

Short Breaks Newsletter



Dwarfism Awareness Month

November 2023

October was Dwarfism Awareness Month! One of our local children and her family put together the following article for us to share with you with the aim of raising awareness...

Hello, my name is Ella, I am 2.5 years old. I love Peppa Pig, singing, dancing, and attending Hartbeeps. You have probably noticed that I look quite small for my age, its because I have achondroplasia (Achon for short), this is the most common form of dwarfism. As you can imagine this was a huge shock and there is minimal support out there as it is so rare. It has been an extremely stressful but rewarding journey for my mummy and daddy.

For many of you, I am probably the only person you have come across with Dwarfism, that's because it is very rare, it happens when a random genetic mutation (at conception) stops the bone cartilage growing as quickly as it should, it affects 1 in 25,000 births. 80% of people born with dwarfism have an average sized parent! It could happen to anyone!



I have an average size torso but shortened arms and legs. I can do everything your children can do but it may just take me a little longer to do so. Dwarfism does not affect intelligence or life span.

My mummy has been working tirelessly to try to raise awareness about Dwarfism, educate professionals and break down barriers in accessing services. Sometimes society can be cruel towards people with my condition. My mummy wants society to be a kinder place for people like me so that I can live a happy life. This year we wore green on Dwarfism Awareness Day and have been raising money for the Dwarf Sports Association, who help young people like me meet friends, find their talents, increase resilience, and raise self-esteem.

Do you have any exciting plans over the festive season?

If you know of any activities or events taking place over the festive season that may be suitable for other children with disabilities and their families in Telford, please let us know so that we can spread the word in our December newsletter. We are always keen to extend the calendar and include new activities and would welcome your suggestions.

Personal Assistant Vacancy Webpage

As part of our Short Breaks webpage, we now have a Personal Assistant vacancy page. If you are interested in becoming a PA, or know of someone that is, you can view the page by clicking on the link below. If you are interested in hiring a PA, please speak to your Social Worker about adding your child's details to the page.

www.telfordsend.org.uk/info/1/home/133/personal_assistants

Disability History Month 2023

16th November—16th December is Disability History Month. This Autumn 2023 focusses on the Experience of Disablement amongst children and young people in the past, now and what is needed for the future. DHM comes from a Social Model/Human Rights approach, so that all children and young people with long term impairment will not experience the social exclusion of stigma, stereotypes, negative attitudes and socially created barriers in the environment and the way things are organised.



DHM provides an opportunity for all councils, service providers, education establishments, youth, play and sports organisations, health providers and employers to examine their approaches to disabled children and youth. Those in the media can challenge the way they have portrayed disabled people in the past and create inclusive and non-stereotypical ways forward, in conjunction with disabled young people.

On 16th November at 11am, Telford and Wrekin Council are raising the flag in Southwater and lighting up Southwater One to mark the opening of the month. Keep an eye on the Telford and Wrekin Council Facebook page for additional details and opportunities to get involved.

Contact Us

If you have any queries about anything on the newsletter or any activities or events you would like to be added to the newsletter calendar to spread the word and increase attendance, please email shortbreaks@telford.gov.uk

You can view all parts of our SEND Local Offer, including a copy of our SEND Activities booklet on our website: www.telfordsend.org.uk. You can find us on Facebook - Telford and Wrekin's Short Breaks.



Activities Locations and Booking Information

PODS Charity—For more PODS activities or to book, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS. For any queries, contact support@podstelford.org

Funky Friday Inclusive Disco—£4 each. The Navy Club, Bellman's Yard. Newport, TF10 7AJ.

Airea 51 SEN Session—Airea 51, Stafford Park 12, Telford, TF3 3BJ. To book, visit the Airea 51 website.

Youth Club 2021—104-106 Southgate, Telford, TF7 4HG. To book, call 01952898052.

Pirates and Princesses—Unit 17, Cedar Court, Halesfield 17, TF7 4PF. To book, call 01952582382.

Challenging Perceptions—Park Lane Centre, Woodside, TF7 5QZ. To book, call 01952683700.

For details on Telford and Wrekin Leisure Services sessions, visit the Council website or contact the venues directly.

Wrekin Swimming Club—Wellington Leisure Centre. Search Wrekin Special Swimming Club on Facebook or call 07530465472.

Sailability—Telford Sailing Club, off Teece Drive, Telford, TF2 9SQ. To book, email telford.sailability@gmail.com

Bright Star Boxing—Unit 1 Old Smithfield Industrial Estate, Aston Street, Shifnal, TF11 8DT. To book, call 07966416267.

Shining Stars—The Linden Centre, Oak Road, Overdale, TF3 5BT. To book, email shiningstars2017@hotmail.com

Local Offer
for Special Educational Needs and Disability

Discover everything you need to know about education, health and care services in your local area for children and young people with SEND 0-25yrs at www.telfordsend.org.uk



Protect, care and invest
to create a better borough

What's on November 2023

		Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
		PODS Lego Club 4-5pm Airea 51 SEND Session 6-7pm	PODS Games Session 4-5pm SNAC Activities 10.30-1.30pm	CP Under 5's Parent & Toddlers 10-11am Ice Rink Session 10-12pm 5-6pm	Silhouette Dance SEND Session 1.15-1.45pm	SEND Swimming Abraham Darby 12:15-1:30pm Pirates and Princesses SEN 9-10.30am Wrekin Swimming 5-6pm
Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th	Sunday 12th
Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm	Pirates and Princesses SEN 4-6pm Airea 51 SEND Session 6-7pm CP Youth Wellbeing Group 4-5pm	PODS Lego Club 4-5pm Airea 51 SEND Session 6-7pm	PODS Games Session 4-5pm SNAC Activities 10.30-1.30pm	CP Under 5's Parent & Toddlers 10-11am Ice Rink Session 10-12pm 5-6pm	Silhouette Dance SEND Session 1.15-1.45pm	SEND Swimming Abraham Darby 12:15-1:30pm Pirates and Princesses SEN 9-10.30am Wrekin Swimming 5-6pm
Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm PODS Pamper Day Various Times	Pirates and Princesses SEN 4-6pm Airea 51 SEND Session 6-7pm CP Youth Wellbeing Group 4-5pm	PODS Lego Club 4-5pm Airea 51 SEND Session 6-7pm	PODS Games Session 4-5pm SNAC Activities 10.30-1.30pm	Ice Rink Session 10-12pm 5-6pm Funky Friday Inclusive Disco 15+ 7pm	Silhouette Dance SEND Session 1.15-1.45pm	SEND Swimming Abraham Darby 12:15-1:30pm Pirates and Princesses SEN 9-10.30am Wrekin Swimming 5-6pm
Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
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Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st		
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