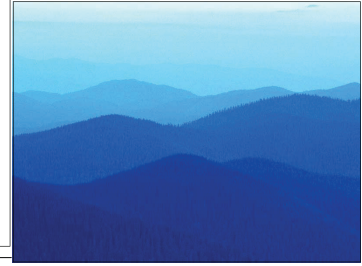


## *Heathside Parent/ Carers Group*



### **Led Zeppelin Too Fundraising Evening**

Tuesday 14 October  
2008

Well, I thought this might be a good way to start this newsletter, so here goes.

After a lot of leafleting, mailing etc, the night of the 27th September arrived. Luckily for those of us on the gate, the weather was really kind. When it said Trinity Park Barn, it really was a barn, and unfortunately extremely chilly. However a licensed bar and barbecue seemed to get things underway.

First on stage were the Marvelous, followed by Sleeper Cell. Both acts warmed the crowd up nicely (or was that the bar), and were extremely well received. Obviously the main act, Led Zeppelin Too, were the ones everyone was waiting to see. And everyone had a thoroughly good time.

For those who don't remember Led Zeppelin, you must know the old Top of the Pops Theme, and Stairway to Heaven, both tracks being a wonderful finale to the night.

As for how well we did, we raised just over £3,750 and thanks must go to all those who helped on the night. To Sam and his friends who helped direct people to the car park, to Nicki, Rachel, and Guy for manning the gate so well and removing money from people on the way through. To all of those who did a lot of the ground-work. And also to Odran who dealt with the police, complaints about noise and all that sort of thing. Without all the help, we would never have got the event off the ground.

### **Christmas Shopping Evening**

PATH have arranged a Christmas Shopping Evening which will be on Thursday 20th November from 7pm until 10pm. There will be lots of things on offer for you to peruse, browse, order or buy for Christmas or birthdays before Christmas. Entry will be either on the door or by ticket at a cost of £2.50 each including wine and nibbles. A flyer will be coming out to you after half term.

We hope to you can make it and look forward to seeing you.

## Positive Parents Posse

As you may know, Positive Parents Posse have moved from Whitton Sports Centre and moved to Meredith Children's Centre, Meredith Road, Ipswich (what used to be the Whitton Clinic).

Their next meeting is Tuesday 21st October—9.30 until 11.30. They will be running on the 1st and 3rd Tuesdays of the month.

## Useful Websites

We all know that Hawkins Bazaar sells lots of things for sensory needs, including some very unusual items, well there is now another site.

**[www.thenoveltywarehouse.com](http://www.thenoveltywarehouse.com)**—contains things very similar things to Hawkins Bazaar, and their website contains some wonderful colour photos so that you can see what you are ordering.

If you have a child with Autism, you might find the following website interesting.

**[www.autismtoday.com](http://www.autismtoday.com)**—Autism Today is an American based website, but it does contain some very useful articles on therapies, treatments and research that is going on. You can sign up to their free newsletter, and catch up on some of the research that is going on, and some therapies that might be useful

Another one is **[www.identitydirect.co.uk](http://www.identitydirect.co.uk)**. This company sells towels, mugs, school bags, all personalised. Also included are personalised storybooks, CD's with characters such as Elmo, Cars, Toy Story, Cars and Winnie the Pooh. Sign up for their free newsletter and get some ideas for Christmas.

## The Rough Guide to Accessible Britain

There is a pocket sized guide called the Rough Guide to Accessible Britain which has been put together by Rough Guides and Motability. This provides details of some wonderful places, and means you are armed with all the information on accessibility and facilities that a disabled visitor needs.

It lists about 100 accessible locations including parks and gardens, family fun, cities and towns and venues and events.

This is free to Blue Badge Holders who pay just £1.99 for postage and packing or £6.99 including post and packing to everyone else.

You need to order either online or by telephone.

The number is 0800 953 7070 and the online address is [www.accessibleguide.co.uk](http://www.accessibleguide.co.uk)

Many thanks to Rachel Hill for providing me with the details for this.

## Parent Group Meeting

On Wednesday 1st October, Oral Health Educator Carol Parsons came along to discuss issues around brushing teeth. She told us all about sugar content in things like Mars Bars, Haribo Sweets and Oreo biscuits. She advised that if children did have these things, it was probably better after a lunch or in one go, rather than having them all through out the day.

The turnout of parents was very good and it was lovely so many people came along. Carol was able to address the parents individually and offer suggestions on tooth brushing. Carol visits the school regularly and works with the children, and she has suggested that maybe the parents could come along to the classes she sees and she could give them individual tips on brushing.

This was an interesting session and it made for an informative morning. I hope I can get some more details from Carol and then I can put more details in the next newsletter. Odran has also ordered a dozen special toothbrushes suggested by Carol and he will let us know when they are in.

Thank you to all of those who came along.

The next meeting is an informal coffee morning on Monday 13th October between 10am and 12noon and after that it's the 5th November when Claire Gwatkin will be our visitor.

We hope to see you soon.

Can you think of anything else that can be done for fundraising?

Do you have any ideas?

Can you hold a fundraising event of your own?

Could you spend a little time help us? We often need helpers even if its for a little while.

Any suggestion we get about a fundraising event would be considered. We still have in hand a Race Night and a Medium (although not together), and there is a possibility of some other events coming up.

You can contact Nicki Legh-Smith, Rachel Barritt or myself if you have any suggestions.

## Contact Details

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