

Information &
support for
families of children
with
additional support
needs



Signpost news

June 2018

Welcome.....

Hello everyone, welcome to our Summer newsletter, with all the latest information. We hope everyone looks at the information regarding the GDPR. As explained next, as without your consent, we cannot contact you and if you do not register as a member you lose access to the Family Passes. More news on Family Passes too. Remember Signpost is open over all the summer holidays for information and support, ideas of where to go as well as borrowing the Family passes.



GDPR = General Data Protection Regulations

The new GDPR Regulations came into effect in June 2018. This means we have to hold a written and dated consent from you and we have to ask you specifically if we can hold information about you. It is important that if you have not already done so that you return the form or go online and complete the information if you still wish to be a member of Signpost and have access to these newsletters, information and the Family passes.

<http://eepurl.com/ds7x FH>

If you would prefer a paper copy and have not received one in the post call the office and we can post one out.

Mark's Kiltwalk

We are delighted that Mark Stewart has chosen Signpost as his charity and he is raising funds for us by completing Four Kiltwalks. Two down so far—two still to do. You can support Mark and us by sponsoring him at the following link even a £1 would make a difference!

<https://glasgowkiltwalk2018.everydayhero.com/uk/markstewart>

His Wife Margaret-Rose is also making and selling fantastic tablet and if you can, please support this by supplying some items such as condensed milk, a bag of sugar, or items that can be made into goodies. We are also looking for Tombola items for future fundraisers we have planned, These can be dropped off at the office.



West Lothian Bike Library

Inclusive Cycling

Do you need a bit of extra support to cycle? Would you like to get back on a bike but thought it wasn't for you? Go and try the range of adapted bikes including electric bikes, tricycles and bikes adapted for wheelchair users.

Call 07724667321 or www.wlbikelibrary.co.uk for more information.

Dates for your diary

Signpost Virtual Run	1st - 31st July
New Owl Centre Pass Available	2nd July - 2019
Book Amnesty	June - August

Did you know Signpost is a registered charity, and we have to raise all our funds ourselves each year?

All donations are gratefully received, and go towards supporting families to have the same choices and chances as any other.

Signpost Virtual Run—Star Challenge

Join in our 'virtual run' and receive our unique medal. Walk, run, cycle or wheel either 2km, 5km, 10km or a half-marathon (13 miles), at a place and time of your choosing.

Suitable for all ages and abilities, we want our event to be as inclusive as possible. You don't have to complete the whole distance in one go - you choose the level of challenge that suits you best. So whether you're a couch potato, an experienced runner, age 9 or age 90, the Star Challenge is for you. Our challenge is a fun way of keeping fit during the summer - why not get together with friends or family and have a go?

Entries cost £12 for adults, £7 for children under 16 (plus 5% admin fee). With around 85% of the entry fee going to support our charity's work, this is your chance to have fun while helping to ensure that children with additional support needs reach their full potential and have the same choices and chances as anyone else.

Sign up for the Challenge before 30 June, and complete it before 31st July to receive your medal. For more details, see our dedicated web page:

<http://signpost-online.co.uk/newsletter-archive/signpost-star-challenge-virtual-run/>

Book Amnesty

We are asking everyone if they have a book belonging to Signpost—old or new—please hand them in.

It is very time consuming chasing everyone up and we really do appreciate your help so if you can hand them back in we can do a stock check over the summer.

Some of the books are in particular really necessary for parents to have access to and to be able to address difficult issues like body changes, relationships & bereavement and talk these over with staff.



Soul Night Fundraiser—for New Family Pass at The Owl Centre

A huge thank you to Margaret-Rose for a fabulous Fundraiser at Livingston Rugby Club. We danced the night away and also made £300 for Signpost. We would like to put this money towards a new Family Pass at The Owl Centre based in Polkemet Country Park, Whitburn. The pass will allow free entry in to see the Owls and Owl display, but the Park itself has a new play area for children and plenty of space for running around and for picnics. There is also the driving range, BBQ area to hire and Café. I am sure this will be a great addition to our current Family Passes.



Funding has been sourced from Cash for Kids to renew our passes for next year 2018-19.

A Big Thank you to Cash for Kids.



Signpost - Support for families of young people with additional needs in West Lothian

Telephone: 01506 431 123 (helpline), 01506 431 133 (office)
E-mail: enquiries@signpost-online.co.uk
Facebook: Signpost-West Lothian
Write to: Signpost, Beatlie School Campus, Livingston, EH54 5EJ
Visit our website: www.signpost-online.co.uk
Come in and see us! Office open: 9-4pm Mon-Thur, 9-1pm Fri, Beatlie School Campus, Craigshill, Livingston, EH54 5EJ

Signpost is a charity registered in Scotland (SCIO SCO32398), supported by donations

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