



# allsorts

For families who have children  
with additional needs

## newsletter

SPRING 2019



# Editor's message

Welcome to our Spring newsletter. We are really looking forward to a busy term of activities and events which are all listed on our online calendar ([www.allsortsglos.org.uk/calendar](http://www.allsortsglos.org.uk/calendar)) and will also be sent in our weekly e-bulletin.

The Allsorts office number is 01453 750474. Please note that the Allsorts office hours vary from day to day and the office phone will not be manned all of the time. If you have an urgent enquiry, please check the back page of this newsletter for the contact details of the appropriate member of staff.

I hope you have a fun term!

*Sally*



## How to contact us

Email us at [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk), or telephone us on **01453 750474**

Write to Allsorts, Third Floor, Brunel Mall, London Road, Stroud, Gloucestershire, GL5 2BP

Visit [www.allsortsglos.org.uk](http://www.allsortsglos.org.uk)

Follow us on Facebook at 'Allsorts Gloucestershire' Follow us on Twitter @allsortsglos



## Membership

To help us keep our records up to date please let us know if you have had a change of address or personal details.

We regret that any members who do not renew their membership will no longer be able to use our services. The annual membership fee is:

£5 per family, £20 per group

If you would like to join Allsorts and benefit from the activities we provide please contact us for a membership form or download one from our website.

Please remember we do operate a 'try before you buy' policy!

Please return your completed forms together with a cheque made payable to 'Allsorts' send to Allsorts, Third Floor, Brunel Mall, London Road, Stroud, Gloucestershire, GL5 2BP (or pay online - see details on page 2).

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Guide to symbols



Changing Places changing



Accessible toilets with hoist



Standard accessible toilet

# Allsorts Booking and Payment Information

To book family, youth club and siblings trips, please email [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk) or call 01453 750474 to request a booking form.

## Payments for trips and activities

You can either pay the full amount, or a deposit of £1 per person, per trip at the time of booking. Please pay the balance at least a fortnight before the trip.

If the cost of a trip is problematic, please contact us for a confidential discussion as we can offer reductions or fee waivers.

Cheques payable to 'Allsorts Gloucestershire'.

## Online payments

Sort code 40-52-40

Account number 00012465

Please add your surname and the trip/activity as your reference.

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

## Planning the programme of outings and events

We use our member survey and regular online surveys to help select and plan a range of activities - let us know if you have any suggestions.

Allsorts staff are available to help out on all trips and events. During family trips, parents and carers are responsible for their own children at all times but if you have any specific needs or require some 1:1 support, please tell us at the time of booking and we will contact you to discuss.

## Transport for trips

For some trips we provide transport from pick up points and this is indicated in the trip description. Payment for transport should be made in advance with your booking. If you have problems travelling to a trip, please let us know as we may be able to suggest other means of transport.

**Bus services:** 01452 426343  
[www.gloucestershire.gov.uk/travel](http://www.gloucestershire.gov.uk/travel)

**Community Connexions:** 0345 6805029  
[www.communityconnexions.org.uk](http://www.communityconnexions.org.uk)



# Allsorts Toy Library

The Toy Library provides specialist toys and equipment for children and young people aged 0 – 25 with any additional need.



There are two lending sessions every week at Allsorts, Third Floor, Brunel Mall, Stroud, GL5 2BP on:

**Fridays 10am - 12.30pm**

**Saturdays 10am - 12.30pm**

**Please visit our on-line calendar for all of the dates and times.**

## Book toys online

Click on the blue Toy Library ribbon on our website: [www.allsortsglos.org.uk/toylibrary](http://www.allsortsglos.org.uk/toylibrary).

Members can see the full range of toys and equipment available and reserve items online. To reserve an item, you must log in using your Allsorts Family Membership Number, and then collect the item from one of the sessions above. (If you don't have a membership number, please email us at [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk) or telephone on 01453 750474).

If you would like more information then please get in touch with Clare or Floss on 01453 750474, email [Floss.andrew.voss@allsortsglos.org.uk](mailto:Floss.andrew.voss@allsortsglos.org.uk), or come and see us at the brand new Toy Library!



**Don't forget...that we have an on-going shopping list, so please contact us if there is anything you would like us to add to this list!**

# Family Fun

## Allsorts Toddler Group

**Tuesdays 10am – 11.45am  
during term time**

Allsorts, Third Floor, Brunel Mall, London Road, Stroud, Gloucestershire, GL5 2BP  
Join our weekly chat and play sessions to meet with other mums, dads, Grandparents and carers with their pre-school children. Allsorts can share support, information and advice, whilst you meet other families in a safe, playful environment.

If your child with an additional need is at school, but you are at home with younger siblings, you are welcome to join us. No booking and no charge, but donations help us to run this activity.

## Family Time

**Saturdays 3-4pm**

Allsorts, Third Floor, Brunel Mall, London Road, Stroud, Gloucestershire, GL5 2BP  
£4 per family and limited numbers so please book a place with [Clarissa@allsortsglos.org.uk](mailto:Clarissa@allsortsglos.org.uk)

Enjoy our new family time with changing activities – it might be messy play, sensory sessions or music. Whatever the theme, it's for the whole family to enjoy and we will keep you informed via the website calendar and e-bulletin.



[allsortsglos.org.uk](http://allsortsglos.org.uk)

Please visit our online calendar and weekly e-bulletin for dates, times and locations



## Sunday Funday in the South Cotswolds

**Sundays 2pm – 4pm**

Location – see on-line calendar and e-bulletin for venue details

On the last Sunday of every month, come along to a Sunday Funday in the South Cotswolds. Fundays take place between 2pm and 4pm in a variety of locations across the South Cotswolds. The programme is decided by the South Cotswold Parent and Carer group, and activities are designed to maximise fun for disabled children and non-disabled siblings and friends. You don't need to be a member of Allsorts, or of the Parent and Carer group to come along, just turn up on the day!

## Family Music Time

**Saturdays 10.30am-12.30pm**

Cirencester Opportunities Group, Beeches Rd, Cirencester, GL7 1BW

£4 per family and limited numbers so please book a place with [clarissa@allsortsglos.org.uk](mailto:clarissa@allsortsglos.org.uk)

Enjoy an hour of singing and action rhymes and then stay on for a picnic. This is a whole family activity with siblings welcome to join the fun.

# Family Fun

## Swimming lessons and family swim time

**Tuesdays 6 - 7.30pm**

National Star College,  
Cotswold Way, Cheltenham, GL53 9QU  
£6 per child, for lesson or family swim,  
no cost for parents or carers

We are really excited to offer family swim time and swimming lessons to our members at National Star College in their fully accessible Swimming Pool. Lessons are delivered by a fully qualified swim teacher who will create a 30 minute swimming programme alternatively families can enjoy just the swim time.

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## RUSH Skatepark

**Mondays 6 - 7.15pm**

Unit 3, Brimscombe Port,  
Stroud, GL5 2QQ  
£4 per member

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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 and wholly inclusive. Participants can bring their own equipment – scooter, bike, skateboard, walker or wheelchair and a helmet – and we also have scooters, balance bikes and helmets for free hire at the venue. Siblings and friends of family welcome as we continue our enjoyable all-ability club.

## RaceRunning

**Sundays 10.30 - 12pm**

Archway School, Paganhill,  
Stroud, GL5 4AX  
£4 per member

Race Running is an innovative sport for disabled people with impaired balance and coordination. We have exclusive access to the Sports Hall at Archway School which welcomes the whole family, with a range of Petra Bikes and Strider Bikes on offer. Seeking advice from Physiotherapists and Occupational Therapists before attending the sessions is advisable. For more information please contact us or visit [racerunning.org](http://racerunning.org) for more info about the sport.

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[allsortsglos.org.uk](http://allsortsglos.org.uk)

Please visit our online calendar and weekly e-bulletin for dates, times and locations

# Family Trips

Family Trips are a great way to meet other members and to try new activities or revisit firm favourites. For full booking and payment information see page 1 but if you have any questions, or to discuss any requirements or support please contact us on 01453 750474 or email [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk).

**FRIDAY 4TH JANUARY 2019**

## Pool Party and Swim Session

Leisure at Cheltenham, Tommy Taylors Lane, Cheltenham GL50 4RN  
£3 per person.

Times to be confirmed upon booking - approx. 10.30am-12pm

Allsorts families have exclusive use of the teaching pool (1m deep) for a pool party with fully accessible changing facilities and a pool pod to gain access. Party floats to play around with and new sensory lighting should make this a great session for our younger members but all ages are welcome!



**WEDNESDAY 20TH FEBRUARY 2019**

## Family Bowling Session

Stroud Bowl, Merrywalks  
10.15am - approx 11.15am, £3 per person (includes one game)

Allsorts exclusive bowling session - the centre is all ours for the morning. Meet us in the foyer, the centre staff will be on hand to help set up your names on the scoreboards and provide bowling shoes and then the game should last around 45mins. If you get the bowling bug and want to stay on, you can pay the venue directly for more games on the day.

We have support staff to help out for short periods of time on most of our family trips. Let us know your support needs when you book.



**TUESDAY 19TH FEBRUARY 2019**

## XJump - with Carers Glos

Metz Way, Gloucester, GL4 3DB  
Either 6 - 7pm or 7 - 8pm, £5 per child and carers go free.

Bounce, tumble and leap in this fantastic fully accessible trampolining centre. We are teaming up with the parents and carers of Carers Gloucestershire for a joint trip and each organisation has 40 places for children and 20 places for carers to bounce alongside. Please specify when booking whether you would like the 6pm or 7pm slot and whether you need a carer's pass to the trampolining area. If your child is safe and happy to bounce unaided and you prefer to watch from the café/gallery, you won't need a carers pass.



## Easter Holidays – watch this space!

It was a bit too early to book our Easter activities at the time of writing our newsletter so look out for updates via the on-line calendar and weekly e-bulletin!

# Allsorts Parents & Carers

Allsorts Parents and Carers activities run during term time for anyone who cares for a child with an additional need. Meet other mums, dads, grandparents and carers for support, friendship, information and advice. If you'd like to start up something new, tell Clarissa, our Families co-ordinator, who can help you to reach members with similar interests. Our members say that spending time with other people who "get it" makes a huge difference, why not drop in and find out why?

## Allsorts Grandparent Group

10.30am - 12pm, usually on the second Monday of the month.

Allsorts Grandparents meet informally over coffee to offer each other friendship and support. We meet in various cafes and pubs across Gloucestershire. If you are the Grandparent of a child or young person with an additional need, do join us. Members are happy to share lifts so just ask if transport is a problem.



## Friday Morning Parent and Carer Group

10 - 11.30am - see on-line calendar and e-bulletin for venue details

Friday morning drop in sessions are one of the original ways that Allsorts mums, dads and grandparents got together. There are lots of different ways to connect now, but for some face to face time over a cuppa with other members, join Clarissa, our families co-ordinator, at Allsorts and at various cafés around the county. This is a great way to meet up with other families for mutual support and to share information and friendship. Drop in or chat with Clarissa for details.

## Badminton

1 - 2pm – monthly on a Tuesday at Stratford Park Leisure Centre, Stroud

We book the court and bring the rackets, you just need a pair of trainers, a sense of humour and some enthusiasm! Meet Clarissa by reception; no booking and no charge for this activity, but donations welcome.

## Parent and Carer in the South Cotswolds

Meeting in Cirencester for lunch one Friday per month, come and share your experiences and make new friends. Check the e-bulletin and website for venues as these are variable.



## Information Sessions:

### Self-care: Massage

**Friday 18th January 10am – 11.30am**

Allsorts, Third Floor, Brunel Mall, Stroud, GL5 2BP

Join us at the Parent and Carer Group for some me-time after the Christmas rush. Sara from The Garden Room is a qualified massage therapist and will be offering hand or neck massages.

**Free of charge but limited numbers so please book a place with Clarissa@[allsortsglos.org.uk](mailto:allsortsglos.org.uk).**

### Puberty

**Friday 8th February 12.30pm-2.30pm**

Allsorts, Third Floor, Brunel Mall, Stroud, GL5 2BP

This info session is back by popular demand – come and talk with learning disability nurses about the trials and tribulations of puberty. No taboo subjects and lots of support for this often tricky time.

**Free of charge but limited numbers so please book a place with Clarissa@[allsortsglos.org.uk](mailto:allsortsglos.org.uk)**

### Makaton Taster – evening session

**Thursday 7th March 6.30pm-8.15pm**

Allsorts, Third Floor, Brunel Mall, Stroud, GL5 2BP

You might be new to Makaton, not sure if it's suitable for your child, or just need a refresher? Makaton uses signs, symbols and speech to help people communicate. It is suitable for children who are either verbal or non-verbal. Children of all ages with additional needs can benefit from improved communication skills, which in turn often reduces frustration for the whole family.

**£10 per person and limited numbers so please book a place with Clarissa@[allsortsglos.org.uk](mailto:allsortsglos.org.uk)**



[allsortsglos.org.uk](http://allsortsglos.org.uk)

Please visit our online calendar and weekly e-bulletin for dates, times and locations

# AllSports

## Boccia Stroud

**Sundays 12.30 - 1.30pm**

Archway School, Paganhill,  
Stroud, GL5 4AX  
£4 per member

Boccia is a fully inclusive activity that the whole family are welcome to attend. Our coaches deliver a variety of enjoyable and strategic games that engage all participants in this target sport.

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5-25

## Trampoline Sessions

**Fridays 4.15 - 5.15pm,  
5.15 - 6.15pm**

Stratford Park Leisure Centre,  
Stroud, GL5 4AF  
£4 per member

Stratford Park Leisure Centre have allocated a regular space in the main hall to run weekly Trampoline sessions 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. Book directly with Stratford Park Leisure Centre.

AGES  
5-25

## Stroud Inclusive Football Club

**Mondays 5.00-6.00pm**

Brimscombe, Stroud, GL5 2QQ  
£4 per member

Situated next door to RUSH Skatepark, Allsorts run a football club in the Indoor football arena! Players of all abilities are welcome to join in with a focus on enjoyment and learning new football skills. Our Football Club is broken down into two sessions; 'recreational' and 'club' sessions. Recreational sessions have a focus on enjoyment, learning new skills and being active! Club sessions have a greater focus on football drills and playing football matches.

AGES  
5-25



# AllSports

## Wotton Multi-Sports Club

Thursday - 4.15 - 5.15pm

KLB leisure centre, Wotton under Edge, GL12 8RB  
£4 per member

This activity club welcomes any child with an additional needs. The focus is on enjoyment, learning new skills and being active. Siblings are also welcome.

AGES  
5-25

## Dursley Allsports (Inclusive Fun Sports Club)

Tuesday, term time, 4.15 - 5.15pm

Dursley Sports Hall, Rednock Drive, Dursley, GL11 4BY  
£4, including siblings

Sports will change every week but will include gentle ball games and lots of fun! An inclusive warm up is followed by a main activity that is chosen by the young people who attend. Traditionally, the session is rounded off by exciting parachute games!

AGES  
5-25

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

If you would like more info about AllSports activities, or to book a place on an activity please contact us on 01453 750474 or email [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk).

## Vacancies

Do you have a passion for working or volunteering with children and young people? We are often looking for people like you to work with Allsorts. Ideally, candidates will have some experience of working with children or young people with additional needs. We provide a full induction and training for the role and are keen for a range of people to apply.



For vacant positions please look at our website [www.allsortsglos.org.uk](http://www.allsortsglos.org.uk).

# Youth Clubs

## 6 - 8s Saturday Club

**Saturdays every month 1-3pm**

Allsorts, Third Floor, Brunel Mall,  
Stroud, GL5 2BP

£6 per session



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

6-8s runs once a month at Allsorts. This is a gentle start for those children who want to make friends and socialise in a supported, safe play environment. We have different toys and a themed home corner for each session, Arts & Crafts and snack time.

## Allsorts Youth Club 8+ Morning and Afternoon Club

**Saturdays every fortnight**

Morning session 9 - 12am,  
afternoon session 1 - 5pm

The Shrubberies School, 8 Oldends Lane,  
Stonehouse GL10 2DG

£10 per session

Allsorts 8+ youth club meet every other Saturday to socialise, chat, and play with friends. We provide a range of activities including; sports, cooking, painting, beauty, crafts, board games, music and much more!



## Allsorts Youth Club 11+

**Saturdays every fortnight 2 - 6pm**

Archway School, Paganhill Estate,  
Stroud, GL5 4AX

£10 per session



Allsorts 11+ youth club meet every other Saturday to socialise, chat, and play with friends. We provide a range of activities including; sports, cooking, painting, beauty, crafts, board games, music and much more!

**FRIDAY 4TH JANUARY 2019**

## Youth club bowling session at Stroud Bowl, Merrywalks

11 - 1pm, £6

Allsorts exclusive bowling session - the centre is all ours for the morning. Meet us in the foyer, the centre staff will be on hand to help set up your names on the scoreboards and provide bowling shoes and then the game should last around 45mins followed by chips and a drink.



**TUESDAY 16TH APRIL 2019**

## Allsorts Bake Off

Delmonts Lot Community Kitchen,  
High Street, Stroud, GL5 1QG  
10am -1pm, £10



This short break is for youth club bakers who just love to bake - it is a non-competitive event. Places are limited to eight and participants will be supported by Allsorts support workers. Parents and carers are invited back for the judging.

# Allsorts Siblings Group

AGES  
8-18

This group is for non-disabled young people in Allsorts aged 8-18 who have a brother or sister with additional needs. We have a break together and go on an outing every school holiday.

**FRIDAY 4TH JANUARY 2019**

## Siblings group lasertag party



JDR Karting Ltd, Unit 5, Madleaze Industrial Estate, Bristol Road, Gloucester GL1 5SG.

2 - 3.15pm, £10 per child/young person.

This will include 3 games of lasertag, pizza and drinks. Lasertag is safe, fun and no experience is necessary to play. Places on this event are limited to 20 so book early!

**MON 15TH APRIL 2019**

## Siblings Group Trip

Clay workshop, Uley playing field and pavilion, Uley, GL11 5BW  
10.30 - 2pm, £10

Siblings will have fun creating wall mounts out of clay in the shape of Tree People. Join us for a fun filled day sculpting and socialising in picturesque Uley. Please bring a packed lunch for a shared picnic at 12:30pm.



If you are new to Allsorts and want to join either of the youth clubs please get in touch with us on 01453 750474 or email [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk). Pre-booking is essential.

# Young Adults Group

AGES  
18-25

For adults with additional needs aged 18 - 25 to attend independently or with support. This club enables group members to relax and enjoy themselves and meet other people of a similar age.

Do you or a member of your family have additional needs who enjoys interacting with people, being part of a group, learning new skills and keeping active at the same time? If the answer is YES and you are aged 16-25, then this club is for you!



## Club Session

Every Saturday, Archway School, 10.30am– 1.30pm, £10 per adult

Every Saturday, Tewkesbury School, 12.30– 3.30pm, £10 per adult

In these sessions you can play a range of different sports including Boccia, Basketball, Badminton and Football. There will also be craft and music activities available.



## Trips Out

10.30am - 3.30pm. Approximately £10 per adult

Various trips will be available to attend throughout the term and you can decide where you'd like to go! It could be an event or activity such as cooking sessions, bowling, indoor rock climbing or going to the cinema. Where else can we explore?

To book onto the Young Adults Group, please contact us on 01453 750474 or email [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk).



# Allsorts Health and Fitness Programme

Due to membership demand and a successful block of pre-Christmas taster sessions, we will be officially starting our new Health and Fitness Programme in January 2019.

We will be offering three activities that children and young people aged 14+ can access:

**Circuit classes** - £5.00 per class

**Yoga** - £8.00 per class

**Personal Training** – please contact us for a breakdown of all PT options

## Circuit classes

Circuit classes are a super fun way of keeping fit with your friends! These classes offer a range of exercises that will develop your balance, coordination and the ability for your muscles to work harder for longer. The benefits of this class will also enable you to recover from physical activity much quicker and contribute to an overall healthy lifestyle.

## Yoga

Our Yoga classes are delivered by a qualified Yoga Instructor and are the perfect way to relax and increase the flexibility of our muscles. Inflexible muscles are a common cause of injury and can put lots of stress on the joints in our body. Yoga is anything but stressful – it is stress free! Come along and join us for a session and feel the benefits of this activity.

## Personal Training

Personal Training is a unique service offering that Allsorts is providing to children and young people with additional needs. Delivered by one of our qualified fitness instructors, Personal Training sessions are designed and tailored towards each individual and can take place in an environment that best suits you. We agree goals with our young people prior to the programme and work together to achieve these goals. This training does not have to be for one person – why not access some personal training with your friends and enjoy the rewards of exercise and social interaction!

**Parents and carers are welcome to take part in classes, too!**

For all enquiries regarding the Health and Fitness Programme, please contact Max directly.



[allsortsglos.org.uk](http://allsortsglos.org.uk)

Dates and times for the circuit classes will be on our on-line calendar in the New Year.

## Allsorts Staff

Chief Executive

**Georgia Boon**

georgia.boon@allsortsglos.org.uk  
07741409800

Operations Manager

**Naomi Boast**

Naomi.Boast@allsortsglos.org.uk  
01453 750474

Fundraising Manager

**Rosa Barrett**

Rosa.Barratt@allsortsglos.org.uk  
01453 750474

Administrator and Finance Officer

**Sally Dyer**

sally@allsortsglos.org.uk  
01453 750474

Admin Assistant

**Julie Hills**

julie@allsortsglos.org.uk  
01453 750474

Toy Library Manager

**Andrew Voss**

andrew.voss@allsortsglos.org.uk  
01453 750474

Toy Library Co-ordinator

**Clare Garratt**

clare@allsortsglos.org.uk  
01453 750474

Families Co-ordinator

**Clarissa Maidment**

clarissa@allsortsglos.org.uk  
07794 009663

Sports Co-ordinator

**Max Pemberton**

max@allsortsglos.org.uk  
01453 750474

Young Adults Co-ordinator

**Amanda Smith**

amanda.smith@allsortsglos.org.uk  
07738 105906

## Allsorts Trustees

Chair **Kari Gerstheimer**

kari.gerstheimer@allsortsglos.org.uk

Lea Anne Ewing, Jacky Martel, Jason Richards, Sharon Marson, Alison Cathles, Sophie Muir, Cathy Brown, Jane Jones, Reg Cobb

## Thank you

Allsorts would like to thank our dedicated team of volunteers.

## Allsorts Ambassadors

**Amanda Raybone JP**

**David Drew**

**Jack Rutter**

**Randa Habash**

**Jodie Parker Hall**

**David Abrutat**

**Tweedy the Clown**

## Get in touch

Visit us at [www.allsortsglos.org.uk](http://www.allsortsglos.org.uk)

Email us at [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk)

Call us on **01453 750474**

 [@allsortsglos](https://twitter.com/allsortsglos)  [Allsorts Gloucestershire](https://www.facebook.com/Allsorts Gloucestershire)

Write to us at: Allsorts, Third Floor, Brunel Mall, London Road, Stroud, GL5 2BP

Allsorts is a registered charity in England number 1153484

