep hills or just to carry a drink from the kitchen to the lounge without needing three hands! As well as on courses, we also visit spinal centres across the UK delivering these training sessions. Although we are not currently able to visit the centres in person, we have created a range of tutorial videos on our Back Up wheelchair skills app.

Returning to school after a life changing injury can bring along many challenges, and our Education Inclusion service provides support at every stage of the way from nursery to university. We can help with preparations for an EHCP (Education, Health and Care plan), ensuring adaptations and the appropriate

support are in place, and helping staff and students understand more about spinal cord injury through delivering presentations or workshops.

One service that has remained the same throughout the pandemic is our mentoring service, where we match up a young person with a trained mentor who is a similar age to them. It can be helpful to talk to someone who relates, to ask questions about life with a spinal cord injury and hear about their experiences.

All our services are peer led, so our volunteers delivering them have first-hand experience of life with a spinal cord injury. At Back Up, we believe that the best people to support children and young people are often young people themselves, which is why we have young wheelchair skills trainers, young group leaders supporting on our courses and young mentors.

As well as delivering our services, it is vital to us that children and young people are also involved in designing

and influencing them. We have a team of dedicated youth advisors who meet twice a year to share their ideas and have their say on what they think support for children and young people should look like. Over the last 14 months the group have had to connect virtually and have been instrumental in creating five online workshops we provided last summer, as well as feeding into many existing and new initiatives.

At Back Up, we know that growing up with a spinal cord injury can be hard. We are here to support and hopefully make it a bit easier by providing the opportunity to meet other children and young people, learn new skills and try new activities to build confidence and independence while having fun! Do get in touch with our Children and Young People's services manager, Ella, to find out more.

For further information contact ella@backuptrust.org.uk or visit the website www.backuptrust.org.uk





Many people don't understand autism and how things they take for granted might cause difficulties for people on the spectrum.

Our cards are a great way to let them know you, your child or relative are autistic and that you might need some extra time or help in certain situations.

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Disabled Living will be delivering a free virtual interactive moving and handling session aimed at helping you to approach your moving and handling tasks in a safe and efficient way.

This is an opportunity to think about the way you currently assist someone to move. Is it the most effective way? Are you protecting yourself and your family member

or friend from potential injuries as much as you can?

We will look at the way you are currently moving and handling along with your posture and demonstrate effective techniques to keep yourself and your family and friends safe.

During our conversations we can also help to signpost you in the right direction for help.

**Monday 20th September 2021.
Places are limited.**

For further information and to book on the session please email training@disabledliving.co.uk

Bladder & Bowel UK

National Confidential Helpline

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www.bbuk.org.uk



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Bladder & Bowel UK
Supporting people with bladder and bowel problems

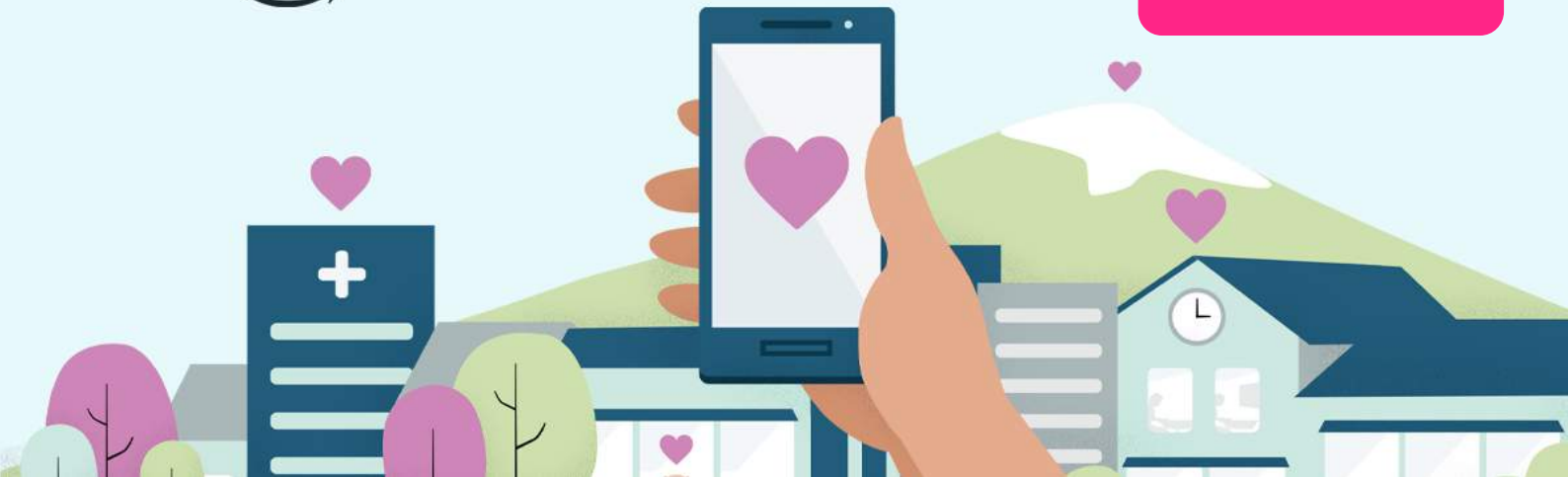
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Disabled LIVING

THIS IS WHO WE ARE AND WHAT WE DO....

DISABLED LIVING

A charity which provides impartial information and advice about products, equipment (assistive technology) and services for disabled children, adults, older people, carers and the professionals who support them. We have a range of services which you can access via our helpline, through the website or at our Kidz to Adultz exhibitions.

www.disabledliving.co.uk

EQUIPZ

The team comprises occupational therapists, trusted assessors, moving and handling specialists, physiotherapists, nurses and continence specialists. We respond to enquiries via our helpline and website. Some people opt to visit the Disabled Living Centre based in Manchester for a free equipment assessment.

Helpline: 0161 214 4590

BLADDER & BOWEL UK

The team provide information and advice for children, young people and adults with bladder and bowel problems. We provide a confidential helpline managed by a team of specialist nurses and knowledgeable information staff. In addition, the website offers a wide range of downloadable free resources.

Helpline: 0161 214 4591

www.bbuk.org.uk

KIDZ TO ADULTZ EXHIBITIONS

We organise the largest FREE UK exhibitions totally dedicated to disabled children, young adults, their families, carers and the professionals who support them, with over 100 exhibitors at each event. We currently deliver five events nationally in Coventry, Farnborough, Newport, Edinburgh and Liverpool.

www.kidzexhibitions.co.uk

TRAINING

We run a comprehensive training programme for professionals and carers. Most of our courses are accredited by Open Awards and others provide CPD opportunities. Our training courses can be 'tailor made' to suit your organisations requirements and can be delivered throughout the UK.

www.disabledliving.co.uk/training

