



# Indigo Newsletter

VOLUME 1, ISSUE 1

MARCH 2014

## SPECIAL POINTS OF INTEREST:

- Vice Chair Welcome.
- Chairman Wins Award.
- 13+ Youth Group Trips.
- Parent Workshops.
- Transitions Seminar.
- Summer Day Trip.
- Contacts

## INSIDE THIS ISSUE:

- Youth Group 2
- Parent Workshop 2
- Sleep Workshop 2
- Transitions meeting 3
- Open Day 3
- Day Trips 3
- Indigo Tots 4

## Peter Steps into Vice-Chairman's Role

We are very pleased to welcome Peter Wilkinson as our new vice-chairman. Peter was voted in with a unanimous vote at our March committee meeting. Peter who has a degree in law, brings with him a wealth of management experience and is looking forward to tackling the challenges that running a charity can bring. Peter, who has Aspergers is just the right person for the job, being on the spectrum himself, he is able to understand the perspectives of both the children and parents as he also has a 12 year

old son with ASD.

Peter has already made his own mark within Indigo by supporting parents with DLA applica-



**New Vice-chairman Peter Wilkinson**

tions and appeals, and educational issues, tribunals and educational appeals etc. Peter is passionate about ensuring

parents are empowered and works alongside them during often traumatic times as a volunteer parent advisor.

If you need any help or advice regarding relevant issues you can book an appointment any Wednesday during term-time with Peter or our other volunteer parent advisor Dawn McCarthy who also has a vast experience and knowledge in supporting and signposting parents. Other meetings can be arranged subject to availability. Please ring 0115 9521164 for further information.

## Chairman wins 'Women of Influence' Award

In recognition of our Chairman Sarah Seaton's services to autism and especially Indigo Kids she was honoured with Nottinghamshire's Women of Influence Award in January for her dedicated achievements. Since 2007 Indigo charity has gained momentum and now reaches out to more than

200 families across Nottinghamshire and parts of Derbyshire. Sarah was honoured at a special awards ceremony attended by 100 guests at the Nottingham Belfry Hotel in January and was presented with £3,100 to develop the project. The money will be used towards training for those

who volunteer for Indigo. "It's nice because it's confirmation that what you do is achieving good things. There is no reward in any shape apart from helping other people," said Sarah, who quit her job teaching local history as demand for Indigo Kids grew, devoting all her time for free.

# 13+ Youth Group



At KFC our teenagers had a great time ordering their own food

Thanks to Ashfield District Council and Nottinghamshire County Council our older age group will be experiencing some truly amazing local trips out. There will be twelve spaces available for each trip and preference will be given to those attending Indigo at the time of the trips.

Over the next year our teenagers will be going go-karting, bowling, snow-tubing, kayaking and a host of other interesting challenges that will get them out of the house and using their social interaction

communication, gross and fine motor skills.

We are looking forward to enabling and encouraging independence for this wonderful group of kids and hope that these sessions are the beginning of something that will have continuity and longevity.

Our older age youth group broke away from the Wednesday night kids club in September last year and is already a big hit with our teens. They find it much quieter than the Weds group

and it is fantastic to see them interacting with each other.

The group runs every Thursday from 5.30pm until 7.25pm Jo Treece, who oversees the group always make sure that there is bread and butter/ crumpets available for the young folk to make their own toast. If you are interested in the group for your own teenager, please give us a call on 0115 9521164.



# Parent Workshops

Indigo are pleased to announce that in conjunction with Nottinghamshire County Council's Adult Community Learning Service and New College Nottingham they will be offering a series of workshops to parents. These will cover a range of topics from craft workshops to Indian head massage. There will be a small charge per session, for those in re-

ceipt of certain benefits the courses will be free.

The workshops are intended to run alongside some of our kids clubs so that parents can enjoy the experience without worrying about childcare.

Please refer to our website or next newsletter for more up to date information. If you have a specific request for a course, please let us know.



*"Any fool can know. The point is to understand."*  
— Albert Einstein

# Sleep Workshop



On Wednesday 19th March Indigo is hosting an autism sleep workshop for parents. Issued covered will be problems with night terrors, sleep talking, (cause, effect, resolutions). Lively at night - not getting to sleep. Waking in the middle of the night and staying awake

Not sleeping in their own bed resolutions how to get them back. Sleepwalking. Frightened of being alone in bed.

The sessions are being run by qualified occupational therapists from SENAD and will include a short presentation. Opportunities will then be available for parents to chat

with them regarding specific issues. They will bring along some of their tools/ ideas so that parents can trial them.

If parents have any ideas for further workshops please let them know on the night.

The workshop runs from 6pm until 7pm at Beardall Street.

# Transitions Meeting



On Thursday April 3rd Indigo will be hosting a talk by Diane Robinson who is the project worker for the Reachfor Project. Diane is currently based within Parent Partnership to work on the project until end March 2015. Diane has a

background in this area, she was originally a Futures employee, then moved to Targeted Support, so she has a wide experience of working with families around 16+ transition. It is hoped that this project will 'empower parents of 14-21 year olds' to improve outcomes for their young people.

Diane is currently working with individual cases as well as group sessions. There will be a talk, followed by questions and

answers. Parent Partnership will also be attending on the day.

Please contact Indigo to book a place.

Start time 10.00 for 10.30am (tea/coffee provided with registration). Venue: Indigo, 186 Beardall Street, Hucknall, Notts. NG15 7JU. Length of session 1.5 to 2 hours depending on demand. Email [indigokids@live.com](mailto:indigokids@live.com) or telephone 0115 9521164

*Just keep taking chances and having fun*  
Garth Brooks

## Indigo Open Day Save the Date! 14/6/2014

We are having our Information Fun Day on Saturday 14th June (11am - 3pm) at our Beardall Street premises. There will be a bouncy slide & fun activities for the children and information and craft stalls for the parents. Some of our information stands include Parent Partnership, Rainbow Parent Carers Forum, Phab Nottingham, NORSACA, National Autistic Society and independent schools such as Dawn House and the SENAD group of schools. This day is designed around you as parents to give you vital information regarding services for your children. If you require further information, or you would like a stall at the event, please contact our office on 0115 9521164 or email [indigokids38@live.co.uk](mailto:indigokids38@live.co.uk) or [indigokids1@gmail.com](mailto:indigokids1@gmail.com).



Kids enjoying the bouncy slide at our 2013 Open/Fun Day

## Day Trips

Every summer Indigo hosts a day trip, over the past few years we have been to Chessington World of Adventure, Legoland, Scarborough, Bridlington, Eyam Plague Village, Black Country Museum plus others. The trip runs during the summer break, please watch this space or our website for updates. If you have an idea or preference for a day out please contact Dawn McCarthy or email

[indigokids1@gmail.com](mailto:indigokids1@gmail.com).

There will be a series of smaller visits for parents, one trip in the pipeline is a visit to the Newlife Foundation at Cannock for a shopping extravaganza. Their 10,000sq ft Superstore offers women's, men's and children's clothing, footwear and accessories. In addition, specialist and seasonal items are all at bargain

prices. The home store stocks a wide range of quality household items including furniture, rugs, bed linen, lighting, seasonal goods, ornaments and general homeware. See <http://newlifestores.co.uk/landing/>



**Newlife store at Cannock Staffordshire.**



## Indigo Autism Charity

186 Beardall Street

Hucknall

Notts.

NG15 7JU

Phone: 0115 9521164

E-mail: [indigokids1@gmail.com](mailto:indigokids1@gmail.com)



@indigoautism



/indigo.kids.9

Free Spirits in a Challenging World

## Contacts

Chairman Sarah Seaton M.A.

[indigokids@live.com](mailto:indigokids@live.com)

Vice-chairman Peter Wilkinson L.L.B.

[indigokidspeter@gmail.com](mailto:indigokidspeter@gmail.com)

Treasurer Pauline Dewberry

[indigoaccounts@hotmail.com](mailto:indigoaccounts@hotmail.com)

Charity Secretary Helen Oldershaw

[indigokidshelen@gmail.com](mailto:indigokidshelen@gmail.com)

Kids Club Manager Emma Hutchinson Senco

[indigo.emma@live.co.uk](mailto:indigo.emma@live.co.uk)

Indigo Tots Manager Lou Hickman-Slawson PGCE

[indigotots@gmail.com](mailto:indigotots@gmail.com)

Volunteers Tina McHargue

[indigotina2013@gmail.com](mailto:indigotina2013@gmail.com)

Events Michelle Knighton

[indigokids38@live.co.uk](mailto:indigokids38@live.co.uk)

Fundraising Sara Elington

[indigokidssara@gmail.com](mailto:indigokidssara@gmail.com)

Telephone 0115 9521164

[www.indigokids.org.uk](http://www.indigokids.org.uk)

# Indigo Tots

Indigo Tots is a stay and play session that runs on Tuesday mornings during term time. The sessions promote social interaction and communication for youngsters aged 0-5 years through play. Children also have access to Indigo's sensory room which includes bubble panel/bubble tube, infinity mirror, various projections and sensory board amongst other things. If you would like your child to be part of these very worthwhile sessions please contact Lou

Hickman- lawson on at [indigotots@gmail.com](mailto:indigotots@gmail.com).

