



Newsletter

June 2011

PLUS currently works across the Stirling Council area to give children and young people with disabilities the support they need to get out and have fun with people of their own age. This also gives parents and carers some time for themselves.

Planning Ahead



The Board and the core staff team met for a 'Strategy Day' at the end of March. PLUS has prospered by keeping up-to-date and the day was an opportunity to think about how PLUS will respond to new challenges (such as finance) and new opportunities (such as individualised services).

The day reinforced our commitment to maintaining current services - and also produced some new ideas.

PLUS will investigate:-

- working with people aged 26+
- offering services in neighbouring areas
- working with pre-fives
- acquiring and developing its own building which could be a hub for meetings, activities etc.

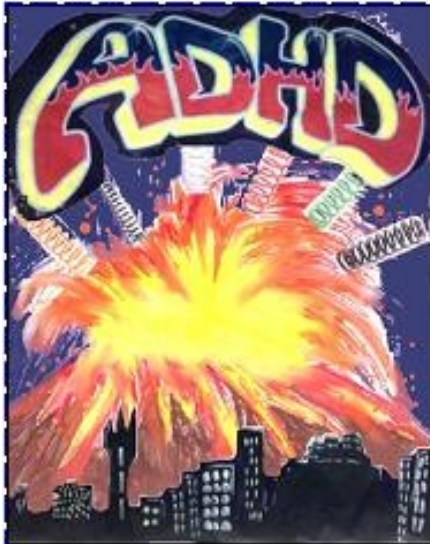
We need your views!

As always, we would like to hear your views about any new developments. There will be an opportunity for discussion at the Family Fun Day on Sunday 21st August. You can also discuss ideas for the future at The PLUS A.G.M. on Wed 28th Sep 12pm-2pm.

If you would like a copy of the report from the Strategy Day contact Paul Dumbleton:
paul@plus-stirling.org.uk or 01786 450086



ADHD Outtakes World Premiere



Between October 2010 and March 2011 PLUS supported a group of young people to produce a short film about life with Attention Deficit Hyperactivity Disorder. The project was funded by the Stirling Community Planning Partnership & Safer Communities Team and 'ADHD Outtakes' premiered at the MacRobert on Tuesday 10th May to an audience of around 100 people.

The film aims to raise awareness of how ADHD affects people. One of the group members said 'I want people to

understand that ADHD is a good thing and not a bad thing. Having ADHD does not make you bad – it just means you need different types of support and help from parents, teachers and friends'.

The group members hope that the film will raise awareness of ADHD locally and that it will help reduce the stigma which can accompany ADHD.

Copies of the DVD are now available from the PLUS office for use as a training resource for staff and carers as well as an information resource for parents and children diagnosed with ADHD.

PLUS can also supply copies of **Asperger's Team Up DVD** - featuring a group of young people talking about the experience of having Asperger's Syndrome.

Contact details on back page.



Raising funds and raising the profile of PLUS



This year you can buy
Christmas Cards from
PLUS
£4 for ten cards



Buy-A-Bus-For-PLUS

PLUS was able to borrow mini-buses and other vehicles from Stirling Council at no cost until recently. As this free support is no longer available the fundraising group have agreed to raise funds to buy a wheelchair accessible M.P.V. to help with getting about.

A big thank-you to Carol Forbes, who works at **The Herald** in Glasgow and successfully applied for £500 towards a vehicle from her staff benevolent fund. And another big thanks to the **Stirling University Staff Charities Scheme** for a donation of £300 which has also been put towards a vehicle.



Parents Gail Fotheringham & Sharon Welsh are members of the **Cambusbarron Gala** committee and did a fancy dress bike run around the village and local area on the 15th June. They raised over £300, and have donated this to Buy-A-Bus-For-PLUS fund. A big thanks to all who took part !!



family

Family PLUS has introduced a new online FAMILY FORUM where parents/carers can exchange ideas, obtain information and discuss topics of interest or concern.

To join the forum send an email to request to mail@plus-stirling.org.uk

*Important
DATE!*

Family Fun Day

There will be a **fun day** for all the family on 21st August at The Alpha Centre, Fallin from 2pm - 4pm

PLUS Fundraising Ceilidh Friday 21st October

Stirling Rugby Club

7.30pm - 11.45pm

Tickets £10 per adult, £6 for a child or £30 for a family of four.

Donations for the raffle or offers of help please contact Jane Ogilvie at the PLUS office. Tickets are also available from Jane.



Can you help PLUS?

Enter an event and get sponsored?

Nominate **PLUS** as your workplace charity?

Join the **PLUS** fundraising group ?

Find out more about the support that **PLUS** can offer fundraisers by getting in touch with Jane at the **PLUS** office.

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Charity No. SC003945 Company No. SC 226225 SCSWIS No. CS2003035186