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Lea Anne Ewing, Paul Fell, Sue Coates
Jacky Martel, Helen Crute, Stuart Hills



Thank you

Allsorts would like to thank the following organisations & individuals for their support

The Big Lottery Fund
Gloucestershire County Council
Stroud District Council
Children in Need
Stroud Town Council
Gloucestershire Community Foundation
CHK Charities, MG Owners Club
Space Group, Stroud Half Marathon
Barnwood Trust, Dursley Tangents
Prince of Wales Hotel
Zurich, Courtyard Clinic
Newsquest Media Group
Gloucester Sea Cadets
Uley School, Sam Reed
F M Eadie, Notgrove Trust
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Mr S P Hurrell, Christine Alcock, Jackie
Rooke, Cherril Wenban, Kath Hudson, Jill
Homer, Darren Shinn, Margery & Alan Cole

Plus all those who have raised money
through our Virgin Money Giving site

Allsorts Ambassadors

Amanda Raybone JP
David Drew
Chris Chatterton

Get in touch

Visit us at www.allsortsglos.org.uk

Email us at info@allsortsglos.org.uk

Call us on **07582 378422**

@allsortsglos Allsorts Gloucestershire

Write to us at: Allsorts, PO Box 3092,
Stroud Gloucestershire GL6 1GN

Allsorts is a registered charity in England
number 1153484



For families who have children with
disabilities or additional needs



Editor's message

Hello

I hope that you had a fantastic summer holiday!

We had some brilliant trips and events over the summer with a fabulous Family Festival to top it all off. It has been great to meet some new members and catch up with our longer standing ones too!

This newsletter has all the usual dates & information along with some new and exciting activities.

Check out our Roving Reporter, Dylan on the 'Kid's page'. He is interviewing young members about everything & anything - get in touch if your child or young person would like to be interviewed about something they go to or about something they like to do!

The AllSports page has some exciting new activities, why not come along to one of them?

I hope you have a fabulous Autumn term, the next newsletter will be out in January 2016 (where does the time disappear to?!)

Nikki

How to contact us

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PO Box 3092, Stroud, GL6 1GN

www.allsortsglos.org.uk

Facebook 'Allsorts Gloucestershire'

Twitter @allsortsglos



Membership

Membership renewal forms for 2015/16 have been sent out to members.

Please let us know if you have moved. We regret that any members who don't rejoin annually will no longer be able to use our services.

If you would like to join Allsorts and benefit from any of the activities that we provide please contact us for a membership form or download one from our website. The annual membership fee is as little as £5 per family or £20 for a group, and please remember we do operate a 'try before you buy' policy!

Please send your completed forms to Julie Hills at our PO Box address together with a cheque made payable to 'Allsorts' (or pay online - see details on page 24). Thank you.



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Allsorts Toy Library

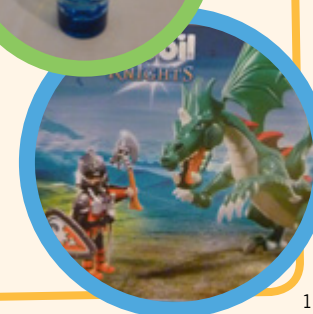
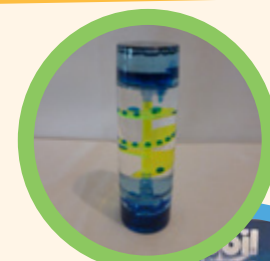
The toy library provides specialist toys and equipment for children and young people aged 0-25 with any disability or additional need. There are regular lending sessions at the Trinity Rooms, Field Road, opposite the Maternity Hospital in Stroud, GL5 2HZ. Please see the dates on page 2 for sessions and times.

Here are details of some recently purchased toys for you to check out!

- A80 Co-operband**
A great alternative to a parachute for group interaction!
- A81 Teeter- popper**
Great fun as well as helping develop core strength, stability, balance & spatial awareness.
- C49 Set of 6 Big point switches**
Each switch enables you to record a 30sec message.
- C141 Remote Control Bumblebee**
- C142 Remote Control Fire Engine**
- M48 Switch adapted Ring Around Bells**



- S164 Spiral tube**
Turn the tube upside down & watch the trail of bubbles spiral down to the bottom!
- S165 Mini- textured tangle**
Great for fidgeters!
- PP24 Playmobil knights**
Featuring a fierce dragon and a knight!
- PP25 Set of 5 dragon / dinosaurs**
- PP26 'How to train your Dragon' dragon trainer figures**



For information about our weighted resources, please check out the 'Useful Documents' section via 'Downloads & Resources' on our website.

Dates

for the Toy Library lending sessions

Trinity Rooms, Field Road, Stroud, GL5 2HZ

Tuesday 8th September
12.30 - 2.15pm

Friday 11th September
9.30am - 12noon
Joint session with parent carer group

Saturday 19th September
10am - 12noon
alongside 6-8s club

Tuesday 6th October
12.30 - 2.15pm

Friday 9th October
9.30am - 12noon
Joint session with parent carer group

Saturday 17th October
10am - 12noon
alongside 6-8s club

Tuesday 3rd November
12.30 - 2.15pm

Saturday 14th November
10am - 12noon
alongside 6-8s club

Friday 20th November
9.30am - 12noon
Joint session with parent carer group

Tuesday 1st December
12.30 - 2.15pm

Saturday 12th December
10am - 12noon
alongside 6-8s club

Friday 18th December
9.30am - 12noon
Joint session with parent carer group

Tuesday 5th January
12.30 - 2.15pm

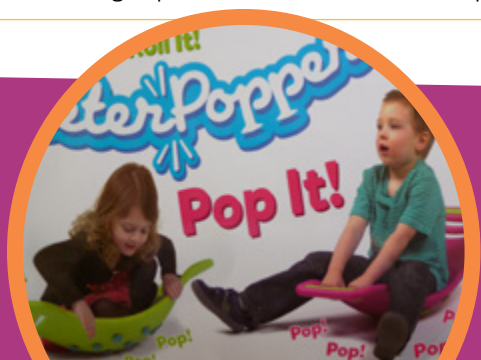
Saturday 16th January
10am - 12noon
alongside 6-8s club

Friday 22nd January
9.30am - 12noon
joint session with parent carer group

Tuesday 2nd February
12.30 - 2.15pm

Saturday 13th February
10am - 12noon
alongside 6-8s club

Friday 26th February
9.30am - 12noon
Joint session with parent carer group



Book toys online

Browse and reserve online and collect from our library of specialist toys & equipment : www.allsortsglos.org.uk/toylibrary

Everyone can see the full range of toys and equipment available, but only full members can reserve items.

To reserve an item you must first log in using your Allsorts membership number. If you don't have a membership number, please email Julie at julie@allsortsglos.org.uk or telephone her on 07582 378422.

From the Toy Library page you can search for any item in the Toy Library. You can look for specific items using the search box, narrowing your search criteria down to category type (eg sensory, activity, pretend play), keywords (eg autism, balance, bob the builder), name (eg tunnel, bike, ball), or a specific toy code (eg A55, S106). Alternatively, just click 'Go!' and scroll down to view the complete Toy Library stock.

To reserve an item, just click on the 'Reserve' button. Items that are out on loan will be clearly labelled as such in red, next to the item on the screen. Underneath the product description it will also tell you if there is a waiting list for the item. You can still reserve an on-loan item!

If you reserve an item, you will be notified when it is ready for collection from the Trinity Rooms.

Contact Clare if you need any help or would like any information.

If you would like more information then please get in touch with Clare or Nikki on 07582 378422 or clare@allsortsglos.org.uk



Mobile Hoist for loan

Allsorts has a mobile hoist that is now available to Allsorts members to borrow. The hoist is collapsible and comes in its own bag with wheels so can be put into the boot of a car. Perfect for that weekend away. Slings are not provided. For more information or to book the hoist please contact Julie on 07582 378422 julie@allsortsglos.org.uk



Don't forget...

that we have an on-going shopping list, so please contact Clare if there is anything you would like us to add to this list!

Kids page!

Welcome to our Kids Page! If you're a child or young person and would like to write about something you have done at Allsorts or about something wonderful you have achieved; if you have a silly joke or anything else that you would like to share - stories, puzzles, artwork, photos, whatever you like! Send all your contributions to Nikki at nikki@allsortsglos.org.uk. Everyone who has something published in the newsletter will win a prize!

Dylan has been out and about interviewing our members. This is who he has met.

"Gemma is an Allsorts member who enjoys horse riding at Tumpy Green RDA. Gemma says "Lily Grey is my favourite horse. I like sitting on my horse & lying on her. The helpers are friendly"

"Holly goes horse riding on a Wednesday at Tumpy Green RDA. My horse is called Lily Grey. I go on the car. It helps me get stronger"



RUSH skatepark

"Most Monday's I go to RUSH skatepark, an event organised by Allsorts with my family.

I have lots of fun being pushed up and down the ramps, and watching my friends & family scooting, skating, cycling, sliding!

Everybody can come along and have a great time. The staff are great and will take over pushing me around when my family get tired.

It's great for meeting new people. My friend Gemma drives up and down the ramps in her power chair.

See the pictures above of us having a brilliant time. "

Dylan

Dylan, aged 10, is Allsorts' roving reporter. His column in this newsletter is a report about the Allsorts steam train trip. He says:

"Today I was lucky to spend an amazing day at the seaside in Minehead with Allsorts Gloucestershire.

I travelled down the motorway in mummy's car to Bishops Lydeard in Somerset where we met up with other Allsorts members who came on the coach or drove like I did. The steam train is green with brown carriages. I lost count after 5 carriages; a mass of black smoke was coming out of the chimney. The steam train chugged away at speed along the countryside. We passed by Dunster Castle; I'd like to go there. We stopped at many stations. The brakes were screeching loudly. I saw other trains whizz past smoothly beside ours. I was on the train for about 70 minutes. The train arrived at Minehead station which is the end of the line! At this station there are retired trains. I saw 2 men in dirty overalls shovelling coal into an engine.

Shortly after arriving, I persuaded my nanny to take me into the amusement arcade. I played shooting and throwing games to win tickets. I went to a kiosk and traded the tickets I won for a pack of dominoes in a wooden box and some sweets. After this I had a go at the 2p machines, spending some of my pocket money.

Then we went to the beach as it was a bright sunny day to eat our picnic with all of the other Allsorts members. Everyone was happily playing in the sand. As I was looking

around I could see my friends blowing bubbles. My friend Joe was spinning his colourful windmills. My pal Rhiannon found a little crab and was showing it around to others. My sisters Milly and Emma were digging a hole to try and get to Australia. They never got there though, they're silly! My brother Leo and I had lots of fun in the water splashing my friend Holly and her little brother Billy who also joined us to jump the waves in the cold sea. Mummy and nanny were happy to see Allsorts' Max come and help them to lift me back to my wheels. Thanks Max :). I finished the day in Minehead by having a refreshing mint choc chip ice cream; nanny dropped hers on the floor & I found it hilarious - she didn't! On the return journey the heavens opened we were lucky not to get wet. I saw an astonishing rainbow out the window once the rained slowed down. All in all my day was riveting. Thank you ever so much to Allsorts and West Somerset Railway for making this trip possible for my Allsorts buddies and I.

A little joke

"What do you call a steam train that eats toffee?"

A chew chew train!"

Dylan Nobes



AllSports!

RUSH Skatepark

Unit 3, Brimscombe Port, Stroud, GL5 2QQ
Mondays 14, 21 Sept, 5, 12 Oct
See ebulletin / Facebook for more dates
6 - 7.30pm, £4 per participant

A really exciting opportunity to experience one of the fastest growing sports in the country! Allsorts are actively encouraging participants of all ages and abilities to come along to our exclusive sessions at RUSH Skatepark. Sessions are quieter than regular sessions & wholly inclusive. Participants need to bring their own equipment - scooter, bike, skateboard, walker or wheelchair plus a helmet! Siblings & friends of family welcome as we continue with our enjoyable all-ability club. For more info, contact Max.

Inclusive football

Brimscombe, Stroud, GL5 2QQ
Mondays 4:30-5:30pm
Ages 8+

Situated next door to RUSH Skatepark, Allsorts are running a football club in the Indoor Football Arena! Players of all abilities are welcome to join in at a cost of £3 a session, with a focus on enjoyment and learning new football skills. For more info or to register interest, contact Max directly.

Trampoline & gymnastics sessions

Stratford Park Leisure Centre, Stroud, GL5 4AF
Dates TBC (see ebulletin / Facebook)
Fridays 4.30 - 6pm

Having successfully completed a pilot Trampoline Club, we are happy to announce that Stratford Park Leisure Centre have allocated a regular space in the main hall at Stratford Park to run Trampoline & Gymnastics Clubs on alternate weeks with support from Allsorts staff! Sessions are focused on enjoyment and learning new skills, with all children working on a non-competitive awards system to boost their development. Cost £3 per session. Book directly with Stratford Park Leisure Centre. For more info or to register interest, contact Max.

Inclusive indoor climbing clubs

The Warehouse Climbing Centre
Parliament St, Gloucester GL1 1HY
4.30 - 6.15pm

Mondays Over 11s, Thursdays Under 11s
The Inclusive Climbing sessions have been an instant hit with our members! The staff are friendly and welcoming, whilst being able to tailor fun challenges to suit individual needs. A great opportunity to develop movement skills, increase confidence and meet new people. Parents & siblings are welcome to the sessions & the age brackets are only guidelines. Cost £8 per session. Book directly with the Warehouse. For more info contact Max or the venue.

RaceRunning

Maidenhill School, Kings Road,
Stonehouse, GL10 2HA
Sunday 13th September
10am - 1pm

Allsorts are working in partnership with 'Race Running for Kids in Gloucestershire', Active Gloucestershire & Quest 88 to facilitate a FREE taster session for Race Running; an innovative sport for disabled people with impaired balance. We have access to the Main Hall & Adjacent Tennis Courts, but for those who are unfamiliar with the venue there will be an Allsorts staff member directing from the car park. Quest 88 will be bringing along a variety of different sized Race Runners for all ages & sizes to have a go at this wonderful and exciting sport. Physiotherapists & Occupational Therapists will also be in attendance for professional support and advice. See racerunning.org for more info about the sport

Stroud Half Marathon

Sunday 25th October
10am

Calling all runners!
Allsorts have been chosen as one of two charity partners for this years Stroud Half Marathon. We are looking for willing volunteers to run as part of an Allsorts Team!
Allsorts runners will be given an Allsorts vest or running t-shirt, and will be supported throughout the event by staff, friends and family of Allsorts. All runners should aim to raise a minimum of £100 sponsorship (there's no upper limit!) For more information on how you can get involved, please contact max at max@allsortsglos.org.uk or on 07872 562777

Special Olympics Taster Session

Tuesday 27th October
Leisure at Cheltenham, Tommy Taylors Lane,
Cheltenham GL50 4RN
10am - 4pm

Something Allsorts are excited to be a part of! The Special Olympics is the world's largest sports organisation for children and adults with intellectual disabilities, providing year-round training and competitions to more than 4.4 million athletes in 170 countries. This will be a taster session for ANY child or young person with a disability to try a variety of sports. Allsorts will be a big player in the Special Olympics coming to Gloucestershire! Naturally, the additional funding will provide opportunities for ALL children & adults with disabilities or additional needs (not just those with intellectual disabilities) to access Sport & Activity across Gloucestershire.

Horse Riding

Another exciting opportunity is emerging at Tumpy Green Riding Centre for young people with disabilities or additional needs to access horse riding. More details to follow, but watch this space and to register interest email max@allsortsglos.org.uk



Tell us about
any sports your
family would
like to do!



AllSports!

New! Sensory room sessions at St Roses School!

Available at the same time as our rebound and sensory swimming sessions, there will be the chance to use the school's sensory room. The room has state of the art sensory equipment including bubble tubes and fibre optics plus interactive lights and sounds. Please contact Max if you would like to book in for a session. £2 per child.

Sensory swimming

St Rose's School hydrotherapy pool, Stroud GL5 4AP

Sundays, 11am - 12noon (30min sessions)

For dates of sessions contact Max or see our ebulletin or Facebook page. These hydro swim sessions are for the **whole family** (not just those with physical disabilities). The warm pool has sensory light effects, music and a jacuzzi corner. There is fully accessible changing, adult size beds & hoists that track from the changing rooms to over the pool. Swim aids are available to borrow, please bring own hoist slings if required. Numbers are limited, so booking essential. £4 per child.

Rebound therapy

St Rose's School, Stroud GL5 4AP

We continue our very popular sessions with St Rose's Rebound Therapists & plan 10 sessions per school term. 8 children per session have 15 minute one-to-one rebound therapy on the trampoline with new individual session plans & progress monitoring for each child. The activities are a mixture of being moved on the trampoline by the therapist (a lot of being 'pinged' into the air which is great fun), exercises and some free bouncing. Please get in touch for dates & availability or see our ebulletin or Facebook page for dates. £2 per session.

Allsorts @ ACE club (inclusive sports club)

Stratford Park Leisure Centre, Stroud GL5 4AF
Wednesdays, 4pm - 5.30pm

Inclusive multi sports club run by Stroud District Council for children aged 5 - 18 with disabilities or additional needs, plus non-disabled siblings. Max & Maria meet Allsorts members in the Café at 4pm with our wonderful young volunteers. The sports club itself is from 4.30 - 5.30pm. £3 per young person payable to the leisure centre on arrival. Bring a drink and comfy footwear for those able to run around. See Diary Dates for sessions and also our weekly ebulletins and Facebook page.

Allsorts Dursley inclusive sports club

Rednock School, Dursley, GL11 4BY
Tuesdays (from 8th September), term time 4 - 5pm

For Allsorts members ages 8+, including siblings. Sports will change every week but will include gentle ball games and lots of fun. Melanie & Max run these sessions along with support staff & volunteers. Why not book a trial session? If your child is new to the club and you would like to discuss their needs contact Melanie on 07929 360221. £3 per young person. See Diary Dates for sessions.

If your child would like to take part in any of the AllSports activities, please contact Max, our Sports & Activities Leader on 07872 562777 or max@allsortsglos.org.uk



Allsorts Parents & Carers

Activities run during term time for anyone who looks after a child with a disability or additional need

Allsorts offers a range of activities, talks & welcoming drop in sessions for parents & carers. They are a great way to meet up with others for mutual support, to learn new skills and to enjoy a bit of 'me time'. There is always lots of information available about Allsorts' activities as well as other organisations and services that may be of particular interest or use to you and your family.

Stroud Parent and Carer Drop-in

Parliament Children's Centre next to Severn View Primary Academy, Bisley Old Road, Stroud, Glos GL5 1NL

This group meets on most Fridays from 9.30am till 12 noon. Once a month combines with Toy Library sessions at the Trinity Rooms.

Allsorts Early Years Families

Park Children's Centre, (next to Park Infants School), Elm Rd, Stonehouse, GL10 2NP

This is a group for families with a child of 5 or under who has additional needs. The group meets from 10am - 12noon on the second Sunday of each month for coffee, tea, chat and play. All family members are welcome and there is a comfortable room with lots of toys to keep the children happy and an outside space.

Contact Sheila for further information or to tell her where you would like to see a drop-in session. Dates for all groups can be found in the 'Diary Dates' on pages 12-14.



Allsorts Grandparents

Venues vary
10.30am - 12noon

Allsorts Grandparents meet to share experiences and ideas. We meet informally over coffee at different venues, to offer each other friendship and support. If you are a grandparent of a child or young person with a disability or additional needs look out for further details of the meetings in the Allsorts weekly eBulletin or contact the Allsorts office 07582 378422. The next meeting dates & venues are:

14th September, The Falcon
New Street, Painswick GL6 6UN

12th October, Britannia Inn
Cossack Square, Nailsworth GL6 0DG

9th November, Stonehouse Court Hotel
Bristol Road Stonehouse, GL10 3RA

14th December, Prince of Wales Hotel
Berkeley Rd, Berkeley GL13 9HD

11th January 2016, Little Thatch
141 Bristol Rd, Quedgeley, GL2 4PQ
(to be confirmed)

8th February, Stonehouse Court Hotel
Bristol Road Stonehouse, GL10 3RA

Special Parent & Carer Events



Any parent or carer member is welcome to any of these information & activity sessions even if you don't usually come along to the parent carer groups

WEDNESDAY 16TH SEPTEMBER
10AM - 12 NOON

Financial & Carer Support Advice & Guidance Session

Parliament Children's Centre, Bisley Old Road, Stroud GL5 1NL

Come along and meet staff from Carers Gloucestershire who can guide and advise you on financial and practical support available to you and your family. Creche available but must be booked in advance

WEDNESDAY 30TH SEPTEMBER
10AM - 12 NOON

Challenging Behaviour Information

Parliament Children's Centre, Bisley Old Road, Stroud GL5 1NL

A session open to all carers, including parents, grandparents, older siblings, friends & relatives.

Come along and meet Dawn Rooke from The Challenging Behaviour Foundation. Dawn delivers courses & support to help parents & carers understand & manage their children's challenging behaviour. She will talk about what support & information is available, how you can go about getting help and will also have lots of useful suggestions. Creche available but must be booked in advance.

If you are interested in any of these sessions please just come along unless the activity asks you to book. If you want more information you can contact the group coordinator, Sheila Munnoch, at sheila@allsortsglos.org.uk or on 07794 009663

WEDNESDAY 7TH OCTOBER
10 - 11.30AM

Parent & Carer Walk in Horsley Valley

Nailsworth Town Hall car park, Old Bristol Road, Nailsworth GL6 0JF

PLEASE NOTE CHANGE OF DATE
Come and join with other parents and carers for a pretty walk in the Horsley Valley – boots or wellies and waterproof coat required. Walk starts at 10am - please be prompt so you don't get left behind! Walk will take approximately 50/60 minutes with gentle hills and some uneven ground. Local café available afterwards if interested. Contact Sheila on if transport is a problem.

FRIDAY 16TH OCTOBER
9.30AM (10AM START) – 12NOON

Ideas for creating a stimulating, sensory room or corner for your child

Parliament Children's Centre, Bisley Old Road, Stroud GL5 1NL

Come and join with Allsorts staff and other parents & carers to get some great ideas for keeping your child happy and stimulated in her/his own home. Demonstrations and opportunities to get your hands sticky! Creche available but must be booked in advance.

FRIDAY 6TH NOVEMBER
9.30AM (10AM START) - 12 NOON

Christmas crafts ideas for children

Parliament Children's Centre, Bisley Old Road, Stroud GL5 1NL

Come along to this session to get some great ideas for simple but effective crafty things to make with your children in the run up to Christmas. Creche available but must be booked in advance.

WEDNESDAY 18TH NOVEMBER
10AM TILL 12.30PM

Bullying – what to do if you think your child is being bullied at school

Parliament Children's Centre, Bisley Old Road, Stroud GL5 1NL

Melanie Paraskeva will lead this session about what you can do if you think your child may be being bullied at school or elsewhere. Creche available but must be booked in advance.



Diary dates

Sat 5th Sept	Sound it out!	St Rose's School, Stroud GL5 4AP	3 - 4.30pm
Sat 5th Sept	Stroud Youth Club	Stroud Youth Centre, Ryleaze Rd, Stroud GL5 1JR	1.30-5.30pm
Sun 6th Sept	Tetbury Classic Car Show	Sir William Romney School, Lowfield Road, Tetbury, GL8 8DS	11am - 4pm
Mon 7th Sept	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 8th Sept	Toy Library	Trinity Rooms,Field Rd, Stroud GL5 2HZ	12.30 - 2.15pm
Tues 8th Sept	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 9th Sept	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4 - 5.30pm
Fri 11th Sept	Toy Library / Parents & Carers Drop in	Trinity Rooms,Field Rd, Stroud GL5 2HZ	9.30am-12noon
Sat 12th Sept	Cam Youth Club	GL11, Fairmead, Cam, GL11 5JS	1-5pm
Sun 13th Sept	Early Years Families	Park Children's Centre, Stonehouse, GL10 2NP	10am-12noon
Sun 13th Sept	Race running taster	Maidenhill School, Kings Road, GL10 2HA	10am - 1pm
Mon 14th Sept	Allsorts Grandparents	The Falcon, New Street, Painswick, GL6 6UN	10.30am - 12noon
Mon 14th Sept	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Mon 14th Sept	RUSH skate session	Unit 3, Brimscombe Port, Stroud, GL5 2QQ	6 - 7.30pm
Tues 15th Sept	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 16th Sept	Parent & Carer Financial & Carer Support Advice	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	10am - 12noon
Wed 16th Sept	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4 - 5.30pm
Fri 18th Sept	Parents & Carers Drop in	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	9.30am-12noon
Sat 19th Sept	Toy Library	Trinity Rooms,Field Rd, Stroud GL5 2HZ	10am - 12noon
Sat 19th Sept	6-8s Club	Trinity Rooms,Field Rd, Stroud GL5 2HZ	10am - 12noon
Sat 19th Sept	Stroud Youth Club	Stroud Youth Centre, Ryleaze Rd, Stroud GL5 1JR	1.30-5.30pm
Mon 21st Sept	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Mon 21st Sept	RUSH skate session	Brimscombe Port, Stroud, GL5 2QQ	6 - 7.30pm
Tues 22nd Sept	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 23rd Sept	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Fri 25th Sept	Parents & Carers Drop in	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	9.30am-12noon
Sat 26th Sept	Cam Youth Club	GL11, Fairmead, Cam, GL11 5JS	1-5pm
Mon 28th Sept	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 29th Sept	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 30th Sept	Parents & Carers Challenging Behaviour	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	10am-12noon
Wed 30th Sept	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Fri 2nd Oct	Parents & Carers Drop in	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	9.30am-12noon
Sat 3rd Oct	Stroud Youth Club	Stroud Youth Centre, Ryleaze Rd, Stroud GL5 1JR	1.30-5.30pm
Sat 3rd Oct	Sound it out!	St Rose's School, Stroud GL5 4AP	3 - 4.30pm
Mon 5th Oct	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm

Mon 5th Oct	RUSH skate session	Unit 3, Brimscombe Port, Stroud, GL5 2QQ	6 - 7.30pm
Tues 6th Oct	Toy Library	Trinity Rooms,Field Rd, Stroud GL5 2HZ	12.30 - 2.15pm
Tues 6th Oct	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 7th Oct	Parents & Carers Walk	Nailsworth Town Hall car park, GL6 0JF	10 - 11.30am
Wed 7th Oct	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Fri 9th Oct	Toy Library / Parents & Carers Drop in	Trinity Rooms,Field Rd, Stroud GL5 2HZ	9.30am-12noon
Sat 10th Oct	Cam Youth Club	GL11, Fairmead, Cam, GL11 5JS	1-5pm
Sun 11th Oct	Early Years Families	Park Children's Centre, Stonehouse, GL10 2NP	10am-12noon
Sun 11th Oct	AGM	Shrubberies School, Oldends Lane, GL10 2DG	2 - 4pm
Mon 12th Oct	Allsorts Grandparents	Britannia Inn, Cossack Square, Nailsworth, GL6 0DG	10.30am - 12noon
Mon 12th Oct	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Mon 12th Oct	RUSH skate session	Unit 3, Brimscombe Port, Stroud, GL5 2QQ	6 - 7.30pm
Tues 13th Oct	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 14th Oct	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Fri 16th Oct	Parents & Carers - Sensory corner ideas	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	9.30am-12noon
Sat 17th Oct	Toy Library	Trinity Rooms,Field Rd, Stroud GL5 2HZ	10am - 12noon
Sat 17th Sept	6-8s Club	Trinity Rooms,Field Rd, Stroud GL5 2HZ	10am - 12noon
Sat 17th Oct	Stroud Youth Club	Stroud Youth Centre, Ryleaze Rd, Stroud GL5 1JR	1.30-5.30pm
Sat 17th Oct	Siblings pool party	Dursley Pool, Castle Street, GL11 4BS	4.30 - 5pm
Mon 19th Oct	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 20th Oct	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 21st Oct	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Sat 24th Oct	Cam Youth Club	GL11, Fairmead, Cam, GL11 5JS	1-5pm
Sun 25th Oct	Stroud Half Marathon	See website for details	
Mon 26th Oct	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 27th Oct	Special Olympics Taster	Leisure at Cheltenham, GL50 4RN	10am - 4pm
Wed 28th Oct	Saul Playground	Saul, GL2 7LW	11am - 2pm
Wed 28th Oct	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Thur 29th Oct	Harry Potter Studios	Coach trip with CADCAF	time tbc
Fri 30th Oct	Youth club-Billow Farm	Breadstone, Nr Berkeley GL13 9HF	10am - 2pm
Sat 31st Oct	Stroud Youth Club	Stroud Youth Centre, Ryleaze Rd, Stroud GL5 1JR	1.30-5.30pm
Mon 2nd Nov	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 3rd Nov	Toy Library	Trinity Rooms,Field Rd, Stroud GL5 2HZ	12.30 - 2.15pm
Tues 3rd Nov	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 4th Nov	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Fri 6th Nov	Parents & Carers - Christmas Crafts	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	9.30am-12noon
Sat 7th Nov	Cam Youth Club	GL11, Fairmead, Cam, GL11 5JS	1-5pm
Sun 8th Nov	Early Years Families	Park Children's Centre, Stonehouse, GL10 2NP	10am-12noon
Mon 9th Nov	Allsorts Grandparents	Stonehouse Court Hotel, Bristol Road, GL10 3RA	10.30am - 12noon
Mon 9th Nov	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 10th Nov	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm

Fri 13th Nov	Parents & Carers Drop in	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	9.30am-12noon
Sat 14th Nov	Toy Library	Trinity Rooms,Field Rd, Stroud GL5 2HZ	10am - 12noon
Sat 14th Nov	6-8s Club	Trinity Rooms,Field Rd, Stroud GL5 2HZ	10am - 12noon
Sat 14th Nov	Stroud Youth Club	Stroud Youth Centre, Ryleaze Rd, Stroud GL5 1JR	1.30-5.30pm
Mon 16th Nov	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 17th Nov	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 18th Nov	Parents & Carers - bullying workshop	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	10am - 12.30pm
Wed 18th Nov	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Fri 20th Nov	Toy Library / Parents & Carers Drop in	Trinity Rooms,Field Rd, Stroud GL5 2HZ	9.30am-12noon
Sat 21st Nov	Cam Youth Club	GL11, Fairmead, Cam, GL11 5JS	1-5pm
Mon 23rd Nov	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 24th Nov	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 25th Nov	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Fri 27th Nov	Parents & Carers Drop in	Parliament Children's Centre, Bisley Old Rd, Stroud GL5 1NL	9.30am-12noon
Fri 27th Nov	Westonbirt	Westonbirt Arboretum, Tetbury, GL8 8QS	6pm
Sat 28th Nov	Sound it out!	Venue tbc	3 - 4.30pm
Sat 28th Nov	Stroud Youth Club	Stroud Youth Centre, Ryleaze Rd, Stroud GL5 1JR	1.30-5.30pm
Mon 30th Nov	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 1st Dec	Toy Library	Trinity Rooms,Field Rd, Stroud GL5 2HZ	12.30 - 2.15pm
Tues 1st Dec	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 2nd Dec	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Fri 4th Dec	Parents & Carers Drop in	Parliament Children's Centre, Bisley Old Rd, GL5 1NL	9.30am-12noon
Sat 5th Dec	Cam Youth Club	GL11, Fairmead, Cam, GL11 5JS	1-5pm
Mon 7th Dec	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 8th Dec	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 9th Dec	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4- 5.30pm
Fri 11th Dec	Parents & Carers Drop in	Parliament Children's Centre, Bisley Old Rd, GL5 1NL	9.30am-12noon
Sat 12th Dec	Toy Library	Trinity Rooms,Field Rd, Stroud GL5 2HZ	10am - 12noon
Sat 12th Dec	6-8s Club	Trinity Rooms,Field Rd, Stroud GL5 2HZ	10am - 12noon
Sat 12th Dec	Stroud Youth Club	Stroud Youth Centre, Ryleaze Rd, Stroud GL5 1JR	1.30-5.30pm
Sat 12th Dec	Sound it out!	Venue tbc	3 - 4.30pm
Sun 13th Dec	Early Years Families	Park Children's Centre, Stonehouse, GL10 2NP	10am-12noon
Mon 14th Dec	Allsorts Grandparents	Prince of Wales Hotel, Berkeley, GL13 9HD	10.30am - noon
Mon 14th Dec	Inclusive Football	Inside Football, Brimscombe Port, GL5 2QQ	4.30 - 5.30pm
Tues 15th Dec	Dursley Inclusive Sports	Rednock School, GL114BY	4 - 5pm
Wed 16th Dec	ACE Inclusive Sports	Stratford Park Leisure Centre, GL5 4AF	4 - 5.30pm
Fri 18th Dec	Toy Library / Parents & Carers Drop in	Trinity Rooms,Field Rd, Stroud GL5 2HZ	9.30am-12noon
Mon 28th Dec	Go Bananas	Ebley Wharf, GL5 4SR	6.30 - 8.30pm
Tues 29th Dec	Youth club bowling	Stroud Bowl, Merrywalks Centre, GL5 1QA	10am - 1pm
Wed 30th Dec	Siblings Lasertag	Unit 5, Madleaze Ind Est, Gloucester, GL1 5SG	11am - 1pm

Sound it Out! Workshops

Allsorts' music & communication 'Sound it out!' workshops are very popular.

Please note:

New venue for 5th Sept & 3rd Oct St Rose's School (lower bungalow), Stratford Lawn, Stroud, GL5 4AP.

The next sessions will be held from 3pm until 4.30pm on Saturday 5th September, 3rd October, 28th November, 12th December. The fun workshop is a communication & musical interaction group session with Gary from Reachin' Thru Music and is open to any age child of any ability.



Lots of fun, stories, music for all tastes & ages and singing (& dancing should the mood take you!) Refreshments are provided and it's all FREE to Allsorts members. We would love to see you. Please contact Nikki on 07582 378422 or at nikki@allsortsglos.org.uk for more details.

Welcome to a new member of staff!

It is with great pleasure that we can introduce to you a new member of staff:

Sally Dyer is our new Administrator

Sally joins us in the office from September and will be working alongside Julie to provide the vital support for all the staff at Allsorts. Among other things, she will be working on the new database system, the newsletter and streamlining the office systems and procedures.



Sally previously volunteered at the Stroud Youth Club so many of our young people may know her already. Contact her on 07582 378422 or sally@allsortsglos.org.uk.

Allsorts Saturday Youth Clubs

for young people with disabilities or additional needs & non-disabled siblings to attend without parents

Stroud Youth Club (11-18 years)

Fortnightly 1.30 – 5.30pm

Stroud Youth Centre, Ryleaze Rd, GL5 1JR

We have an experienced staff & volunteer team led by Jack McQuail, who welcome about 30 young people to each session. This is a chance for the young people to hang out together, be well cared for, make new friends & try new things. Activities include drama, martial arts, circus skills, Chi Gong, football, table tennis, badminton, Kinball, arts & crafts and special yoga workshops

5 September - Drama with Jo Bousfield

19 September - Chi Gong + giant group drawing, plus Lee Chaos Music

3 October - Inclusive Martial Arts

17 October - Lee Chaos Music & dancing

31 October - James Chesseldine Drumming

14 November - Circus skills

28 November - Chi Gong + drawing workshop

12 December - Christmas Martial Arts Santa Party, disco & magician

16 January 2015 - Stroud Youth club back

Both clubs cost £5 per session payable half termly in advance. Please pay at the first session or online (see page 24 for details)

Cam Youth Club (8+ years)

Fortnightly 1-5pm

GL11 Community Project, Fairmead, Cam, GL11 5JS

Led by Melanie, our experienced team of support staff and volunteers welcome about 30 young people to each session. This club is for younger members and those who prefer a quieter environment to hang out and get to know each other and the youth buddies that come along too. The young people are well cared for and they can join in with small group activities including special yoga, art, music, cooking (and eating!). We also have a fantastic sensory room, lovely outdoor garden and play area.

12 September - Superhero self-portraits, cup cakes

26 September - Marbling ink paintings & cheesy biscuits plus Lee Chaos music

10 October - Autumn collages & choc brownies

24 October - Firework painting & Halloween baking

7 November - Winter landscapes painting & Marshmallow crispies plus Lee Chaos music

21 November - Christmas cards & gingerbread house biscuits plus Lee Chaos Soundbeam

5 December - Christmas decorations, Christmas party & food

9 January 2015 - Cam Youth club back



Please let Melanie or Jack know in advance if your child is not coming to a particular session, so we can plan staffing.

If you are new to Allsorts and want to join either of the youth clubs please ring Melanie as there may be a short waiting list.

If you'd like to be a youth buddy (non-disabled) contact us too!

Text or phone Jack McQuail during Stroud Youth Club sessions on 07582 930116 or Melanie Paraskeva on 07929 360221 email melanie@allsortsglos.org.uk

Young People's Activities

for children with disabilities or additional needs to attend without parents

6 - 8s Saturday Club

The Trinity Rooms, Stroud GL5 2HZ – opposite the Maternity Hospital
10am - 12noon

Does your child with additional needs or disability want to meet and play with other children, but isn't quite ready or old enough for youth club?

Our 6 – 8s club is held one morning a month to coincide with our Saturday Toy Library sessions. We have different toys and a themed home corner each session, plus arts and crafts and a social snack time together...

The club is in the main hall adjacent to the Toy Library and parents/carers are not expected to stay with their child after initial settling in. Melanie (who is a qualified Primary/Early years teacher) leads a team of experienced support workers to look after the children at this club.

Dates for the Autumn term are:

19th September

17th October

14th November

12th December (Christmas party)

16th January 2016

If you would like to put your child's name down for this new club, email or ring Melanie and she will contact you to discuss your child's needs & place availability. There may be a short waiting list.

Contact melanie@allsortsglos.org.uk, 07929 360221

This club costs £4 per session.



Siblings group

A group for 8 -17 year olds who have a brother or sister with disabilities or additional needs. We have a break together and go on an outing every school holiday. We have 30 members in our sibs group now.

We have been bowling, Snowcross biking, ice skating, tubing, pottery making, to a musical, Husky dog driving, rafting & canoeing, archery & Sumo wrestling and indoor climbing.

Our next outings are a Twin Tracks inflatable swim session & a Christmas Lasertag party! See the outings section on pages 20 to 23 for further details. Do you have any ideas of where to go next? Want to join?

Contact Melanie Paraskeva with your ideas or for more details on 07929 360221 or email melanie@allsortsglos.org.uk.

Funding News

Welcome to our new Fundraising Manager

Rosa Woodley joins us at the end of September as our new Fundraising Manager. She will be working with us to promote our charity in the wider community and to local businesses. She can be contacted from the end of September by email rosa@allsortsglos.org.uk.

Sam Beard - Multi marathon runner

Sam says "My name is Sam Beard. I've recently become a fundraiser for Allsorts, so here's a bit about me. I'm 19 years old and I'm currently working full time at a bakehouse in Frampton-on-Severn.

I'm also a long-distance runner, you may recognise my name from the local press or you may have seen my name online because, in April this year I became the youngest person in history to run 7 marathons in 7 days.

I've decided to come together with Allsorts because I'm very interested to see how my fundraising and publicity can help grow a fantastic charity like Allsorts, which deserves the publicity.

Next year I'm going to be taking on a year of challenges, some big, some small. I have 5 or 6 things I'd like to achieve by the end of next year. Most of the events are running related however some are completely out of my comfort-zone, i.e. Sky-diving.

I'm hoping that my publicity and fundraising will result in a fantastic year for Allsorts, I recently raised over £3000 for Barnados and there's no reason I can't snap that figure next year!

I'd like to thank, Max, Sue and everyone behind the scenes at Allsorts for giving me the opportunity to help a fantastic charity grow."

Sam has 3 half marathons in the coming months and if you'd like to follow his progress, he blogs his training/fundraising on www.facebook.com/sambeardrunning

Stroud Half Marathon

Sunday 25 October

Whether you are a keen runner, or just fancy a new challenge, how about running the Stroud Half Marathon for Allsorts this year? It is a 13 mile course suitable for all levels. Allsorts is one of the two 2015 charity partners, and it is a great opportunity for us to get our name out there and raise some money to help us continue our work.

To sign up follow the link from our website or go to

www.justgiving.com/Allsorts-Gloucestershire-StroudHalfMarathon

Cooking up a storm!

"Me and my friend Emma both adore cooking, and we do it quite a lot together. So, we thought we could cook to raise money and awareness for Allsorts. We did it at my cousin Camilla's house and she helped us cook. We invited 10 guests and made a 3 course meal. We had vol au vents for starters, Mexican tacos with a choice of fillings, then we had homemade ice cream with coconut cheesecake and summer berry sauce. Everyone really enjoyed the meal. We charged £10 per person, and also had a donations pot at the ready, and raised a fantastic £160! We are hoping the guests will now want to host their own meals for Allsorts." (Seren, 10)

If you would like to organise a fundraising meal for Allsorts, let us know and we can help you out with ideas, publicity materials etc. It's fun, spreads the word about Allsorts and raises really valuable funds for us!



Tetbury Classic Car Show 2015

Sunday 6th September, 11am to 4pm
Sir William Romney School, Lowfield Road, Tetbury, GL8 8DS

If you love cars, then this is a perfect day out for you! There will be over 600 Classic, Veteran and Vintage Cars on show, motorcycles, buses and steam powered exhibits. There's also a BBQ, lunches and teas, children's entertainment, and Allsorts will have a stall too, so come and join us! This is the third year that Tetbury Classic Car Show have chosen to donate their proceeds to Allsorts. We are very grateful for the ongoing support and looking forward to another fun event this year. £5 for adults / £4 seniors / under 16s free.
www.tetburyclassicarshow.org

Family Festival & Tour de Stroud

Cyclists took to the Stroud valleys to raise funds for Allsorts. Eighty-four people participated in the Tour de Stroud & more than half of them plumped for the 65-mile challenge route. Mario McNanarma & Jon Arnold completed the 30-mile course. "It was a ripper of a course with a sting in the tail at the end. It's been a great event & for a good local cause," said Jon, from Stroud.

Lea Anne Ewing completed the 12-mile route on a tandem with her eight-year-old daughter Rachel.

The bike ride started and finished at Stratford Park in Stroud where Allsorts staged a family festival complete with a barbecue, cream teas and food stalls, live music and children's activities such as face painting.

Sports and activities co-ordinator Max Pemberton said Allsorts hope the bike ride and family day raised more than £3,000

enough to kickstart a new project for young people with disabilities aged 16 to 25.

We had a brilliant day and want to thank everyone who took part. Hopefully they all enjoyed the bike ride and will join us again next year.

Every penny counts

£50 pays for a coached disability football session

£100 pays for a Skatepark session for disabled young people & their siblings

£200 pays for a family tea party with entertainment

£435 pays for an outing to a sensory Snoezelen Centre for 10 families

£1,890 pays for a supported trip to the West Somerset Railway for 130 people

Charity of the Year

We are delighted that Rover European Travel have made us their Charity of the Year. Kristina Hand from the company says

"At Rover European we are excited to be supporting Allsorts as our Charity of the year. As a local company we understand the importance of support from the local community and hope we can raise awareness for Allsorts and the brilliant projects and support offered. Based just outside of Nailsworth we run coach hire for all occasions as well as UK and European Coach Holidays. Whether we are transporting school groups, gardening groups, WI groups, friends and family or touring the continent, we take pride in offering a first class, friendly and professional service. If you require coach hire for any event please contact us for a no obligation quotation. We have already started fundraising for Allsorts on our European Coach Holidays and look forward to hosting a charity dinner dance on Saturday 30th January 2016. For further information please visit our website, www.rovereuropean.co.uk or call us on 01453 832121."

Grants

We are very pleased to have been successful in our application to the Big lottery for continuity funding. The Big Lottery have been very supportive of our work, and the £300k will cover many of our core costs for the next 3 years. We still have a lot more to raise to cover all our activities and future developments, but it is great to know that we have a solid base to work from.

Thanks to Stroud Town Council for giving us £3,000 to support our work in the town. Also to the Freemason's Fund for £2,000 towards activities for brothers and sisters of disabled children.

Funding News

Space Catering

Space Catering have been supporting Allsorts for a whole year, and in June they completed the Longest Day Challenge. The event went really well – everyone had great fun whilst raising valuable funds for Allsorts.

Danny (Space Catering) says

“Well, we all did it on Saturday and had the most fantastic time. Everyone from the walkers, cyclists, canoeists and support team began the day bright and early at 7am with the walk commencing just after 8.00am at Dymock. There were a few interesting moments on the walk, one of which was finding ourselves caught in the middle of a field full of bullocks, not a position you find yourself in on a daily basis!!! Having completed the walk in around 2 hours, those of us cycling the 50k route prepared ourselves by changing behind hay bales in the middle of fields and getting ready for what was going to be a rather ‘hilly’, (to say the least), cycle to Hoarwithy! Despite the very challenging 6 or 7 hills throughout the journey, we managed to begin and finish as a team albeit with a few ‘blips’ along the way and a well-earned stop-off at one of the pubs. It was a great team effort and we were greeted by our canoeing colleagues at the New Harp Inn on the River Wye for the final stage of the challenge.

The following few hours paddling down the River Wye was a great way to finish the challenge, the scenery along the way was breathtaking and everyone thoroughly enjoyed themselves although there were a few sore shoulders afterwards and surprisingly, no-one fell in!

To end our very long day we had a lovely BBQ at The Royal Oak in Prestbury, who fed and watered us wonderfully well and despite feeling shattered, we were even able to have a skittles match which was great fun.

Space Catering has raised a fantastic £3,200. We are all chuffed to bits to have raised this for Allsorts and know it will be very much welcomed by you all.”

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MG Owners Club

On July 5th, the Gloucestershire MG Owners Club ran their annual fundraising Cotswold Caper. The event started and finished at Speech House in the Forest of Dean, with about 190 cars taking part in the 94 mile drive. Three of our Allsorts young members waved the cars off on their way. Fundraising activities included a raffle, and all in all the event raised a whopping £5,700 for Allsorts! We are most impressed, and very very pleased with such a generous donation.



Easy ways you can help fundraise for Allsorts:

1. Ask your friends and family to make their business, school, community organisation, or church their ‘Charity of the Year’.
2. Encourage your friends to take part in the Stroud Half Marathon or other sponsored events.
3. Make a donation by bank transfer to: CAFBANK
Account: Allsorts Gloucestershire
Sort Code: 40-52-40
Account Number: 00012465
4. Donate at www.justgiving.com/gloucestershire/

Allsorts Outings & Activities

We have an exciting programme of outings and events this year which we hope you will come along to. If you need directions to any of these venues please get in touch with Julie on 07582 378422 or email info@allsortsglos.org.uk

Family trips

TUESDAY 27TH OCTOBER

Special Olympics Taster Session

Leisure at Cheltenham, Tommy Taylors Lane, Cheltenham GL50 4RN

10am - 4pm, no cost

Please see description of this event on our AllSports page 7.

WEDNESDAY 28TH OCTOBER

Saul Playground Family day & picnic

Saul, GL2 7LW

11am - 2pm, no cost

Come along for some fresh air, some indoor activities and a picnic with friends. We'll have Allsorts staff on hand to run around with the children and plenty of tea and coffee for the grown ups!

THURSDAY 29TH OCTOBER

Harry Potter Studios Tour - with CADCAF

For timings please contact Jane Davis (see below)

CADCAF have offered Allsorts members spaces on their trip to visit Harry Potter Studios Tour on with a coach pick up in Cheltenham and Stroud. They have kindly offered our members tickets. Prices which includes £5 cost towards the coach: Adults: £30, Children (ages 5 – 15): £23, (under 5): £5, Carer: £5. Evidence of DLA required for concession price on the day.

If you are interested in going on the trip, please e-mail Jane Davis jdavis@battledown.gloucs.sch.uk at CADCAF or phone on 01242 525472

FRIDAY 27TH NOVEMBER

Magical Christmas at Westonbirt

Tetbury, GL8 8QS

6pm (tbc), £4 adult, £2 child

Book with us to wander through the enchanted forest at Westonbirt Arboretum. “A new lighting design is created each year, taking in around a mile of the arboretum’s paths – about a 45 minute walk, pushchair-friendly and accessible by wheelchair. The trail puts Westonbirt’s trees in a whole new light and we’ll have plenty of wintry magic for you to enjoy and get involved in along the way.”
Booking is essential by Friday 20th November.

MONDAY 28TH DECEMBER

Family Go Bananas!

Ebley Wharf, GL5 4SR

6.30 - 8.30pm, £3 per child

Exclusive soft play session for Allsorts! Support workers will be there to help out & play. Parents & carers will be able to have a drink and socialise in the cafe. All families welcome to book right up to the night or just turn up and register. Parents & carers will be responsible for their children at all times and must stay at the venue. Please ensure everyone going into the soft play wears socks and long sleeves. Fun for all ages!



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Young people's trips

SATURDAY 17TH OCTOBER

Siblings Group Twin Tracks Giant Inflateable Pool Party

Dursley Pool, Castle St, Dursley, GL11 4BS
3.30 - 5pm

A chance for the non-disabled young people to get together for some fun! Food will be provided. Please advise Melanie of any dietary requirements. New siblings group members are welcome to come along - contact Melanie who coordinates this group on 07929 360221.

FRIDAY 30TH OCTOBER

Allsorts Youth club Trip to Billow Farm

Breadstone, Nr Berkeley GL13 9HF
10am - 2pm, £4 per youth club member

This is for children and young people 8 -17 to come along for a break and a fun day outdoors together at a local farm. Billow farm has lots of animals to feed, activities such as making a bird feeder to take home, tractor and accessible trailer rides and is a great place for an Autumn picnic with your youth club friends. Bring a packed lunch and a waterproof coat/wellies. Please book by October 16th to secure a place, and directions will be sent to you nearer the time.

TUESDAY 29TH DECEMBER

Youth club Bowling @ Stroud Bowl

Merrywalks Centre, Stroud GL5 1QA

10am - 1pm, £5

This Christmas outing is for youth club members to meet up have a fun morning together with chips and a drink. Please book by December 12th so we can plan staff support for the young people. Bring extra change for the drinks machines if you like.

WEDNESDAY 30TH DECEMBER

Siblings Group Christmas Holiday Lasertag party at JDR Karting Ltd

Unit 5, Madleaze Industrial Estate, Bristol Road, Gloucester GL1 5SG

11am - 1pm, £8

This will include a fun get together with 3 games of Lasertag and pizza and party food together afterwards. Lasertag is safe, fun and no experience is necessary to play. Places on this event must be booked before December 1st.



Services for young disabled people aged 18 – 25

For some time our members have been telling us that there is very little for young people to do once they become 18. We know it has been a gap in what Allsorts offer its members and the time has come for us to do something about it. We are always keen to find out what members want from Allsorts, so in this newsletter we wanted to let you know about two new things that are happening this autumn, and that we hope will generate more ideas and more choice for young people in the future.

Young People's Voice

The first of these is that we are planning to hold an event, run by young people for young people aged 16 - 25, on November 17 at National Star College. This event will be a chance for disabled young people from across Gloucestershire to meet up and talk to each other, and to let us know what they think organisations like Allsorts should be doing for them.

Allsorts Enterprise

Members tell us that there are few opportunities for disabled young people to get work experience, work placements or to find employment. Allsorts are planning to set up a small business where young people can get the training and experience necessary to help them move towards finding paid employment. We are starting from a very small seed in the form of an ice cream bike! Some of you may already have seen the bike in action at the Allsorts Family Festival on 29 August. The plan is to make and sell ice cream to the public, but also to use it to sell other things – the freezer can be removed and replaced by anything we choose – homemade crafts, Christmas cards, cream teas, potted plants – making it a low cost, flexible and fun business for our Allsorts young people to get involved with.

If you are interested in either of these projects, please get in touch! Email Nikki at nikki@allsortsglos.org.uk or call 07814 464301

Allsorts AGM

Sunday 11th October

2 - 4pm, The Shrubberies School, Oldends Lane, Stonehouse, GL10 2DG

This is an important opportunity for Allsorts members to hear from the Trustees about how the organisation has been developing over the last year and what our plans are for the future. As a member of Allsorts, your involvement is very important to us, and helps the organisation grow and develop in the right way.

Join us for party food, fun and games with Gary Quinn from Reaching Thru Music, face painters and activities in the sensory room and outside space. We will have our support workers on hand to look after your children & young people so you can attend the AGM. Please let us know if you are coming along so we can plan support staff & food.

Allsorts Booking & Payment Information

To book trips please return the enclosed booking form to Julie at the normal address, or email it to julie@allsortsglos.org.uk. We will contact you to confirm arrangements for trips involving transport, tickets or limited numbers, but for other events, if you have let us know that you plan to come, please just turn up. Bookings will be confirmed by email unless requested otherwise.

Payments for activities

Please pay in advance for all trips, sports activities & youth clubs.

Make cheques payable to 'Allsorts Gloucestershire'.

Or pay online using sort code 40-52-40

account number 00012465

using your surname or Allsorts membership number as a reference.

If paying by cash, place your payment in a sealed envelope and drop it into the Allsorts office or give it to an Allsorts' Co-ordinator.

Please contact Julie to confirm what your booking & payment is for and to whom you have given your envelope.

Please note that ticketed activities are non-refundable unless we can fill your place.

Planning the programme of Outings and Events

Please let us know if you have any suggestions for future outings & events and if you would like to get involved in helping to plan our programme of activities.

A helping hand...

If the cost of an activity is stopping you from booking then please get in touch, or indicate this on the booking form as we may be able to help.

There will be extra Allsorts' staff available to help with your children on all trips & events. However, if the trip is for families, parents & carers will be responsible for their own children at all times. If you have any specific needs then please indicate this on the booking form or let us know and we will contact you.

If you have any questions regarding any booking, contact Julie Hills on 07582 378422 or email julie@allsortsglos.org.uk

Transport for trips

Sometimes we provide transport for trips from designated pick up points and this will be indicated in the trip description. Payment for transport should be made in advance with your booking & will be non-refundable.

If you have problems with transport then please let us know as we may be able to arrange lift shares or suggest other means of transport. You may be asked for a contribution towards petrol costs at a suggested £2 per person.

Bus services: 01452 426343
www.gloucestershire.gov.uk/travel



Spotlight on Allsorts Trustees

- Lea Anne Ewing

"I was born in a small village in South Yorkshire & spent my childhood playing sport and most significantly joining an athletics club, competing in cross country track events. When it came to choosing a career, my sporting interests were formative so I studied at Loughborough University completing a degree in Sports Science. Then itchy feet took over and I spent a year in East Africa supporting an environmental charity. On my return I headed for the hills, working for the Youth Hostel Association in the Lake District and enjoyed a year or so in the mountains.

Teaching has always been in my blood so I completed a PGCE at Bath University but needed to scratch my itchy feet again, so then spent a year in the USA.

I returned home, met my partner and settled into a job at the Cotswold Chine School in Minchinhampton. This was my first experience of the world that is 'special needs'. We adopted two lovely 'pixies' and I got a job at St Rose's School where I still teach today. I was honoured to be invited to be a Trustee of Allsorts. We, as a family, are members of Allsorts and it allows us to access a range of services and entertainment. The thing about Allsorts is just in the essence of its name. It really is an incredible mix of 'stuff' and support for everyone who has a special life, may it be a disabled young person, sibling, parent, grandparent or friend. I will continue to add my little bit to the Trustee group ensuring that Allsorts remains a relevant, forward looking and exciting organisation for everyone involved. It is a privilege to be involved, so thank you all and see you at an event soon."



Calvert Trust 2016

Regretably, Allsorts must postpone the Calvert 2016 family holiday due to lack of funding and staff changes.

We will reschedule as soon as we are able and will let you know when we have the new dates.

We are very sorry for any disappointment.

Allsorts Vacancies

Support Workers & Bank Support Workers

Contract: Part-time (4.5 hours) alternate Saturdays

Salary: £8.32 per hour

Location: Allsorts Youth Clubs, family trips & activities

Summary:

We have vacancies for experienced support workers at Allsorts Youth Clubs. These posts are subject to enhanced DBS and reference checks in line with our Safer Recruitment Policy.

For more details, application form and job description/person specification please contact Nikki Michael on 07814 464301 or email nikki@allsortsglos.org.uk

Allsorts Outings & Activities Booking Form

Name		Please send me a membership form <input type="checkbox"/>
Address		
Email		
Telephone (& mobile if possible)		I can offer lifts to other members <input type="checkbox"/>
Please contact me about:		
the cost of trips for my family <input type="checkbox"/> getting a lift to events <input type="checkbox"/> an extra pair of hands to help my family on trips <input type="checkbox"/>		

Please return the booking form to Allsorts, PO Box 3092, Stroud, Glos, GL6 1GN or email the form to info@allsortsglos.org.uk.

We will contact you to confirm arrangements for trips involving coach travel, tickets or limited numbers. **If you do not wish to be contacted by email for trip confirmation, please include a stamped addressed envelope for a postal confirmation.**

Please make cheques payable to 'Allsorts' or pay by bank transfer to **40-52-40, account number 00012465** using your **surname and initials OR Allsorts membership number as your reference**

Date	Trip	Adult places	Child places	Cost	Directions required	Other detail
17/10/15	Siblings Group Twin Tracks Pool Party, Dursley	n/a		£5 per child		Child's name
28/10/15	Saul Playground family day & Picnic			Free		
30/10/15	Youth Club trip – Billow Farm Nr Berkeley			£4 per child		Child's name
27/11/2015	Family Magical Xmas at Westonbirt			£4 per adult £2 per child		
28/12/15	Family Go Bananas			£3 per child		
29/12/15	Youth Club trip Stroud Bowl			£5 per child		Child's name
30/12/15	Siblings Group Xmas hol Lasertag party	n/a		£8 per child		Child's name
I would be interested in my child coming to Dursley AllSports						
I would be interested in my child coming to ACE						
I would be interested in rebound therapy for my child						
My suggestion for a trip is:						