



allsorts

For families who have children
with additional needs

newsletter

AUTUMN 2019



10
ten years of fun



Message from Chief Exec



Dear Allsorts Members,

It's been a really enjoyable time working with the team on planning new activities. I hope you enjoy reading about them and that there is something that you and your family will enjoy this term.

This autumn will be a special time for Allsorts as we celebrate our 10th Birthday. I spend a lot of time thinking about the families who founded Allsorts. I just can't imagine the determination and passion that drove them to make such an amazing idea a reality. I know everyone involved with Allsorts will always be grateful to them for creating such an inspirational community, and I am looking forward to celebrating their fantastic legacy.

I hope you will be able to join the celebration.

With all best wishes,

Georgia

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07741409800



How to contact us

Email us at 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

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, £30 per organisation

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 return your completed forms together with a cheque made payable to 'Allsorts' and send to Allsorts, Third Floor, Brunel Mall, London Road, Stroud, Gloucestershire, GL5 2BP (or pay online - see details on page 1).

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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 bookings@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).

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

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.



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 and this group runs through the holidays, so bring big brothers and sisters along if they are off school!



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
bookings@allsortsglos.org.uk

Enjoy our family time with changing activities – including messy play, sensory sessions and 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-12.00pm

Cirencester Opportunities Group, Beeches
Rd, Cirencester, GL7 1BW
£4 per family and limited numbers so
please book a place with bookings@allsortsglos.org.uk

Families get together for musical fun and stay to play and picnic. This is a whole family activity with siblings welcome to join the fun. Activities can change as members want to try new things - so look out for new activities over the autumn and winter!



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

£10 per child for a lesson or £8 when block booked across a half term. £6 per child for family swim time, 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
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RaceRunning

Sundays 11 – 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 for more info about the sport.

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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.



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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.

MONDAY 28TH OCTOBER

Westonbirt Arboretum

Tetbury

11am-approx 1pm

£5 per family

Wander through the woodland on a guided walk led by Westonbirt volunteers. This is a very relaxed trip and a great chance to find out more about our woodland or just to enjoy the beauty of the arboretum. After our walk we head for the education centre for hot chocolate, a picnic and craft activities.

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Look out for our Christmas Family Trips and Activities

Previous wintery fun has included the Panto, Ice Skating and a Christmas Disco. We will keep you updated with the weekly ebulletin and online calendar!

WEDNESDAY 30TH OCTOBER

Gloucestershire Warwickshire Steam Railway

Cheltenham Racecourse, Prestbury, Cheltenham

10.30am-1.15pm approx

Tickets: Carer no charge; Adult/Young person (age 16+) £10; children (5-15yrs) £5; under 5's no charge.

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Join other families in our exclusive Allsorts carriages as we enjoy a 35 minute steam train ride from Cheltenham Racecourse station to Toddington Station. Stop for an hour to explore the exhibitions at Toddington Station and visit the café before returning to Cheltenham together.

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.

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. Gloucestershire Grandparents whose grandchildren live further afield and aren't Allsorts members are also very welcome to join us.

Parent and Carer Group in Stroud

Fridays 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 Group in Tewkesbury

Friday 1pm-2.30pm - meeting monthly

Check the ebulletin for dates – this friendly new group meets at Elmbury Lodge nr Tewkesbury – join us to help create a supportive network in your local area.

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.



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

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.

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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.

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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.

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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!

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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.

Allsorts Health and Fitness Programme

Allsorts are offering three activities that children and young people aged 8+ can access:

Circuit classes - £5 per class or £4 per class when block booked across half terms

Yoga - £9 per class or £6.50 when block booked across half terms

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. 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!

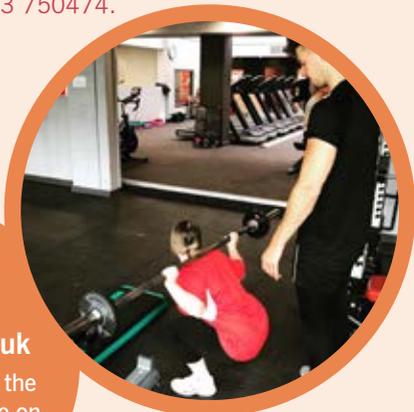
Parents and carers are welcome to take part in classes, too!

For all enquiries regarding the Health and Fitness Programme, please contact us on 01453 750474.



allsortsglos.org.uk

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



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 and 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!



Allsorts Siblings Group



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 any of the youth clubs please get in touch with us on 01453 750474 or email shortbreaks@allsortsglos.org.uk

Young Adults Group

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18-25

For adults with additional needs aged 16 - 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!



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 per adult 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 per adult 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 shortbreaks@allsortsglos.org.uk.

Allsorts Events

Join us at an event this year and help celebrate our 10th Anniversary!

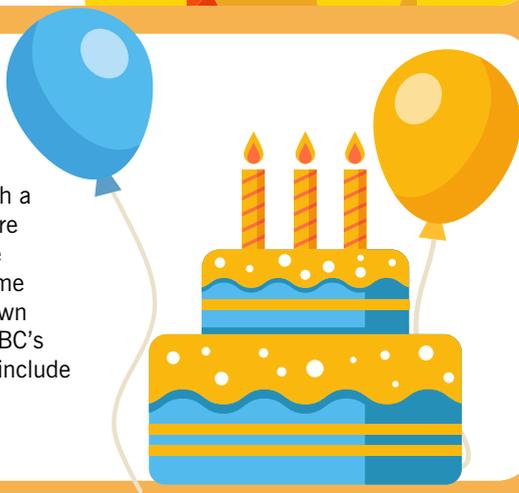
Firewalk

This September we're hoping 50 people will walk on hot coals – will you be one of them? After a motivational training session sponsored individuals will walk across 20 feet of wood embers burning at 1236 degrees Fahrenheit without experiencing any pain or injury! It promises to be an exhilarating experience for individuals or teams looking for a challenge. Definitely one for the bucket list!



Birthday bash

We're celebrating our 10th Birthday with a bash at Gloucester Cathedral - and you're invited! This special event will celebrate achievements to date and showcase some fantastic Allsorts talent. Tweedy the Clown will be there as our special guest and BBC's Faye Hatcher will be your host. Tickets include canapes, a delicious dinner and drinks.



Find out more at allsortsglos.org.uk

New activities at the Toy Library

There are three exciting new bookable activities at our Stroud Toy Library:

Gaming Club

Come and game on a variety of consoles with other young people. Take part in different games and competitions or hang out on our bean bags and watch others. Learn about turn-taking and help others with their gaming problems!

Fridays during term time
(first session Friday 13th September)
5-7pm

£6 per child, £4 sibling

To book, please contact
bookings@allsortsglos.org.uk

AGES
6+



Exclusive Member use of the Toy Library

From 10th September members can book the Playspace, Sensory and Music Rooms for hourly slots. Tell us which toys your children like playing with and we'll get them ready! Slots will be between 1-4pm on Tuesday's. The price will be as follows:

1 family per hour = £10

Additional family per hour = £5

Additional hour = £5 per family

To book, please contact
bookings@allsortsglos.org.uk

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Baby Sensory

Open to Allsorts members and the public, this parent-led session will stimulate your babies senses in a safe, comfortable and clean environment. There will be lots to explore, with a different theme every week. Our specialist interactive sensory room will be open for parents and babies to enjoy together.

Thursdays (first session
Thursday 12th September)
10-11:30am

Drop in, no need to book
£5 for non-members and £4 for members

PRE-
WALKERS



Hire the Toy Library and PlaySpace for your child's party

- A safe and flexible space
- Access to toys and equipment
- Sensory and Music rooms



We have availability on Sundays,
Mondays and Tuesdays
in term time. Flexible dates
during holidays.

Bespoke packages depending
on your requirements.

Or our team can come to you!
You find the perfect venue and
we'll put on an
activity.



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Allsorts Trustees

Chair **Jane Jones**

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Lea Anne Ewing, Jason Richards, Sharon

Marson, Alison Cathles, Sophie Muir,

Cathy Brown, 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

Email us at 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
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Allsorts is a registered charity in England
number 1153484

