



Working
wonders
for children
with brain
conditions

CEREBRA 
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with brain conditions

We're the charity dedicated to helping families with children with brain conditions discover a better life together

Families where a child has a brain condition face challenges every day. Just to learn, play, make friends, enjoy and experience the world can feel difficult, even impossible. But we don't believe there's any challenge that can't be overcome.

So we listen to families, we learn from them, we work with them. We carry out research, we design and innovate, and we make and share. From new equipment to new learning resources, to new ways to play and support each other, everything we find out together makes life better. It opens new doors to discovering the world.

It's an incredibly rewarding journey for everyone involved. Why not be part of it? You never know what we'll discover together.

This leaflet tells you a bit about how we can help families to discover a better life together. There's lots more information on our website.

www.cerebra.org.uk

If there's anything you'd like to talk to us about, we'd love to hear from you. You can get in touch with us by phone or email:

Freephone helpline: 0800 328 1159

General enquiries: 01267 244200

enquiries@cerebra.org.uk



CerebraCharity

Don't forget to sign up for our
Newsflash emails on our website!

We support children up to the age of 16 who have a brain condition. We use 'brain condition' to describe any disorder or disability that affects the brain, including those caused by illness, genetics or traumatic injury. Brain conditions include (but are not limited to) autism, ADHD, Down's syndrome, learning disabilities, cerebral palsy, epilepsy and developmental delay.

Win £ 1,500 every week!

Our 'Count Me In' lottery has been running for over 15 years and for as little as £ 1.20 per week you'll be making a big difference!

At the same time you'll be in with the chance to win £ 1,500 every week!

Our Lottery players are so important to making sure we can continue to deliver the services so many children and their families rely on.



You can join online at www.cerebra.org.uk/lottery or by calling 01267 240850.

Can we
Count You In?

Sleep Advice Service

We understand that if you have a child that doesn't sleep, the whole family suffers.

Sleep disturbances include:

- difficulty settling to sleep
- waking early in the morning or during the night and not being able to return to sleep
- sleepwalking/sleep terrors and nightmares
- daytime sleepiness
- problems sleeping alone.

Our range of sleep services will help your child, and everyone in your family, to get a good night's sleep.

Our **Sleep Team** can give you one-to-one support to discuss your specific issues and draw up an individual sleep plan.

Our **Sleep Workshops** for parents go into more detail about common sleep disturbances and teach you techniques to help you and your child. To book a place on one of our workshops visit www.cerebra.org.uk.

Our **Sleep Tips booklet** and **Parent Guide** on Sleep give information on how you can improve your child's sleep and advice on dealing with specific sleep problems.

If you would like some help with your child's sleep please complete our online enquiry form or call us on **01267 244210**.



Sleep Research

We sponsor research at world-leading universities, which underpins the services we offer families.

Our sleep research tries to understand why sleep problems occur and help families find solutions.

Legal Rights Service



Our Legal Rights Service provides families with help when facing difficulties accessing support services they are entitled to.

Our **Legal Entitlements and Problem-solving (LEaP)** project helps you get the right support for your child. If you would like help from the Project, please read our Project Guidelines and fill in the online request form on our website.

Our **Accessing Public Services Toolkit** identifies common problems in accessing public services and offers practical advice on how to solve them without resorting to legal action.

We run **Toolkit Workshops** where we work through the Toolkit and provide real-life examples to illustrate and explain the key issues.

You can also find the answers to a number of commonly occurring problems in our **Parent Guides** on Education, Social Care and School Transport.

We bust common myths around topics like continence assessments, disability services and Disability Living Allowance in our **Mythbuster Factsheets**.

Finding the right words when writing to official bodies can be difficult. We've created a series of **Template Letters** to make it less daunting for you to write to your local council or health body if you need to ask for information or make a complaint.

Should you need to seek legal advice from a solicitor, you can read our **Parent Guide** on finding legal help for information on the process of finding and contacting a solicitor.

Legal Research

Our research team at the School of Law, University of Leeds is working at improving the difficulties faced by families in accessing support services. They look for practical solutions to the legal problems they face.

The team also offers help to families through our **Legal Entitlements and Problem-solving (LEaP)** project.



Bringing joy to Harry and his four-legged friend

Eleven-year-old Harry has Athetoid Cerebral Palsy, which means he has poor gross motor skills and is reliant on his wheelchair just to get around.

Harry's best friend is Addi, his remarkable assistance dog, and when he isn't assisting, it's important for Addi to have play time.

Sadly, Harry could never play fetch with Addi as he doesn't have the strength to be able to throw, but our team of Product Designers were soon able to make Harry's dream come true!

They adapted a dog ball launcher to affix to Harry's chair and altered the firing mechanism so all he has to do is lightly press it to release the ball.

But that wasn't all! Our team also assembled a robotic mechanism to give Harry's launcher joystick controls. Harry now has so much more freedom and independence, but he also no longer misses out on playing with his best friend.

Bright ideas for brilliant kids

Our Innovation Centre design products to help children discover life and have fun alongside their friends.



What can we help your child discover?

Toy and Book Library

Our specialist postal library contains a wide range of books for both adults and children, and a selection of toys specially chosen for children with brain conditions.

Toys - Our toy library has a variety of sensory toys for all sorts of different needs. Whether your child is sensory seeking or sensory sensitive we have a kit that's suitable.

Books - Our extensive library for parents and carers includes books on a wide variety of subjects that can help answer questions you may have about your child's condition. In our children's library we have books to be read with children or by older children.

ebooks - You can borrow ebooks and audiobooks using the BorrowBox app and website. We have both fiction and non-fiction titles for children and adults. The ebooks can be borrowed to read on Apple or Android devices, Kindle Fire tablets or on your computer.



We fund research at leading Universities that can give families the answers they need to improve their health and wellbeing

Understanding & supporting families

The Centre for Educational Development, Appraisal and Research (CEDAR) at the University of Warwick focuses on family research that aims to better understand and improve family wellbeing.

The 1 000 Families Study is a longitudinal study involving families of children with a learning disability. Its aim is to explore the wellbeing of children with learning disabilities, siblings, caregivers, and families overall.

The Positive Family Connections Programme focuses on helping families to build positive relationships and activities within their family. It was co-produced by family carers of children with learning disabilities, and is designed for family carers of children with learning disabilities.



Pregnancy outcomes

For most mothers, pregnancy is a safe and straightforward process, but for 1 in 5 unexpected complications can occur and are a major cause of childhood disability.

Our research team at the **University of Leeds** is working to understand the cause of these complications and prevent them from happening.

Our pioneering research at the **University of Barcelona** looks at how the brain develops in unborn babies, picking up problems and putting solutions in place as early as possible.

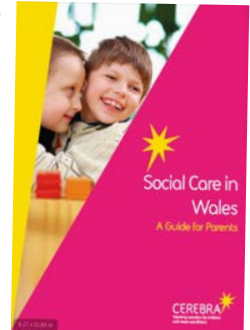
Understanding behaviour

The Cerebra Network for Neurodevelopmental Disorders is our pioneering collaborative research network that truly integrates knowledge, expertise and resources across four leading institutions to deliver greater insight into children with rare and complex syndromes.

The Network's aim is to improve the evidence that underpins better assessment and interventions for clinicians, and lead to improved outcomes for these children and their families. Their projects include research into sleep, atypical autism and mental health, self-injurious behaviour and pain.

Information and Advice

We publish a range of guides and factsheets to help families of children with brain conditions with common problems they may be facing. We offer comprehensive, up-to-date advice and research-driven strategies to help you deal with a wide range of issues. From physical and mental health, dealing with social services, financial and legal affairs and education, all our guides offer expert advice on issues we know you may be facing.



Our Top Parent Guides and Factsheets

Our **DLA Guide** takes you through all the questions on the DLA form, explaining what each one means and giving tips on how to answer.

Our **Sleep Guide** helps you understand the issues around sleep that might be causing disturbed sleep in your family.

Our **Sleep cards and booklet** introduce and explain different techniques for tackling common sleep problems.

Our **Anxiety** guide describes common signs of anxiety and gives you information on how to spot them in children with intellectual disability.

Our **Managing challenging behaviour factsheet** looks at what it is, why it happens, how we understand it and what we can do about it.

Our **Mythbuster factsheets** identify and bust five myths around topics such as continence services, DLA and Disability Services.

FIND - www.findresources.co.uk

Our research at the CNDD led to the FIND website – an invaluable tool for parents and professionals seeking information about a series of rare genetic conditions.



Be a fundraising superhero and help families discover a better life together.

Just give us a call on 01267 240850
or visit www.cerebra.org.uk

- ★ Join our 'Count Me In' lottery. It costs just £1.20 a week and gives you the chance to win £1,500 in our weekly draw.
- ★ Buy some winning tickets for our summer and winter raffle draws.
- ★ Leave a very special legacy by making a gift in your Will to Cerebra.





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www.cerebra.org.uk



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IN PEOPLE



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