

WPCC Newsletter

September 2019

Welcome to the fourth and final newsletter of 2019.

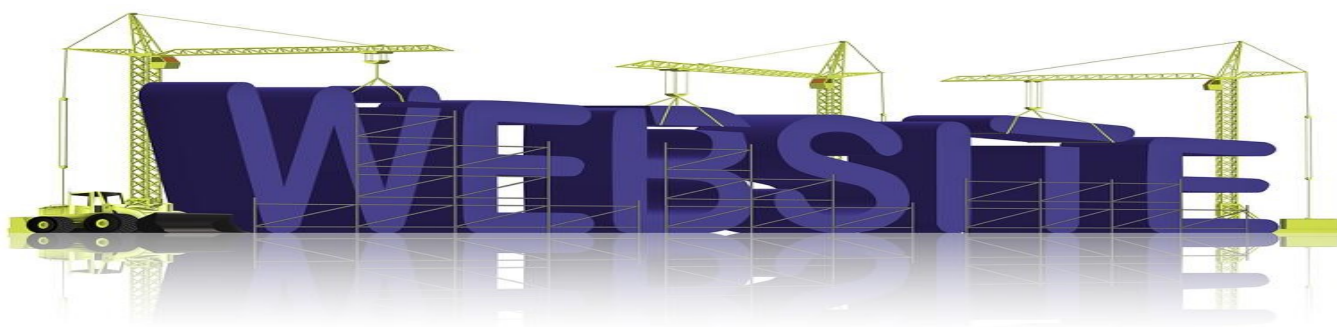
Summer holidays are now well and truly over and the nights are drawing in; time for winter woollies, hot chocolate, and settling down to read our newsletter and book on for events.



Autumn and Winter can be beautiful times but also difficult times for some families, with Back to School, Halloween, Bonfire Night, Christmas and New Year, all within a few months.

These special occasions can be so stressful for many young people and their families. If your child/young person has recently been diagnosed with any disability or additional need then please feel free to join us at coffee mornings to get ideas and support on how to get through these stressful times.

Even if you have been a member of WPCC for some time, it's always worth coming along to have a little "me" time.



WPCC is having a new website built!

It will become live in October 2019. The new site will have a membership page where you will be able to book events online, you will still need to either post your cheques or pay by BACs transfer.

You will have a unique login, which we will create for you, (this may take a little time at first). We will email all the details when the site is live.

When the events are on the website they will be colour coded, so for example you will be able to spot all the youth group dates in one colour, coffee morning dates will be another colour and so on.

WPCC, Get Creative is having a new name - the Crafty Group is looking for members to join in on their craft sessions.

If you would like to join this group, which raises funds for WPCC through crafting sessions please see the attached flyer.

The group has successfully made several items for their own use and for WPCC to sell.

Items will be on sale at some of our events and coffee mornings, so please take a look.

There are some beautiful hearts on sale at the moment for £5.00, you may have seen some pictures on Facebook. They would make a great little gift, or stocking filler for Christmas.

Thank you to the group for their wonderful ideas.

Our Thanks!

Over the last 3 months we have received funding from following people or groups:

Young Solutions

Worcester Play Council

Truemark Trust

Councillors: Jane Potter , Marcus Hart,
Matthew Jenkins, Bob Banks

Worcester Lions

Thank you for your support. Members, staff and trustees really do appreciate all you do for WPCC.



General reminders

If you are members of WPCC, please look on Facebook for 'WPCC membership group' and ask to join. This is a closed group, just for members who have completed our membership forms. All comments and posts in this group are between members and staff of WPCC.

Also please look on our Facebook group for reminders about booking events.

If you are not a member but would like to see what is going on with WPCC, please search for @worccspcc for our page. All comments and posts will be seen by the public.

We also have a wellbeing group, which is for members who attend the current wellbeing sessions (yoga). This is a closed group, for your safety and peace of mind.

Please don't be offended if you are removed from any of these groups, it will only happen if you are no longer part of that specific group.

WPCC was set up so that families can enjoy being together as a family. We do realise that there will be occasions that a different carer may need to step in at short notice. However, WPCC events are for your family, those named on our database. If you would like to add any additional carers to the database please let us know, just drop us an email with the carers' names .

If it will not be you attending the event with your children then you do need to name the carer attending on your behalf. Can you please make sure you put their names on the booking forms and if possible an emergency contact number for the carer if you will not be around. If it is a short notice change of person, please email or ring Aud, she may not be able to answer at the time but she will pick up the message. We really do need to know of any change, this is for insurance purposes and to keep everyone safe.

Contact details for WPCC

Website address: www.parentcarers.org.uk

Office number: 01905 748278

Office Address: WPCC, Crossroads, Weir Lane, Worcester. WR2 4AY

Office hours: Monday & Thursday 9.30—4pm (please always give us a ring if you are thinking of dropping in to the office as we may be at meetings etc)

Trustees: wpcctrustees@gmail.com

Aud: 07955 688031 Email address: wpccaud@gmail.com

Working hours: 9.30am—4pm Monday & Thursday

Sue: 07955 760488 Email address: wpccsue@gmail.com

Working hours: 10.00am—4pm Monday & Thursday



Please remember that we do not work evenings or weekends so we may not respond to Facebook messages, messenger, phone calls, emails or carrier pigeon until our next working day.

Youth Group



[A little bit about the group](#)

We run one activity per month, normally on a Saturday 2—4 pm at Pershore Riverside Centre. Once a quarter this will be a day out, with monthly youth clubs in between.

The young people can take part in organised activities such as, Art and Craft, Paddle Boarding, pool and much more.

For a young person to attend WPCC Youth Group their family must be members of WPCC (it is free to register) and they must be between 13 ½ & 19 years old.

You do need to complete a membership form before you can start at the group.

Places are limited to 12 Young people per session.

The project is designed to give young people with additional needs more freedom. Young people can attend the sessions without parents needing to attend, as we have support workers at all events. This does not mean to say that if you have your own support worker in place that they cannot attend, they would be welcome to continue to support within the group. They will need to have a DBS certificate. Please let us know if this may happen.

A normal youth session will cost just £4.00, a visit out will normally be £7.00, this is for a 2 –3 hour session, but depending on the time and venue an all day event could be £10.00

You do need to book for these sessions. Please do not just turn up. If your young person is interested in joining the Youth group please contact Aud , who will send you more information.

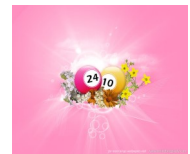
100 Club.

You can join the 100 club at anytime throughout the year.

Invite family and friends to join in - the more numbers that we sell, the higher the prize fund will be.

We restarted the numbers in April 2019. If you would like a new form to join in then get in touch ASAP.

Contact Aud on 07955 688031 or wpccaud@gmail.com for more information.



Don't forget to return your jam jars, you remember the ones full of money !

If you have one of WPCC Jam Jars please return it to us by the end of November 2019.

We will announce the winner at the Carers Christmas Lunch!

Well done to Hazel Hyman who has received an award from Room to Reward for her volunteer work with WPCC. We are really proud of all our volunteers and will be nominating another volunteer next year.

Well done to Orion the Lion for winning the Mascot Race at Worcester Racecourse for the second year running.

All the mascots were amazing! They give their time freely to support this race , this year the Bucket collection was for British Heart Foundation and next year it will be for WPCC. Book Sunday 23rd August 2020 in your diary to cheer on Orion in, hopefully, his third win!





Sometimes the sibling of the young person with the disability may need some support, as they are often carers too.

If you think a sibling would benefit from support please get in touch with YSS Worcestershire.

Website: www.yss.org.uk

Telephone 01905 619886

youngcarers@yss.org.uk

Do you care for support someone with a mental health issue? If so please get in touch with Jigsaw Carer support

They hold meetings in Malvern on the 1st Monday of each month, to offer support to the carer.

Www.jigsaw.org.uk

Telephone 07503 601737

jigsaw.worcs@gmail.com

Two very easy ways in which you can support WPCC and it won't cost you an extra penny!

All you need do is shop, shop, shop !!!

Amazon Smile

You just need to register your account to Amazon Smile and choose WPCC as your chosen charity. Amazon will donate 0.5% to WPCC every time you spend at Amazon.

You may have to type in Worcestershire Parent And Carers Community to find WPCC.

<https://smile.amazon.co.uk/ch/1122583-0>



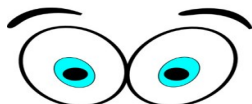
CO OP funding

Another easy way to support WPCC. If you have a blue CO-OP membership card, just sign up online and choose WPCC as your charity of the year. Each time you buy at the CO-OP and use your card, a percentage will be given to WPCC.

Membership.coop.co.uk

Please always remember that while you are at events your children are your responsibility.

If you need to leave them even for a short time for any reason please ask a member of staff to keep an eye on them for you.



Places are limited on most of our events, so please book ASAP.

We can only refund monies if tickets have not been already purchased or if the event has not already been paid for.

Dates for your diary. These are the dates and times for future events, if there are any changes we would let you know ASAP.

Please keep a check on your emails and our Facebook group

Always check the booking forms for any changes.

*** indicates that you do need to book on this event, please do not just turn up, you will be disappointed!

Friday 4th October	Yoga, Spetchley Park Gardens ***		Start at 10 –11am prompt
Saturday 5th October	WPCC at CO-OP Lower Wick Worcester, Co-Op are holding a raffle for WPCC, come and meet Orion the Lion		Throughout the day
Tuesday 8th October	Yoga, Spetchley Park Gardens ***		Start at 10 –11am prompt
Thursday 10th October	Dyspraxia information session at Perdiswell Young Peoples Leisure Centre. ***		10.am—12 noon
Friday 11th October	Fundraising coffee morning, Crossroads, Weir Lane, Worcester WR2 4AY. Bring a friend for coffee, cake and a natter!		Start at 10.30—12.30
Friday 18th October	Yoga, Spetchley Park Gardens ***		Start at 10 –11am prompt
Tuesday 22nd October	Yoga, Spetchley Park Gardens ***		Start at 10 –11am prompt
Saturday 26th October	Youth Group session, Pershore Riverside Centre. Halloween crafts and party foods ***		2-4 pm
Wednesday 30th October	Halloween visit to Hartlebury Castle ***	Café on site	10am—5pm
Friday 8th November	Yoga, Spetchley Park Gardens ***		Start at 10 –11am prompt
Tuesday 12th November	Yoga, Spetchley Park Gardens***		Start at 11.30—12.30 Note time change
Thursday 14th November	Coffee morning at Mappleborough Garden Centre.		10am—12noon
Saturday 16th November	Rock Climbing at Redpoint Worcester***	Café on site	Please arrive by 2.15 ready to climb at 2.30– 3.30
Friday 22nd November	Yoga, Spetchley Park Gardens ***		Start at 10 –11am prompt
Saturday 23rd November	Youth Group session, Pershore Riverside Centre. ***		2-4 pm
Saturday 23rd November	Craft stall at St Georges C of E Church, Worcester. Come along and buy your Christmas gifts from WPCC, Crafty group.		11am—2pm
Tuesday 26th November	Yoga, Spetchley Park Gardens ***		Start at 10 –11am prompt
Friday 6th December	Yoga, Spetchley Park Gardens ***		Start at 10 –11am prompt
Sunday 8th December	Childrens Christmas Party, Meet Orion the Lion and Father Christmas, children's craft activity and games. Come and buy your last minute Christmas gifts from our Crafty Group too. Perdiswell Young peoples Leisure Centre ***		11.30 - 2pm
Tuesday 10th December	Yoga, Spetchley Park Gardens***		Start at 10 –11am prompt
Thursday 12th December	Carers Festive lunch. The Swan at Martin Hussingtree ***		Start at 12noon
Saturday 14th December	Youth group session @ Laser Quest Malvern ***		Please arrive by 1.45 ready for the first game at 2pm—3.30
Monday 16th	Volunteers thank you coffee morning. Volunteers only		10am –12noon