

OUR HISTORY & CELEBRATION OF 2021

January 2022

Issue 1



MEANING OF OUR LOGO

- > The hands stand for the Tamil community including the media, the health professionals & the other volunteers
- > The humans stand for the working group & the trustees
- > The heart stands for the TSC families
- > The star stands for the full potential of our children & families

The interpretation is the working group & the trustees with the help of the Tamil community are helping the TSC children & families reach the full potential & become stars!

INSIDE THIS ISSUE :

FATV PMP	2
Clubs	2
Monthly celebration Events	2
Training	3
Performance	3
Structure & Funding	3
Acknowledgements	4
Gallery	5-10

HISTORY OF TSC UK 2017-2021

Tamil Special Children was formed as a WhatsApp group on 9th October 2017 with just 4 parents. The purpose was for the 4 parents to support one another in bringing up their special children.

The group moved to the next level when the opportunity for the children to go on stage was provided by First Audio's Pon Maalai Polluthu in March 2018. Under the guidance of First Audio and the sponsorships of various magnanimous Tamil individuals and organisations, TSC became stronger both with regards to membership and the delivery.

Tamil organisations came forward to promote our

children at their own fundraising events by giving them the chance to perform on stage.

In August 2020, TSC UK was registered as a charity.

The pandemic made the group resilient. All activities became virtual. There were TV shows for the children to showcase their talents, training programmes delivered by various professionals and experienced parents, clubs led by parents and monthly celebration events.

The purpose of our charity is:

To promote social inclusion for the public benefit by working with the Tamil community who are so-

cially excluded on the grounds of their learning disability/difficulty, to relieve the needs of such people and assist them to integrate into the Tamil society, in particular by:

*Raising the Tamil community's awareness of the issues affecting people with learning disabilities/difficulties, both generally and in relation to their social exclusion

*Providing workshops, forums, advocacy and general support for Tamil people with learning disabilities/difficulties, their families and carers.

FIRST ANNIVERSARY OF CHARITY REGISTRATION

TSC UK became a registered charity on 24th August 2020.

With the easing of lockdown, a live event was organized on 28th August 2021. This was TSC's first live event under its own banner. A sports meet was held and medals were

awarded. Trophies were also awarded to celebrate the participants of the FATV PMP programme which had marked its 75th week.

The programme's main sponsor was Lyca's Gnanam Foundation. They

provided the venue and dinner at Manjal Restaurant in Loughton. Various people sponsored the trophies and medals. Parents also brought and shared food.

This event demonstrated what teamwork can achieve!

FATV PMP

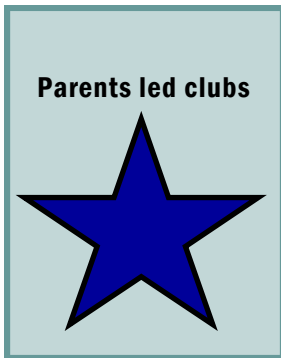


When the pandemic struck us, we were all struggling to entertain our children. It was at this time that FATV decided to start a weekly programme to give our children the opportunity to interact virtually. From being camera shy and being reluctant to speak, the children have blossomed. They have grown in confi-

dence. They have learnt social skills. They have identified their talents. And more importantly, they have built a strong friendship circle. It's really refreshing to see these children waiting for their turn, appreciating each other and most importantly waiting till the end of the programme before bidding farewell to

ensure that even the last performer has a full audience. There are some ardent viewers who come online to appreciate these children. Massive thanks to all these well-wishers & obviously Nada Mohan, the universal uncle for our children!

CLUBS



Our parents are really talented and generous with their time. It all started with the yoga club . When families started signing up to it, other parents came up with different ideas for various clubs.

These clubs are proving to be therapeutic and helping with life skills, and obviously resulting in happy families especially

after a cooking session!

Our current clubs are:

*Art & Craft led by Malar

*Cooking led by Thaya

*Dance led by Kanni & taught by Swapna, an external coach

*Daughters group led by Nanthini

*Tamil led by Geeta

*Spoken English (for parents) led by

Krishanthy

*Yoga led by Chitra

*Youngsters group led by our youngster Kiran

We also have a few ideas for new clubs in the pipeline!

MONTHLY CELEBRATION EVENTS



The idea for monthly celebrations originated when 3 of our children decided to have a Zoom birthday party. The party guests had so much fun! It was a win:win situation since it took away the hassle of travelling, arranging party food and getting gifts.

On the 3rd Saturday of every month, there is a virtual celebration to celebrate the festival/event of the month.

The children introduce themselves first. Then

they are given information about the celebration of the month in simple language. After that, they play games either in the main room or in the breakout rooms. This is followed by a virtual tour of usually one country. Then comes the birthday celebrations with children singing happy birthday to those who have celebrated birthdays in the past month. The event finishes with dancing to a Tamil song!

These monthly events are hosted by Devanand Mahadeva, a TSC uncle, and the virtual tour slides are prepared by Nikhil D Mahadeva, a TSC cousin. The main room and breakout room games are led by TSC parents and TSC siblings.

These events are also teaching the children to be inclusive since festivals of different faiths/cultures are celebrated!

TRAINING BY PROFESSIONALS & EXPERIENCED PARENTS

We are really blessed to have the support of a number of health professionals. They empower the parents by teaching techniques that can be applied by the parents at home. Our children have made so much progress because of these training sessions. Our parents have become confident as a result. The families have bloomed! Dr Puvanendran, Dr Anton James & Psychologist Shridevi have sub groups with our parents and

share information directly.

We have also had other professionals delivering sessions for us. They range from types of school settings to aromatherapy to financial planning. And what is really heart warming is the fact that they do this on a voluntary basis.

Our parents also come with a range of experience and knowledge and they offer to lead various sessions based on their

experience. These training sessions are really are fundamental since they are lived experiences and confirm that each child is unique and develops in his/her own path.

Most of the training is conducted on Fridays since the end of a week gives the parents more flexibility to attend the workshops.



PERFORMANCE TIME

Our children got the first stage opportunity with PMP in 2018. The heady experience of performing on stage, being applauded and getting medals and certificates made them become confident and yearn for that opportunity. So when other organizations started offering chances for our children to perform on their stages, we grabbed those opportunities with

grateful hearts!

Our children have done solo and duet performances on the stages of Tamil Para Festival, London Tamil Market, Orhan fund raising programme, & Tamil Fest. In December 2021, our children went to another level by doing a live group performance at an event organized by The Federation of Saiva (Hindu) Temples

UK and under the guidance of Ms Bageshree Baskaran.

They have also taken part in a Pongal programme on Meiveli TV under the same guru.

We are really thankful to all those who have given a stage to these children and hope that the opportunities will come flooding in the future!



STRUCTURE & FUNDING

The group is:

- of the special families,
- by the special families,
- for the special families!

Parents volunteer to be in the working group, help make decisions and run the events. Trustees are again volunteers and are usually from the Working

Group. But the success of the group is because everyone in the group comes together to share information and experience, support each other and help run the events.

The organization is also proud to say that to date, every single event, both live and virtual, have been free of charge thanks to the generosity

of the community and the families.

There are short term, medium term and long term targets. To meet the long term targets, the organization will require funding. That is the next step that the group is hoping to pursue.

**Of the special families,
By the special families,
For the special families!**

**TAMIL
SPECIAL
CHILDREN UK
(TSC UK)**

Contact:

07984551684

[TAMIL SPECIAL CHILDREN UK -](http://TAMILSPECIALCHILDRENUK-1191001)

1191001

charitycommission.gov.uk

THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU

ACKNOWLEDGEMENTS

TSC parents and siblings are brilliant but for any organization to progress, the support of the well-wishers and community is key. So our heartfelt thanks to:

*Tamil Women's Voices UK (especially Vanitha & Vani) for being the 1st sounding board for the creation of this group

*Mr. & Mrs. Nadarajah Mohan for being our guiding light

*FATV & PMP for taking the lead in sponsoring our fun events till we became a registered charity

*Mr K Sharma for introducing us to First Audio TV

*All the sponsors of the PMP events:

-Late Mr Raahavan

-Mr Ruban of Shalom Centre

-Ms Shivaanthi

-Mr Kingston Siva

-Mr Nichshan

-Councillor King

-Urumparai Sports Club

-Newham Tamil Learning Centre

-Henshou Isshinryu Karate Academy

*Erambamoorthy Ilamurugan for digitalizing our hand drawn logo (by TSC family) and making it so pretty

*Dr Anton James for becoming an extension of our group and for the innumerable training

sessions

*Ms Bageshree Baskaran for teaching our children music and taking them to the next level

*Ms Shridevi Sudharsan for the parental and sibling support and psychology sessions

*Ms Swapna Velayudham for teaching our children dance and being committed to them

*Ms Renolda Antonyrajah for the SLT sessions

*Dr Puvanendran for the training sessions

*Dr Satish Muthulingham for the homeopathy session

*Ms Suja Vairavanathan & Ms Kalpana for the schooling session

*Mr Michael for the mindfulness session

*Ms Nasreen for the aromatherapy session

*Mr Devanand Mahadeva for the Will writing and Power of Attorney session

*Ms Reeny Mariampillai for the training session

*Dr Nisha for the training session

*Ms Yalini Shanmuganathan for the nutrition session

*Ms Abirame Sithambarm for the OT session

*Nuvu for giving a stage to our children

*Tamil Para Festival & DATA for giving a stage to our children

*Orhan for giving a stage

to our children

*All Hindu Temples Federation for giving a stage to our children

*Meiveli TV for giving a stage to our children

*Baba Luxy for giving us permission for the use of his photos and offering to support us in the future

*Lyca's Gnanam Foundation for sponsoring our 1st sports event/charity anniversary

*The staff of Manjal Restaurant, Loughton

*Mr Keith Vaz & Lycaradio for showcasing the needs of our group

*The Community: Thanks to each and every one of you for being inclusive. You all are fantastic!

GALLERY



Fish bun



TSC Cooking



Fun time at Christmas



GALLERY



NOUNS

PRONOUNS

ADJECTIVES

VERBS

ADVERBS

PREPOSITIONS

CONJUNCTIONS

SIMILES

PROVERBS

GALLERY



Programme - ①

- ① stand straight on your mat and both hands and leg together prayer post.
- ② warm up
 - Hands on your waist and jump x ③
 - both hands up and down x ③
 - Head - up and down
 - Bend - (R) (L)
 - turn - (R) to (L)
- ③ Aasanams
 - thoppu karanam - 10 x ③
 - Seeriyenamasakaram - (R) (L)
 - pathahusthasanam - x ②
 - Thirikonu Aasanam - same side - (R) (L)
 - seathupanthasanam - x 2.
 - uttharasanam - (R) (L) (Both) legs
 - Cat pose x 2
 - Todalanam - (R) (L) x 2
 - breathing
 - Vachrasanam Prayer → OM chanting (10min)

GALLERY



GALLERY



GALLERY

