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Fledglings is a national charity which supports parents and carers of children with special needs by finding affordable solutions to everyday practical problems. We offer a free of charge bespoke information service which addresses individual needs of each child and family.

Issue 25 August 2010



Dear Friend

Well, school's out and the holidays are under way. No doubt many of you will be taking a break away from home – we have heard that some of you will be going to Cornwall to the holiday home we featured in our [May e-News](#). We hope you have a great time. Wherever you go, if you have any holiday destinations to recommend we'd be delighted to hear from you on your return. In this issue we remind you of a few items from our product brochure which you might find useful when visiting relatives, eating out or going to the beach. The inflatable Dream Tubes we illustrated in our [March e-News](#) have been proving very popular. They appear to have worked well for families who have already used them on holiday.

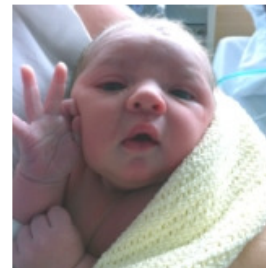
On the other hand if you decide to stay at home and just 'chill out', we have included here a few ideas for summer holiday activities you can do with your children that cost very little. You might be surprised how much fun it can be. Enjoy!

A handwritten signature in cursive that reads 'Ruth'.

Ruth Lingard Executive Director

****BREAKING NEWS** Ruth has become a Grandmother!**

Yesterday there was much coo-ing in the office over photos of baby Florence who was born on Thursday 5th August. We wish Mum, Dad and Florence all the best.



Florence Lingard

Helpful Products for Holidays

Ear Protectors



Designed by a doctor, we have had good feedback about this neoprene headband which keeps ears dry when swimming. Great for children with ear infections or grommets. Includes ear plugs. Available in colours Red or Blue. [Brochure](#) page 10.

Ear Band-It

Small age 1-3 SW0130 £9.95

Medium age 4-9 SW0131 £9.95

Large age 10+ SW0132 £9.95

Inflatable Sensory Ball



This easy to catch ball folds flat for transport and may be inflated using a straw to suit your child's needs. With a little inflation it will be soft so is suitable for tactile activity or a firmer ball can be used for games. Please take care to keep the 'stopper' safe and out of children's reach when not in use. Colours: Blue or Yellow. [Brochure](#) page 27.

Inflatable Ball
SD0119 £4.50

Pillow Protector



This hardwearing product protects both sides of a pillow from spills or drool. If you would normally take a waterproof pillow with you when visiting relatives this item will save you luggage space.

A cotton pillowcase should be used on top. [Brochure](#) page 13.

PVC/Polyester Pillow Protector
CC0013 £7.50

Chair Harness



We have had very positive feedback on

Travel Feeder



This inexpensive wipe down PVC feeder

this harness which is large enough for many children of junior age. It acts as a reminder to the child to stay at the table during meal times. [Brochure](#) page 21.

Dining Chair Harness
GC0018 £14.99

with pocket helps to catch spilled food and drink. It is available in two sizes in clear plastic. It may be particularly useful on holiday and saves on laundry. [Brochure](#) page 5.

Clear Plastic Travel Feeder
Small L11 x W11.5" CB0107 £5.50
Large L15 X W13.5" CB0108 £7.50

Coffee Morning / Product Exhibition



There were scrumptious cakes galore at our recent Coffee Morning (too tempting for those of us trying to lose a few pounds). The event was sponsored by Ickleton United Charities to whom we owe a huge debt of thanks. Our very sincere thanks also go to the many individuals who helped us, particularly Lesley, Iris, Deborah and Harriet who kept us well supplied with tea and coffee and those delicious cakes – and did all the washing up.

It really helped us to meet and to talk to families about the products on display and to discuss other items they would like to see included in our portfolio. It seemed to surprise some visitors to learn that we can find specific products to meet individual needs and that we are often able to supply products which do not feature in our brochure.

We hope to develop a **Focus Group** of local families who we can meet with periodically to discuss families' needs and new products we have found to meet them. If you live relatively close to our offices and would be interested in being involved, please let us know.



Families enjoying Fledglings coffee morning.

Play Ideas for the Holidays

Photo Pelmanism (matching pairs)



Family Photos Go through your photo album and find photographs of family members. Find 2 of each member. If some pairs are identical, great. If others are of someone taken at different times, it doesn't matter as long as your child can recognise the family member in both photos. It helps if all the photographs are of roughly the same size and shape, but this is not essential. Then use the photographs in the same way as you would if playing any matching pairs game. Turn them upside down and take it in turns to lift up a photograph and look at it. Say the name of the person in the photograph. Then pick up another and again say the name of the person pictured. If both photographs are of the same person, the player makes a pair and then repeats his go. If not, place both photographs back on the table upside down and another person takes a turn.

Animal, Flower and Object Matching Pairs

If you have a digital camera, you could make your own cards for this game by taking photographs of trains, dogs, cats, trees, flowers, houses and make 2 copies of each photograph.



Sorting by Type



Some children, particularly those on the autistic spectrum, have difficulty understanding that two dogs of different breeds which look different are both known as dogs, so taking photographs of several different flowers, birds, dogs, cats, houses etc could also be made into a game to find all photographs relating to their collective name. Take your child with you if you can and encourage him or her to take the photographs themselves.

Make a Collage

Cut out pictures from some magazines- cars, scenes, advertisements etc. Make a flour and water paste and stick on the back of the pictures. Encourage your child to stick the pictures on a large sheet of plain paper to make a collage. If you use a sheet of Dycem from a roll the cut-outs will stick without needing any paste.



Smelly Socks

Use up some old socks (small ones are best) or go to a charity shop and find some for a few pence. Then take some cotton wool balls and find different smells with which to scent the cotton wool. You could use a little left over tea, or coffee, or lemon, apple or orange juice. Alternatively a little parsley or a mint or basil leaf or a lavender flower head could be popped into the sock. Try a variety of smells, taking care not to use anything to which your child may be allergic. When the cotton balls are dry and all the ingredients are placed in the socks, tie the socks up with a ribbon, and play a game of Guess the smell.



Make a Water Bag

Find a strong transparent plastic bag with no holes in the bottom. Take a sheet of tissue paper (from a kitchen roll) and colour it with a bright colour, then scrunch up the paper and pop it into the bag. Add some sparkly bits if available. Then part fill the bag with water and some liquid soap or washing up liquid. Shake a little, then tie the bag up very tightly. Use the bag for relaxation therapy, holding it gently in the hands, against the skin on the cheeks or place under the child's bare feet if sitting quietly in a chair. This can be very calming and relaxing but be careful ;if the bag is not strong enough a burst could occur and if indoors, may cause problems. If outdoors, at the end of the play session you could help your child make some small holes in the bag and squeeze it gently to water the plants or grass in the garden or park.



'Strictly' for Fledglings

GJive Dance-Nights, who organise charity events, are planning a fund-raising dance for Fledglings. Ruth Webster, our services manager, who is a keen dancer, will be there and hopes as many of you as possible will join her for a fun night out and to raise some much needed cash to support our work. The Theme will be **'The Magic of the Musicals'**. (Rumour has it that the Rocky Horror Show could be involved!)

When? Friday, 24th September from 8p.m. to midnight

Where? In Ware, Hertfordshire at Wodson Park Sports and Social Club, Wadesmill Road, SG12 0UQ.
So get your glad rags on and join the fun!



Pictured is our very own
Ruth Webster dancing Ceroc.

Tickets are only £5 in advance if you purchase direct from GJive or £6 on the night. Do come along and support us.

Further information about the event and how to purchase tickets is available on their [Facebook page](#) or email g.jivers@gmail.com or telephone 07758 228974.

View our video. As publicity for reaching the Lottery finals for Best Voluntary/Charity Project a film was produced about our work [click here to view](#)

Fledglings relies heavily on donations and grants for the income we need to continue our work. We're extremely grateful for all the help we receive. The money is all put to good use helping children and families.

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