

# Bolton One complex on the way

**You may have seen or heard something about the New Bolton One complex that is now being built in the centre of Bolton – due for completion in 2012.**

We've been lucky enough to be privy to some of the plans as Richard Humphreys from Bolton Council has been consulting with parents who have children with disabilities since before building works began in 2008.

We are pleased to say that this consultation has been very successful and all parents' comments and concerns were taken on board and changes were made where necessary.

This new and exciting venture is between Bolton Council, NHS Bolton, Bolton University and Serco.

Bolton One will have a great deal to offer the population of Bolton, a large swimming pool, a separate hydrotherapy pool, family sized changing rooms, top-notch disabled facilities including hoist and tracking systems and very spacious disabled changing rooms.

**There really will be so much under one roof – hence the name!**



## Stop Press!

We have had some very successful training events for parents since the last newsletter, that have received brilliant feedback these include:

- Triple P training – Presented by Sharon Crummett
- Dental Health for children with disabilities – Presented by Katie Bannister
- Common Toileting Difficulties in children with Autism – Presented by Suzie Franklin
- Our Three Parent Workshops – which have been organised via BACPAC and presented by Miranda Parrott from Together for Disabled Children. These workshops have been focusing on the skills and resources parents need to work in partnership with the local authority and other services to make improvements

For more information about up and coming courses or how you could get involved please check out the Bolton Council website at: <http://www.bolton.gov.uk/website/Pages/DisabledChildrenandYoungPeople.aspx>

Or contact Sheila or Claire on: **01204 336194 / 337102**

You can also check out the BACPAC website for more information about parent participation and involvement at:

<http://www.bacpacbolton.org.uk/>



## On The Record Newsletter - Use it or Lose it!!

In this current climate of financial difficulty we need to find out how useful this newsletter is for parents of disabled children. If you feel that this is a worthwhile use of money please get in touch and support your On The Record newsletter.

Also, if you have any stories that you would like to share with us please contact us on **01204 337102** or you can email the record at: [therecord@bolton.gov.uk](mailto:therecord@bolton.gov.uk)



Issue No.11

# On The Record

Bridges Information Exchange Newsletter Winter 2010

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# Welcome to our 'Be healthy' edition!



## Contact us...

Get in touch and share your ideas, stories, advice and anything of interest to other families.

We can advertise events, tell people when your group meets, pass on useful tips and celebrate your success stories.

Contact Sheila or Claire **01204 337102** or email us at [therecord@bolton.gov.uk](mailto:therecord@bolton.gov.uk)



# How to be healthy

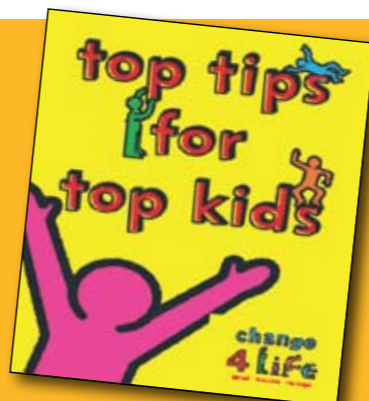
Good nutrition is essential for both our short and long-term health and well-being at any age and stage. It is especially important for children and young people to eat a healthy balanced diet, as it is a time of rapid growth and development. It is also a key time for the development of healthy taste preferences and eating habits that will last in to adulthood. Poor nutrition in childhood can lead to dental disease, obesity, type 2 diabetes, heart disease and some cancers later in life.

So, what can we do to make sure our children get the best start in life?

In 2009, the Government launched the change4life campaign which has produced a series of fabulous resources to help families **eat well, move more and live longer**.

The campaign encourages families to make small achievable lifestyle changes that will add up to make a BIG difference to your health, by using their eight top tips: For more information see the website.

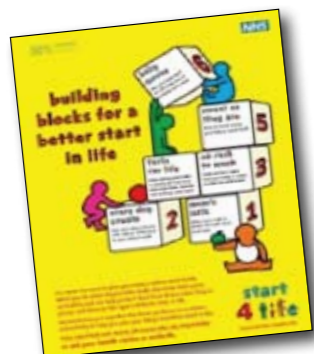
1. Sugar swaps
2. Meal time
3. Me size meals
4. Snack check
5. 5 A DAY
6. Cut back fat
7. 60 active minutes
8. Up and about



The change4life campaign also produces resources for adults encouraging six swap-its and the new start4life campaign aimed at families with 0-2 year olds promotes the six building blocks for life.

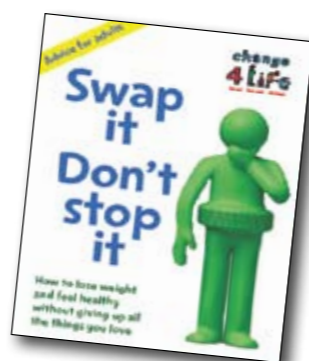
## SIX BUILDING BLOCKS:

1. Mum's milk
2. Every day counts
3. No rush to mush
4. Taste for life
5. Sweet as they are
6. Baby moves



## SIX SWAP ITS:

1. Up and about swap
2. Portion/plate swap
3. Snack swap
4. 5 a day swap
5. Fibre swap
6. Drink swap



The change4life campaign supports the key messages of the Eatwell Plate, which is a tool we use to show the types and proportions of foods needed to make up a healthy balanced diet. The Eatwell plate is made up of five food groups:

- Fruit and vegetables (Vitamin/mineral providers)
- Bread, rice, potatoes, pasta and other starchy foods (Starchy carbs: Energy givers)
- Milk and dairy foods (Dairy protein: Healthy bones and teeth)
- Meat, fish, eggs, beans & other non-dairy sources of protein (Non-dairy protein: Growth and repair)
- Foods and drinks high in fat and/or sugar (Fat/sugar: Extra calories)

## For more information on general healthy eating visit:

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

[www.nhs.uk/change4life](http://www.nhs.uk/change4life) families can sign-up to receive free information and activity packs.

[www.bolton.nhs.uk](http://www.bolton.nhs.uk) and search for 'food and health' for information on your local NHS Food and Health Team, who provide advice and support on healthy eating for families in Bolton.

Also, the Caroline Walker Trust is a charity that provides support and guidance on nutrition and healthy eating. It has produced guidance on how to support children and adults with learning disabilities to eat well. For more information visit [www.cwt.org.uk](http://www.cwt.org.uk)

This information has been put together by Lizzie Ashworth, Food and Health Advisor - NHS Bolton Food and Health Team.

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



## Tips for maintaining good oral health for children with Autism



As parents and carers of children with autism are aware, maintaining oral hygiene and dental health can be extremely challenging. Every child with autism is different in terms of their sensory

issues, abilities and needs. Literature suggests that many children with autism may be more at risk of suffering from certain dental conditions as a result of such characteristics. These may include tooth decay, gum disease, oral trauma, tooth wear, acid erosion and dry mouth conditions. Prevention of these dental conditions is better than cure and may prevent unnecessary pain and anxiety in the future.

You can now download the full booklet on Maintaining Good Dental Health for Children with Autism from the Bolton Council website at:

<http://www.bolton.gov.uk/website/Pages/DisabledChildrenandYoungPeople.aspx>

This booklet contains information and tips on how to maintain oral health to help reduce the risk of dental disease in the future. Visiting the dentist can also be a very stressful, traumatic experience due to the unfamiliar sounds, smells, tastes and appearance. This booklet contains tips and suggestions that may help to prepare for a visit.

Opposite are some tips to help prepare for a visit to the dentist:

- Arrange a trial visit to meet the staff and become familiar with the environment, smells, noises and equipment. Request the first appointment to avoid waiting and a busy waiting room
- Keep appointments short
- Spread the treatment out across multiple short appointments to avoid prolonged stress/discomfort and to develop familiarity and trust with the dental environment and staff
- Inform your child of the appointment in advance to avoid a last minute struggle. It may seem easier to leave it until the last minute or take your child to the dentist unaware, but in the long run it may cause increased anxiety and resistance/refusal
- The use of picture story books e.g. 'My First Trip to the Dentist' and 'Autism Social Stories' can help explain what will happen, what to expect and why we need to go to the dentist
- Purchase a disposable mouth mirror from a pharmacy to practice before the visit
- Take a favourite toy/blanket along for comfort and to help occupy
- Hold hands throughout the appointment to provide support and to avoid flapping/rocking during treatment
- Take a personal stereo along to the appointment for your child to listen to during treatment to reduce the noise of the equipment
- Provide plenty of praise and encouragement during and after the appointment
- Provide a reward after the appointment for positive reinforcement
- Provide the dentist with as much information as possible about your child's medical history, needs, behaviour and sensitivities so they are fully aware and prepared

## Meet Katie ...



Katie Bannister is our new paediatric nurse and clinical lead for training Bridges staff and carers, as well as other professionals involved with children who access Bridges. For those of you who aren't familiar with Bridges, it is the council's short break and family support service for disabled children and their families.

### Katie's role includes:

- **Training:** taking the lead in training around medical issues, including:
  - o Tracheostomy care
  - o Gastrostomy care and enteral feeding
  - o Epilepsy awareness
  - o Updated administration of medication Level 2

Katie is able to assess the skills of parents, carers and professionals in these areas, using a method she has devised. She is now putting together a complete training programme, with regular updates for all staff carers and parents.

- **Tracheostomy care:** Katie is putting together policy and procedures for this type of care, together with training
- **Health Profiles:** Katie has also developed a Bridges Health Profile document and is currently completing health profiles on all the children and young people who use Bridges short break care



**Katie says:** "In the future I plan to work on health promotion/education, giving up smoking, sexual health, healthy eating and exercise, with the aim of developing programmes of care to promote a healthy lifestyle and maximise independence for all children in the community."



# Did You Know?



There is a huge amount of advice and support out there for families with disabled children. Our Did You Know section is all about informing parents and carers about all the help that may be available to you and your child/children. In our last issue we included key information about local and national benefits. In this edition we are focusing on health, safety and information.



## Changing Places ... Bolton leads the way ...



The Families Information Service and BACPAC are working together to look at accessible toilets in Bolton including the new 'Changing Places' facilities, that will be open to the public. The aim is to have information available for disabled children, young people and their families about the location, opening hours and level of access provided.

Once the information has been collated, a downloadable document will be available from the BACPAC website and also on the 'Disabled Children and Young People' page of the Bolton Council website.

<http://www.bolton.gov.uk/website/Pages/DisabledChildrenandYoungPeople.aspx>

<http://www.bacpacbolton.org.uk>

### The key features of Changing Places toilets are:

- Adult-sized height adjustable changing bench
- Ceiling track hoist
- Plenty of space for the disabled person and two carers
- It also provides a Closomat toilet, moveable sink and emergency alarm

### We currently have four new Changing Places toilets in Bolton, these can be found at:

**The Sycamore Project**  
Zacs Youth Bar  
71 Market Street  
Farnworth  
Bolton  
BL4 7NS  
Tel: 01204 706 200

**Party & Play Funhouse Ltd**  
Westregen House  
Great Bank Road  
Wingates Industrial Estate  
Westhoughton  
BL5 3XB  
Tel: 01942 818 195

**NCP Topp Way Multi-Storey Car Park**  
Topp Way  
Bolton  
BL1 2LU  
Tel: 01204 336 902  
Email: [bolton@ncp.co.uk](mailto:bolton@ncp.co.uk)

**Bolton Lads & Girls Club**  
18 Spa Road  
Bolton  
BL1 4AG  
Tel: 01204 540 100  
Email: [info@blgc.co.uk](mailto:info@blgc.co.uk)

## Car Seats ...

Many of you may not be aware that there is free advice being given on fitting car seats for families in Bolton – this is part of a new initiative to improve safety for children in Bolton.

Bolton Council is backing the nationwide Good Egg Guide campaign, which is being run by Road Safety GB, and aims to highlight the crucial need to fit child seats correctly and safely. Janet Massey from the Road Safety Team explains:

One of our roles as road safety officers for Bolton Council is to help reduce the number of child casualties caused in road traffic collisions. The severity of injuries to children injured as car passengers can be reduced if they are carried in approved car seats suitable for their age and weight. However, research indicates that even when child seats are used, around 8 out of 10 are incorrectly fitted which means that the child is not correctly restrained.

Bolton Council's road safety team advises parents and carers to take the time to check out the seats available, in order to decide which seat is the best fit for both the child and the vehicle it will be used in. To heighten awareness, the road safety team takes part in publicity campaigns, visits schools and colleges and also makes contact with parents directly at children's centres and health clinics. We try to emphasise how important it is to have a correctly fitted seat and the possible consequences of not having one.

We are also occasionally asked to advise on the best car seats for disabled children or for children who have additional needs that ordinary seats don't allow for. Children with disabilities may need a wider seat, for example, if they have a special leg cast or are unable to sit up for long periods. In these cases, we work with other agencies to find the best solution which can sometimes mean a specialised seat for the individual child.

In order to raise awareness from the start however, Bolton Council, working in partnership with the Princess Anne Maternity Unit at The Royal Bolton Hospital, is now providing all expectant mothers with an in-car safety booklet "The Good Egg Guide". They will receive this at one of their routine checks at the unit. This way, we feel we can get the advice to parents before they buy any car seat so that they know what they are looking for, and will be able to keep their children safe inside the car.



For more information and advice please contact the Road Safety Team on: **01204 336255**

(Thank you to Janet Massey – Road Safety Team for this article)

## Triple P Stepping Stones

### The Power of Positive Parenting ...

Stepping Stones Triple P (Positive Parenting Program) has been developed for parents of children aged 2-12 with a disability. Because it's based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful. Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

Group Stepping Stones is great if you are having significant problems with your child's behaviour or if you would simply like to learn parenting skills to help promote your child's development and potential. You'll meet with a small group of parents who also have a child with a disability. There'll be just six sessions of around 2.5 hours each. During the sessions you'll watch DVD excerpts of the parenting strategies being used in real family situations and you'll have a group workbook to take home. Your practitioner will also call you at home to answer questions, provide support and help you with any problems.

**Bridges will be running a Group Triple P Stepping Stones commencing January 2011. For further information please read below or ask a member of the Family Support Team.**

**Tel: 01204 337100 / 337127**

### What Parents Say about Triple P ...

"I am so glad I did this program. I feel a lot more confident as a parent and my son knows what to expect. Consistency is the key for me. Thank you."

**"It has helped me to see that not all the problems were my son's behaviour, but how I dealt with them. The biggest changes came in my own behaviour."**

"I want to thank you for giving me other ways to deal with problem behaviour instead of yelling and getting nowhere. I am definitely feeling more confident."

Many thanks to Triple P for allowing us to use this information – [www.triplep.net](http://www.triplep.net)

## Radar Keys ...

**Did you know that all disabled people in Bolton are entitled to a free Radar key available from Access Bolton in the Town Centre?**

All you need to do is go in and speak to the reception staff who will be happy to help. All that's needed is a signature and you then get to walk away with your free Radar key.

This means that key holders will be able to access all disabled toilets nationwide with their key, negating the need for busy families to track down a staff member for access to the disabled toilets.

Tel: **01204 333 333** or visit **Access Bolton in the Town Hall** for more information.

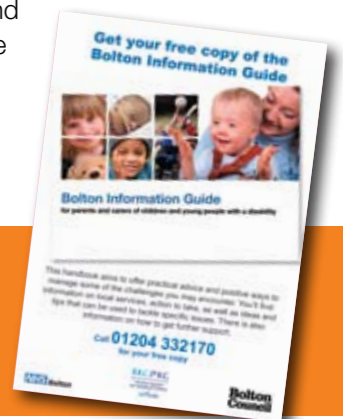
## News Round-up



Shelia and Kelly welcome parents

### Bolton's BIG Information Guide.

As many of you already know, we had a Big Information Day in October which was initially brought about to launch our new Bolton Information Guide – which is available to parents whose children are on the Record. We had representatives from many short breaks providers as well as those from other statutory and voluntary groups across the borough. Thanks to all those involved, we've had some great feedback from many parents and carers who were able to access a great deal of information all under one roof.



For those of you who were not able to attend but would like a Big Information Guide please phone **01204 332170** or download it directly from the Bolton Council website:

<http://www.bolton.gov.uk/website/Pages/DisabledChildrenandYoungPeople.aspx>

## News from over the summer ...



**We are delighted to say that our summer schemes in Bolton were a great success again this year, and we've had lots of positive feedback from both young people and parents.**

Over the summer, our 'Play is for All' scheme at Barlow Park and our two other schemes which take place at Firwood School and Harvey Children's Centre have been able to provide activities for children with disabilities and complex health needs. These schemes have enabled 209 children to access positive activities within play services. These included cooking, arts and crafts, outings to a variety of different places including High Rid where the children were able to experience canoeing and other outdoor sporting activities.

They also had a fantastic day out at Smithills Farm where the children and young people were able to see and feed many of the animals. These experiences were very popular with all the young people who attended.

For the children aged 15 – 25 we were able to provide an 'Independence Week' which enabled our young people to learn about and experience daily living and independence skills.

The feedback that we've had from parents has been extremely positive with many explaining that this has been a valuable experience for older children, who often find it difficult to find age appropriate activities for young people in this age group.