

RUTLAND ROTARACT FAMILY SUPPORT CENTRE APRIL NEWSLETTER

PARENT/CARER DROP-IN SESSION

FRIDAY 12th APRIL

The Empingham Room, Rutland Community Hub, Lands End Way (next to Lidl)
10am-11.30am.

We will be joined by **Charles Huddleston** of **The Carers Centre**, to talk about the opportunities they offer and what we might be able to replicate in Rutland. Everyone welcome, including children.

FRIDAY FRIENDS (8+)

FRIDAY 12th APRIL

Friday evening social gathering for young people aged 8+.
Jules House, Cold Overton Road, Oakham.

There is no charge for this activity.

Activities on offer will include a film, arts and crafts and some quiet games.

Tuck shop opens 6.30pm so don't forget your pennies!

Please book your places in advance to ensure sufficient adults are available:
aiminghigh@rutland.gov.uk or 01572 758273.



SOCIAL EVENT FOR ALL PARENTS AND CARERS

Join us for an informal get together on

FRIDAY 12th APRIL

6.30pm onwards

at **The Wheatshaf, Northgate, Oakham**
(free parking in Church Street car park)



This is an opportunity for parents/carers to meet one another socially, especially those who cannot access other groups due to their work commitments.

However, **EVERYONE IS WELCOME!**

Why not drop the children at Friday Friends and come along?

NEW INCLUSIVE FOOTBALL SESSIONS

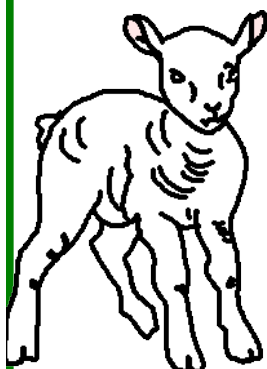
Catmose Sports Centre, Fridays 5-6pm
for children aged 8-16.

FREE taster session on April 12th.

Please contact Catmose Sports for more details: 01572 490030



EASTER HOLIDAY ACTIVITIES



MONDAY 15TH APRIL LAMBING AT LAUNDE

Abbey Farm, Launde (full directions available on booking)
Sessions at 10am and 12pm.

Booking essential as numbers are limited.

Come and visit the lambs, maybe see one being born, hold and feed them.

Please note that this is a working farm environment: all children must be fully supervised and there are limited toilet facilities.

PREGNANT WOMEN MUST NOT VISIT THE FARM.

THURSDAY 18th APRIL

STAY and PLAY

The Ark, Burley Road, Oakham.
10.00-12.00

For children aged 0-11 with SEND
and their families.

Come and join us for indoor and outdoor
play, cookery and crafts.

The swimming pool will be open from 10-11.30am.
£1/child—no booking necessary.



THURSDAY 25th APRIL STAY and PLAY

with Katie from

SENSORY SENSATIONS

sensory and messy play + crafts

10.30 -12 Ages 0-7

1.30 -3 Ages 8+

Rutland Community Hub

£3/child

Please inform us of any allergies on booking.

THURSDAY 25th APRIL DISCO NIGHT AT BILL'S BAR

Children and young people with SEND aged 14+.
6.30-8.30pm.

Come and join us for an exclusive private event with the
resident DJ.

Entrance: £2 on the door (carer free)

If you need personal support from a PA/carers you must
provide this yourself.

18+ will need ID if purchasing alcoholic beverages.

Soft drinks and crisps also available.



SWIMMING AND RIDING LESSONS finish on April 6th and start again on **Saturday 4th May**.
Please ensure all forms and payments are returned by **May 1st**.
THANK YOU.

Are you the parent/carer of a young person with special educational needs moving to secondary school?

We are holding a **free** workshop

Thursday 9th May 2019
10am - 12noon
at
Jules House
1 Cold Overton Road, Oakham,
Rutland, LE15 6NT

To book please call 07977 015674 or email info@sendiassrutland.org.uk

This session will look at how parents and carers can support their children as they make the transition to secondary school. We know this is a huge step for all children, but especially for those who have additional needs. Many children will not have developed skills around organisation, planning, time management and working memory for example during their time in primary school.



SAVE THE DATE

BIG BIRTHDAY BASH WEEK-END

July 13th/14th
Topstones, Tilton on the Hill.
BBQ, music, activities and (optional) campover.

COACH TRIP TO LONDON

Monday 12th August
Transport only with drop-off close to the museums.

“GREASE” AT THE CURVE (TBC)

Saturday 7th September, 2.15pm
Relaxed performance.

CEILIDH AT THE CASTLE

Saturday 12th October
With the James Joyce Band.

CHOICE UNLTD RUTLAND

Wednesday 23rd October
Rutland Showground

MIRTH AT THE MUSEUM

Friday 8th November
Rutland Museum

To book any Family Centre activities please contact us
rfsc@hotmail.co.uk
07742 090603