

Cerebra News January 2014

Hello and welcome to the first Cerebra News of 2014.

We've got lots of information for you this month. Our guides on searching the internet and toilet training contain lots of valuable information and suggestions. Find out if you can benefit from our library, grants scheme, Wills & Trusts scheme, innovation centre and holiday home as well as register for our excellent one day conference on promoting well-being in children with autism.

Don't forget you can keep in touch with the latest news from Cerebra through our [News pages](#), [Facebook](#) and [Twitter](#).

This month:

Feedback from one of our Parent Support Forums

Earlier this month our North East Parent Forum looked at Sensory Integration. Regional Officer Shona Chambers tells us more.

Travel and Holidays

Many families are starting to think about their summer holiday. We suggest some things to consider when planning a trip with a child with additional needs.

Oxy-Gem

Cerebra's Innovation Centre has started 2014 with great plans and lots of new projects in the making, including a new oxygen trolley for young children, the CIC Oxy-Gem.



New Ambassador

We are delighted to introduce our newest Ambassador Chris Bennett. Find out more about Chris and his family



Cerebra Grants

Our grant scheme funds up to 80% of the cost of equipment and services to help make life easier and more enjoyable for children with neurological conditions.

Read about two families who a Cerebra grant has made a big difference to

“ My boys had such an amazing time they didn't want to leave. You'd thought of everything - layout of the rooms, sensory space, massive trampoline outside, and excellent provision for young children. ”

— Caroline, who stayed in Vallecchia in 2013 with her two sons who have severe learning difficulties

We are now taking applications for holidays in 2015. Find out more and download an application form.



Toilet Training for Children with Autism and Intellectual Disabilities

Our informative guide is now accompanied by a new infographic making it much easier and quicker for parents and carers to find the advice on toilet training that they are looking for. If you read our guide we'd love to hear what you think of it.

[Read more](#)

Cerebra recognised for high quality information

Cerebra are referenced in a key GCSE and A level text book as a good source of further information.

[Read more](#)

Guide to finding and appraising evidence on the internet

Our guide outlines some suggestions to help you search for information efficiently and to appraise whether the websites you find present reliable and unbiased information. Our new video which accompanies the guide includes some easy to follow hints and tips.

[Read more](#)

The Wills and Trusts Voucher Scheme

About 60% of adults in the UK do not have a will. If your child will not be able to live independently without support when they become an adult, it is important to make a will and consider a discretionary trust for your disabled child.

[Find out more and download an application](#)

Food labelling

We take a look at changes to the rules on how allergen information is displayed on food labels and how this may affect children with learning difficulties.

[Read more](#)

New Toys in our Library

Last year Cerebra was awarded £14,830 from Children in Need for more sensory toys for our lending library.

The money has been fantastic and has allowed us to offer things we haven't offered before such as weighted blankets, which have been really popular.

[Read more about the new toys](#)



Our regular updates

- [Research](#)
- [Resources](#)
- [News](#)
- [New legislation](#)

Promoting Well-being in Children with Autism Wednesday 12th March - Birmingham

This one day conference for parents and professionals will focus on key issues critical to improving the well-being of children with autism. Topics include understanding and managing anxiety; siblings of children with autism; the good and bad science of autism; functional communication skills; education. There is also the chance to find out about the new partnership Learning Disability and Autism Research Network in the West Midlands. [Download the full programme and book your place](#)

Keep an eye on our [What's On](#) page for more Cerebra events.

Fantastic Fundraisers



Lottery winner

Congratulations to Cerebra supporter Alan Coulthard for winning our weekly lottery prize of £1500!



Appeal for help

Can you help us to help you? We are looking for people to help us with our fundraising this year. If you'd like to challenge yourself and raise money that will make a big difference please get in touch.



10k run

Cerebra are once again taking part in the British London 10K Run for 2014 and we're looking for some fantastic fundraisers to run for us!

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