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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 23 June 2010**



Dear Friend

In our recent mailing which we trust you have now received we informed you that we would have to increase prices of some products in our brochure because of increases in our suppliers' prices. A few prices have also been decreased. These changes will be published on our website and will be effective from **Monday 12th July**. Fortunately changes resulting from yesterday's budget are not due to come into force until January 2011 so we don't anticipate further increases until next year.

Well, now we know the contents of the budget, no doubt everyone is wondering about its impact on their own lives. For some of you I know it will be hard to face cuts of any kind but I hope that most people will find a way to cope with this new world of austerity and may even find that there are compensations. Like most of the unpaid volunteers who work here at Fledglings, it is knowing we have helped a child or family that gives us a buzz and lifts our spirits - far more than the pay cheque we once received. However, we don't want to trivialise your difficulties so we'll continue to keep our prices as low as we possibly can and will also endeavour to find better value options to meet your children's needs.

Ruth Lingard Executive Director

**You are Invited to...**



**Come and meet the team from Fledglings.**

Free exhibition and coffee morning supported by Ickleton United Charities

**Wednesday 14th July, 10.00am - 12.30pm**

at Ickleton Village Hall, Frogge Street, Ickleton,  
Saffron Walden, CB10 1SH



[Click to view flyer with more information](#)

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### Fledglings Appeal Letter Hits Doorsteps

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Ruth Webster with our proof at the press

Our team enjoyed putting together this pack for you and linking up with other charities to help keep the costs to a minimum. We were lucky enough to be working with a commercial printing company with 100 years of experience. Burlingtons [www.burlingtonpress.co.uk](http://www.burlingtonpress.co.uk) provided an excellent service again helping us to keep costs low and yet produce items to a high standard.



We were so impressed that we decided to go over during the print run and take some photographs of the work involved which they were good enough to allow. We look forward to getting your responses and hope that you found all the material of good use.

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### New Products

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#### Unitard



#### Catsuit



**Unitards** are close fitting, sleeveless and slightly stretchy garments with short legs. They are suitable for a number of activities. Nylon Lycra garments, for example, are often worn for sports or at the gym. However, many children with ASD or sensory perception difficulties appear to enjoy wearing close fitting garments at other times. These **cotton** garments with just 7% Lycra may therefore be helpful for such children. They may also be a suitable and relatively inexpensive alternative to Houdini suits to keep children from undressing or from gaining access to their nappies or underwear.

**Catsuits** are similar to Unitards. These are also made from soft **cotton** lycra but have sleeves and longer leg lengths.

Both Unitards and Catsuits have no fastenings and must be put on through the neck opening.

**These products are available from Fledglings.**

NOTE: Measurements are as a guide only and the fabric is stretchy

Size	Chest	Body Length (nape of neck to centre of crotch)	Unitard Price	Catsuit Price
6-7 years	21"	18.5"	£11.00	£18.00
8-9 years	22"	20"	£11.00	£18.00
10-11 years	24"	20.5"	£13.00	£20.00
12 years	28"	22"	£13.00	£20.00
13 years	30"	25"	£13.00	£20.00

Colours: White, Pink and Navy

**Smaller and larger sizes will be available on request.**

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### Summer Camps - entertaining siblings during the holidays

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Fledglings is a family focused organisation and we like to make you aware of services for other children in the family who have no additional needs. We thought the following service might be of interest.

The Charity YHA (formerly Youth Hostels Association) is running summer camps for kids during the school summer holidays from July until 27th August 2010. The typical price is £79. However, the first camp starting 18th July costs £50 a place for 5 days. The camps include action adventure camps, future leader camps, Performing Arts, Football Camps and lots more.



The price of places depends on circumstances. Research shows that these camps give children more confidence, new skills and gives them the opportunity to make new friends. Camps are all around the country. Further information is available on [www.doit4real.co.uk](http://www.doit4real.co.uk)

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### The charity Listening Books launches new download service

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For many people suffering from an illness, disability or learning difficulty which makes it difficult to read in the usual way, audiobooks can help by replacing the written word with a friendly voice.

Members of Listening Books [www.listening-books.org.uk](http://www.listening-books.org.uk) can currently choose to download onto their PC over 1000 titles directly through their website or have them sent through the post on MP3 CD. The launch of this new Downloadable service will offer more choice and freedom to members as they will be able to fit a great selection of their favourite titles onto a portable device such as an iPod or MP3 player and listen whenever and wherever suits them.

Children who have difficulty reading text would benefit from the set texts and study guides on audio available from Key Stage 2 to A-Level. In addition a wide range of other subjects including classics, novels, history and travel are available.

All this is included in the usual membership costs which begin at just £20 per year. Listening Books may be able to assist anyone who would find it difficult to raise the fee. All you need is a PC with an internet connection and a membership to Listening Books to start downloading. To join the service, you can telephone 020 7407 9417 or go to the 'Join Us Now' section of their website [www.listening-books.org.uk](http://www.listening-books.org.uk).

**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.*

**Donate  
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0845 458 1124

To send us an email:

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Fledglings Charity No. 1112618 Fledgling Family Services is a company limited by guarantee No. 4592971  
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