

## The Triplets' Story

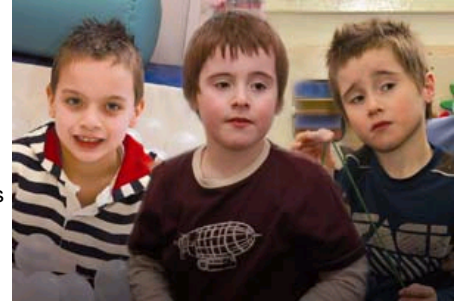
Daniel, Mark and Paul are 8-year-old triplets. When they were nearly four years old, Mark and Paul were diagnosed with severe autism and learning disabilities.

They need 24-hour care and are likely to need specialist support throughout their lives. The boys are a real handful and lack a sense of danger, so when they go out and about it's hard work for their parents who need to watch them all the time.

As the boys can only sleep when it's dark, their parents are exhausted, especially in the summer months. That's why they rely on the one weekend each month when the boys stay at Buckets & Spades Lodge, Norwood's respite care home in Finchley. The family can have a break from caring whilst the boys have a stimulating and enjoyable time and receive full-time care from the specialist staff.

Twice a week, Mark and Paul go to Unity, Norwood's recreational scheme for children with disabilities. Here they enjoy sports, games, art, music and going on outings where they use Norwood's specially adapted minibus. Whilst Mark and Paul are in Norwood's care, their parents Beverley and David spend time with their two other children, Daniel and Lily and do simple things like going out for lunch, shopping and visiting relatives.

Beverley said: "Our lives revolve around caring for Mark and Paul. Unity and Buckets & Spades are professionally run and tailored to their needs. There are no other provisions like them. We simply could not cope without Norwood's support."



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