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Exclusive sponsor

Kidz^{to} Adultz.

North
Event Showguide

Wednesday 1st November 2023

9:30am to 4pm

Manchester Central,
Manchester



Kidz to Adultz is a trademark registered to Disabled Living. Registered Charity Number 224742

Kidz to Adultz.

Exhibition dates for your diary
with more dates to be announced shortly

Thursday

14th

March '24

Coventry Building
Society Arena
Coventry

Middle

Thursday

2nd

May '24

Farnborough
International
Farnborough

South

TBA

Details
coming
soon

Wales &
West

TBA

Details
coming
soon

North



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@KidztoAdultz_Exhibitions 

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Kidz to Adultz Exhibitions 

info@disabledliving.co.uk

0161 214 4592

www.kidzexhibitions.co.uk

Kidz to Adultz is a trademark
registered to Disabled Living.
Registered Charity Number 224742

Welcome

We are delighted to welcome you to Kidz to Adultz North 2023.
Thank you to all of our visitors and exhibitors for continuing to make each event so special.

We hope you have a great day.

Specialist seminars

For parents, carers and professionals. An opportunity to update your knowledge and for professionals to boost their CPD. Entry is free but spaces are limited, so we recommend arriving early.

Support and services

Connect to services and organisations which can help you with education, funding, transition, legal matters, and much more.
It's also an opportunity to meet up, network and make new friends.

Dedicated exhibitors

Specialist exhibitors showcasing an array of equipment, products, services and more. Check out the floorplan and our A-Z exhibitor list.

Everyone is welcome

It's an inclusive event!
All family members are welcome to join in the fun.

Important Event Information

You can always find a member of the Kidz to Adultz team at the event reception, or just look for anyone wearing a Kidz to Adultz uniform.

Evacuation

If an announcement is made to evacuate the venue, please leave by the nearest fire exit and/or as instructed by the fire marshals, venue staff or a member of the Kidz to Adultz Team. DO NOT re-enter the building unless instructed to do so.

First aid/medically trained staff

If you require medical assistance please report to the Kidz to Adultz main registration area and speak to any member of the Kidz to Adultz team (easily recognisable by their Kidz to Adultz uniform) or a member of the venue security team.

Accessible Toilets

Located in the main reception and within the exhibition hall, to the far left in-between stands G11 and G12. There is also an accessible toilet in the AccessoLoo changing facility - see the floorplan on page 13.

AccessoLoo Changing Facility

An accessible toilet with adult-sized changing bench and hoist with adequate space to accommodate the disabled person and up to two carers. Hoist users must bring their own slings for their own safety and to prevent cross contamination. The AccessoLoo is located towards the back of the exhibition hall on the far left - see the floorplan on page 13.

AccessoLoo

Seating and Catering

A range of hot and cold food, drinks, snacks and sandwiches are available to purchase. The catering and seating area is located toward the back of the exhibition hall. Please note Manchester Central is a cashless venue.

Expert seminars

Certified by the CPD
Certification Service

Room
One



Rachael Smurthwaite,
Associate Solicitor,
Irwin Mitchell LLP
(Stand D4)

9:30am

SEND and EHCPs – Know your rights

We will take parents through:

- The difficulties in obtaining an Education, Health and Care Plan (EHCP).
- What an EHCP should look like.
- School issues.
- Parental rights through the processes.
- Annual reviews.
- Ceasing an EHCP.
- The rights of a young person (from 16 years old).

By the end of the session, parents should be empowered to challenge the local authority decisions and know the appropriate route to challenge the local authority.

Parents will know more about what an EHCP should look like which will, hopefully, inform them as they move through the process of drafting an EHCP or reviewing an EHCP at annual review.



Mark Colebrook,
Managing Director,
Astor Bannerman
(Stand E3a)

10:30am

Designing an accessible bathroom

A simple step by step guide to assist Occupational Therapists when designing an accessible bathroom – from understanding the initial issues through to room completion, including all design and product considerations throughout the process.

Learning objectives:
To understand the 8 steps required to create and specify an accessible bathroom – including considerations required for bathing, hoisting, showering, washing and changing equipment.



Hannah Thurston,
Programme Coordinator
North,
Chloe Plummer,
Programme Coordinator
South,
MOVE Europe
(Stand V26)

11:30am

Better together: MOVE as a model for trans-disciplinary approach

This seminar will look in detail at the different therapy and education experts who work together to ensure functional movement independence is being taught via the MOVE programme.

As MOVE is a holistic approach, we utilise the experience and knowledge of a wide range of individuals to tailor make a programme which is motivational, functional and meaningful to the young people it supports.

We will give a range of examples to demonstrate a truly trans-disciplinary approach and examples of real outcomes.

We will discuss how the 24 postural management is supported by a trans-disciplinary approach and what this means for disabled young people. The outcome of this seminar is to draw attention to the need for true trans-disciplinary approaches in education and highlight how MOVE is a fantastic model for this.

Expert seminars

Certified by the CPD
Certification Service

Room
One



Julie Bradshaw,
Manager,
Supported Housing
Improvement Programme
ICS, Stockport

1:30pm

Supported Housing checklist – the experience of a parent carer / professional

As a social worker and as a mother, the transition to supported living for my daughter has been challenging. This seminar will cover a checklist of what parents/carers could consider when making this choice.

In addition to this, my role is Team Manager of the Supported Housing Improvement Programme in Stockport (a 3 year project funded by Department of Levelling Up) to work with support providers and Landlords to improve the quality of

support and accommodation for those in supported living in Stockport.

Learning Objectives:
Gain a greater understanding from a dual perspective on navigating the social care system; understand the importance of working collaboratively to achieve the best outcomes; gain insight into the importance of having a variety of models available.



Rachael Gooding,
Associate - Senior
Associate, Wills Trust
and Probate Team, and
the Court of Protection
Team,
Slater and Gordon
Lawyers (Stand D15)

2:30pm

How do I protect my child? A guide to Wills, Trusts and Deputyships

A run-through by our specialist Trusts and Deputyship lawyers of:

- Trusts for children and vulnerable young adults – what would suit your family best?

- Incorporating trusts into Wills – what happens when you're not there?
- The role of your trustees in caring for your child.

- How do I protect my child when they turn 18? Key points on making financial decisions and what to consider when thinking about a Deputyship.
- Appointing a deputy – what is a deputyship?
- Acting as a deputy.



CPD
CERTIFIED

Expert seminars

Certified by the CPD
Certification Service

Room
Two



Aurndra Golden,
Occupational Therapist,
Disabled Living (Stand C4)

9:30am

Moving & handling with behaviours and presentations that may challenge

This presentation will cover what is meant by the term 'behaviours that challenge', the common types of behaviours that challenge and considerations to make when conducting a moving and handling risk assessment. It will discuss the challenges faced by practitioners

when providing handling solutions for someone who presents with behaviours that challenge and explain how a positive behavioural approach can be invaluable in reaching a positive outcome for all.



Davina Richardson,
RGN/RSCN, BSc (Hons),
Children's Specialist
Nurse,
Bladder & Bowel UK
(Stand C2)

10:30am

Sensory challenges: An overview for successful toilet training

Developing the skills for toileting is important for all children, but is often more difficult for those with additional needs. Understanding about how best to support children developing required skills has increased as has awareness of how sensory issues impact toileting.

use the toilet and offer suggestions for techniques to support children with sensory issues or differences achieve their potential to be clean and dry.

The seminar is relevant for families and professionals supporting children with sensory issues including due to autism or developmental differences.

This seminar will discuss the role of the senses in learning the skills to



Kieran Murphy,
Clinical Partnerships
Manager
Kayleah Cooper,
National Clinical
Training Manager,
Jiraffe (Stand E1)

11:30am

Stand with me: Beginning the supported standing journey with physically disabled children and their carers

This seminar will discuss the importance of standing as part of paediatric development and typical postural care programmes. We will show how supported standing is more than 'standing' – it can encourage play, family interaction, and development of cognitive skills amongst many other benefits.

development and considerations for standing frame prescription; understanding benefits of supported standing for children with physical disability; utilising guidelines to support prescription; indications/precautions/contraindications for standing; understanding the importance of carer and MDT collaboration; utilising these principles for individual, holistic, child-centred care.

Objectives and learning:
Features of typical paediatric

Expert seminars

Room
Two

Certified by the CPD
Certification Service



Jo Webb,
Occupational Therapist
and Allied Health
Professional Lead,
Rehabilitation for
Independence
Louise Rogerson,
NeuroPhysiotherapist,
PostureCare (Stand D21)

1:30pm

The Goldilocks Dilemma – How to assist Goldilocks in choosing the right sleep surface and documenting that decision

The aim of the interactive session is to evaluate the descriptors of movement involved in bed mobility and the impact of sleep surface on levels of independent movement, rehabilitation, and manual handling techniques.

This practical session will:

- Help parents, carers and therapists understand the underpinning principles of movement to assist with transfers and movement on the bed.

- Increase an understanding of the interplay between the central nervous system and active muscle movement to promote more effective movement strategies and patterns to move more easily in bed.

- Look at the impact of different mattress types on movement.
- Improve confidence to explore movement strategies as part of the assessment and rehabilitation explore current bed mobility assessments.



Rebekah Moynihan,
Physiotherapist,
Leckey (Stand B1)

2:30pm

Step a side: The importance of side-stepping for children with neurodisability

Hip displacement is one of the most common issues affecting children with a neurodisability warranting continuous monitoring and carefully planned interventions, to prevent secondary complications and aid joint development. In typically developing children, cruising and side-stepping strengthens hip muscles, aiding hip joint development

and acting as an important precursor for independent mobility

Children with additional needs often require extra input to strengthen their hip abductor muscles. In this talk, we'll explore how side-stepping movements contribute to improving hip strength, gait and overall function. Practical strategies and helpful tips will be discussed, with handouts and resources available for all attendees.



Fun zone

Join us at the Fun zone for performances and interactive sessions throughout the day - everyone is welcome!

Santa's grotto

Come and meet santa who will be making an early and extra special visit to Kidz to Adultz North.

Santa will be joining us from 11am.

Kindly supported by the League of Jewish Women.



TripleC

TripleC's drama workshops use access to the arts and creativity to improve the lives of deaf, disabled and/or neurodivergent young people in a fun and enjoyable way. The objectives of the workshops are to use drama, music, dance and creativity to improve the day to day lives of the participants. The workshop will involve theatre based games, role play and storytelling.

Join TripleC in the Fun zone 1.30 - 3pm. They will also be on stand C20.

Louby Lou

Join Louby Lou for a show tailored to the audience. It starts with a base of good old-fashioned clown skills, laced with a generous dose of modern Ibiza dance tunes and a dash of the unexpected! A true recipe for excitement! To finish, top it all off with passion and a saxophone!

Louby Lou will be on stand C21 & in the Fun zone 12.30 - 1.30pm.



Soft play

Visit our soft play area which offers a space where children can chill, stretch out, crawl and play to their heart's content or just relax.

Talk About

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stories and practical
tips in your inbox**

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and bowel charitable service
for children and adults.**

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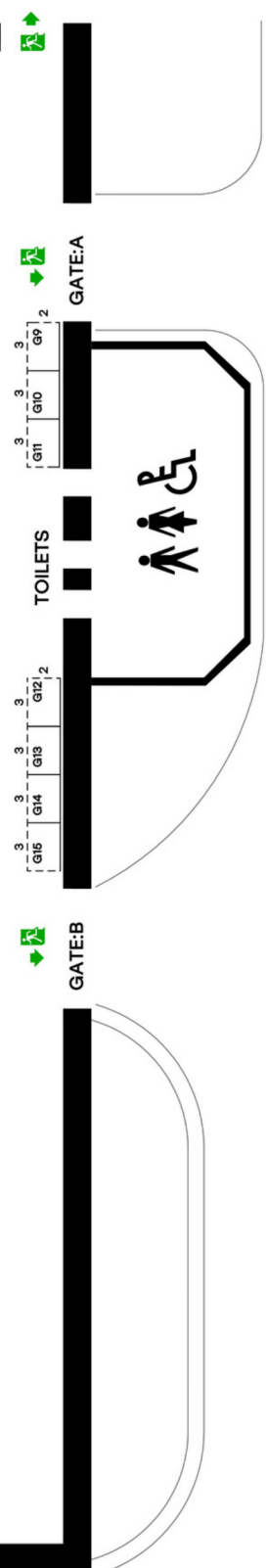
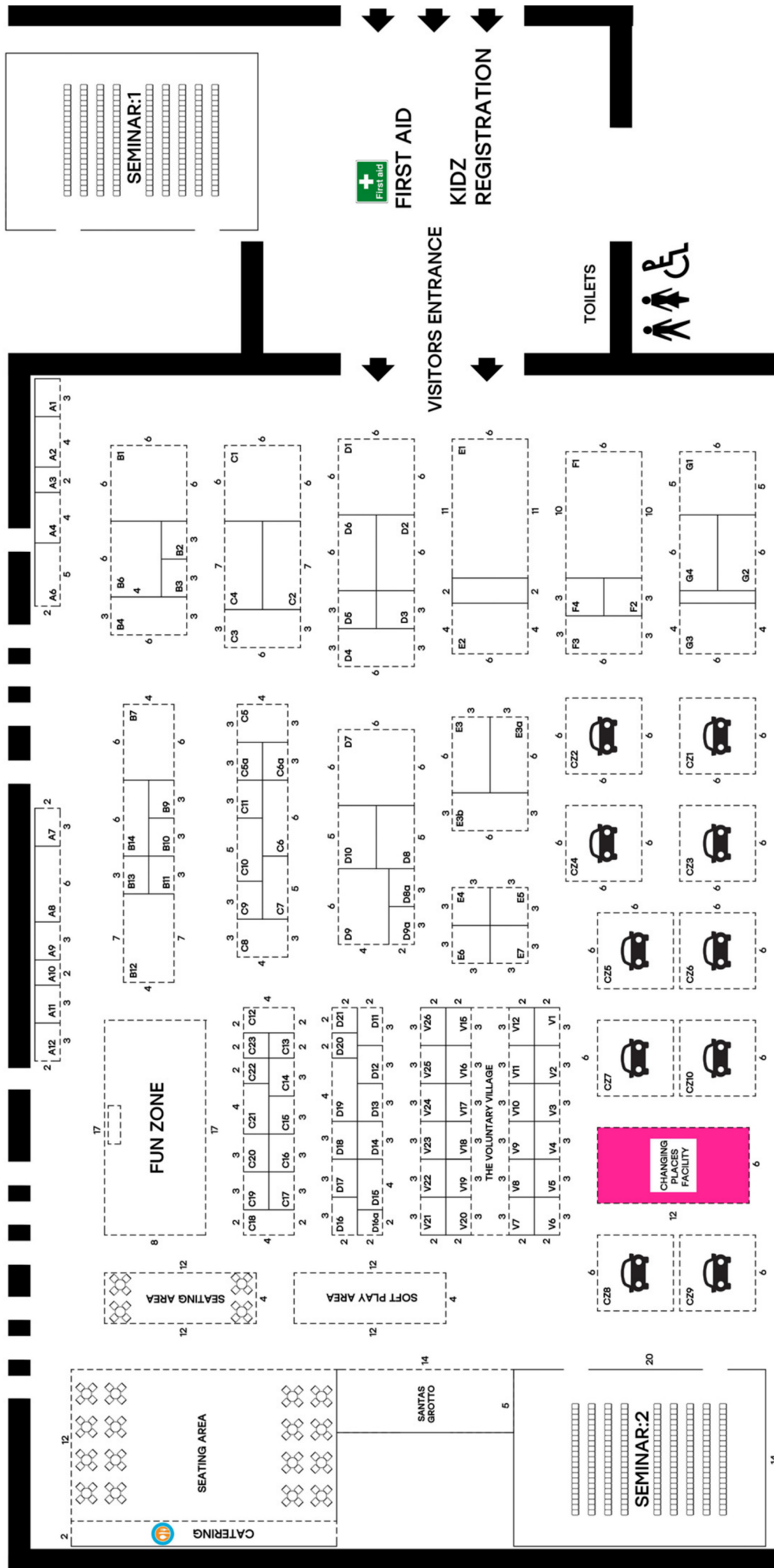
www.bbuk.org.uk

 **Bladder &
Bowel UK**

Bladder & Bowel UK, Part of
Disabled Living, Registered Charity
No: 224742

Exhibitor List

A1	Spacesaverbeds Ltd	D11	Home From Home Care
A2	Bennett Workplace Solutions Ltd - VELA	D15	Slater and Gordon Lawyers
A3	Active Hands	D16	Centrobed
A4	Baffin Technology Systems	D16a	Prestige Nursing & Care
A6	Seenin Ltd	D20	Let's Go Physio
A7	Mountain Trike Company Ltd	D21	Rehabilitation For Independence
A8	Moorings Mediquip UK Ltd	E1	Jiraffe
A9	Ability Needs Magazine	E2	Newlyn Healthcare Specialist equipment Ltd
A10	Liberator Ltd		
A12	Terry Group Limited	E3	Oswestry Care Beds
B1	Leckey	E3a	Astor Bannerman
B2	ABR Belgium	E3b	Smirthwaite
B3	Ali's Sensory Boxes	E4	Care & Independence
B4	Fletchers Group	E5	Specialised Orthotic Services
B6	SEN Magazine Ltd	E6	Ottobock
B6	Enable Magazine	E7	Cadent Gas
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B7	AAT GB Ltd	F3	Abacus Specialist Bathroom Solutions
B12	Mobility For You	G1	Chunc Posture & Mobility
C1	ETAC	G3	Scan Mobility Limited
C2	Bladder & Bowel UK	G4	Redbank House
C3	Theraposture	G12	BAS (NW) LTD
C4	Disabled Living	G13	Driving Mobility
C4	Training @ Disabled Living	G15	Distribe Ltd
C5	Innova Care Concepts	V1	National Star College
C6	EA Mobility	V2	Shine
C6a	Medimotion	V3	The Sequal Trust
C8	AskJules Ltd	V4	Together for Short Lives
C9	Beaumont College	V5	Scope
C11	CURA SEATING	V6	Tree of Hope
C12	Smartbox	V7	WheelPower
C13	Hibi	V8	Communications Specialist College
C18	SpecialKids.Company	V11	WellChild
C18	Sensory Smart	V12	Whizz-Kidz
C19	Integrex Limited	V15	Designability - Wizzybug Loan Scheme
C20	TripleC – Creative Confidence Collective	V16	Queen Alexandra College
C21	Louby Lou	V19	Family Fund
C22	Omobic	V20	Newlife The Charity for Disabled Children
C23	Lifeways	V21	Treloar's School and College
CZ1	Brotherwood	V22	Bendrigg Trust
CZ2	Lewis Reed	V23	PHAB
CZ3 & CZ4	Allied Mobility	V24	Peeps
CZ5, CZ6 & CZ7	TBC Conversions	V25	Harry's Hydrocephalus Awareness Trust
CZ9 & CZ10	McElmeel Mobility Services	V26	MOVE Europe
D1	Delichon Ltd		
D4	Irwin Mitchell LLP		
D6	Atelier Rehab		
D7	Carebase		
D8	PODS Play		
D9	Independence Mobility		
D9a	Dorset Orthopaedic		



The Kinderkey

CosySafe Cot



Our CosySafe Cot is the perfect solution for individuals with extra care needs, providing comfort and safety whilst also promoting a good night's sleep.

Whether you are a parent, caregiver or healthcare professional, you can trust our cot bed to keep your loved ones safe and secure.

Our bespoke cot bed is made to order, with a solid wood frame that can be made up to 1100mm high. (If you need a higher sided cot take a look at our CosySafe plus.)

Four outward opening doors on one or both sides provide easy access, while the safe sides and doors are available in a choice of wooden rails, perspex panels or a combination of both.

The optional padding provides a soft and cosy interior and is made using high quality, durable materials, ensuring it can withstand the wear and tear of everyday use.

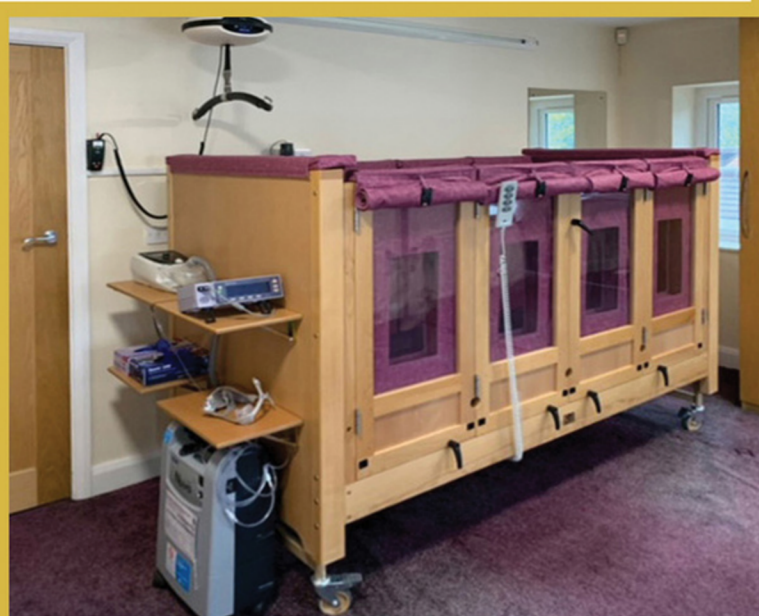
The crib 5 material is waterproof, anti-microbial and is easy to clean and maintain.

We have a wide range of beautiful colours and patterns making it easy to customise the cot bed to suit your personal style.



Koala Cot

CosySafe cot with equipment shelves





At Kinderkey Healthcare, we take pride in our commitment to crafting bespoke cot beds that perfectly suit your requirements.

Exterior footprint

Standard : 2200mm x 1000mm
 Paediatric : 2000mm x 1000mm
 Extra wide: 2200mm x 1330mm
 Koala Cot: 1660mm x 1030mm

Mattress platform no padding

Standard: 2060mm x 930mm
 Paediatric: 1860mm x 930mm
 Extra wide: 2060 x 1230mm
 Koala cot: 1460mm x 930mm

Mattress platform with padding

Standard : 1960mm x 830mm
 Paediatric : 1760mm x 830mm
 Extra Wide: 1960mm x 1130mm
 Koala Cot : 1360 x 830mm



Height adjustment
 220mm-620mm or
 400mm-800mm



Four part profiling



Trendelenburg Tilt

www.kinderkey.co.uk

**Contact us now on 01978820714
 or contact@kinderkey.co.uk**

A-Z Exhibitor List

B7

AAT GB Ltd

Complete range of powered stairclimbers to safely and comfortably convey people up to 230kg with reduced mobility on stairways. Free home assessments UK, Extensive range infinitely adjustable adult and paediatric vacuum posture cushions, The Gravity chair solution, The game changing Aqua Liberty and Bagel bathing solutions & Sleep systems.

- 01978 821 875
- sales@aatgb.com
- www.aatgb.com

F3

Abacus Specialist Bathroom Solutions

Part of the Gainsborough Healthcare Group, we are a specialist UK manufacturer of accessible baths for domestic bathrooms, respite centres and rehabilitation facilities. Our caring and ethical team work closely with families and Occupational Therapists to ensure the needs of vulnerable bathers, of all ages, are met appropriately.

- 01527 400 024
- info@abacushealthcare.co.uk
- www.abacushealthcare.co.uk

A9

Ability Needs Magazine

Collect your free copy of Ability Needs, the UK's essential journal on disability, with news from disability groups and charities and industry information on the top products available in the disability marketplace.

- 01292 287 574
- abilityneeds@btinternet.com
- www.abilityneeds.co.uk

B2

ABR Belgium

ABR Therapy provides a home-based therapy for disabled children. We are based in Belgium and organise 3 yearly recurring sessions in the UK (Coventry and Edinburgh).

- +32486 718 416
- info@abrtherapy.com
- www.abrtherapy.com

A3

Active Hands

We offer a wide range of products to make all aspects of life more accessible to those with disabilities affecting their hands. We have products to help with personal care, cooking, eating, gardening, working out, and many more activities. Our products can help people with disabilities including Cerebral Palsy, Limb Difference and more.

- 01564 702 255
- info@activehands.com
- www.activehands.com



A-Z Exhibitor List

B3

Ali's Sensory Boxes

We are a small home run business selling individualised sensory boxes, fidgets, sensory aids, chewelry and more in memory of our daughter/sister Ali. Ali was autistic and had ADHD and loved sensory items and gifting them to others so to continue her legacy we set up Ali's Sensory Boxes.

- 07941 719 004
- contact@alissensoryboxes.com
- www.alissensoryboxes.com

CZ3 & CZ4

Allied Mobility

Allied Mobility is the UK's leading wheelchair accessible vehicle specialist. We design and convert our cars to the highest quality so that you can travel safely in your wheelchair or transfer to a specialised driver or upfront passenger seat.

- 07875 565 282
- info@alliedmobility.com
- www.alliedmobility.com

C8

AskJules Ltd

Ask Jules specialise in supporting young disabled adults that wish to attend university. We work for the client to help them recruit, employ and manage their own team of PA's.

- 01784 482 767
- amanda@askjules.co.uk
- www.askjules.co.uk

E3a

Astor Bannerman

Astor Bannerman are leading UK manufacturers of patient care and handling equipment, improving bathing, washing & showering, changing & patient transfer experiences for 30 years. Our ethos is to improve the lives of disabled people and their carers in a manner that promotes dignity and well-being, taking daily care beyond routine.

- 01242 820 820
- info@astorbannerman.co.uk
- www.astorbannerman.co.uk

D6

Atelier Rehab

Specialist importer and supplier of Easystand and Zing supportive standing devices. Sit to Stand, Supine, Prone and portable standing frames for the smallest infants to the tallest adults. We are a family run, friendly team with a focus on supported standing.

- 07493 619 972
- info@atelierrehab.co.uk
- www.atelierrehab.co.uk

A4

Baffin Technology Systems

Baffin Technology Systems provides multifunctional devices which feature Second Spine® Technology. The high-quality, innovative, and patented portfolio of products cater for a wide range of medical conditions and plays a vital role in supporting therapy and rehabilitation programmes by offering solutions for many complex medical needs.

- 01788 711 904
- office@baffin.co.uk
- www.baffin.co.uk



We are Schuchmann.

For 40 years we have been working to help make everyday life a little easier for disabled children and teens. We are a team of more than 160 specialists that produces and distributes outstanding innovative therapy equipment with technical precision and a love of detail.

It is a matter close to our hearts to support children with individual requirements as optimally as possible – using products which are just as individual as you are.



For more quality of life.

Whether sitting, walking or standing – our aids accompany and support you in everyday life.



madita-fun.



marcy.



till.

A-Z Exhibitor List

G12

BAS (NW) LTD

BAS (NW) Ltd are a Motability partner with over 35 years experience in the manufacturing and installation of vehicle adaptations, and are one of the leading companies in their field.

- 0161 776 1594
- office@basnw.co.uk
- www.basnw.co.uk

C9

Beaumont College

A specialist college for young people aged 18 to 25 to fulfil their potential as they 'Prepare for Adulthood'.

- 01524 541 400
- admissions@beaumontcollege.ac.uk
- www.beaumontcollege.ac.uk

V22

Bendrigg Trust

Bendrigg Trust specialises in delivering high quality activity courses for disabled and disadvantaged people. We aim to promote inclusion, encourage independence and build self-confidence through the safe provision of adventurous activities.

- 01539 723 766
- bookings@bendrigg.org.uk
- www.bendrigg.org.uk

A2

Bennett Workplace Solutions Ltd - VELA

Bennett Workplace are a UK wide reseller of VELA chairs. VELA chairs use an accessible brake and electric hilo lift to promote independence and inclusion for children and adults with limited mobility. Our highly skilled assessors provide face to face assessments at home, school or work.

- 07733 886 562
- matt.teed@bennett-workplace.co.uk
- www.bennett-workplace.co.uk

C2

Bladder & Bowel UK

Bladder & Bowel UK support bladder and bowel health for everyone, offering a confidential helpline for advice from specialist nurses and product experts. Find essential information about preventing and managing bladder and bowel issues for adults, children and professionals.

- 0161 214 4591
- bbuk@disabledliving.co.uk
- www.bbuk.org.uk



A-Z Exhibitor List

CZ1

Brotherwood

Brotherwood® are recognised as the market leader in Wheelchair Accessible Vehicle Design. We place emphasis on wheelchair passenger comfort, enabling the wheelchair user to travel in the centre of the vehicle, on a flat, level lowered floor, which ensures comfort, inclusion and safety for the wheelchair user.

- 01935 872 603
- enquiries@brotherwood.com
- www.brotherwood.com

E7

Cadent Gas

We are the UK's largest gas distribution network, bringing gas to 11 million homes and businesses. We manage a network of more than 82,000 miles of pipes, most of them underground, which transport gas throughout the North West, West Midlands, East Midlands, South Yorkshire, East of England and North London.

- 07870 821 400
- ellen.cox@cadentgas.com
- www.cadentgas.com/psr

E4

Care & Independence

Care & Independence is a UK manufacturer of everyday safe patient moving and handling solutions including Glove Slings and Bathing Range solutions. We help improve the lives of the less able, the elderly and the infirm. We are repeatedly the preferred supplier for the NHS, occupational therapists, clinicians and care homes.

- 0330 128 0808
- sales@careandindependence.com
- www.careandindependence.com

D7

Carebase

Carebase provides a service for creating safer environments for care and produces a specialist range of beds, cots, bumpers and our unique Havenspace safe spaces for children.

- 01609 785 360
- info@carebase.net
- www.carebase.net

D16

Centrobed

Centrobed produce bespoke Cots & Beds for children. Our beds are made to fit the individual, taking into consideration their own specific needs. A paediatric bed needs to fit the child and ours certainly do. Themes and colours of the beds can be personalised with a wide variety of options for the child or parent to choose from.

- 01233 635 353
- sales@centrobed.com
- www.centrobed.com

G1

Chunc Posture & Mobility

Chunc Limited is a British family-owned business, specialising in the manufacture of UK-made paediatric wheelchairs for both indoor and outdoor use to private clients, the NHS and other leading healthcare providers. For more information please visit our stand.

- 01432 377 512
- info@chunc.co.uk
- www.chunc.com

A-Z Exhibitor List



V8

Communications Specialist College

We offer individualised day and residential programmes of study for those with communication difficulties including Hearing Impairments, ASC & Learning Difficulties. Vocational subjects are taught in real work environments and students develop social and independence skills in college and the community, in a highly supportive environment.

- 01302 386 700
- enquiries@ddt-deaf.org.uk
- www.deaf-trust.co.uk/college

C11

CURA SEATING

Cura Seating is a family company, which designs and manufactures highly specialist functional modular care chairs.

- 01733 370 244
- info@curaseating.com
- www.curaseating.com

D1

Delichon Ltd

Our great range of outdoor products are for children and adults. So whether you are interested in a Delta all-terrain buggy to get out into the countryside, a Hippocampe Beach Wheelchair for trips to the seaside or want to run a Marathon, we are here to help.

- 01725 519 405
- office@delichon.uk
- www.delichon.uk

V15

Designability - Wizzybug Loan Scheme

Designability is a charity that enables disabled people to live with greater independence. We provide Wizzybug early years powered wheelchairs to families all over the UK free of charge. Wizzybug is suitable from 14 months to approx age 5.

- 01225 824 103
- wizzybugadmin@designability.org.uk
- www.designability.org.uk

C4

Disabled Living

Our Enablement Team provide advice to members of the public and healthcare professionals about all aspects of staying independent at home. We also provide Access Audits, Occupational Therapy Assessments which can be done free of charge in our equipment centre or privately (costs apply).

- 0161 214 4590
- equipz@disabledliving.co.uk
- www.disabledliving.co.uk

G15

Distribe Ltd

Distribe Limited is committed to providing both a consultancy style prescriptive service and an online shop for its clients, when looking for their mobility and rehabilitation equipment needs. Distribe will be launching a new product at the show aimed specifically for children and young adults.

- 0843 707 5073
- sales@distribe.co.uk
- www.distribe.co.uk

A-Z Exhibitor List

D9a

Dorset Orthopaedic

‘Strive for Better’. It’s not just our slogan; it’s our way of seeing the world. It’s the driving force behind our history, philosophy and innovation and is why we have achieved a worldwide reputation for excellence.

- 0800 433 2239
- enquiries@dorset-ortho.com
- www.dorset-ortho.com

G13

Driving Mobility

Driving Mobility coordinates 21 independent driving and mobility assessments across the UK by the Department for transport. We provide car seat, paediatric powerchair and young driver assessments and can guide and help you through the driving pathway.

- 0800 559 3636
- info@drivingmobility.org.uk
- www.drivingmobility.org.uk

C6

EA Mobility

EA Mobility are accredited specialists in adapted bathrooms and kitchens. We offer bespoke solutions to meet the needs of each client, our team of experts manage your project from concept to completion. With our own fully employed team of installers, we provide a 4–6 week project lead time operating across the UK. Welcome to our Stand at C6

- 0800 955 8810
- enquiries@eamobility.com
- www.eamobility.com

B6

Enable Magazine

Enable Magazine is the UK’s leading disability and lifestyle title, bringing specialist content to the disability community every second month. Each issue of the award-winning magazine is bursting with real life stories, celebrity interviews, essential advice, and spotlight features on the topics that really matter.

- 0844 249 9007
- editor@dcpublishing.co.uk
- www.enablemagazine.co.uk

C1

ETAC

Etac is a world-leading developer of innovative assistive devices and patient handling equipment. Our specialised product brands, offer state-of-the-art solutions for a wide range of daily needs and care settings, for people at all stages of life.

- 0121 561 2222
- enquiries.uk@etac.com
- www.etac.com/en-gb/uk

V19

Family Fund

Family Fund supports families raising disabled or seriously ill children and young people on a low income with grants for essential items. We provide grants for items such as kitchen appliances, clothing, bedding, sensory toys, play equipment, much-needed family breaks and computers and tablets.

- 08451 304 542
- info@familyfund.org.uk
- www.familyfund.org.uk

A-Z Exhibitor List

B4

Fletchers Group

We specialise in serious personal injury claims, and have been supporting those with life-changing injuries for more than 30 years. We have secured millions of pounds in compensation for our clients, and handle incredibly complex cases involving spinal cord injuries, amputation and traumatic brain injuries.

- 0113 391 6002
- enquiry@fs.co.uk
- www.fletcherssolicitors.co.uk

V25

Harry's Hydrocephalus Awareness Trust

Harry's Hydrocephalus Awareness Trust (Harry's HAT) is a user-led registered charity which supports children and their families affected by hydrocephalus in the UK.

- 07961 001 710
- info@harrys-hat.org
- www.harrys-hat.org

C13

Hibi

Hibi is an app for families of children with additional needs. We offer smart tracking of care information, seamless care team collaboration, and personalized guidance to allow parents to manage, coordinate & navigate their child's care.

- 07896 170 831
- sam@hibi.health
- www.hibi.health

D11

Home From Home Care

Created by a family to make the difference; Home From Home Care provides specialist residential care services for adults (18+) with learning disabilities, autism and complex health and mental health needs. Creating bespoke care and environments tailored to meet each person's individual needs enabling an ordinary life on their own terms.

- 0800 587 0372
- getintouch@homefromhomecare.com
- www.homefromhomecare.com

D9

Independence Mobility

Independence Mobility is a provider of mobility equipment and specialist healthcare products for adults and children. We offer a wide range of high-quality products from leading UK manufacturers. We work closely with OTs and physios, providing advice and support to ensure clients receive the best equipment for their needs.

- 0113 262 8000
- enquiries@independencemobility.co.uk
- www.independencemobility.co.uk



A-Z Exhibitor List

C5

Innova Care Concepts

Innova Care Concepts are specialists in supplying home adaptations, helping care professionals and families across the UK to have access to the most innovative healthcare equipment to improve independence and wellbeing. From hoist systems to hydrotherapy pools, they create bespoke solutions to enhance quality of life.

- 0113 519 0137
- enquiries@innova.uk.com
- www.innovacareconcepts.com/en

C19

Integrex Limited

Integrex is at the forefront of special needs technology design and provision in the UK. Interactive Floor Systems, Immersive Rooms and Interactive Screens all designed for the Special Needs Sector, to stimulate children's responses, cognitive understanding and recognition abilities.

- 01283 551 551
- sales@integrex.co.uk
- www.integrex.co.uk

D4

Irwin Mitchell LLP

Irwin Mitchell's reputation for helping clients and their families with a wide range of personal legal issues is second to none. Our highly specialised team combines powerful legal knowledge and experience with care and consideration to ensure that clients receive the best possible support & guidance throughout their claim and beyond.

- 0808 303 8182
- lee.simpson@irwinmitchell.com
- www.irwinmitchell.com

E1

Jiraffe

Jiraffe specialises in providing postural care equipment and support for everybody, whether they're at home, school, rest or play! The Jiraffe range covers all aspects of everyday life from seating to mobility and sleeping, to therapy and bathroom equipment – aimed at enabling people to experience a wider range of activities in comfort.

- 01142 853 376
- hello@jiraffe.org.uk
- www.jiraffe.org.uk

B1

Leckey

Leckey has 40 years' experience researching, developing and manufacturing high quality, innovative products which make a real difference to the lives of children with additional needs and their families. The range includes: Seating, Standing, Walking, Toileting, Bathing, Sleeping and Firefly family participation products.

- 028 9260 0750
- hello@leckey.com
- www.leckey.com

D20

Let's Go Physio

Let's Go Physio are a team of paediatric and adult treating physiotherapists in Lancashire. We provide rehabilitation for a variety of neurological conditions including birth injuries, acquired and traumatic brain injuries, cerebral palsy, developmental delay, genetic conditions and stroke. We are moving and handling trainers.

- 07951 882 289
- info@letsgophysio.co.uk
- www.letsgophysio.co.uk

A-Z Exhibitor List



CZ2

Lewis Reed

Lewis Reed is considered as the UK's leading wheelchair accessible vehicle (WAV) converters. We are dedicated to designing and delivering the very best WAVs on the market. We will be bringing to the show this year our unique VW Multivan Nelhi ramp and winch version of this car. This is a beautiful vehicle sought after by many.

- 07736 497 743
- enquiries@lewisreedgroup.co.uk
- www.lewisreedgroup.co.uk

A10

Liberator Ltd

Our high-tech communication aids support a range of vocabularies. They are flexible, easy to program and personalise, and offer a range of access methods. In addition to offering a comprehensive range of communication aids we also have adapted toys, learning and inclusion aids, switches, computer access software and accessories.

- 01733 370 470
- info@liberator.co.uk
- www.liberator.co.uk

C23

Lifeways

Lifeways is the UK's largest team of support professionals providing support for adults who live with learning disabilities, autism, physical disabilities, acquired brain injuries, and mental health conditions. We have helped thousands of young people make their first step from the family home or residential school into independent living.

- 0333 321 4881
- referrals@lifeways.co.uk
- www.lifeways.co.uk

C21

Louby Lou

Louby Lou shows are all tailored to the audience. It starts with a base of good old-fashioned clown skills, laced with a generous dose of modern Ibiza dance tunes and a dash of the unexpected! A true recipe for Excitement! To finish, top it all off with Passion and a Saxophone!

Join Louby Lou in the fun zone at 12.30pm!

- 07779 013 806
- lucy@loubylou.co.uk
- www.loubylou.co.uk

CZ9 & CZ10

McElmeel Mobility Services

McElmeel Mobility Services established 1950, a third-generation family business. The original adaptor and converter of vehicles for disabled drivers and passengers in the UK and Ireland. With over 70 years experience in business, we offer a complete range of products and vehicles to suit all Motability, Private and Commercial requirements.

- 028 3752 5333
- info@mobility-services.com
- www.mobility-services.com

C6a

Medimotion Limited

Medimotion are the sole distributor for MOTomed passive/ active exercise machines, rehab and therapy devices popular with UK schools, colleges, hospitals and with home users. Our devices are obtainable with an interest free hire/ buyer option.

- 01559 384 097
- sales@medimotion.co.uk
- www.medimotion.co.uk

A-Z Exhibitor List

B12

Mobility For You

Exclusive distributors of the Hoggi range of innovative mobility products for children and teenagers. Also exhibiting Medifab Spex seating, Trekinetic All-Terrain wheelchairs and the unique Dietz Attendant Scootcontrol Steer. We also supply the Alber range of power assist drive units.

- 07766 244 620
- sales@mobilityforyou.co.uk
- www.mobilityforyou.co.uk

A8

Moorings Mediquip UK Ltd

Moorings Mediquip are a leading supplier to the healthcare industry in UK and Ireland. The Company is the exclusive distributor in the UK and Ireland for a large range of products. Depending on location it includes Seating, Sensory Equipment, Walkers and Standers, Trikes, Buggies, Wheelchairs and Sleep Systems.

- 02825 632 777
- info@mooringsmediquip.com
- www.mooringsmediquip.com

A7

Mountain Trike Company Ltd

Innovative wheelchairs from the Mountain Trike Company, offering a fantastic range of off-road manual and electric assist all-terrain wheelchairs. Each product has been designed to be modular, so the chair can adjust or be adapted as your needs change. These wheelchairs are not only built for a lifetime of use, but built to enjoy life.

- 07969 097 152
- info@mountaintrike.co.uk
- www.mountaintrike.com

V26

MOVE Europe

Our vision is for every disabled young person to have choice and opportunities by learning independent movement. We work towards this by training education and therapy professionals in the MOVE Programme and providing ongoing support so that they can achieve the best outcomes possible for the disabled young people they support.

- 0203 327 1553
- contact@moveeurope.org.uk
- www.moveeurope.org.uk

V1

National Star College

Independent Specialist day and residential college for students age 16-25. Meeting the needs of students ranging from complex and profound to mild and moderate.

- 01242 534 928
- admissions@nationalstar.org
- www.nationalstar.org

V20

Newlife The Charity for Disabled Children

Newlife was founded 30 years ago to ensure that disabled and terminally ill children get the best possible start in life and have the opportunity to fulfil their potential.

- 01543 462 777
- nurse@newlifecharity.co.uk
- www.newlifecharity.co.uk

A-Z Exhibitor List

E2

Newlyn Healthcare Specialist Equipment Ltd

A family business based in Widnes Cheshire supplying, supporting and servicing all manner of healthcare equipment, these include powered high end wheelchairs, manual wheelchairs, pressure mattresses, profiling beds, ceiling track hoists, mobile lifting equipment, specialist postural seating & sleep systems.

- 07795 110 774
- sales@newlynhealthcare.co.uk
- www.newlynhealthcare.co.uk

C22

Omobic

A wheelchair is not just about high quality components. Not just about carefully engineered metal, rubber and fabric, built tough for high performance in all terrains. Omobic understands that a wheelchair is really all about the user. Their lifestyle. Their choices. Their story. Their freedom!

- 01280 704 141
- omobic_uk@aol.com
- www.omobic.co.uk



E3

Oswestry Care Beds

The Oswestry Care Bed was first developed 17 years ago and sold through third-party suppliers. As our range of products and services has constantly grown and improved to meet demand, we now sell directly to hospitals, charities and end-users to best meet their needs, from initial consultation to delivery and aftercare.

- 01691 718 218
- info@oswestrycarebeds.co.uk
- www.oswestrycarebeds.co.uk

E6

Ottobock

Ottobock is a world-leading supplier of high quality, innovative and practical mobility solutions to help people rediscover their independence. With its wide product range, Ottobock aims to achieve the best possible outcome for its customers, combining the latest technology with cutting-edge products and services.

- 01784 744 900
- bockuk@ottobock.com
- www.ottobock.com/en-gb/home-uk

V24

Peeps

Peeps is the only UK charity dedicated to supporting those touched by HIE (Hypoxic-Ischaemic Encephalopathy). HIE is a lack of oxygen / blood flow to the brain of an infant that can cause injury. Peeps offers emotional, practical and financial support, such as counselling, equipment funds, parent information packs.

- 07838 197 945
- info@peeps-hie.org
- www.peeps-hie.org

A-Z Exhibitor List

V23

PHAB

Phab is a Charity that supports and inspires disabled and non-disabled people of all ages to make memories and form friendships, develop skills, push their boundaries and build an inclusive world where together anything is possible.

- 02086 679 443
- info@phab.org.uk
- www.phab.org.uk

D8

PODS Play

Portable Sensory Spaces with Interchangeable Themes and Sound Effects. Immersive play and sensory relaxation for children through to adults.

- 03302 232 454
- hello@podsplay.com
- www.podsplay.com

D16a

Prestige Nursing & Care

Prestige Nursing & Care provides high-quality, personalised, and expert home care services for every stage of life that evolve with the changing needs of those we care for.

- 0800 254 7500
- liverpool@prestige-nursing.co.uk
- www.prestige-nursing.co.uk/our-locations/liverpool

V16

Queen Alexandra College

QAC is a national residential College and charity that supports a wide range of student abilities and needs aged 16 and above. We offer an innovative, holistic approach to learning and support. Class sizes are small and support levels high. Our curriculum is designed to maximise life chances, develop independence and work skills.

- 0121 428 5050
- info@qac.ac.uk
- www.qac.ac.uk

G4

Redbank House

Redbank House is Disabled Living's Health and Social Care Hub in Cheetham, North Manchester. We are a modern and accessible venue offering spacious and vibrant facilities. Our venue has flexible rooms, sensory rooms and office accommodation.

- 0161 214 5959
- info@redbankhouse.com
- www.redbankhouse.com

D21

Rehabilitation For Independence

Rehabilitation for Independence is an independent Occupational Therapy and Case Management company, offering services to children & adults living with a range of neurological & physical difficulties, throughout the North of England.

- 0161 762 9876
- info@rehabforindependence.co.uk
- www.rehabforindependence.co.uk

A-Z Exhibitor List



G3

Scan Mobility Limited

Manufacturer and distributor of profiling beds for both adults and children, paediatric cots, mattresses – both static and dynamic, pressure relief products -cushions and new gel cushions.

- 01704 233 344
- info@scanmobility.co.uk
- www.scanmobility.co.uk

A6

Seenin Ltd

Seenin provides stylish adaptive clothing, bibs, wheelchair covers, sleepwear, incontinence swimwear, accessories and more. Designed for all ages, our specialist products are durable, practical and comfortable.

- 01434 634 457
- info@seenin.co.uk
- www.seenin.co.uk

F1

Schuchmann LLP

Now into our 40th year of design, manufacture and supply our high quality range of products have really stood the test of time. Each of our products has their own unique points which set them aside from others. We are committed to assisting therapists and carers, to provide the highest level of service and support in the UK.

- 01733 561 885
- info@schuchmann.co.uk
- www.schuchmann.co.uk

B6

SEN Magazine Ltd

SEN Magazine is the UK's leading magazine for SEND. This is an essential read for Headteachers, Sencos, parents, carers and all types of professionals who work with children and young adults with SEND. The magazine includes the latest news, reviews, event listings & a mix of expert articles written by professionals in their field.

- 01200 409 808
- denise@senmagazine.co.uk
- www.senmagazine.co.uk

V5

Scope

We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most needed, and campaign relentlessly to create a fairer society. Come and meet some of our colleagues from Community Engagement, Youth Community Collective and Employment Services.

- 07776 650 893
- jo.palmer@scope.org.uk
- www.scope.org.uk/services

C18

Sensory Smart

Sensory Smart provides a wide range of products and solutions that provide sensory support to all ages who have sensitivities or disabilities that cause issues with everyday dressing. We want you to get dressed without the stress!!

- 0121 354 6543
- help@sensorysmart.co.uk
- www.sensorysmart.co.uk

A-Z Exhibitor List

V2

Shine

Shine provides specialist support from before birth and throughout the life of anyone living with spina bifida and/or hydrocephalus, as well as to parents, families, carers and professional care staff. Shine enables people to get the best out of life.

- 01733 555 988
- firstcontact@shinecharity.org.uk
- www.shinecharity.org.uk

D15

Slater and Gordon Lawyers

Slater and Gordon Lawyers are a national full service law firm specialising in personal injury and clinical negligence cases including birth injuries. Other specialist areas include court of protection, wills and trusts, family and employment. Awards and accreditations include APIL, AVMA, Chambers and legal 500.

- 0330 995 5249
- jamie.mcdonnell@slatergordon.uk
- www.slatergordon.co.uk

C12

Smartbox

Smartbox creates assistive technology to help children and adults with disabilities communicate and live more independently. Our products include a combination of specialist hardware, software and content which are used by people around the world. Find out more and contact us at thinksmartbox.com, your questions are always welcome.

- 01684 578 868
- hello@thinksmartbox.com
- www.thinksmartbox.com

E3b

Smirthwaite

We are a leading designer and manufacturer of special needs equipment with almost 40 years' experience. Our innovative and comprehensive range includes: seating; standing; desks & tables; changing & showering; toileting & bathing; therapy; sleeping; sensory; moving & handling products.

- 01626 835 552
- info@smirthwaite.co.uk
- www.smirthwaite.co.uk

A1

Spacesaverbeds Ltd

We will be showing the Multi Award Winning Cloud Cuddle bed surround that creates a safe and calming sleeping environment both at Home and when Travelling.

- 01905 347 538
- cloudcuddle@spacesaverbeds.co.uk
- www.spacesaverbeds.co.uk

E5

Specialised Orthotic Services

Specialised Orthotic Services is an award-winning manufacturer of specialist postural and bespoke seating solutions. We work closely with individuals, clinicians and carers, combining experience and expertise to design products that deliver practical solutions to aid mobility and daily living for clients with complex postural needs.

- 01283 520 400
- enquiries@specialorthotic.com
- www.specialisedorthoticservices.co.uk

A-Z Exhibitor List

C18

SpecialKids.Company

Specialists in adaptive clothing, footwear, incontinence wear, and accessories for older children and young adults with special needs. Our products cater for a wide variety of needs and conditions, all to make lives easier for kids and carers!

- 01756 5799 668
- info@specialkids.company
- www.specialkids.company

CZ5, CZ6 & CZ7

TBC Conversions

TBC Conversions is recognised as one of the market-leading conversion companies operating across the UK and Ireland specialising in wheelchair-accessible vehicle, minibus, taxi and specialist vehicle conversions. With nationwide coverage no location is out of range. Start your journey with us today!

- 0800 999 5090
- info@tbconversions.com
- www.tbconversions.com

A12

Terry Group Limited

With over 50 years' experience, Terry Lifts manufactures a complete range of lifts for public access and domestic use. The product range includes platform lifts, step lifts, through floor lifts and home lifts. Our factory and office are in Knutsford, Cheshire, which is where we design and manufacture many of our products.

- 01565 752 800
- enquiries@terrylifts.co.uk
- www.terrylifts.co.uk

V3

The Sequal Trust

National charity which fundraises to provide communication aids for disabled people of all ages, with speech, movement or severe learning difficulties.

- 01691 624 222
- info@thesequaltrust.org.uk
- www.thesequaltrust.org.uk

C3

Theraposture

Theraposture is an award-winning specialist in adjustable beds, chairs and care cots for adults and children. It is a respected, ethical supplier that works closely with OTs to ensure positive outcomes for all.

- 01373 823 030
- info@theraposture.co.uk
- www.theraposture.co.uk



A-Z Exhibitor List

V4

Together for Short Lives

Together for Short Lives is the leading UK charity for children's palliative care. Through their Family Support Hub, Together for Short Lives provides practical, emotional, and financial support to families caring for children with a life-limiting or life-threatening illness across the UK.

- 0808 8088 100
- info@togetherforshortlives.org.uk
- www.togetherforshortlives.org.uk

C4

Training @ Disabled Living

With many years experience training healthcare professionals, carers, families, companies, Local Authorities, NHS Trusts, Schools and more. We can offer a range of courses you need to use in your role. Our most popular course are the Trusted Assessor (Levels 1-4) and Moving & Handling, Trainers and Assessors.

- 0161 214 4590
- training@disabledliving.co.uk
- www.disabledliving.co.uk

V6

Tree of Hope

Tree of Hope is a fundraising charity that helps children and young people with a disability or illness, between the ages of 0-25, by providing their families with support in raising the funds they need in more efficient and effective ways than traditional crowdfunding sites, to help pay for equipment, adaptations and therapies.

- 01892 535 525
- families@treeofhope.org.uk
- www.treeofhope.org.uk

V21

Treloar's School and College

Treloar School and College offers physically disabled children and young people a specialist environment where education and learning take place alongside therapy and care. Treloar's offers day and residential placements, aged 5 to 25 years. Each student is supported by a multidisciplinary team of professionals on-site.

- 01420 547 470
- admissions@treloar.org.uk
- www.treloar.org.uk

C20

TripleC - Creative Confidence Collective

TripleC is a disabled-led, BAFTA winning creative arts organisation. Our Youth Theatre and Community projects are funded by The National Lottery Community Fund. We are an Arts Council England National Portfolio Organisation. We act as a gateway organisation for disabled people's access to the arts and media.

Join TripleC in the fun zone at 1.30pm!

- triplecmanchester@gmail.com
- www.triplec.org.uk

B6

UCan2 Magazine

UCan2 is the disability magazine of over 30 years which covers everything from getting around to knowing your rights, with the best products and services to make life easier. Including the Drive supplement - a guide to Motability vehicles around the UK.

- 01257 267 677
- susan.euromedia@gmail.com
- www.ucan2magazine.co.uk

A-Z Exhibitor List

V11

WellChild

WellChild is the national charity for sick children. Thousands of children and young people are living across the UK with serious health needs. Many spend months, even years in hospital because there is no support enabling them to leave. WellChild exists to give these children the best chance to thrive: at home, with their families.

- 01242 530 007
- familynetworks@wellchild.org.uk
- www.wellchild.org.uk

V7

WheelPower

We have been providing opportunities for people with physical impairments to take part in sport for nearly 70 years. Based in Stoke Mandeville, the home of the Paralympic movement, WheelPower is at the heart of wheelchair sport.

- 01296 395 995
- sport@wheelpower.org.uk
- www.wheelpower.org.uk

V12

Whizz-Kidz

Whizz Kidz' vision is a society where every young wheelchair user is mobile, enabled and included. We provide high quality personalised equipment for young people who need wheelchairs alongside confidence building activities to give young people the skills and tools to be more independent. As a charity, we campaign and work with young wheelchair users to create societal change and develop a more inclusive world.

- 020 7233 6600
- info@whizz-kidz.org.uk
- www.whizz-kidz.org.uk



Free prize draw

WIN A £100
LOVE2SHOP
VOUCHER!

Everyone who registers and attends our events will automatically be entered into the free prize draw for a chance to win £100 Love2Shop vouchers and other prizes.

www.kidzexhibitions.co.uk

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K^{to}A.



Top-tips: For cost-effective cooking

How to save money and avoid waste when food costs are sky rocketing. Ian Tavener, AKA Mr Cookfulness, gives KtoA Magazine his suggestions. Ian is a food writer and coach living with disability and chronic illness, and is the author of *Cookfulness: A Therapeutic Approach To Cooking*.

At a time when the cost of living has increased so much, there is no single solution to coping with mounting food prices. With the higher prices shoppers have seen since early 2022, even savvy budgeting has become more and more difficult. However, there are a few hints and tips to bear in mind that can make a difference. Here are a few of my top tips to helping you budget, and to keep you cooking joyfully.

One of the largest areas of individual food waste, and therefore financial waste too, is fresh fruit and vegetables. We've all had the bananas in the bowl going brown, the potatoes seemingly sprouting a whole new

potato farm, and half-eaten packets of salad and herbs left at the bottom of the fridge. Fresh fruit isn't cheap and so we really need to try and use it all, every time. If bananas are going a bit soft and brown, don't throw them out. Instead, peel and slice, and put into recyclable or compostable bags, or reusable containers, and into your freezer or reusable containers, and into your freezer too. Don't throw them out. Freeze them! You can use these in smoothies, to make a quick crumble, in flapjacks, ice cream - so many things.

With lemons and limes, they often come in bags of three or four, and you might only use

WIN a pair of tickets
to see *Waldo's Circus
of Magic & Terror*
If you're one, come all to the
spectacular new musical



4-6th May Theatre Brighton	20th May Lighthouse Poole	7th June Dome Brighton
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To enter, visit

www.kidzexhibitions.co.uk/competition

Prizes are subject to availability. Terms and conditions can be found online.

as. We've all got them often use them, roasted with all kinds of a great little healthy plenty of dishes - hummus.

It's all sounds great, possible and is it simple, yes. There are many around. On my website, www.kidzexhibitions.co.uk, and YouTube channel, there are lots of demonstrations and recipes using these often-wasted star ingredients. I try to make as possible, as fun as possible, as accessible as possible.

My Cookfulness Revolution on YouTube, where I'm always sharing recipes and tips and the community share theirs too. It's full!

If you go to bin it, just think: freeze it and use it? Get it off your freezer list and give your shopping a boost.



Ian Tavener, Mr Cookfulness, provides bespoke in person and/or virtual cooking and wellness talks, demonstrations, programmes and shows for hospitals, charities, organisations and expos all over the country and internationally. To enquire about his services please email cookfulness@gmail.com. Cookfulness, the cookbook, is available at Goodreads, Amazon and Waterstones.

5

A quarterly magazine filled with your stories.

www.kidzexhibitions.co.uk/magazine