



# allsorts

For families who have children  
with additional needs

## newsletter

SUMMER 2019



## Message from Chief Exec



Dear Allsorts Members,

It's always great fun planning with the team for the term ahead. All of the activities in this newsletter come directly from your feedback and ideas. If have any ideas of things you would like to do, or things that your children would like to access, please do contact me directly. Please do also join me at the Allsorts AGM on Sunday 19th May where you can hear more about our future plans and also input your thoughts and ideas.

You'll see that it's our 10th birthday this year – I can't wait to celebrate the past ten years with all the fun events we have planned – and also to start planning for the next ten years, making sure that every family in Gloucestershire has the same opportunities to have fun and make friends!

Don't hesitate to get in touch with any thoughts, ideas or queries, or just to have a chat!

*Georgia*

georgia.boon@allsortsglos.org.uk  
07741409800



## 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 1).

**Join us at the Allsorts AGM on Sunday 19th May**

## This issue...

Bookings and Payments	1
Toy Library	2
Family Fun	3 - 4
Family Trips	5- 7
Parent and Carer	8 - 9
Sports	10
Health & Fitness	11
Young Adults Group	12
Youth Clubs and Siblings Group	13
Allsorts Staff	14

Guide to symbols



Changing Places changing



Accessible toilets with hoist



Standard accessible toilet

# Allsorts Booking and Payment Information

To book onto an Allsorts trip or activity, please email [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk) or call 01453 750474 and we'll be in touch!

To see all events, activities, dates, times and locations please visit our on-line calendar ([www.allsortsglos.org.uk/calendar](http://www.allsortsglos.org.uk/calendar)).

## Payments for trips and activities

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.

## 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 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 – 3pm  
(open to the public 12.30pm – 3pm)**

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

## Toy Library online

We have a new website which can still be accessed by clicking 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 will need to be registered onto the new website which can be done by popping in to see us at one of our Toy Library sessions.

If you would like more information then please get in touch on 01453 750474 or email us [toylibrary@allsortsglos.org.uk](mailto:toylibrary@allsortsglos.org.uk). Come and visit us at the brand new Toy Library!



Don't forget...  
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**

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

Join our weekly chat and play sessions to meet with other families with babies and young children. Allsorts can offer support and information, whilst you enjoy our safe, playful environment. Siblings welcome.



## 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  
[info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk)

Enjoy our new family time with a variety of 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.



## 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 [info@allsortsglos.org.uk](mailto:info@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.



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

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

# 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.

AGES  
ALL

## RUSH Skatepark

**Mondays 6 - 7.15pm**

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

AGES  
5-25

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.

AGES  
0-25



[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. Call or email us for a booking form and to discuss any support needed on 01453 750474 or email [info@allsortsglos.org.uk](mailto:info@allsortsglos.org.uk).

**WEDNESDAY 29TH MAY**

## Pool Party

Leisure@Cheltenham,  
Tommy Taylors Lane,  
Cheltenham GL50 4RN  
£3 per person.  
1.30pm - 3pm

Allsorts families have exclusive use of the large teaching pool (1m deep) with fully accessible changing facilities and a pool pod. Space to swim and party floats to splash about with make this a fun session for members of all ages!



**SUNDAY 9TH JUNE**

## Circus Starr

Cheltenham Race Course ,  
Prestbury, Cheltenham  
No charge to Allsorts members  
Performance starts 2pm - times  
confirmed at booking

Enjoy all the fun of the big top at this exciting and inclusive Circus. Clowns, acrobats and jugglers will make you giggle and gasp at this lovely family event which is free of charge to our members.



**FRIDAY 31ST MAY**

## Willow Boat Trust Canal Trip

Saul Junction Marina  
No charge to Allsorts members  
10.30am-3pm times confirmed  
upon booking

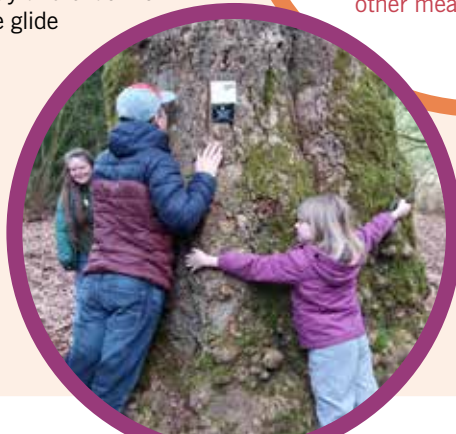
Join us for a relaxing day on Gloucester & Sharpness canal on these fully accessible canal boats. Bring a picnic, take a turn at the Captain's wheel, play and chat with other families whilst we glide along the waterways.



## 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.



# Family Trips

**FRIDAY 26TH JULY**

## Family Bowling Session at Stroud Bowl

Merrywalks, Stroud GL5 1RY  
10.30am - approx 11.30am,  
£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.

AGES  
ALL



**THURSDAY 8TH AUGUST**

## Cattle Country

Berkeley Heath Farm, GL13 9EW  
Times 6 – 8pm  
£5 per child and carers go free.

Join Allsorts families for exclusive use of Cattle Country at this summer evening event. Bring a picnic, paddling gear and a towel, plus your picnic. Outdoor and indoor play equipment including huge slides, soft play and trampolines.

AGES  
ALL



**FRIDAY 2ND AUGUST**

## Willow Boat Canal Cruise

Saul Junction Marina  
No charge to Allsorts members  
10.30am-3pm times confirmed upon booking

Join us for a relaxing day on Gloucester & Sharpness canal on these fully accessible canal boats. Bring a picnic, take a turn at the Captain's wheel, play and chat with other families whilst we glide along the waterways.

AGES  
ALL



## Payment for trips

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.





## Support

We have support staff to help out for short periods of time on most of our 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.

**THURSDAY 15TH AUGUST**

### Pool Party and Swim Session

Leisure@Cheltenham,  
Tommy Taylors Lane,  
Cheltenham GL50 4RN  
£3 per person.  
1.30pm - 3pm

Allsorts families have exclusive use of the large teaching pool (1m deep) with fully accessible changing facilities and a pool pod. Space to swim and party floats to splash about with make this a fun session for members of all ages!



**WEDNESDAY 21ST AUGUST**

### Cotswold Wildlife Park

Bradwell Grove, Burford  
approx. 9.30am – 4.30pm  
(confirmation upon booking)  
Park tickets: Adults £8, Carers £6,  
Children £6.  
Coach tickets: £3 per person

This is a firm Allsorts favourite - have a fuzzy, furry, feathery day out with lots of amazing creatures to see. Bring a picnic and enjoy some time with other Allsorts families at this great local attraction.



# Allsorts Parents & Carers

Allsorts Parents and Carers activities run during term time for anyone who cares for a child with additional needs. 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, venues vary.

Allsorts Grandparents meet informally over coffee to offer each other friendship and support. Members are often happy to share lifts so just ask if transport is a problem.

## Friday Morning Parent and Carer Group

10 - 11.30am – weekly at the Toy Library  
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, this is a great way to meet up with other families for mutual support and friendship.

## Parent and Carer Groups in Tewkesbury and Gloucester

Check the ebulletin for details of new groups starting to meet at Elmbury Lodge nr Tewkesbury and at the Roastery, Quedgeley.

## 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:

### Mental Capacity Act and transitions into adult services

**Thursday 16th May 10am – 2pm including lunch**

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

Are you unsure of how to support your young person's decision making as they grow into adulthood? Do you have questions about their rights to make certain choices? Home Farm Trust are providing this workshop free of charge to Allsorts members – a good opportunity to ask questions about the changes your family face and the difference between child and adult services.

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



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

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

### Makaton workshop

**Thursday 6th June 6.15-8pm**

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

This workshop follows on from our previous Makaton taster session and offers the chance to widen your vocabulary of signs. But don't worry if you're a beginner, because Dawn from peterpiperpicked speech and language therapy will support beginners and those with Makaton experience.

**£10 per person and limited spaces so please book with [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).

# 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.

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



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

## 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

## 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

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).

# Allsorts Health and Fitness Programme

Allsorts are offering three activities that children and young people aged 11+ 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 offering for young people and adults with additional needs. Delivered by one of our qualified fitness instructors, sessions are designed and tailored towards each individual and can take place in an environment that best suits you. We agree goals prior to the programme and work together to achieve these goals. These sessions do not have to be for one person - why not encourage some friends along 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](https://allsortsglos.org.uk)

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

# 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 18-25, then this club is for you!



## Stroud Young Adults group

Every Saturday, alternating between:

- Recreational sessions at Archway School, 10.30am– 1.30pm, £10 per adult,
- Trips, timings and venue TBC, £10 plus expenditure

## Tewkesbury Young Adults group

Every Saturday, alternating between:

- Recreational sessions at Tewkesbury School, 12.30am– 15.30pm, £10 per adult,
- Trips, timings and venue TBC, £10 plus expenditure

### Recreational sessions:

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

### Trips Out

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).**

# Youth Clubs

## 6 - 8s Saturday Club

**Saturdays every month  
10am – 12pm**

The Shrubberies School, 8 Oldends Lane, Stonehouse GL10 2DG  
£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. This is a gentle start for those children who want to make friends and socialise in a supported, safe play environment.

AGES  
6-8



## 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!

AGES  
11+



## 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!

AGES  
8+



# 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.

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.

## Allsorts Staff

Chief Executive

**Georgia Boon**

georgia.boon@allsortsglos.org.uk

07741409800

Head of Communications and Operations

**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/allsortsglos)

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

Allsorts is a registered charity in England number 1153484

