



Lewisham Parent and Carer's Forum—Leemore Central Community Hub  
Bonfield Road, Lewisham, London SE13 5EU—Tel: 075345 68020 —  
[info@lewishamparentcarer.org.uk](mailto:info@lewishamparentcarer.org.uk) - [www.lewishamparentcarer.org.uk](http://www.lewishamparentcarer.org.uk)  
Registered Charity no. 1159533 in England

## MINI NEWSLETTER –30<sup>th</sup> June 2019

Dear Parents and Carers

We have a short newsletter for you before the end of term. Just a few things of interest that we would like to share with you.

### SAVE THE DATE

Next Parent Forum Meeting Wednesday 25<sup>th</sup> September 2019  
Speakers to tba.

### LEWISHAM SEND LOCAL OFFER

SEND **Local Offer** provides information about services for children and young people with Special Educational Needs & Disabilities.

### LEWISHAM PARENT AND CARER'S FORUM

**Lewisham Parents and Carer's Forum** (LPCF) is a voluntary group of **parents** and **carers** of children and young people (0-25) with special/additional needs and disabilities (SEND) living in the London Borough of **Lewisham**.

### PLEASE FOLLOW THE LINK FOR BOTH WEBSITES

<https://www.sendlocaloffer.org/lewisham/>

Lewisham Parent and Carer's Forum has a new website –  
[www.lewishamparentcarer.org.uk](http://www.lewishamparentcarer.org.uk) – or as above, a new Facebook page **@LewishamPCF** and a twitter account **@LewishamPCF**



## CHARLTON ATHLETIC ABILITY COUNTS FOOTBALL CLUB

Charlton Athletic Training Ground, Sparrow Lane, New Eltham, London SE9 2JR

### PLAYERS WANTED

CAACFC are looking for players, boys and girls, aged 8 to 15 years old with Special Needs or Disabilities. We are looking for players of all abilities to join our Football Teams.

If you are interested in joining or would like more information please contact the club on [CAACFC.info@gamil.com](mailto:CAACFC.info@gamil.com) or alternatively call Brenda (Club Secretary) on 07950 336735 or Lesley (Chairperson) on 07958 402874





**Week 1** - Tues 23<sup>rd</sup> July & Thurs 25<sup>th</sup> July  
**Week 2** - Tues 30<sup>th</sup> July & Thurs 1<sup>st</sup> Aug  
**Week 3** - Tues 6<sup>th</sup> Aug & Thurs 8<sup>th</sup> Aug  
**Week 4** - Tues 13<sup>th</sup> Aug & Thurs 15<sup>th</sup> Aug  
**Week 5** - Tues 20<sup>th</sup> Aug & Thurs 22<sup>nd</sup> Aug

# FREE

## Lewisham Disability Inclusive Athletics Camp

### Ladywell Arena

Silvermere Road, Catford, SE6 4QX

**Starting Tuesday 23<sup>rd</sup> July 2019**

10am - 1pm

In partnership with



**Twice weekly sessions aimed at giving disabled residents the opportunity to try athletics for ages 7-25+**

Working in partnership with **S-Factor academy** we'll be giving you the chance to come and try athletics. Groups welcome, all sensory, adapted and Para Athletic equipment provided, including racing wheelchairs, RaceRunner & seated throwing frame. All delivered by fully inclusive coaches & volunteers. Open to anyone with any disability, impairment and/or additional need.

**For more information contact:**  
**Fusion - [matthew.houghton@fusion-lifestyle.com](mailto:matthew.houghton@fusion-lifestyle.com)**  
 or  
**Lead coach Adam Thomas - [Adamjt99@hotmail.com](mailto:Adamjt99@hotmail.com)**



DSActive provides sporting opportunities for people with Down's syndrome



## DSActive Summer Camp 2019

Shooters Hill Camp

Thursday

Friday

**DAYS:** Thursdays & Fridays

**WHERE:** Shooters Hill



Sixth Form College,  
Red Lion Lane,  
London SE18 4LD

**DATES:** July 25th, 26th,  
August 1st, 2nd, 8th, 9th,  
15th, 16th, 22nd, 23rd

£15 per person per day

**WHERE:** Shooters Hill



Lawn Tennis Club,  
Eaglesfield Road,  
London SE18 3DA

**DATES:** August 29th, 30th



10:00AM-3:00PM

For more information and to book your place please

contact the DSActive team via email

[dsactive@downs-syndrome.org.uk](mailto:dsactive@downs-syndrome.org.uk) or via

telephone 0333 12 12 3000

**DSActive**  
Activities for people  
with Down's syndrome



## SUMMER HOLIDAY SCHEMES ACROSS LEWISHAM

All of our youth clubs and adventure playgrounds in Lewisham have amazing summer holiday schemes for ages 8-19yrs (25 with SEN) with special holiday opening hours. Sites are packed with dedicated activities across the summer. Here's just some of the planned fun:

African Drumming • Skateboard Building • BBQs • Theatre & Dance Workshops • Mural art and graffiti art projects • Zorbing • Inflatable Assault Course • Hama Beads • Flower Planting & Gardening Projects • Jewellery Making • Roller skate discos • Cooking Projects • Mask decorating • Candle glass decorating • Art therapy • Mario Kart & FIFA Competitions

Sites have also been working hard to organise fun off-site trips for young people, including:

Southend-on-Sea Adventure Island • Go Karting • Water sports • Paintballing • London Dungeons • Escape rooms • Trampoline Park

## Full-service summer overview

Click on a site for more details about specific summer holiday schemes and registration dates. **PLEASE CALL FIRST TO ENSURE SUPPORT IS AVAILABLE**

Site	Summer scheme summer holiday weeks	Schedule
<a href="#">Bellingham Gateway</a> <a href="#">View Bellingham scheme</a>	Weeks 1-4	Mon-Wed 12:30pm-5:30pm Thu Offsite trips Fri 4:00pm-8:00pm
	Weeks 5-6	Special provision
<a href="#">Bromley &amp; Downham</a> <a href="#">View Bromley and Downham Scheme</a>	Weeks 2-5	Mon-Tue 10:30pm-3:30pm (8-12 yrs) Wed-Thu 4:00pm-8:00pm
		Special provision
<a href="#">Dumps Adventure Playground</a>	Weeks 1-5	Tue-Fri 11:00am-5:45pm Sat 11:00am-4:45pm

[View Dumps Scheme](#)

[Grove Park Youth Club](#) Weeks 1-4 Mon - Fri 10:00am - 4:00pm

[View Grove Park Scheme](#)

[Home Park](#) Weeks 2-6 Tue-Fri 11:15am - 5:45pm  
Sat 11:15am - 4:45pm

[View Home Park Scheme](#)

[Honor Oak APG](#) Weeks 1-6 Mon-Fri 12:00pm-6:00pm

[View Honor Oak APG Scheme](#)

[Honor Oak YC](#) Weeks 1-3 Tue-Fri 4:00pm-9:00pm

[View Honor Oak YCs Scheme](#)

[Ladywell APG](#) Weeks 2-6 Mon 2:00-7:00pm  
Tue-Sat 11:15-5:45pm

[View Ladywell Scheme](#)

[Lee Green Youth Club](#) Weeks 1-5 Monday - Fridays

[View Lee Green Scheme](#)

[Richard MacVicar Deptford](#) Weeks 1-6 Tue-Sat 12:00pm-5:50pm

[View Richard MacVicar Scheme](#)

[Riverside](#) Weeks 4-6 Mon-Fri 12:30-5:30pm

[View Riverside Scheme](#)

[TNG](#) Weeks 1-4 Mon-Fri 12.30pm-5.30pm

[View TNG Scheme](#) Week 5 Mon, Tue 2:00pm-5:00pm  
Week 6 Thu, Fri 2:00pm-5:00pm

[Woodpecker](#) Weeks 1-3 Mon-Fri 12:15pm-5:15pm

[View Woodpecker Scheme](#)

[1 Community Project  
Ladywell](#) Weeks 1-6 Fridays 6:30pm - 9:30pm

[View Community Project Scheme](#)

## Free climbing wall sessions

Tuesday and Wednesday – 6pm to 7pm

Please call first to avoid disappointment

Scale to new heights on one of TNGs two climbing walls.

TNG Youth & Community Centre, 111 Wells Park Road, Sydenham, SE26 6AD

Visit [youthfirst.org.uk](http://youthfirst.org.uk), email [deniz.amoah@youthfirst.org.uk](mailto:deniz.amoah@youthfirst.org.uk) OR Call 07875091098

## Relaxed performance of Monteverdi's Orfeo

Sunday 7th July at 3pm, at LSO St Luke's.

Tickets only £1! Thomas Guthrie introduces the puppets and singers in a relaxed, 1 hour performance that will give you a flavour of Monteverdi's opera. The performance will have a short break in the middle and is open to everyone, including children with autism, sensory and communication impairments and learning disabilities. A chillout room is available and we will share an access synopsis and welcome sheet in advance so families can prepare for it. It is 5 mins walk from Old Street tube. Tickets going fast so book quickly! <https://www.barbican.org.uk/whats-on/2019/event/relaxed-performance-i-fagiolinimusic-theatre-for-all-l>

### HEALTH      FREE NHS Vaccinations

Are you sure you and your family have had all the vaccinations you are entitled to on the NHS? If you haven't, it is important to make sure you are protected, particularly if you are pregnant, have children or are over 70 years of age.

If you are not sure what vaccinations you have already had, your GP or practice nurse can let you know. To find out more about NHS vaccinations visit

[www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

### CHILDCARE

#### FREE Early years help and advice

Email: [fis@lewisham.gov.uk](mailto:fis@lewisham.gov.uk)

Do you need help or advice on any aspect of childcare or the free early years entitlement? Come and talk to us at our brand-new weekly drop-in sessions for parents and carers.

Thursdays – 2pm to 4pm – Catford Library, Catford Road, London SE6 4RU



### Dear Parents and Carers

If you have any queries or comments on any of the content of this newsletter please do contact us. Please note that Lewisham Parent and Carer's Forum only pass on information about services and activities and we do not necessarily recommend or endorse in particular any one person, product, service or event.

## WHERE TO FIND US



### Based in the same building as CAB

**Main Hall, Leamore Centre, Bonfield Road, Lewisham, London SE13 5EU** – through green gates at side of building in Bonfield Road – LPCF - 07534 568020