

AWARE News September 2012

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www.homestead.com/awareuk/

www.awareuk.org



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September	Time	Activity & Location	Cohort/Age Group	Cost
Saturday 1	T.B.C.	Trip Club: York Dungeons or Chocolate Story	Age 12+. Parents don't stay - young people will have AWARE support	£20/person
<i>For further information contact Rachel Miller on 07826 92615</i>				
Fridays 7, 14, 21 & 28	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Friday 7	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery <i>Book with Margaret</i>	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome
Saturday 8	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre <i>Book with Rachel</i>	Families with younger children up to about 11 years, inc siblings	£3.50/family + £1/friend
<i>Please ring, text, email Rachel rachelmiller71@hotmail.co.uk 07826926150 to let her know you are coming as equipment will be left out from the Friday club, and some help will be needed by those who attend to put it away again.</i>				
Tuesday 11	8pm	Meeting at CDC, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Saturday 15	10 am – 1pm	Cookery Club Addingham Youth Centre <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Sunday 16 Brave	11.30am	Leeds/Bradford Odeon Leisure Park Thornbury see page 2 <i>Just turn up</i>	All family	See page 2 Carer free
Sunday 16	3.15 – 4.15 pm	Swimming with inflatables & slide Keighley Leisure Centre <i>Book places with Jo – Do please let us know if you've booked and CAN'T make it so we can offer the places to another family</i>	All family (max. 20 children/ session)	£2.50/swimmer
Wednesday 19	10am – 2pm	Coffee Morning – Addingham Youth Centre see page 2 <i>Book with Jo/Margaret</i>	Parents/carers, babies & toddlers welcome	Free but donations welcome
Saturday 22	12 – 2.30pm	Turkish Baths, Harrogate see page 2 <i>Book with Margaret</i>	Parents/carers	Free but donations welcome
Thursday 27	10 am – 12.30pm	Walking Group – see page 2 for details <i>Book with Margaret</i>	Parents/carers	Free but bring money for coffee-stop!

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 28 September. Please contact our librarian, Alison, on 07932258170, if you are unable to access these dates and wish to borrow any particular resources (a full list is available in the members' section of our website).

Friday 7 September: New Diagnosis Group

If you would like to get together informally with a small group of parents whose children/young people have been (relatively!) recently diagnosed to chat and discuss issues such as play skills, diet, sleep, toileting, benefits, please contact Margaret. We are meeting at Strong Close Nursery in Keighley 9.30 –

11.30am. Please book in advance for the NDG with me (so I can buy enough chocolate biscuits!): 07854 740071 or margaretnash@thomasnash.orangehome.co.uk

Meeting at The CDC, Airedale Hospital, Tuesday 11 September at 8.00pm: Hft

Hft is a national charity, providing [local support services](#) for people with learning disabilities throughout England. Andrew Horner, Strategic Area Manager at Hft, will give us a short introduction into the type of support they offer people who have learning disabilities and their families: *I will hopefully be joined by a member of our "New Choices team" who work with schools, colleges, nurses, social workers, families and most importantly people who have learning disabilities. The team help to design flexible support packages which enable people to be supported to do some really interesting things.*

For any members who unfortunately can't make the meeting, Andrew would be really happy to send you some of Hft's information or you call/email him: andrew.horner@hft.org.uk Andrew Horner 01274 323890 or 07810 816177 <http://www.hft.org.uk/>

The July meeting was AWARE's AGM and you will have received our Annual Report, 2012 Survey results and the AGM minutes by email over the summer. All these documents are also available in the (password-protected) members' area of the website.

Cinema: Sunday 16 September: autism-friendly screening of Brave (PG, 2D)

Animated adventure from Disney and Pixar 'Brave' follows the heroic journey of Princess Merida; an expert archer whose spirit and skill are the only things that can save her kingdom.

For details of the national autism friendly screenings, including a trailer, see <http://www.dimensions-uk.org/what-we-do/autism/autism-friendly-films> [Autism Friendly Film Screenings Homepage](#) [Your questions answered](#) about booking, pricing and CEA Cards (free entry to Carers).

Sophie does the Great North Run for AWARE – please sponsor her!

Message from one of our fab volunteers, Sophie: *I'm running the BUPA Great North Run on the 16th of September in Gateshead, Newcastle! I have been a volunteer with AWARE for just under a year now. I volunteer at the youth club every Friday night and I have worked with autistic children from the club at a residential in June.*

By choosing to sponsor me in the Great North Run, you are donating to funds that will cover the costs of residential that provide respite for the parents of autistic children and for other costs that cover new youth club equipment and other ways to support autistic children and their families in the local area. I've added a link for my fundraising page, through which you can donate and a link for AWARE's website. <https://mydonate.bt.com/fundraisers/sophielatta1>.

Thank you for reading, I hope you will donate - every little helps! Sophie <http://www.awareuk.org/>

Call for help! Can you bake? Tombola prizes? Volunteers needed for fundraising event in Ilkley!

White Stuff are hosting another big shopping event on Thursday 20 September and will be raising funds for AWARE: can you help by donating tombola prizes, making buns/cakes to sell or coming to the shop on the day to run the stall? Please contact Jo if you can help us!

Turkish Baths, Harrogate Saturday 22 September

So many members enjoyed our previous sessions to the Turkish Baths that we have decided to go again this month! Unfortunately, we have been unable to access any specific funding for the trip so we are using other general funds to pay for entry to the baths (£20.50 each) but cannot provide a coach. I can take up to four people from the Bingley area and if anyone else can provide places and maybe share the petrol, that would be great – just let me know when you book. We aim to be there for 11.30am and leave Harrogate for the return at 3.30pm. N.B. This is a mixed session at the Turkish Baths so men and/or women both welcome. Have a look at the website for more information and to see how beautiful this place is: www.harrogate.gov.uk/turkishbaths Places are limited so book a.s.a.p. with me, Margaret!

Walking Groups: mid-week for parents/carers and weekends for families: 27 September

Weekend Walks with the Thomas family, Diane is unable to lead a walk this month so look out for details of her October walk in our next newsletter. Why not join our **Mid-week ramble with Ronda**: for parents/carers only – Thursday 27 September, meet at the lower level car park at St Ives, Bingley at 10am prompt. Email/text Margaret (07854 740071) to book, for a lift or for further information.

N.B. For both groups, it is advisable to wear walking boots/walking shoes and take waterproofs – please also print off and sign the disclaimer.

Thank you for all your fundraising efforts!

We've recently signed up to **justtextgiving** – an easy way for anyone to donate money to us simply text AWARE12 £10 (amount you want to donate) to 70070. **Nothing yet so will you be the first!?**

Easy fundraising: please register to receive updates and for just a few clicks you can make £'s for AWARE - visit <http://www.easyfundraising.org.uk/causes/aware> **Total for Easy fundraising is £11.35**

Sign up to everyclick – where each search you do generates a very small amount but the more people who do it the more we'll raise: <http://www.everyclick.com/awareuk> **Total for Everyclick is £30.25**

Thank you to those people who've signed up but you need to keep using everyclick to do your searches to create funds, make it your default search engine, or homepage.

Don't forget to keep **recycle ink cartridges** for us (the HP one's are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15) so PLEASE do recycle your cartridges via The Recycling Factory envelopes – to get one, please ring 08000910696, or visit www.therecyclingfactory.com or pick up one next time you are at an AWARE event (only Canon, HP, Lexmark and Dell cartridges now accepted).

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. Use our web shop: <http://www.spendandraise.com/aware/> a 'gateway' to many internet shops and when you shop we receive a percentage of your spend or an amount agreed by the company **at no additional cost to yourself**. Amazon, M&S, Play.com and lots of major stores and

Yellow Moon www.yellowmoon.org.uk (which sells art, craft, toys and gifts at very reasonable prices) now give 20% cash back to AWARE. Just quote our source code WAW01693 when you buy!

News from the NAS: see attached flyer re two conferences coming up:

[Women and girls on the autism spectrum, 16 October 2012, Birmingham](#)

and

[Who cares? Supporting older people with autism effectively, 10 October 2012, London](#)

Remploy invite you to find out more about their employment services

Remploy is one of the UK's leading experts in the provision of specialist employment services and each year they offer thousands of disabled people and those who face barriers the support they need to gain sustainable and rewarding employment. Their branches provide jobseekers with easy access to their range of services held in a friendly and professional environment. Remploy takes a flexible approach which allows them to tailor their services to meet an individual's needs. They can also provide in-work support after progression to employment and can provide support to employees who are at risk of losing their job because of a health condition or a disability. With the recent launch of the new Wage Incentive Scheme, Remploy can provide financial help to employers to reduce the cost of employing young people. An incentive payment of up to £2,275 per young person is available. Remploy want to establish links with partner organisations. **If you would like to find out more about more about Remploy and the support they can offer your customers please email saira.butt@remploy.co.uk or call 0300 456 8054**

A few hints from AWARE members, other parents of children on the spectrum & our supporters:

Have you joined AWARE's new **Facebook** group? Lots of sharing here – please join in!

<https://www.facebook.com/groups/317649321643365/>

[Research Autism](#) Latest information PDF version at <http://www.researchautism.net/newsletterpdf>

Keywizz is a new company based in Hampshire, England which provides a cost effective method of music tuition/therapy for all ages and abilities. It was developed by a music teacher who works in schools for pupils with autism. *Our aim is to make it possible for everyone who has learning difficulties, behaviour affected learning or limited communication e.g. stroke, brain injury and associated problems to be able to access lessons/therapy.* Keywizz has been used for over ten years with excellent results for both children and adults. It is all about **“learning to learn”** using sound and colour.

See <http://www.autism.org.uk/directory/resources/17696.aspx>

Bradford LINK's annual report for 2011-2012 is now available to download. Visit www.bradfordlink.org.uk/annualreport11-12

The beginning of the school year is an exciting time, but for many children getting back into the routine can be difficult. ***Making the Start of School Less Stressful*** includes ideas for starting the new school year right. ***Making the Start of School Less Stressful*** - [PDF](#) ***Making the Start of School Less Stressful*** - [Web Article](#) Have a look at the Sandbox website – lots of articles and downloadable sheets here to help you

and your children/young people. Please also see the attached article re **Adolescence** from Geoff Evans, The Options Group.

Having a pet 'helps autistic children to develop their social skills'

<http://www.dailymail.co.uk/health/article-2182550/Autism-A-pet-helps-children-autism-develop-social-skills.html> And also: **Pets boost social skills** in kids with autism

<http://www.medpagetoday.com/Neurology/Autism/34012>

For free tickets to **The Allergy and Free From Show North** on 27 and 28 October (Saturday/Sunday) in Liverpool, visit their website: www.allergyshow.co.uk or The following link will allow you to download and print your ticket at a time convenient to you: Click Here: [Download & Print Ticket](#)

Welfare Reform: Your questions answered London: Carers UK, 2012

The changes to the benefit system are complex and far reaching. Carers UK has compiled this document detailing what the changes announced so far will mean for carers and their families. Not all details of the impact on carers have yet been announced.

<http://www.carersuk.org/help-and-advice/focus-on/item/2479-welfare-reform-your-questions-answered/2479-welfare-reform-your-questions-answered?showall=1>

Personal Independence Payment (PIP)

This is the new benefit to replace Disability Living Allowance (DLA) from April 2013 for people aged 16-64. DWP have produced a useful guide to the new benefit published in January 2012.

<http://www.dwp.gov.uk/docs/personal-independence-payment-faqs.pdf> (Editor's note: thanks to Carers' Resource for this information)

Help Lines: Need help or support?

The National Autistic Society www.nas.org.uk autismhelpline@nas.org.uk

Education Rights Service: 0808 800 4102 **Autism Helpline:** 0808 800 4104

Parent-to-Parent Service: 0808 800 4106 Calls are free from landlines & most mobiles.

The Autism Services Directory <http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=113&a=5704>

Parentline Plus 0800 80 2222 Parentline is a free, confidential service for any parent, any time.

Parent Partnership Bradford 01274 481183 Leeds 0113 395 1200 Craven & Harrogate 01609 534983

Social Care Children's Services Bradford 01274 437500 Leeds 0113 3984702 Craven 01756 793700

Support for Carers Carers Connection Bradford www.carers-in-bradford.nhs.uk 01274 363440

Carers Resource, Skipton http://carersresource.smartchange.org/mw_bran2.phtml 01756 700888

Carers Resource, Shipley Tel: 01274 449660 **Carers Leeds** www.carers.org 0113 246 8338

Disability Advice Bradford 01274 594173, Leeds 0113 214 3630, Skipton 01535 617400

Contact a Family advice on benefits & finance for families with a child with a disability www.cafamily.org.uk/cashcounts 0808 808 3555 **General helpline** email helpline@cafamily.org.uk

Looking for childcare www.thefamilyhubbleeds.org www.bradford.gov.uk/childcare

Transitions service <http://www.dimensions-uk.org/index.php>

Bradford Family Information Service (FIS) for information about childcare, nursery education, children's activities and family support services. Tel: 01274 437503 or <http://fis.bradford.gov.uk/fis/home>

Bradford Toy Library, St Luke's Call Emma or Michelle on 01274 365463.

Play Partners can help children with a disability access play or holiday schemes 01274 431571

Disclaimer: Every effort has been made to ensure the accuracy of the information in this newsletter or material AWARE produces, AWARE Management Committee (Trustees) and any staff (paid or unpaid) cannot accept liability for any matters connected with or arising from this information. AWARE does not recommend any particular approach to autism: we merely seek to inform so families can make their own decisions, tailored to the individual concerned.

AWARE thanks the following for their support this year:

