

FAMILY NEWSLETTER

2ND OCTOBER 2023



Despite it being an interesting start to the new year with lots of heavy rain and even some flooding at Bidwell Brook, it has been an absolute pleasure to meet all our new students who joined us in September and to see them all settling in over the term, getting used to new routines, new people and embracing new experiences. The weather has not dampened spirits and it has been wonderful to see our young people getting out and about participating in a range of activities including work experience and outdoor education.

Across the Federation, sessions such as swimming, climbing and tennis have restarted. At Ellen Tinkham College, our KS4 students enjoyed attending an 'Options' event recently and at Ellen Tinkham School, badminton coaching is back up and running for new groups of children. Some children are looking forward to the Forrest School Festival planned as part of the Dartmoor School's Partnership. At Bidwell Brook, Sixth Form students went to a Careers Fair at Plymouth Argyle called 'Launchpad Live' which they enjoyed. Feedback from students included: *'It was good trying a new experience.'* *'I was able to manage my anxiety levels and cope in a busy environment.'* *'I learnt I could do health and social care in Plymouth City College.'*

As a Federation this year, we continue to try to raise monies to enhance the educational experience we are able to provide our children and young people. We are so grateful for all the work both the BB and ET PTFA's do to help with this. Their support has such a significant impact and if it weren't for our PTFA events such as the Christmas Bazaar, then gifts for the children at Christmas and additional trips in the Summer would not happen. They even paid for all our students to receive an Easter Treat!

However, PTFAs are not all about raising money. We often look to our PTFA for parental involvement in school activities and decision-making processes such as supporting us with staff interviews and keeping channels of communication between parents, teachers and the wider school community open. Effective communication leads to better understanding, collaboration, and co-operation among all stakeholders, creating a more cohesive and informed school environment.

And of course, there is also an important social element to them! Who says the PTFA cannot meet in a café or arrange evening social events for families?! Being a member of the PTFA is great for generating a sense of camaraderie and we are always on the lookout for more support. It is really important to us that our schools are warm and welcoming community hubs so please do come along and join us whenever you can.

CONTENTS INCLUDE ...

Happy Families, Happy Futures Devon - Free family training for staff from Devon Safeguarding Children Partnership

easyfundraising - Download the app and start shopping for Christmas whilst raising funds for ET at no cost to you!

Families & Children's Support Lead - Debbie Purcell has joined the team

Introduction to Phonics and Reading in School - Details to follow on how to book a place on this Family session running on Tuesday 31st October

Free Family Advice - Courses available, see leaflet

Sixth Form - This department are in need of some good quality garden furniture, planters, hardy plants and also some medium sized jars with lids

Community Fridges - You can contribute to or use one of the Community Fridges set up around Devon. Link to a map within the newsletter

Data Collection Pack - Please return to school once completed

Widgit Comms Board for the Playground - Link in the newsletter to help us win a Comms Board

Big Ambition - Survey available to complete

Catering - Our new menu will run from Monday 30th October to the end of the Spring Term

Bags2School - Bag collection happening on Friday 10th November so please help us if you are having a tidy during the half term holiday

Careers Events - Happening in Barnstaple and Newton Abbot for years 10+ students. Book a place!

Christmas Show - @ Teign School, Kingsteignton. Tickets available to book now

Swimwear - A leaflet and brochure attached from Incy Wincy (recommended supplier)

DCC's Educ Pysch - This service is gradually starting to support schools again

Intercom Trust - Has a new project (Family Pride South West) and is taking referrals for courses

WHAT'S COMING UP

ETS Sport SEND Festival for KS2 - Wednesday 4th October

"Open Morning" for new parents at ETC - Wednesday 4th October

ETC Football KS3+4 - Tuesday 10th October

"Open Morning" for new parents at ETS - Wednesday 11th October

ETS Splash Festival KS2 - Saturday 21st October

October half term - w/c 23rd October 2023

ETS Intro to Phonics & Reading Family Session - Tuesday 31st October

Dartmoor Sports Event - Monday 6th November

EY Parents' Evening - Tuesday 7th November (letters have been sent)

ET (Primary) E-Safety Training for Families - Tuesday 14th November (save the date)

Multi-Faith Day - Wednesday 8th November

Bags2School Collection Day - Friday 10th November

ETS Sport Fun Run and Wheel & Walk event at Killerton KS2 - Friday 10th November

Children In Need Day - Friday 17th November



Happy Families, Happy Futures Devon -

Devon County Council are offering FREE virtual or face-to-face 'Reducing Parental Conflict' Programmes to support parents improve the quality of their interparental relationship.

The programme will help develop positive communications, manage emotions, and create a better environment for children to thrive.

Family Transitions Triple P - Advice and guidance to support co-parenting and to deflect the pressure of divorce or separation away from children.

Within My Reach - Advice and guidance for couples who are together; to help parents apply new skills to their relationship.

To find out more including how to participate in a programme, please visit the Devon Safeguarding Children Partnership website using this link: [Reducing Parental Conflict](#)



**WITH CHRISTMAS COMING,
IT IS REALLY EASY TO HELP
FUNDRAISE FOR
ELLEN TINKHAM!**

When you shop online through easyfundraising, Ellen Tinkham gets a donation. How does it work? Easyfundraising partners with brands who will donate part of what you spend to a cause of your choice. **It won't cost you any extra.** The cost is covered by the brand.

So when you are thinking of doing your Christmas shopping online, you could be earning ET some much needed funds. All you need to do is download the App, match with Ellen Tinkham School at Pinhoe as your chosen cause and start shopping. Last year, Ellen Tinkham School raised nearly £400 this way - let's see if we can double the amount this year. Thank you.



Family & Children's Support Support - We are delighted to confirm that Gill Allen and Hanna Cumes will be leading our Annual Reviews this year, supported by Vicki Barrow and Debbie Purcell.

Debbie has just joined this term, and splits her week between Children's Support Services and working as a Teaching Assistant in Green class. Debbie has worked at Ellen Tinkham for many years and knows quite a lot of our pupils very well!



Introduction to Phonics and Reading in School - Katie Greenhough and Lucy Hardacre will be running this family session at Ellen Tinkham Hollow Lane on Tuesday 31st October. More details about how to book a place will follow, but keep the date in your diary for now.

Face Family Advice - This organisation regularly run courses for families. Some sessions incur a charge, others are free. facefamilyadvice.co.uk Their newsletter is also attached.



Ellen Tinkham's Sixth Form - This department has moved from the College to Building One on the Hollow Lane site. The classrooms have a couple of outside courtyards which are currently completely bare and very sad looking 😞.

If you have any outdoor furniture which is in a good and stable condition, or pots, planting troughs or hardy plants you could possibly donate, please could you let us know or bring them in to Hollow Lane for the attention of Emma. Thank you.

Medium Sized Jars with Lids - It's a want from the Sixth Form again but this time for empty medium sized jars with lids. Before you pop them into your recycling at home, please could you give them a wash and instead, send them into us?! Thank you!

Community Fridges - These are popping up around Devon to helping ensure that surplus food, mostly from shops and food businesses, is finding a home quickly, rather than be wasted. There are 25 community fridges in Devon, collectively redistributing an estimated 150 tonnes of surplus food, worth almost £500,000, each year.

[Here's a map of where they are.](#)



The food in the fridges is free for people to take and it's collected primarily from businesses. It may have past its 'best before' date, but food in the fridges is before its 'use by' date. Some community fridges take contributions from households as well, such as home-grown gluts, but always check with your local community fridge volunteer as to what they can and can't take, before dropping anything off.



Data Collection Pack - If you haven't already, you will soon receive a copy of your Data Collection pack. This pack contains a covering letter, a copy of the current data we hold for you on SIMs including permissions, a new South West Norse Dietary Requirements form and our current Term Dates. Please review/complete the data and information and return the pack to us asap. Thank you.

Win 1 of 40 playground boards - Wigit is running a competition for settings to win one of 40 playground communication boards. We're encouraging both our school communities to take part in this competition - staff, parents & carers.

We need to tell Wigit how using symbol communication has made a difference to us and those we support. For the most inspiring stories, Wigit will donate 1 of 40 symbol playground boards to a school or organisation of their choice. The lucky winners will be announced on World Kindness Day (Monday 13th of November).

👉 To enter, click [here](#). Thank you.



The Big Ambition - The Children's Commissioner for England, Dame Rachel de Souza, has launched The Big Ambition, a national survey of children and young people across England.

The Big Ambition aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England. The survey is open until Friday 15th December.

Although the survey is not specifically aimed at children with SEND, it does include an option to indicate if you have special educational needs. It is very quick to complete, the questions are 'tick box' and pretty straightforward. The link is [here](#).



Catering - All our catering staff at Bidwell Brook and Ellen Tinkham are now employed by South West Norse. Each Site Catering Manager is currently reviewing the new South West Norse menu which will come into effect after the October half term and will run until the Spring 2024. We will circulate the new menus to you once confirmed. A copy will also be put on our website.



Bags2School - We have booked in another Bag Collection to raise much needed funds for the school. Bags will be sent home w/c 9th October so if you are planning a tidy of wardrobes and cupboards over the half term holiday, please consider sending your clothing and accessories into school.



Our collection date is **Friday 10th November**. It would be great if you could keep your bags at home and send them into school from Thursday 9th November otherwise we'll be struggling to store it all! Thanks very much!

Careers Events - Devon County Council (in partnership with others) is putting on two identical events promoting routes into employment for young people with SEND. The emphasis will be on supported internships and supported employment.

Aspirations for Employment: exploring options



<p>Tuesday 21 November 2023 10am - 2pm Grosvenor Church Old Station Road, Barnstaple EX32 8PB</p> <p>Sign up: https://www.eventbrite.co.uk/e/687904820837?aff=oddttdtcreator</p>	<p>Thursday 29 February 2024 10am - 2pm The Courtenay Centre Kingsteignton Road, Newton Abbot TQ12 2QA</p> <p>Sign up: https://www.eventbrite.co.uk/e/687943667027?aff=oddttdtcreator</p>
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Doubling supported internship provision in England.



Funded by



These events are mainly aimed at parent carers and young people (Year 10/Year 11 upwards). You can book your place using these Eventbrite links:

Book [Barnstaple](#).

Book [Newton Abbot](#).

Email Alison Newcombe for more [info](#).

Learn more about Supported Employment and the options available

Hear from:

- Young people and adults who have benefited from Supported Employment

Representatives from:

- Parent Carer Forum Devon
- Job Centre Plus
- Careers South West
- Devon County Council
- Education providers
- Supported Employment providers

For more information, email alison.newcombe@devon.gov.uk

Christmas Show - If you'd like to take a trip to see a show this year, we've heard this one is pretty good! The crew are creating an immersive experience from the moment you arrive! There will be lighting changes, misting and snow machines, so please speak to a member of 'front-of-house' staff if you need to find a quiet space. Tickets are available now from <https://nadmcs.org>.



Newton Abbot & District Musical Comedy Society Presents

Snow White

and the Seven Christmas Elves

Script kindly presented in agreement
with alexjacksonpantomimes.com

Script by Alex Jackson

At Teign School, Kingsteignton
19th - 23rd December 2023
Tuesday - Friday at 7:30pm
Saturday Matinee 2pm & 6pm Evening
Adults £12 - Seniors/Child £11
Free Parking Available
Book Now at www.ticketsource.co.uk/nadmcs
Or Call 01626 203570

Charity No: 291487

www.nadmcs.org

Swimwear - Attached is a leaflet and brochure from Incy Wincy who sell swimwear suitable for our pupils.



Educational Psychology (EP) Service - We have been advised that the EP service will gradually return to early intervention work with schools and settings from January 2024.

Due to the continued high demand for EP advice as part of education, health and care needs assessments (EHCNAs), this support will initially be offered to schools with the highest inclusion need.

For full details, you can read their update here: [Educational Psychology website](#).

Intercom Trust - The Trust are taking referrals for their new project – Family Pride South West.



The project has 4 components;

Family Pride Events – fun family events for families where at least one member is LGBT+;

Parenting Support – they will be delivering Group Triple P for LGBT+ parents/carers with children between the ages of 2 and 12;

Family Relationship Support – their family practitioners can work with families where there is tension or communication problems between parents (together or apart). This can include disagreements on how best to support an LGBT+ child in the family;

Couples/co-parent counselling – Counselling is available for parents who wish to work through difficulties in a therapeutic setting.

More info:

[Webpage](#) / tel: [0800 612 3010](tel:08006123010) / email: helpline@intercomtrust.org.uk



JONG YEONG **TAEKWONDO**

Classes in Exeter for beginners

| Respect | Discipline | Self Defence
| Confidence | Structure and **FUN**

First lesson is FREE
£5.00 per lesson

Master Tony Butcher (5th Dan), has been a full time instructor for over 10 years and owned 3 clubs with over 380 students before moving to Devon.

Friendly and welcoming, the classes have a mixture of discipline with fun, training in all the different aspects of Taekwondo.

Junior Dragons (4-7 years) 5.00-6.00pm
Intermediate Class (aged 8+) 6.00-7.15pm

Adult Class - Thursdays only (aged 16+) 7.15-8.30pm

Mondays - Alphington Village Hall
Ide Lane, Alphington, Exeter, EX2 8UP
Thursdays - Whipton Community Hall
Pinhoe Road, Exeter, EX4 8AD

Please contact Tony on: **07890 450568**
jongyeongtkd@gmail.com

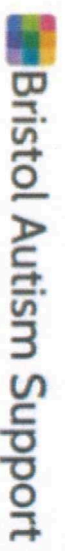
www.jongyeongtkd.com



Junior & Intermediate Classes



New Adult Class



EXMOUTH

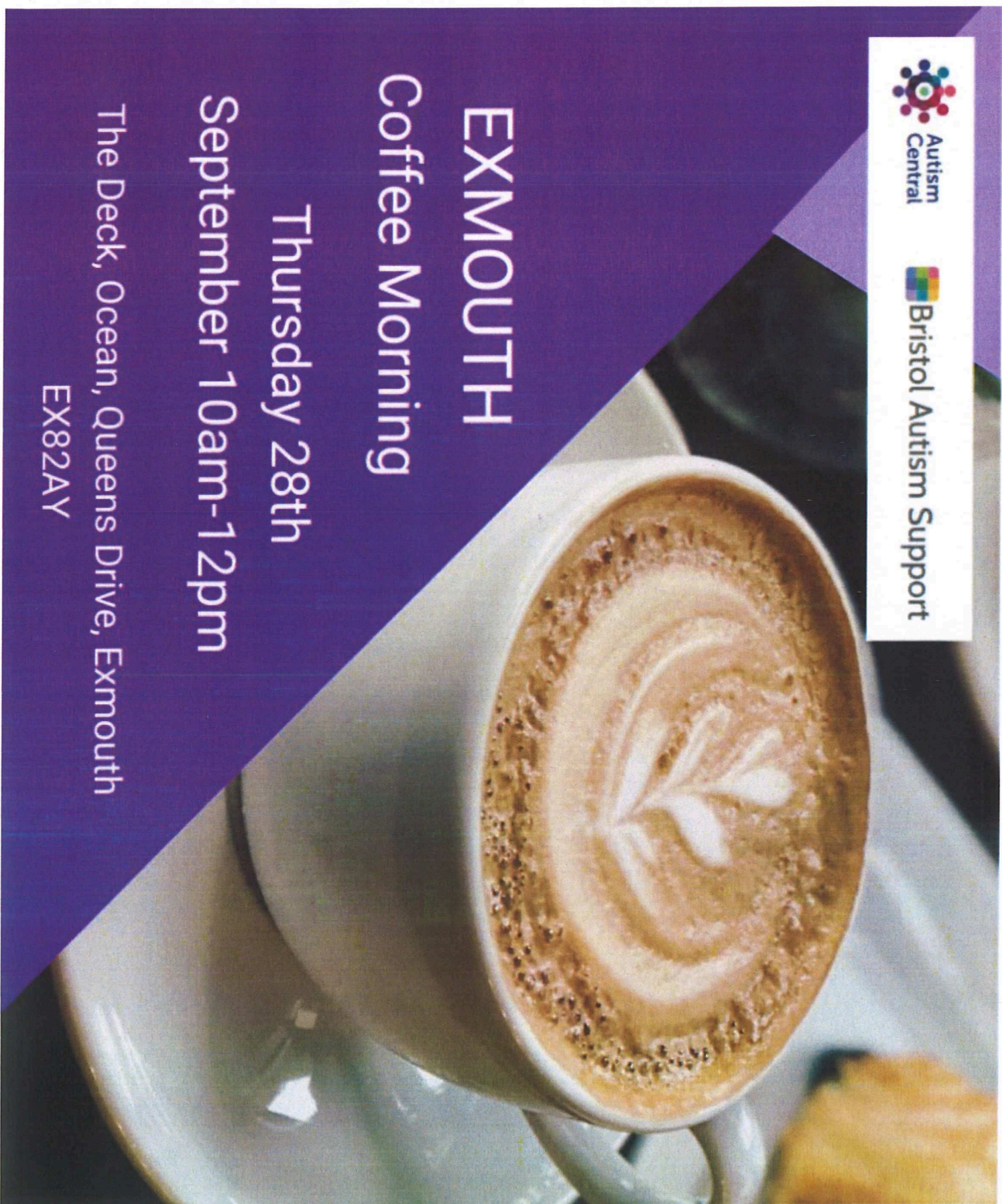
Coffee Morning

Thursday 28th

September 10am-12pm

The Deck, Ocean, Queens Drive, Exmouth

EX82AY





Incy Wincy

SWIMWEAR & MORE

Best quality swimming products and specialised
incontinence swimwear for all.

HOW TO GET IN TOUCH

Call us on
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Email us at
info@incywincy.net

UP360 Reusable Briefs



Kushies Freestyle Swimmer



Gabby Swim Pant



Swim Nappies

Kes-Vir Board Swims Shorts



Hi Line Girl's Tie dye Swimsuit



Children's Incontinence Swimwear

Kes-Vir Period
Swims briefs



KayCey Z
Secret
Zip Back
Jumpsuits



Boy's
Incontinence
Briefs



Adaptive clothing

Hi Line Ladies
Safari Swimsuit



Kes-Vir Women'
Tankini with briefs



Kes-Vir Men's Swim Shorts

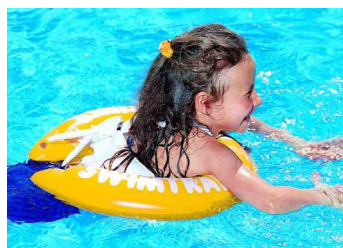


Adult Incontinence Swimwear

Konfidence Float
Jackets (Pink)



Swim Trainer
(Orange)



Goggles



Swimming Aids

Bambino Mio
Reusable Swim Nappy



Baby Swim Float Seat



Bambino Swim Sets



Baby Products



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SWIMWEAR & MORE

Call us on
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0118 956 0295

Email us at
info@incywincy.net



Incy Wincy

SWIMWEAR & MORE


Specialist in Incontinence Swimwear and Clothing 2023



KeaVea



UK award for 2020

A large, artistic splash of water in shades of blue and white, creating a dynamic and refreshing background for the page.

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Konfidence Swim-Nappy

AquaNappy provides the total solution, with their own-size fits all design making them a superb value.

- Reusable and eco-friendly swim nappy.
- Secured with an adjustable Velcro and poppers.
- Designed to contain solid bowel movements only not urine.
- One size (3 – 30 months).
- 100% Polyester outer layer; a recycled PVC middle layer; 100% polyester inner layer.

Colours: **Clownfish Cyan** and **Strawberry Navy**

Price: **£10.00**

Product Code: **KOSN**

Strawberry Navy



Clownfish Cyan



Kushies Baby Swimmers

- Swim nappies have adjustable waist and legs.
- Tie-string to secure fit.
- Machine washable.
- 100% polyester lining; 100% nylon outer shell.
- Can be worn under a regular swimsuit, sun protection swimwear or baby wetsuits.

Colours: **Boat**; **Daisy**; **Goldfish**;

Sizes: Small (upto 6kgs); Medium (11 kgs); Large (18 kgs); X-Large (23 kgs)

Price: **Not Available**

Product Code: **KSN**

Boat



Daisy



Bambino Mio Reusable Swim Nappy

Keep your baby trendy while they tread the water with Bambino Mio's award-winning reusable swim nappies.

Perfect for use in the pool and on holiday too!

- Easy to use, no additional nappy needs to be worn with this product.
- Concealed water resistant layer and leak-proof legs offer containment while in the water.
- Super soft cotton terry lining.
- Drawstring waistband.
- Lightweight fabric so it doesn't weigh your baby down in the water.
- Machine washable and can be tumble dried.
- Inner: 80% cotton, 20% polyester with polyurethane coating, outer: 100% polyester.
- Available in 4 sizes: S (<6 months), M (6-12 months), L (1-2 years), XL (2 years+).

Packs of 3

Colours: **Violet**

Price: **£31.20**

Product Code: **BM-3SWP**

Single Packs

Colours: **Electro**, **Pelican Pier** and **Supernova Star**

Price: **£9.95**

Product Code: **BM-SWP**

Violet



Electro



Pelican Pier



Supernova Star



Swim-sters Reusable Toddlers Swim Pants

- Designed to contain solids and not urine without adding weight.
- Designed to help contain up to 98% of bacteria associated with recreational water illnesses.
- Designed not to absorb or contain liquid.
- Fit comfortably and discreetly under a swimsuit.
- Machine washable and hang dry.
- Outer shell 85% nylon, 15% Spandex. Lining 100% polyester with polyurethane backing.

Colours: **Blue, Pink and White**

Price: **£21.40**

Product Code: **MPS**

Size	Waist	Upper Leg
3T	39-50 cm	27-35 cm
4T	41-55 cm	30-38 cm



Bambino Mio Swim Set

Help protect your baby's skin with Bambino Mio's UPF 50+ sun protection swim set.

- Long sleeve top made with sun protection lightweight fabric.
- Concealed water resistant layer and leak-proof legs offer containment in the water.
- Machine washable.
- Nappy Inner - 80% cotton, 20% PU coated polyester; Nappy Outer - 100% polyester; Top 90% polyester/10% spandex.
- Sizes: S (6mth), M(6-12 mths), L(1-2 years), XL (2years+)

Colours: **Nautical and Violet**

Price: **£28.95**

Product Code: **BM-SVSET**



Bambino Mio Nappy Liners

- Use nappy liners to catch solids and help reduce soiling of your nappies.
- Designed to draw moisture away from the surface to keep your baby's skin dry.
- Perfect for newborn delicate skin and suitable for all skin types.
- Can be used with all types of reusable nappies.
- 100% biodegradable – helping preserve our environment.
- Made from 100% natural cornstarch.*
- 160 x liners per pack.
- Liner size: H29cm x W20cm.
- This product is vegan friendly and is not tested on animals.

Price: **£4.99**

Product Code: **BM-BL160**



Guppyfriend Washing Bag

Guppyfriend Washing Bag by Langbrett. Eco-Friendly washing bag. Scientifically approved solution against microplastic pollution from washing.

- Material: polyamid 6.6 untreated
- Size: 50 x 74 cm / 19,7"x 29,1"

Price: **£29.00**

Product Code: **GWB-1610196**



Bambino Mio Miosolo All-In-One Baby Reusable Nappy

Award-winning miosolo is a simple and stylish all-in-one reusable nappy. It's onesize which means it will grow with your little one from baby to toddler.

- Onesize – baby to toddler.
- Leak-proof legs and waist and ultra soft.
- Super absorbent core and stay dry layer.
- Inside pocket to add extra inserts to maximise absorbency for heavy wetters.
- Easy to wash and dry.
- 100% polyester laminated to polyurethane, inner: 100% polyester, core: 85% polyester, 15% nylon.

Colours: **Puppy Party**, **Elephant Stomp** and **Honeybee Hive**

Price: **£15.50**

Product Code: **BM-SO**



Puppy Party

Honeybee Hive

Elephant Stomp

Bambino Mio Wet Bag

Bambino Mio, wet bag is the perfect on-the-go water-proof wet bag. Easy to transport wet nappies, clothes, swimwear and more while keeping the rest of your items drip-free and dry.

- Wet bag is extremely lightweight and compact to fit inside your bag as you travel.
- Simply fold, roll and clip!
- Convenient hanging loop so can be attached to your change bag or buggy.
- Wet bag can fit approximately 4 nappies.
- Machine washable.
- Made from 100% polyester.

Colours: **Nautical** and **Violet**

Price: **£11.50**

Product Code: **BM-WNB**

Nautical



Violet



Baby & Beyond Change Bag

- Spacious main compartment with secure zip closure. Multiple external and internal insulated, waterproof and mesh pockets.

Colour: **Loveable** and **Hunmingbird**

Price: **£79.00**

Product Code: **BM-CB**



Loveable

Hunmingbird

UP360 Reusable Youth Swim Pants

- Designed to contain solids and not urine without adding weight.
- Designed to help contain up to 98% of bacteria associated with recreational water illnesses.
- Designed not to absorb or contain liquid.
- Fit comfortably and discreetly under a swimsuit.
- Machine washable and hang dry.
- Outer shell 85% nylon, 15% Spandex. Lining 100% polyester with polyurethane backing.

Colours: **Blue, Pink** and **White**

Price: **£31.00**

Product Code: **MPUP-Y**



UP360 Disposable Youth Swim Briefs

- Designed to contain solids and not urine without adding weight.
- Designed to help contain up to 98% of bacteria associated with recreational water illnesses.
- Designed not to absorb or contain liquid.
- Fit comfortably and discreetly under a swimsuit.
- Designed to not come apart in the water and clog filters.
- Non-woven with polyurethane coating.

Please note this is a non-returnable item – if returned no refund will be made.

Colour: **White**

Price: **£6.95** – Single

£20.85 – Pack of 3

£78.00 – Pack of 12

Product Code: **MPD**



Size	Waist	Upper Leg
X Small	43-60 cm	28-43 cm
Small	45-68 cm	30-45 cm
Medium	50-73 cm	33-48 cm
Large	53-80 cm	35-50 cm

Gabby's Youth Pull-on Swim Pants

- Pull-on swim nappy.
- They will contain solid bowel movement.
- Chlorine treated elastic, used at the legs and back of waist.
- To be worn under regular swimwear.
- Not suitable for chronic diarrhoea or urine.
- Outer layer – 100% Oxford nylon: Inner layer 100% Cotton Flannelette.

Colours: **Blue** and **Purple**

Price: **Not Available**

Product Code: **GYPO**



Size	Waist	Leg
Youth Small	40-52 cm	33-40 cm
Youth Medium	45-57 cm	35-43 cm
Youth Large	50-62 cm	38-45 cm

Gabby's Youth Pool Pants

- Wrap swim nappy with hook-and-loop and wrap belt fastening at the front.
- They will contain solid bowel movement.
- Chlorine treated elastic, used at the legs and back of waist.
- To be worn under regular swimwear.
- Not suitable for chronic diarrhoea or urine.
- Outer layer – 100% Oxford nylon: Inner layer 100% Cotton Flannelette.

Colours: **Blue** and **Purple**

Price: **Not Available**

Product Code: **GYPP**

Size	Waist
Youth Small	51-61 cm
Youth Large	58-68 cm



Purple



Blue

Freestyle Swimmers - Juniors

- Lightweight swim brief.
- Hook-&-loop fastening system for easy wear and secure closure.
- Ties at waist and at the legs for added security in adult sizes.
- Gusseted legs ensure containment.
- They will contain solid bowel movement only.
- To be worn under regular swimwear, ideal for hydrotherapy.
- 100% nylon outer shell; Poly/cotton inner lining.

Colour: **Blue** and **Pink**

Product Code: **KFAS**

Size	Waist	Upper Leg	Waist to Crotch	Price
XS Junior - 16	41-48 cm	29-37 cm	28 cm	£23.50
Junior - 19	48-56 cm	30-45 cm	30 cm	£24.85



Blue



Pink

Kes-Vir Boy's Swim Trunks

Recommended by Physios, incontinence advisors and nurses. Boy's Swim Trunks style swimwear with contrasting colour stripe on the side. Be confident and worry free with these great incontinence swim trunks.

- Two in one swimwear – Outer shell as regular swimwear with built-in waterproof inner briefs.
- Waterproof inner briefs made from breathable PU coated polyester.
- It has adjustable elastic tape on the leg hole and pull tie cord on the waistband for a snug fit.
- Designed for bowel and urinary incontinence.
- Chlorine resistant and UVF 50+ and no pilling fabric.
- Machine washable and quick drying.
- Outer 79% Polyamide Micro 21% Xtra Life LYCRA®: Inner PU coated 100% Polyester.

Colour: **Red/Slate**

Price: **£28.00**

1-2 years; 3-4 years; 5-6 years; 7-8 years

Price: **£30.00**

9-10 years; 11-12 years; 13-14 years; 15-16 years

Product Code: **KV-BT-RS**

Red/Slate



Kes-Vir Boy's Swim Trunks - Eco

Boy's Swim Trunks - Floral/Blue - These attractive boy's swim shorties are incontinence swim shorts with built-in inner water proof pants.

- Eco-friendly - recycled fabric.
- Fabric Content: Outer: 78% Polyamide(RECYCLED), 22% Elastane. Inner: PU coated 100% Polyester

Colour: **Floral/Blue**

Price: **£34.60** 1-2 years; 3-4 years; 5-6 years; 7-8 years

£36.50 9-10 years; 11-12 years; 13-14 years; 15-16 years

Product Code: **KV-BT-FLB**

Floral/Blue



Hi Line Boys Swim Trunks

- Built-in waterproof swim nappy made from 'Naprap'.
- Designed for bowel and urinary containment.
- Silicone elastic on the waistband.
- Lining 100% PU coated nylon:
Main fabric 80% Nylon 20% Lycra.

Colour: **Navy/Turquoise**

Price: **£34.90** 5-6 years, 7-8 years

£41.20 9-10 years, 11-12 years, 13-14 years

Product Code: **HBT**

Navy/Turquoise



Kes-Vir™ Boy's Swim Shorties

Boy's Shorties style swimwear with contrasting colour stripe on the side. With integrated waterproof swim briefs.

- Two in one swimwear – Outer shell as regular swimwear with built-in waterproof inner briefs.
- Waterproof inner briefs made from breathable PU coated polyester.
- It has adjustable elastic tape on the leg hole and pull tie cord on the waistband for a snug fit.
- Designed for bowel and urinary incontinence.
- Chlorine resistant and UVF 50+ and no pilling fabric.
- Machine washable and quick drying.
- Outer 79% Polyamide Micro 21% Xtra Life LYCRA®; Inner PU coated 100% Polyester.

Colour: **Slate/Red**

Price: **£37.00** 3-4 years; 5-6 years; 7-8 years

£39.10 9-10 years; 11-12 years; 13-14 years; 15-16 years

Product Code: **KV-BS**

Slate/Red



Kes-Vir™ Boy's Eco-Swim Shorties

Colour: **Floral/Blue**

Price: **£39.10** 3-4 years; 5-6 years; 7-8 years

£41.00 9-10 years; 11-12 years; 13-14 years; 15-16 years

Product Code: **KV-BS-FLB**

Floral/Blue



Kes-Vir™ Boy's Jellyfish Board Shorts

These attractive boy's swim shorts are incontinence swim shorts with built-in inner water proof pants.

- Two in one swimwear – Outer shell as regular swimwear with built-in waterproof inner briefs.
- With built-in waterproof swim pants made from breathable PU coated polyester.
- It has adjustable leg hole and waistband elastic tape for a snug fit.
- Designed for bowel and urinary incontinence.
- Chlorine resistant and UVF 50+ and no pilling fabric.
- Vent at the back of the outer fabric to stop air being trapped inside the shorts.
- Machine washable and quick drying.
- Outer 100% Polyester; Inner PU coated 100% Polyester.

Price: **£34.00** 1-2 years 3-4 years;

Price: **£39.10** 5-6 years; 7-8 years

Price: **£41.00** 9-10 years; 11-12 years; 13-14 years; 15-16 years

Product Code: **KV-BBS-JB**



Hi Line Boys Swim Shorts

- Built-in waterproof swim nappy made from 'Naprap'.
- Designed for bowel and urinary containment.
- Silicone elastic on the waistband.
- Lining 100% PU coated nylon: Main fabric 100% Tactel.

Colours: **Navy** or **Red**

Price: **£34.90** 5-6 years, 7-8 years

£41.20 9-10 years, 11-12 years, 13-14 years

Product Code: **HB5**

Red



Navy



Size Guide at the back of the Catalogue

Kes-vir™ Boy's Swim Wrap Shorts

Your child will be able to have fun in his swimming sessions without worry, improving his quality of life and health. The shorts are discreet and stylish, no one will know they have swim briefs underneath. There are two: Eco-swim shorts and Original fabric wrap swim shorts - designed for boys with weak muscle tone and restricted limb movement. The shorts make changing easy as they open up flat. They can be laid on the bed first then the wearer over them. Suitable on a beach holiday or just swimming at a local pool, you can be confident that there will be no issue of leakage.

- Two in one swimwear – Outer shell as regular swimwear that opens flat with waterproof built-in swim nappy.
- Outer shell with specially designed slide-on nylon poppers and shock cord loop and button fastening. Easy when changing on a changing bed.
- Inner liner has wider hook-and-loop fastening and tie string for extra security.
- Both waist and leg are adjustable.
- Designed for Bowel incontinence
- Chlorine resistant and UPF 50+ and No pilling fabric
- Machine washable and quick drying

Eco-Boy's Wrap Swim Shorts in Floral Blue

- Outer 79% PA (Recycled Micro) 21% Elastane:
Inner PU coated 100% Polyester

Colour: **Floral/Blue**

Price: £52.00 – 3-4 year; 5-6 years; 7-8 years
£56.00 – 9-10 years; 11-12 years; 13-14 years

Product Code: **KV-BWVS-FLB**

Eco-Boy's Wrap Swim Shorts in Navy

- Outer 79% PA (Micro) 21% EA:
Inner PU coated 100% Polyester

Colour: **Navy**

Price: £47.80 – 3-4 years; 5-6 years; 7-8 years
£52.00 – 9-10 years; 11-12 years; 13-14 years

Product Code: **KV-BWVS-N**



Floral/Blue



Navy



Open
View

Kes-vir™ Boys Swim Board Shorts - Eco

These attractive boy's swim shorts are incontinence Eco-swim shorts with built-in inner waterproof pants, made from recycled polyester

- Two in one swimwear – Outer shell as regular swimwear with built-in waterproof inner briefs.
- With built-in waterproof swim pants made from breathable PU coated polyester.
- It has adjustable leg hole and waistband elastic tape for a snug fit.
- Designed for bowel and urinary incontinence.
- Chlorine resistant and UVF 50+ and no pilling fabric.
- Vent at the back of the outer fabric to stop air being trapped inside the shorts.
- Regular nappy MUST NOT be under this product.
- Machine washable and quick drying.
- Outer 100% RECYCLED Polyester; Inner PU coated 100% Polyester (RECYCLED).

Colour: **Floral/Blue**

Price: £35.00 – 1-2 years; 3-4 years

£42.60 – 5-6 years; 7-8 years

£44.60 – 9-10 years; 11-12 years; 13-14 years

Product Code: **KV-BBS-FLB**



Size Guide at the back of the Catalogue

Quantity	Description	Size	Colour	Unit Price	Line Total

Customer Info / Deliver To:

Name _____

Address: _____

Post Code: _____

Tel: _____

Email: _____

Subtotal

P+P

Total

POSTAGE AND PACKAGING CHARGE ACCORDING TO VALUE OF ORDER	
VALUE OF ORDER	POSTAGE AND PACKAGING TO CHARGE
Under £300.00	Add £5.10 (including VAT)
£300.00 and over	Free

Make all cheques payable to **Incy Wincy Ltd**
and allow 14 days for delivery

Overseas Orders – Postage and Packaging will apply according to weight, please contact us.

Thank you for your Business!

Please let us know how you heard about us

Payment

Cheque to be made payable to: **Incy Wincy Ltd.**

Send to: Incy Wincy Ltd, 9 Trafford Road, READING, RG1 8JP, England, UK.

Refunds

Refunds will only be given on goods returned within 14 days of delivery, provided the product and its packaging are in a good resaleable condition. Replacement of any destroyed or unusable product packaging is chargeable at £1.50 per item. Goods found to be defective in respect of material or workmanship will be replaced. Postage and Packaging is not refundable.

Despatch

We use Royal Mail's 'Signed For' service or courier. UK delivery can take up to 3-5 days and overseas delivery can take longer – subject to availability of stock. For orders paid by cheque, please allow at least 14 days for delivery.

Exchange or Returns

Please complete the form on the reverse side of the invoice or delivery note and return with the products. Please re-order item/s you require in exchange – online or by post or by calling us.

UK and Overseas customer returns

Customers are responsible for the return postage.

Non-Refundable Returns

- Items returned after 14 days of purchase WILL NOT be refunded or exchanged
- Items that have been immersed in water, soiled, marked or worn WILL NOT be refunded or exchanged.
- Items whereby the labels have been taken off and packaging damaged or destroyed WILL NOT be refunded or exchanged as this renders items non-resalable.
- Disposable products

Holidays

We are closed during UK Bank Holidays. Please refer to our website for precise dates.

Kes-Vir™ Girls Halterneck - Eco

- Girl's halterneck swimsuit with hip frill. This is eco-swimwear, made from recycled fabric.
- Incontinence one-piece swimwear for girls.
- Avoid unnecessary embarrassment of having an accident and enjoy the swim.
- Simple clasp fastening
- Integrated waterproof briefs with adjustment for the leg and for the waist.
- Fabric Content: Outer: 78% Polyimide(RECYCLED), 22% Elastane. Inner: PU coated 100% Polyester.

Colours: **Pretty Pink**

Price: **£39.80** – 3-4 years; 5-6 years; 7-8 years
£41.10 – 9-10 years; 11-12 years;
 13-14 years; 15-16 years

Product Code: **KV-GH-PP**

Pretty Pink



Hi Line Girls Swimsuit

- Built-in waterproof swim nappy made from 'Naprap'.
- Designed for bowel and urinary containment.
- Silicone elastic on the waistband.
- Lining 100% PU coated nylon:
Main fabric 80% Multifibre 20% Lycra.

Colour: **Tie Dye**

Price: **£34.90** – 5-6 years; 7-8 years
£41.20 – 9-10 years; 11-12 years; 13-14 years

Product code: **HL-GCS**

Tie Dye



Kes-Vir™ Youth Nappy Liner

Disposable swim nappy liners in youth size that won't move about.

- Worn under any Incontinence swimwear for ease of cleaning.
- Re-usable if unsoiled .
- Washable in 60°C.
- Dispose of in nappy bin.
- Pack of 5 Liners.
- Youth – waist 50 cm to 75 cm.
- **Please note this is a non-returnable item – if returned no refund will be made.**

Price: **£3.50** for pack of 5.

Product Code: **KV-YNL**



Size Guide at the back of the Catalogue

Kes-Vir™ Girl's Tankini with Shorts

Girl's two-piece swimsuit Top with shorts.

Swim shorts with integrated waterproof liner briefs.

- Top has cross-back adjustable straps. It is fully lined.
- The high waisted swim briefs have waterproof built-in liner pants.
- Briefs are adjustable at the waistband and leg cuff. Designed for bowel and urinary incontinence.
- Chlorine resistant and UVF 50+ fabric.
- Machine washable and quick drying.
- Outer: 80% Polyamide 20% Elastane - Inner: PU coated 100% Polyester.

Colours: Orange/Blue or Petunia Pink/Blue

Price: Not Available

3-4 years; 5-6 years; 7-8 years; 9-10 years;

11-12 years; 13-14 years; 15-16 years

Product Code: KV-GTS



Petunia Pink/Blue

Orange/Blue

Kes-Vir™ Girl's Waterfall Swimsuit - Eco

Girl's wrap-over Eco-swimsuit with Waterfall frill.

- Incontinence one-piece swimwear for girls with limited and weak movement.
- With its stylish incontinence waterfall swimsuit for girls, has many features.
- Avoid unnecessary embarrassment of having an accident and enjoy the swim.
- Suitable for girls with limited limb movement
- Opens up completely, so changing on the bed is made easy.
- Fewer fastening makes life easier for the carer when changing.
- Integrated waterproof briefs with poppers and sticky soft hook and loop fastening provide good security.
- The swimsuit wraps over edged with a waterfall frill and tie ribbon at the side - both functional and pretty.
- Outer: 80% Polyamide 20% Elastane (RECYCLED FIBRES) - Inner: PU coated 100% Polyester - Hook and Loop 100% polyester.

Colours: Pretty Pink or Tropic Turquoise

Price: £49.00 – 3-4 years; 5-6 years; 7-8 years; 9-10 years;

11-12 years; 13-14 years; 15-16 years

Product Code: KV-GWS-PP and KV-GWS-TT



Tropic Turquoise



Pretty Pink

UP360 Reusable Adult Swim Pants

- Designed to contain solids and not urine without adding weight.
- Designed to help contain up to 98% of bacteria associated with recreational water illnesses.
- Designed not to absorb or contain liquid.
- Fit comfortably and discreetly under a swimsuit.
- Machine washable and hang dry.
- Outer shell 85% nylon, 15% Spandex. Lining 100% polyester with polyurethane backing.

Colours: **Blue, Black** or **White**

Price: **£37.00**

Product Code: **MPUP-A**



UP360 Disposable Adult Swim Briefs

- Designed to contain solids and not urine without adding weight.
- Designed to help contain up to 98% of bacteria associated with recreational water illnesses.
- Designed not to absorb or contain liquid.
- Fit comfortably and discreetly under a swimsuit.
- Designed to not come apart in the water and clog filters.
- Non-woven with polyurethane coating.

Please note this is a non-returnable item – if returned no refund will be made.

Colour: **White**

Price: **£7.80**

Product Code: **MPD-A**



Size	Waist	Upper Leg
Adult XS	56-86 cm	38-56 cm
Adult Small	66-91 cm	43-58 cm
Adult Medium	76-102 cm	48-64 cm
Adult Large	91-117 cm	53-69 cm
Adult X-Large	102-127 cm	58-73.5 cm

Gabby's Adult Pull-on Swim Pants

- Pull-on swim nappy.
- They will contain solid bowel movement.
- Chlorine treated elastic, used at the legs and waist.
- To be worn under regular swimwear.
- Not suitable for chronic diarrhoea or urine.
- Outer layer – 100% Oxford nylon: Inner layer 100% Cotton Flannelette.

Colour: **Blue**

Price: **Not Available** – Adult Small; Medium; Large;

Adult X-Large; XX-Large; XXX-Large

Product Code: **GAPO**



Size	Waist	Leg
Adult Small	60-72 cm	43-50 cm
Adult Medium	75-85 cm	45-53 cm
Adult Large	87-97 cm	50-58 cm
Adult X-Large	100-110 cm	55-63 cm
Adult XX-Large	112-122 cm	60-70 cm
Adult XXX-Large	127-137 cm	65 cm+

Gabby's Adult Pool Pants

- Wrap swim nappy with hook-and-loop and wrap belt fastening at the front.
- They will contain solid bowel movement.
- Chlorine treated elastic, used at the legs and back of waist.
- To be worn under regular swimwear.
- Not suitable for chronic diarrhoea or urine.
- Outer layer – 100% Oxford nylon: Inner layer 100% Cotton Flannelette.

Colour: **Blue**

Price: **Not Available** – Adult Small; Medium;

Not Available – Adult Large; X-Large;

Not Available – Adult XX-Large

Product Code: **GAPP**



Size	Waist
Adult Small	61-76 cm
Adult Medium	76-91 cm
Adult Large	91-104 cm
Adult X-Large	104-117 cm
Adult XX-Large	117-127 cm

Freestyle Adult Swimmers

- Lightweight swim brief.
- Hook-&-loop fastening system for easy wear and secure closure.
- Ties at waist and at the legs for added security in adult sizes.
- Gusseted legs ensure containment.
- They will contain solid bowel movement only.
- To be worn under regular swimwear; ideal for hydrotherapy.
- 100% nylon outer shell; Poly/cotton inner lining.

Colour: **Blue**

Product Code: **KFAS**



Size	Waist	Upper Leg	Waist to Crotch	Price
Adult S – 22	56-71 cm	32-62 cm	35 cm	£31.00
Adult M – 30	76-91 cm	39-71 cm	40 cm	£34.00
Adult L – 38	97-112 cm	40-82 cm	45 cm	£38.00

Hi Line Men's Swim Trunks

- Built-in waterproof swim nappy made from 'Naprap'.
- Designed for bowel and urinary containment.
- Silicone elastic on the waistband.
- Lining 100% PU coated nylon: Main fabric 80% Nylon 20% Lycra.
- Available in 5 sizes: S, M, L, XL, XXL.

Colour: Navy/Turquoise

Price: £47.50

Product Code: HMT



Navy/Turquoise

Hi Line Men's Swim Shorts

- Built-in waterproof swim nappy made from 'Naprap'.
- Designed for faecal and urinary containment.
- Silicone elastic on the waistband.
- With drawstring on the waistband.
- Lining 100% PU coated nylon: Main fabric 100% Tactel.
- Available in 5 sizes: S, M, L, XL, XXL.

Colours: Navy or Red

Price: £49.50

Product Code: HL-CMSS



Red

Navy



Kes-Vir™ Men's Swim Shorts

These attractive men's swim shorts are incontinence swim shorts with built-in inner water proof pants.

- Attractive incontinence swim shorts.
- Contrasting Pull tie cord on the waistband.
- 2-in-1 swimwear – Outer shell as regular shorts with built-in breathable waterproof briefs.
- It has adjustable leg hole and waistband elastic tape for a snug fit.
- Designed for bowel and urinary incontinence.
- Chlorine resistant and UVF 50+ and no pilling fabric.
- Machine washable and quick drying.
- Outer 79% Polyamide Micro 21% Xtra Life LYCRA®: Inner PU coated 100% Polyester.
- Available in 5 sizes: S, M, L, XL, XXL.

Colour: Navy or Teal

Price: £47.90 – All sizes

Product Code: KV-MSS



Navy

Size Guide at the back of the Catalogue

Kes-Vir™ Men's Board Shorts

These attractive men's swim shorts are incontinence swim shorts with built-in inner water proof pants.

- 2-in-1 swimwear – Outer shell as regular shorts with built-in breathable waterproof briefs.
- It has adjustable leg hole and waistband elastic tape for a snug fit.
- Designed for bowel and urinary incontinence.
- Chlorine resistant and UVF 50+ and no pilling fabric.
- Vent at the back of the outer fabric to stop air being trapped inside the shorts.
- Machine washable and quick drying.
- Outer fabric: 100% RECYCLED Polyester, Inner PU coated 100% Polyester.

Colour: **Jellyfish**

Price: **£52.60** – S, M, L, XL, XXL

Product Code: **KV-MBS-JB**

Colour: **Penguin/Plum (Recycled)**

Price: **£56.00** – S, M, L, XL, XXL

Product Code: **KV-MBS-P**



Jellyfish



Penguin/Plum

Size Guide at the back of the Catalogue

Kes-Vir™ Men's Wrap Swim Shorts

These swim shorts are designed for a person with weak muscle tone and restricted limb movement or needs to be changed on the bed.

- Two in one swimwear – Outer shell as regular swimwear that opens flat with waterproof built-in swim nappy.
- Outer shell with specially designed slide-on nylon poppers and shock cord loop and button fastening.
- Inner liner has wider hook-and-loop fastening and tie string for extra security.
- Both waist and leg are adjustable.
- Designed for Bowel incontinence only.
- Chlorine resistant and UPF 50+ and No pilling fabric.
- Machine washable and quick drying.
- Outer 79% Polyamide Micro 21% Xtra Life LYCRA®: Inner PU coated 100% Polyester.

Colour: **Navy**

Price: **£62.00** – S, M, L, XL, XXL

Product Code: **KV-MWS**



Kes-Vir™ Ladies Tankini Indigo Wave with Briefs or Shorts

A two-piece vest and waterproof Briefs/Shorts for ladies swimwear suffering from incontinence.

- Stylish top with cross over adjustable shoulder straps
- Front of top is lined with drape effect.
- Briefs/Shorts have waterproof lining with Peel, Pull and Press adjustment on the leg cuffs and a pull-cord on the waist for further adjustment.
- High-waisted briefs with drape effect.
- Fabric – main RECYCLED 78% PA, 22% EA;
Lining PU coated 100% Polyester.
- Sizes: 8; 10; 12; 14; 16; 18; 20; 22; 24



Colour: **Indigo Wave**

Tankini & Brief Price: **£66.50**

Brief Product Code: **KV-LTB**

Tankini & Shorts Price: **£66.70**

Shorts Product Code: **KV-LTS**



Kes-Vir™ Ladies Sash Swimsuit /Swim Dress

Our first swimsuit made from Eco-Friendly Fabric – for women. The swimsuit has waterproof swim pants made from breathable PU coated polyester.

- The leg cuffs and waistband are adjustable with a pull of the elastic tape.
- With tie up on the back of the neck the swimsuit can be slipped on easily and has an attached skirt for modesty.
- Chlorine resistant and UVF 50+.
- Machine washable and quick drying.
- Fabric – main RECYCLED 78% PA, 22% EA; Lining PU coated 100% Polyester.
- Sizes: 8; 10; 12; 14; 16; 18; 20; 22; 24



Sash Swimsuit

Colour: **Indigo Wave**

Price: **£49.00**

Product Code: **KV-LSS-IW**

Swim Dress

Colours: **Indigo Wave**

Price: **£60.00**

Product Code: **KV-LSD-IW**



Separates

Black briefs

Price: **£42.00**

Product code: **KV-LB**

Black shorts

Price: **£42.00**

Product code: **KV-LS**

Briefs



Shorts



Size Guide at the back of the Catalogue

Kes-Vir™ Ladies Skirt Swimsuit

Kes-Vir™ stylish incontinence sash swimsuit is designed to look like a regular swimsuit but has a built-in swim pants.

- An attractive vibrant swimsuit in halter-neck style with a contrasting skirt and sash on the waist and bodice.
- Foam bra cup and halter-neck straps.
- With built-in waterproof swim pants made from breathable PU coated polyester.
- It has adjustable leg hole and waistband elastic tape for a snug fit.
- Designed for bowel and urinary incontinence.
- Chlorine resistant and UVF 50+ fabric.
- Machine washable and quick drying.
- Outer: 80% Polyamide 20% Elastane - Inner: PU coated 100% Polyester.
- Available in 9 sizes.

Colours: **Silver/Cameo**

Price: **£44.50** – Sizes 8 to 18

£47.95 – Sizes 20 to 24

Product Code: **KV-LSKS**

Silver/Cameo



Hi Line Ladies Swimsuit

- Built-in waterproof swim nappy made from 'Naprap'.
- Designed for faecal and urinary incontinence.
- Silicone coated elastic for grip on the waistband.
- Machine washable.
- Lining 100% PU coated nylon:
Main fabric 80% Multifibre 20% Lycra.

Colours: **Liquid Lights Blue** or **Fire Fly**

Price: **Not Available**

Product Code: **HL-LCS**

Sizes: 8-10; 12-14; 16-18; 20-22



Liquid Lights
Blue

Fire Fly



Size Guide at the back of the Catalogue

Hi Line Ladies Tankini

- Built-in waterproof swim nappy made from 'Naprap'.
- Designed for bowel and urinary containment
- Silicone elastic on the waistband of the waterproof briefs.
- Machine washable.
- Lining 100% PU coated nylon:
Main fabric 80% Multifibre 20% Lycra.
- Two-piece swimsuit consisting of vest top and contrasting shorts.

Colours: **Liquid Lights Blue with blue shorts**
or **Fire Fly**

Price: **Not Available**

Product Code: **HL-LTT**

Sizes: 8-10; 12-14; 16-18; 20-22

Fire Fly



Liquid Lights
Blue



Size Guide at the back of the Catalogue

Kes-Vir™ Ladies Tankini with Briefs or Shorts

A two-piece vest and waterproof Briefs/Shorts for ladies suffering from incontinence

- Front of top is lined with drape effect giving a very stylish look.
- Adjustable shoulder straps for a better fit.
- The top overlaps at the waist of the briefs.
- High-waisted Swim Briefs or Shorts with integrated waterproof lining, giving a fashionable look to the complete outfit.
- Adjustment on the leg cuffs and a large slider on the waist for waist adjustment for effective containment of bowel.
- Whether you are swimming in pool or sea or having hydrotherapy session, this swimwear will give you a peace of mind with absolute security.
- Top fabric – main 80% PA, 20% EA; Lining 100% Polyester.
- Bottom fabric – main 80% PA, 20% EA; Lining 100% Polyester with polyurethane coating.
- Available in 9 sizes.

Colours: **Cherry/Black** or **Purple/Black**

Tankini & Brief Price: **£61.00**

Brief Product Code: **KV-LTTB**

Colours: **Cherry/Black** or **Purple/Black**

Tankini & Shorts Price: **£61.00**

Shorts Product Code: **KV-LTTS**

Top

Price: **£24.00**

Product code: **KV-LTT**

Sizes 8 to 24

Purple



Cherry



Kes-Vir™ Size Guide

Girls

Age	Height	Chest	Lower Waist	Upper Leg
3-4 years	104 cm	57 cm	46-56 cm	28-35 cm
5-6 years	116 cm	61 cm	50-60 cm	30-39 cm
7-8 years	128 cm	66 cm	54-64 cm	33-43 cm
9-10 years	140 cm	72 cm	56-66 cm	37-47 cm
11-12 years	152 cm	79 cm	58-68 cm	41-51 cm
13-14 years	164 cm	84 cm	60-70 cm	44-54 cm
15-16 years	168 cm	91 cm	64-74 cm	47-57 cm

Boys

Age	Lower Waist	Upper Leg
1-2 years	45-55 cm	24-40 cm
3-4 years	48-58 cm	27-42 cm
5-6 years	51-61 cm	30-44 cm
7-8 years	54-64 cm	33-46 cm
9-10 years	58-68 cm	36-48 cm
11-12 years	62-72 cm	39-50 cm
13-14 years	68-78 cm	41-52 cm
15-16 years	72-82 cm	44-54 cm

Women

Size	Bust	Waist	Hip	Upper Leg
8 / 36	81 cm	70 cm	90 cm	47 cm
10 / 38	85 cm	76 cm	94 cm	50 cm
12 / 40	89 cm	82 cm	98 cm	53 cm
14 / 42	93 cm	86 cm	102 cm	56 cm
16 / 44	98 cm	92 cm	106 cm	59 cm
18 / 46	104 cm	96 cm	110 cm	62 cm
20 / 48	110 cm	102 cm	114 cm	64 cm
22 / 50	116 cm	106 cm	118 cm	66 cm
24 / 52	122 cm	112 cm	123 cm	68 cm

Men

Size	Waist	Upper Leg
Small	71-87 cm	40-56 cm
Medium	81-97 cm	46-62 cm
Large	91-107 cm	52-68 cm
X-Large	102-117 cm	58-74 cm
XX-Large	112-127 cm	64-80 cm

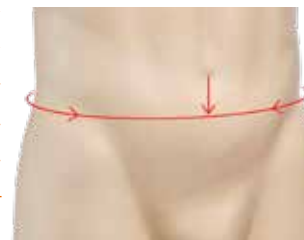
Hi Line Size Guide

Girls

Age	Chest	Waist	Leg
5-6 years	59-63 cm	55-57 cm	33-37 cm
7-8 years	63-66 cm	58-60 cm	37-40 cm
9-10 years	66-70 cm	60-64 cm	38-42 cm
11-12 years	70-75 cm	64-68 cm	39-45 cm
13-14 years	75-80 cm	68-72 cm	40-48 cm

Women

Size	Bust	Waist	Leg
8-10	81-84 cm	70-75 cm	44-50 cm
12-14	89-94 cm	74-80 cm	46-52 cm
16-18	99-105 cm	80-88 cm	48-54 cm
20-22	110-117 cm	86-92 cm	50-56 cm



Measuring the Waist

Take the measurement of the waist slightly below the tummy button and above the hip

Boys

Age	Waist	Leg
5-6 years	48-52 cm	30-34 cm
7-8 years	52-58 cm	32-36 cm
9-10 years	56-62 cm	36-40 cm
11-12 years	60-68 cm	37-42 cm
13-14 years	68-78 cm	42-50 cm

Men

Size	Waist	Upper Leg
Small	74-79 cm	48-54 cm
Medium	80-86 cm	52-58 cm
Large	89-94 cm	56-62 cm
X-Large	97-102 cm	60-66 cm
XX-Large	104-109 cm	64-70 cm



Measuring the Upper Leg

Take the measurement of the upper leg (the girth of the leg), diagonally and towards the crease of the leg

Note: To obtain a good fit, please take measurements on the skin and not over any clothing.



Incy Wincy

SWIMWEAR & MORE

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Like us @incyswim



@IncyWincySwim



@incywincyltd



Incy Wincy Swimstore



October 2023

Newsletter

LET'S FACE SOME ISSUES!

Wednesday
18th Oct
18:30 - 19:30
FREE



FREE SESSION
Family Meetings:
Why and How

Monday
2nd Oct
18:30 - 20:30
£24



Understanding
the Teenage Brain
Why teens think, feel and behave
differently from adults

Monday
23rd Oct
18:30 - 20:30
£24



Understanding Anger
Yours and theirs - what is anger, why
do we feel it and how can we manage
it?

Thursday
26th Oct
18:30 - 20:30
£24



Supporting a Child with ADHD
interactive session explaining what ADHD is
and offering a range of interventions that can
make lasting differences.

What Parents & Carers Need to Know about AI VIRTUAL FRIENDS

Artificial intelligence – particularly in terms of how it generates natural language – has seen significant development over the last six months, with companies releasing new AI-based software or adding an AI element to existing apps (such as Snapchat, for example). One form of AI to become especially popular has been the ‘AI friend’ or chatbot, as children eagerly experiment with these new-found computer-generated companions. There are now numerous apps available with this ‘virtual friend’ functionality, with the likelihood of it being added to other successful platforms soon.

WHAT ARE THE RISKS?

CONTENT AND ACCOUNTABILITY

AI chatbots may not always be able to recognise when content is age inappropriate or harmful and should be filtered out. So there's a possibility that children could be exposed to offensive language or explicit material while conversing with their virtual friend. The companies producing such AI solutions are also unlikely to take responsibility for any content that their algorithms generate.

D@*#!

REDUCED SOCIAL CONTACT

An excessive reliance on chatbots for social interaction could potentially cause a child to begin reducing the amount of face-to-face communication they have, leading to social isolation. If young people become dependent on chatbots to provide companionship, it could very likely hinder the development of their real-life social skills.

LACK OF SENSITIVITY

Chatbot software isn't always sophisticated enough to pick up on subtle emotional cues or recognise signs of distress in children, as most humans would. It might therefore fail to respond appropriately. AI misinterpreting what it's being told or replying insensitively to a young user who's already struggling could potentially impact a child's emotional wellbeing or exacerbate any existing emotional issues.

UNINTENTIONAL BIAS

AI companions are only as reliable as the information they've been programmed with. The algorithms they use, therefore, may unintentionally promote bias, stereotypes or discriminatory behaviour (as many originate from the USA or the UK, for instance, they can display a distinctly western-centric worldview). This could lead to children developing skewed attitudes and behaviours.

COGNITIVE LIMITATIONS

Although many are now undeniably advanced, AI-powered chatbots still have limitations in terms of understanding complex concepts, context and nuance. Depending heavily on chatbots to help with learning or solving problems may stunt the development of a child's own powers of critical thinking, creativity and ability to engage in open-ended discussions with other people.

PRIVACY CONCERNS

Chatbots typically collect data about users, including personal information and conversations. This is ostensibly to improve their performance as they gradually learn about our behaviour – but many experts are warning that there may be significant risks associated with how this information is stored and used (the possibility of potential breaches or misuse by third parties, for instance).

Advice for Parents & Carers

CHAT ABOUT CHATBOTS

If your child is already expressing an interest in AI apps, a relaxed, natural chat should help you to discover which ones they're aware of and how they're using them (or are planning to). Discuss these options with your child and perhaps do your own research to ensure you think they're suitable. Once you're totally happy, you could sit with your young one and begin exploring AI chatbots together.

CREATE A SAFE ENVIRONMENT

If your child is keen to engage with AI chatbots, encourage them to do so in a safe environment: ideally in a shared space at home, so you can easily keep an eye and ear on their progress. Set up appropriate content filtering measures in advance – and gently remind them that you'll be close by and ready to help with any questions or concerns that may arise.

FIND A BALANCE

Work alongside your child to establish the right balance in terms of how they might use AI-powered chatbots – and when it's appropriate. It's important to make sure that children are still getting plenty of opportunities to learn to solve problems for themselves, as well as building their interpersonal skills through face-to-face conversations with friends, family members and teachers.

TAKE CONTROL

As with any form of app or game, when it comes to AI chatbots we'd strongly recommend that you consider employing parental controls (either on the device being used or within the software itself) to manage which apps your child can download and use. This is particularly important for younger children, who may be more at risk of being upset or frightened by inappropriate content.

RECOGNISE THE RISKS

It's unlikely that most children will have even considered the potential risks attached to having a virtual companion. So it's probably wise to explain some of the possible hazards and challenges of AI chatbots to your child. In particular, emphasise that AI isn't a real person (however much it might sound like one) and may occasionally tell them something that isn't entirely impartial or accurate.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



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The **RAINCOAT** study:



EVERYDAY WALKING IN CROUCH GAIT in children with cerebral palsy

Would you like to take part in a research study?

My name is Harriet Hughes, and I am researching Crouch gait. This is one of the most common walking patterns affecting children and young people with Cerebral Palsy. It is characterized by excessive knee bend which can lead to pain and problems walking.



What do we want to find out?

We want to find out how knee muscle strength and selective motor control (the ability to move joints independently of one another), impact on crouch gait during everyday walking activities such as slopes, steps, and kerbs and compare this to children who do not have Cerebral Palsy. It is hoped that this will enable the development of new treatment approaches for children and young people with crouch gait and Cerebral Palsy.

Who can take part?

We are inviting children and young people aged 6-18 years both with and without Cerebral Palsy to take part, who can walk with or without a walking frame



Where and when?

At the University of Plymouth, Human and Movement function lab from 2nd October 2023 to 31st March 2024

What's involved?

A one-off appointment lasting approximately 90 minutes. During this appointment we will measure knee muscle strength, selective motor control and how they walk on slopes, steps and over level ground



Scan QR code for more study information

If you would like to find out more or if you are interested in taking part then please contact me via email, whatsapp, text or phone:

Harriet Hughes

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Email: harriet.hughes-5@postgrad.plymouth.ac.uk work tel: 07971246605