

FEBRUARY 2023



WIGWAM NEWSLETTER

Dear All,

Dear All

This month we are inviting parents and other carers to two meetings to discuss how professional meetings can be made more user friendly for parents. As a Health Visitor who has sat in literally hundreds of these meetings, I had absolutely no idea how stressful they can be for parents and how parents sometimes come away shocked, angry or confused at what they have heard while feeling side-lined in the process.

I think the way forward with this is to put together a proposal to the managers of Children's Services as to how the present system can be adjusted, specifically when planning and sharing information for children with additional needs.

Wigwam needs your help to put that together to ensure it is the voice of the parents.

We have organised two meetings, one for Mums and other female carers and one for Dads and other male carers (further information below), followed by a free supper to offer everyone a chance to socialise.

If this is something you feel you can help us with, please can you text or email to 07839 121678 or Susie.gallienne@wigwam.org.gg by **24 February** as we need time to pre-order menus and work out the size of room needed. Les Cotils is kindly giving us the rooms free of charge and offering charity rates for the food. If you only want to come for the meeting and not stay for supper that is fine. Any transport issues, please let me know.



Dads & Carers

You are invited to a free meal* and discussion on Tuesday 7 March at 7pm to look at how TACs etc can be altered to be more user friendly for families. **7pm** meet in the Sark Room at Les Cotils for an hour discussion. **8 pm** meal together for Dads etc to meet others. **Buy your own drinks.*



Mums & Carers

You are invited to a free meal* and discussion on Tuesday 14 March at 7pm to look at how TACs etc can be altered to be more user friendly for families. **7pm** meet in the Sark Room at Les Cotils for an hour discussion. **8 pm** meal together for Mums etc to meet others. **Buy your own drinks.*

T: 07839 1216878

W: www.wigwam.org.gg

E: support@wigwam.org.gg



WALKING FOR WIGWAM

Wigwam has been named as one of the 26 charities that will benefit from this year's Saffery Rotary Walk. The funds raised will be spent on providing specialised safety glass for a secure area in a new autism and learning disability adapted play area (watch this space for more on that soon!).

The 2023 round-island walk takes place on Saturday 10 June, so plenty of time to get training if you'd like to get involved. As well as the full 39-mile trek, there are options to take part in a relay team of seven, or to complete the 'Family Walk' which is the final two legs of the route, ending at the finish line in St Peter Port.



FIGHTING FIT



Judo instructor Mitch Agnelli is looking to set up a class for any child in year 7 and above to learn judo. Mitch has taught judo to children with additional needs at Le Murier school previously and now he has returned to the island is hoping to offer this activity again. The classes will be held from 5.30 to 6.30 on a Tuesday evening at Beau Sejour. Parents would need to stay with their children but Mitch does have extensive experience in teaching all sorts of people and can adjust classes to the needs of the individual child. For more information phone or text Mitch on 07781 432340 or contact him via email: mitch.agnelli@cwgsy.net

@WIGWAM

Would you like to receive an electronic copy of this newsletter? We know that the paper copies of our newsletter can get misplaced over time, so if you would like to receive an additional electronic version you can save to refer to later, please get in touch with Tamara.timothy@wigwam.org.gg and we'll add you to our mailing list!



ADHD AT HOME

Did you know that studies suggest reducing excess stimulation and distraction will create a more peaceful home? This is because too many toys create distraction, something that is already difficult for our ADHD children.

Some things you can try at home are:

- Be ruthless and donate the toys they are no longer playing with;
- If you have space, create a toy rotation and put most of the toys away ready to be swapped in at another time; or
- If you can't do either of the above, then hide things away in cupboards so they can't be seen.

Because we care

Wigwam Support Group LBG (company no.58948)

Guernsey Charity (CH315)

Member of the Association of Guernsey Charities (No.288)



moonpig

Thanks to MoonPig for sponsoring this newsletter; supporting families in our community.