

Thurrock Sensory Service

Independent Living Skills Newsletter No. 004

Hi everyone!

Welcome to the forth Thurrock Sensory Service ILS Newsletter.

In this issue we have information regarding the Look Webinar, which is coming up really soon, for parents supporting their child's literacy.

For our young chefs, we have a delicious cookie recipe and we look at how to complete a familiarisation of an oven.

Our mobility focus in this issue is sighted guide – knowing the correct techniques to keep safe and in control.

With social distancing in mind, we also look at ways of demonstrating to your child what two metres feels like.

For all the dog lovers, we have information regarding Guide Dogs first virtual dog show!

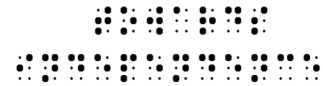
So let's get started!



Positive Eye's free resources offer useful practical tips to help you to support curriculum access for children and young people with vision impairment and SEND.

There are some really great ideas here, please take a look

<https://www.positiveeye.co.uk/resources-2/>



Tuesday 30th June 2020

Right now, many children are trying to keep up with school work from home, but that can be a challenge if they are still developing those all-important reading and writing skills.

Look UK are holding a webinar on Tuesday 30th June at 7 pm, especially for parents/carers. They will cover topics such as:

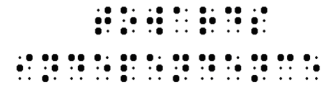
- What does literacy look like for children with VI?
- Why is literacy important?
- How can reading/writing be made fun at home?
- Common questions (and answers!) about Braille
- Where to access accessible books and literacy resources.

<https://www.eventbrite.co.uk/e/supporting-your-visually-impaired-child-with-reading-and-literacy-at-home-tickets-110097980022>



New College Worcester are hosting some great upcoming events. They take place on Google Meet and they are free. So if you enjoy cooking, craft, music or tech, get involved.

<https://www.ncw.co.uk/event-directory/>



Recipe Chocolate Crinkle Cookies

Ingredients:

- 60 g cocoa powder, sieved
- 200 g caster sugar
- 60 ml vegetable oil
- 2 large eggs
- 180 g plain flour
- 1 tsp baking powder
- 70 g icing sugar



Method:

- Pre-heat oven to 180 degrees
- Line a baking tray with baking paper.
- Mix together all of the ingredients, except for the icing sugar, to make a dough.
- Place in the fridge for one hour (the dough is sticky; this will make it easier to work with).
- Shape dough into small balls.
- Place the dough balls onto the prepared baking tray and sprinkle with icing sugar.
- Cook for 8 – 10 minutes
- Place on a wire rack to cool.



Skills

- Weighing ingredients
- Mixing
- Shaping
- Using an oven



Daily Living Skills

Ovens

Ovens vary greatly in their layout and control. To be able to independently operate the oven, you need to be very familiar with how it works. This should be done when the oven is off and cold.

Safety first – supervision is always required when operating equipment.



Clipart-library.com

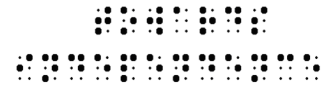
Initial familiarisation

1. How do the doors open?
2. Which knobs control the oven?
3. Could you add bump-ons/tacki-mark to the control knob to identify particular temperatures?
4. How many shelves are in your oven?
5. Can you change the position of the shelves?
6. Where is the mains electricity supply switch for electric cookers?
7. Why do you need to pre-heat ovens?

Using an oven

1. Check the height of the oven shelf and alter before turning on the oven.
2. Select the correct gas mark or electric temperature and turn on. (Most gas cookers light automatically but this should always be checked, by opening the oven door and either looking for a flame, or feeling the initial heat).
3. When ready, open the oven door fully, standing back to avoid initial heat. Put on oven gloves. Locate the shelf with a wooden spoon. Stand in front of the oven, bend at the knees and place the food on the shelf. Shut the oven door firmly.
4. Set the timer.

This short video from Guide Dogs show how bump-ons can be used around the kitchen <https://www.youtube.com/watch?v=9f3qKHk5rAM>



Mobility Focus

Sighted Guide

Being guided correctly is a great skill. Having the confidence to self-advocate on how you would like to be supported comes from having the knowledge of techniques that can increase your independence. Guide Dogs have created some very useful videos, giving lots of information for the person guiding and for the person being guided. Follow the link below.



<https://www.guidedogs.org.uk/services-we-provide/my-guide/sighted-guiding-instructional-videos#how-to-guide-someone-with-sight-loss>

The RNIB also have some very useful information and videos.

RNIB

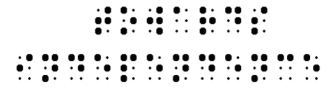
See differently

<https://www.rnib.org.uk/advice/guiding-blind-or-partially-sighted-person>

Important things to remember:

- The guide always goes first
- The person being guided grips the arm of the person guiding (thumb on the outside of their arm, fingers on the inside - 'C' shape)
- The person being guided sets the pace

For more information about sighted guide, please contact Thurrock Sensory Service.



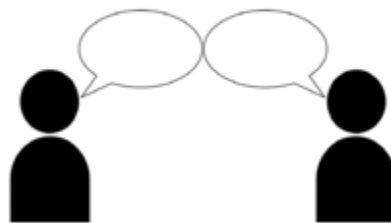
The 2 metre rule!

Here are a few ideas for building an understanding of what a 2 metre distance feels like.

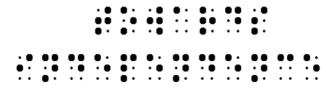
https://drive.google.com/file/d/1-IKj6M4f_TwGNjDp1Ojxwx3w1UyBEO8V/view



Draw a bold, high contrast 2 metre line on the ground and hop or jump from one end to the other.



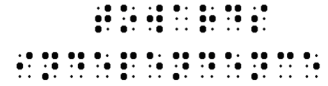
Stand 2 metres from someone and talk to each other. Now do it closer (with a family member) and further than 2 metres. Listen to the differences in how their voice sounds and how the person looks.



Let people know you have a vision impairment. Practice what you might say to someone who you think might be too close. E.g. "I have a vision impairment which makes it hard for me to judge how far away people are; are we 2 metres apart?"

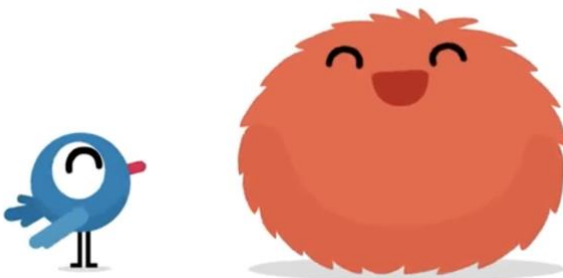


Draw a 2 metre line and with one person at either end see how many times you can kick/roll/throw a ball/brightly coloured ball to each other successfully.



Go round the house and garden with a tape measure/2 metre stick and find things which are 2 metres long.

Follow the link below to see these two explaining the 2 metre distance with a very catchy tune!

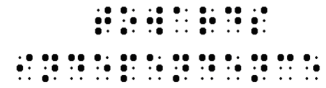


<https://www.youtube.com/watch?v=3nQgTywKmvQ>



Osborne
Co-operative Academy Trust

**Towards
Independence**



This summer Guide Dogs are hosting their first virtual funding raising dog show! You can enter your dog, there are many categories. If you don't have a dog you can still join in and vote for other dogs.

<https://www.guidedogs.org.uk/virtual-dog-show>

Technology

Guide Dogs are also hosting a series of webinars on accessible technology. For more information and how to register follow the link below.

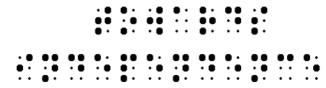
<https://www.guidedogs.org.uk/services-we-provide/technology/Webinars>

By following the link, you will also find some useful videos featuring Technology, such as Soundscape, Seeing AI, and more.



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Towards
Independence



This one is only for those of you aged 14 and above – sorry! UCL has teamed up with Open Democracy to invite young people to have their say on what they think should happen now.

What might democracy look like as countries emerge from lockdown?
How will public health change as a result of this global pandemic?
If you would like your voice heard, follow the link below.

<https://www.opendemocracy.net/en/world-after-covid/>