

PARITY NEWS

PARITY
For People With Multiple Disabilities

The newsletter of Parity for Disability, Farnborough, Hants Registered Charity No 1071571 Vol 9 Issue 2 Summer 2010



Making music with the therapist and learning to engage in musical dialogue has been a powerful experience for Jeremy.

Parity Music Therapy turns 20

Music therapy has been an important part of Parity's work since the late 1980s. However, it was in November 1990 that the charity employed its first music therapist. Remarkably, Jenny Robson is still with us, twenty years later! Jenny runs the department which works within Parity's day centres, takes referrals from families and provides sessional work to other organisations.

Jenny says:

The wonderful thing about music therapy is that it can be accessible to people with even the most severe disabilities. Everyone who attends music therapy has the opportunity to engage at the right level for them, whether it is discovering that they can communicate using instruments and their voices, or using music as an outlet to express feelings that are hard to communicate with words.

Continued on page 2



AGiftWorthGiving
.co.uk

Unique Gifts Through Parity

Stuck for a clever gift idea? We have teamed up with AGiftWorthGiving.co.uk so that you can buy gifts for your friends and family which truly benefit Parity. Prices start at £5 per gift so it's easy to choose something that's right for your pocket. Just visit the online shop and browse through a number of products that are needed within Parity's services. The recipient will receive a beautiful gift card with an explanation of the product and your personal greeting inside.

To find out more, just visit
www.agiftworthgiving.co.uk/parity.

THIS NEWSLETTER IS ALSO AVAILABLE IN LARGE PRINT

Parity Music Therapy Turns 20

continued from front page

The aim is always to help people to overcome difficulties that are holding them back, and to open up more opportunities for growth and achievement.

Jeremy is a teenager, approaching adulthood. One of the challenges of growing up with severe disabilities – in a wheelchair with no verbal language - is that you have fewer opportunities than most for testing and asserting your independence. Like a number of people I have worked with over the years, Jeremy had solved this by choosing to assert 'no' to many of the opportunities available to him.

From our earliest days, we learn a lot about ourselves from our relationships with others. Music therapists are trained to offer people the experiences of relating, and of being heard and understood, that they need in order to feel good about themselves and their ability to relate to others. By making music with the therapist, people with severe disabilities can experience even the most subtle exchanges – built upon a raised eyebrow, a hint of a smile, or the timing of a sound – that most of us take for granted.

For Jeremy, this has been a powerful experience, and he has tested it to the full! He has also demonstrated that he has a sophisticated ability to

read facial expression, of timing, and a wicked sense of humour! Over two years he has discovered that he can take part in playful musical dialogue and still be true to himself. At the same time, people who know him have noticed that he is more relaxed in a variety of situations.

Another client, Catherine, has been attending sessions for 18 months. In her 20s, she has Rett syndrome which means that she has very little use of her hands or her voice. In music therapy, she has been delighted to discover that she can make sounds with instruments. It has often been her own determination – staring at an item and refusing to be distracted by another – that has led to us problem-solving a bigger range of instruments than I ever thought possible. As well as being able to explore all the different sounds, she is gaining confidence in her own ability to assert her own wishes and choices.

Many items can be hung up so that Catherine can push them with her shoulder.

The electric keyboard can be played by leaning onto the notes with an elbow. However, the Soundbeam equipment – a sensor that translates movement into musical sounds - has opened up a world of different sounds from flute, harp, and trumpet to others less conventional! Catherine has taken huge pleasure and pride in showing her parents, and the staff who bring her to sessions, what she can achieve – by herself and, most importantly, without any help.



Thank you.....

The Columbines, a group of wives and widows of the Catholic men's organisation Knights of St Columba, raised £125 throughout 2009 from raffles and other activities. Sainsbury's Farnborough staff and customers raised £139 with till buckets, and allowed Parity to run an Awareness Day tombola and collection in March, raising another £84. A collection at Longacres Garden Centre brought in £341. Kali Turtill (right) completed the Fleet Half Marathon, raising £1,453. Customers at Princes Mead dropped £52 into the Noah's Ark collection box in April. Members of the Connections Group at Fleet Methodist Church donated £190. A collection at Sainsburys Water Lane, Badshot Lea raised £546. In May, Rabbit Sqn, WW2 enthusiasts who sell memorabilia, held a signing event with WW2 fighter pilots at the Holiday Inn, raising £160 for Parity. The 4Networking Fleet/Farnborough Group donated £84.20.



Raising Our Sights

By Helene Abbiss, Fundraising & Comms Mgr

An important report of services for adults with profound intellectual and multiple disabilities has been submitted to the government. **Raising Our Sights** highlights issues that Parity has been championing locally for the last 20 years. Undertaken by Professor Jim Mansell of the University of Kent, the report is intended to help implement the 2001 government White Paper *Valuing People*, which addressed the needs of people with learning disabilities but left out the complex needs of

people with profound intellectual and multiple disabilities.

Issues focussed upon in the report include the importance of an individualised and person-centred service. Parity's future plans are also in tune with the report's recommendation that, as traditional day centres are replaced with a wider variety of alternatives, provision is made for a local base from which adults with profound intellectual and multiple disabilities can access different activities during the day. A copy of the report is available from www.parityfordisability.org.uk/sights.html.

Donations

Many thanks to the following, who donated to Parity between Feb 1 and May 31:

Ashburn St John Lodge
Barwick, Miss E
Camberley Ladies
Dickie, Mr J
Harvey, Mrs C
Lake House Ch Foundation
Piper, Mrs E
Robson, Mr A
C Charitable Trust
Sir James Roll Ch Trust
Waitrose Ltd Yateley Branch
Zurich Community Trust (UK) Ltd

Ebay Success

Parity volunteer John Goodman has raised £214.25 by ebaying a donated Steiff Bear, pictured. It is a much sought-after replica of the limited edition 'mourning bear' sold after the 1912 Titanic disaster. North Camp Shop Assistant Manager Pam Eldred has recently raised over £600 auctioning two Sindy dolls! Parity shop staff and volunteers work hard to stay informed and recognise collectables and antiques. A humble bin bag can hide items of significant value...



Join the Kilimanjaro team in July 2011!

Your chance to be a part of the Parity team on the challenging Machame Route to Africa's highest summit. Parity will be running a trek information stand (and cake sale) in Princes Mead on Saturday 31 July. Details and packs are also available at www.parityfordisability.org.uk on the events page, and you can contact Helene on 01252 375581 or helene@parityfordisability.org.uk.



Photo by Clive Ward



Congratulations and thank you to everyone who took part in Parity's creepy Night in a Haunted House events in March and April! Forty five people raised £100 each by boldly exploring the rooms of 1,000 year old Wymering Manor in Portsmouth, led by specialists Ghostly Encounters.

The Building Parity Appeal Gathers Momentum — Can You Help?

By Gemma Graves, Capital Appeal Fundraiser



We are pleased to inform readers that Parity's capital appeal is well and truly underway and we are working towards achieving our dream of a brand new, purpose-built centre. We are busy approaching potential funders for support and have had positive feedback and interest.

The new building will be an important community resource. The premises will allow Parity to make its pioneering services available to more people as well as improving facilities for existing students. The building itself will be a modern, accessible new home for Parity and will include our very own hydrotherapy suite, IT facilities and spacious main activity room.

Designs for the new building are evolving as we are planning to include 'green' energy saving ideas such as ground-source heating and rainwater harvesting. The new building will truly be something to be proud of and we are keen to make sure that our supporters are involved. This is of course a huge undertaking for Parity and there is still a long way to go before the first brick can be laid. We are confident that our dream can be realised but as ever we rely on our supporters to get involved by spreading the word, sharing ideas and putting us in touch with businesspeople, trusts and foundations, or high profile individuals who may be able to help. **If you would like to support the appeal, please contact me at gemma@parityfordisability.org.uk.**

Thank you to the Yateley Baptist Church Women's Fellowship Group who raised £77.50 for the building appeal.

Dates For Your Diary

For more information, please contact Helene on 01252 375581.

Zip Wire Challenge, Farnham Sunday 13 June

Launch yourself off the platform to zoom 650 feet along a thin wire at 25 mph!

Kidz South Exhibition, Rivermead Leisure Complex, Reading Thursday 24 June

One of 3 of the largest FREE UK exhibitions dedicated to disabled children. Phone 0161 214 5959 or e-mail info@disabledliving.co.uk. Web: www.kidzsouth.co.uk.

Funfest 2010 at Calthorpe Park School, Fleet and Hart Leisure Centre Sunday 27 June 11.30am—4pm

Free event for people with disabilities, their families and helpers, put on by the Lions Clubs Association. Contact Sue Jackson on 01252 626341 or suejackson50@btinternet.com

Farnborough Lions 50/50 Charity Walk, Meet at King George V Park Pavilion Sunday 18 July 10.30am

Four mile walk, entry £3 per person, families welcome. 50% of the funds you raise will go to the charity of your choice (we suggest Parity). Contact Ray Bentley on 01252 546428 or raymond.bentley@ntlworld.com.

WWGS Golf Charity Day Thursday 9 September



Take part in a fantastic day at Basingstoke Golf Course followed by dinner, raffle and auction, in support of the Wandering Wrinklies' chosen charities. Parity receives the first £2,000 from the event. 18 holes of golf, individual stableford plus yellow ball competition. Full handicap. Enter as a team of 4 or an individual—teams will be made up. No fee but a minimum £100 sponsorship per person.

Quiz Night at Fleet Town Football Club Friday 22 October

A fun and friendly night in support of Parity.



Students from Parity's Farnborough Day Centre enjoyed a visit to Farnborough Airport courtesy of TAG in April. The students, who are working on a project on transport, viewed a range of particularly stunning aircraft as they toured the squeaky-clean hangars. Pictured left to right are Rob Hensley, Sunil Krishnamurthy and Adam Brunton.

Parity Changes

Welcome aboard to music therapy volunteer Kieran MacFeely who will be supporting Jenny Robson with her work. Also to volunteers Vanessa Brown and Nishani Wijeweera in the Church Crookham shop, and Rosemary Price in the North Camp shop. A warm welcome back to Sue Paish in the Frimley shop. Parity has a new treasurer: Jay Atara, a finance director at BNP Paribas, and two new trustees: Gret Woodason and Bob Jones. Gret has a nursing background and is President of Bagshot WI. Bob has a personnel management background primarily in the maritime industry.

Parity 100 Club Winners

Congratulations to:

February – O Durrett March – C Cooper
April – H Deed May – J Dickie

Colouring Competition

Thank you to all the Rushmoor schoolchildren who entered Parity's colouring competition in conjunction with Princes Mead Shopping Centre and WHSmith in May. Pictured from left: Rushmoor Mayor Cllr Roger Kimber, winners Hannah Wenham, Megan Stimson, Freya Weston, and Lily Fenton; Mayoress Susan Millner. The competition drawing helped mark 20 years of Parity music therapy.



The next newsletter will be issued in October 2010.

The deadline for submissions is October 1.