

AWARE News April 2015

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Issue 174

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April	Time	Activity & Location	Who for/ages	Cost
Monday 30 Tuesday 31 March and Wed 1 & Thurs 2 April	10 am – 3 pm	Play Scheme Stay and Play Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friend	£6/Family/day + £1/friend
	10 am – 3 pm	Play Scheme Supported Places <i>Book places with Jo</i>	Children on the spectrum 8+	£12/Child/day
Friday 17 & 24* n.b. No club 3 & 10	7 – 9 pm	Friday Youth Club Addingham Youth Centre (*library available) <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Saturday 18	12 – 4 pm approximately	Trip Club: Forest School at St Ives <i>Book with Rachel Miller</i>	Age 12+, parents do not stay – young people have AWARE support.	£20.00 /person
Tuesday 14	From 7.30 pm	Shimla Spice Keighley (in lieu of CDC Meeting) See page 2 for more info <i>Book with Margaret</i>	Parents, carers, Anyone interested	Members pay their own way. BYO.
Saturday 18	8 pm (bar opens at 7.30 pm)	Comedy Club Ilkey: Stagefright See page 2 for details <i>Book with Margaret</i>	Parents, carers,	One carer ticket free per family, then £12 for anyone else
Sunday 19	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
Tuesday 21	7 pm	New Moving On Club: Cosmo's in Leeds <i>Book with Rachel Miller</i>	Adults on the spectrum 18-25 years	People pay for themselves
Wednesday 22 N.B.CHANGE OF DAY & TIME!	1 – 3 pm	New Diagnosis Group Coffee Morning Strong Close Children's Centre Keighley <i>Book with Margaret</i>	All carers welcome – babies and toddlers, too – we will be in the creche!	Free but donations welcome
Saturday 25	10 am – 1 pm	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
Saturday 31	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre <i>Book with Rachel Miller</i>	Families with children up to about 11years	£3.50/family + £1/friend

Most of our sessions take place at [Addingham Youth Centre](#), Bolton Road, Addingham, LS29 0NR on the site of Addingham Primary School; visit this link to see what it's like before you come: [About Aware](#)
AWARE Library will be available at Youth Club on 24 April. Please contact our librarian, [Vanessa](#), if you are unable to access these dates and wish to borrow any particular resources (a full list is available in the password-protected members' section of our website – you should have received the NEW password when you renewed); also see our Facebook group for recommendations and hints and tips on page three for details of websites etc which may be of interest to you.

Easter Play scheme Monday & Tuesday 30 & 31 March and Wednesday & Thursday 1 and 2 April

Contact [Jo](#) for further information; see what it's like before you come by following this link:

<http://sites.createvideomarketing.com/sites/185/AboutAware> Supported places can now be booked; cost £12 per child. Anyone is welcome to turn up to Stay and Play: £6/family/day, 10am – 3pm.

AWARE Social: meal at Shimla Spice in Keighley

Instead of our usual meeting at Airedale CDC, Tuesday 10 March, 8pm, we shall be getting together for a meal and a chat at Shimla Spice, 14 South Street from 7.30pm. <http://shimlaspice.co.uk/keighley/> Book with [Margaret](#) *Unfortunately, last month's speaker, Chrissie Dodds, Carer Lead for Bradford District Care Trust, had to cancel at the last minute due to personal issues but we very much hope to have her come and talk to us in the autumn.*

Swimming, Keighley Leisure Centre - Sunday 19 April 3.15pm

Future dates: all Sundays 3.15 - 4.15pm, 17th May, 14th June and 12th July 2015

New AWARE Group – Moving On Club Tuesday 21 April

A social group for adults with autism age 18+, meeting once or twice a month to go out for social activities e.g. out for meals, to the cinema, pub quizzes. The group will decide their own programme. Last month members went karting in Guiseley (and then to the pub for a drink!) and had a fab time. Any AWARE members on the spectrum and aged 18-25 years are most welcome to join us next time; please book with Rachel Miller 07826926150. Rachel & Louise will be on hand to support if needed

New Diagnosis Group, Wednesday Friday 22 April 1 – 3pm

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 will be meeting at Strong Close Nursery in Keighley on Wednesday 22 March, 1 – 3pm, book in advance for the NDG with [Margaret](#)

Coffee Morning at Trinity 5 Rise Children's Centre

No coffee morning this month because of the Easter holidays, but Lillie's group will be meeting as usual every second Friday – see Facebook for dates and further information.

Low Mill Residential Break 17-21 August 2015. For children approximately 10-18 years, most suitable for slightly older children: those who have stayed away from home before or who enjoy more challenging activities such as canoeing, gorge walking, abseiling, high ropes, zip wire and archery. Follow this link to see what it's like: [LowMill Residential](#) and if you're interested in your child being considered, please contact [Jo](#)

We have been advised by our funders to charge for our residential breaks so the costs from April 2015 are likely to be £50 per child for a two night break and £100 per child for a four night break.

Thanks to Bradford Carers, last month:

24 Mums enjoyed some TLC (from six therapists doing massages, facials, Reiki and nails) at an AWARE Pamper Day in Addingham on Tuesday 10 March. They also chatted and shared experiences and jokes over a lovely buffet lunch, whilst AWARE staff and volunteers Jenny and Vanessa, helped by Polly (thank you!) sorted out the food and looked after babies and little ones!

19 Mums and Dads detoxed and had fun (a lot of squealing from some members, tut tut!) at Harrogate Turkish Baths on Saturday 21 March, followed by a bite to eat in Weatherspoon's ... all while their children were having fun at Lineham Farm with Jo, Rachel and the team.

Thanks to Disability Advice Bradford, we also have funding this month for:

Stagefright Comedy Club 18 April Ilkley Playhouse: *“Our head-lining act is Jim Tavaré - Voldemort eat your heart out! Comedian, actor and musician, he is best known for his work on The Sketch Show on ITV which won a BAFTA award and also played the role of Tom, the owner of the Leaky Cauldron, in Harry Potter and the Prisoner of Azkaban.”* **Ten tickets available FREE (thanks, Ruth at DAB!) for AWARE parent carers** – please email [Margaret](#) if you want to reserve a place as they are going fast!

Volunteers needed! We have also been lucky to have selected by the organisers of **Ilkley Carnival** to receive funding for a morning of holistic therapies at Ilkley Playhouse followed by a buffet lunch for 15 parent carers at Outside the Box on Friday 15 June. In return, they would like support from AWARE members with a range of activities – note from Maria Hunt, the Carnival Secretary: *Helpers don't only have to come down on the actual day either... we are down on the field all day, Sunday as well - so if anyone has any issues with childcare they can bring the kids along too! Lunch is provided on both days for anyone helping. The Sunday is a much more relaxed affair but it's the day that we put up marquees,*

shift chairs, tables, fencing, etc... On the Monday there is the actual Parade etc and running the thing... but where we need the most help is actually taking the marquees down!

You can contact Maria direct to offer your help or skills **on 01943 605065**. hope to see lots of you there with me, Margaret!

If you would like a place on the De-stress Pamper Morning and lunch, please book with [Margaret](#). And watch this space and Facebook for some information re the children's fair for AWARE members, too!

NAS Survey - tell us what we should campaign on!

Ahead of the General Election in May, we want to hear your views on what needs to change so that you and your family can lead the life you choose. We want to hear about the issues that are most important to you. For example, you might think that teacher training is the most important thing, or perhaps it's accessing benefits, or support in adulthood. We will use your responses to shape our plans over the next year to lobby and influence the new Government. Everyone who completes [the survey](#) will be entered into a prize draw for a £50 Love2shop gift voucher. The survey will close on 14 April.

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

Lots of postings so people are up to date with what AWARE is doing; if you are missing out, then please join our closed members' group: [Join the closed AWARE members' ONLY FB group](#) Lots of ideas for the holidays and about where to use your Max cards! Contact [Jo](#) to buy one £3.53 inc P&P.

Need help with filling out DLA forms? Contact Carers' Resource have two Parent Carer Development Workers covering different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven (numbers in Helplines below).

Autism Friendly films: sign up for Dimensions' [weekly e-news bulletin](#) in order to get the latest information about Autism Friendly Film Screenings and other Dimensions events and activities.

My CAMHS Choices has launched their new website, created by young people for young people, to act as a support and provide information on Child and Adolescent Mental Health Services (CAMHS): <https://www.youtube.com/watch?v=0tK2qkFc5NE>

Have a look at **Cerebra** research into the experiences of families of [Bringing up a child with autism](#) – lots of interesting and helpful stuff on their website.

From Contact a Family: New resources for parents and professionals from the **UK Safer Internet Centre** which produces educational and awareness raising resources for children, parents and carers and teachers to meet emerging trends in the fast-changing online environment. Recent launches include resources focusing on: • early years, sexting • a 'how to' video guides on using parental controls on internet-connected devices • 'A Parents' Guide to Instagram', written in collaboration with Instagram and Connect Safely. www.saferinternet.org.uk/advice-and-resources

Free online textbooks from top private school, reports the BBC: A leading private school in England is publishing digital textbooks which will be available worldwide to download free of charge. <http://senior.stephenperse.com/news/2014-15-senior-school-news/we-launch-our-ibooks-textbooks>

Members often ask about useful/fun autism **apps** so thought this might be helpful: <https://www.autismspeaks.org/autism-apps> If anyone has any other recommendations, please email [Margaret](#) and I shall include them in future newsletters.

Several AWARE members have benefited from grants from **Family Fund**, the UK's largest grant-giving organisation helping low-income families caring for children and young people with disabilities or serious illnesses. Find out more and apply here: <http://bit.ly/1g0bl8D> (Thanks for the reminder, Fiona!)

Luv2meetU and Connect in the North are running **Safety in the Community training** on **Thursday 16th April** in Bradford. This will be held at the **Kala Sangam Arts Centre** from **12:30-4:30pm**. The sessions are open to non-members with a learning disability and/or autism – see attached flyer.

Thank you for all your fundraising efforts!

Autism Awareness Week fundraising stall: Otley Market Place on Friday 27th March, donated items of bric-a-brac, tombola prizes; plus cakes and helpers (on the day) would be very welcome, contact [Jo](#)

The bag pack at M&S Ikley on Saturday 14th March 2015 raised **£329** - thanks to Julie Tales for organising it and to all the members who took part: well done, team! For the three bag pack sessions held in Ikley, a total of **£947.48** has been raised for AWARE: fantastic, Julie and co!

We're signed up to **justtextgiving**: to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. Don't forget please do **recycle your phones and cartridges via The Recycling**

Factory envelopes/free post label (the HP ones are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15): the scheme is completely **free of charge** and 100% of the value of all items successfully recycled will be donated to AWARE. Just follow this link to print out a FREEPOST label (and please share with your friends, family and work colleagues) Total collected so far: **£859**
<http://www.therecyclingfactory.com/aware>.

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!

Easyfundraising & Give As You Live have now merged so if you'd signed up to either then it's all now just easysearch & easyfundraising: 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, for just a few clicks you can make £'s for AWARE – so visit <http://www.easyfundraising.org.uk/causes/aware> to sign up.

Overall Total for Easyfundraising/GiveAsYouLive is £1,638 (£1 603 last month)

We now have 65 supporters – welcome to our new supporter! If you haven't signed up yet, please do so NOW: you have nothing to lose and AWARE has a lot to gain.

<http://www.easyfundraising.org.uk/invite/3IDMM5/>

Please collect used postage stamps as we can get cash for them.

Ask your family, friends and work places to save them too, then bring them with you to any activity or events you attend, or pop them in an envelope and post them to us - we'll even recycle the stamp you use!

Helplines: 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 3951200 Craven & Harrogate 01609 534983

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

Carers Resource, Skipton 01756 700888 **Carers Resource, Shipley** Tel: 01274 449660

<http://www.carersresource.org/> **Carers Leeds** www.carers.org 0113 246 8338

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

Contact a Family <http://www.cafamily.org.uk/> 08088083555 for advice on benefits & finance for families with a child with a disability.

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>

Leeds FIS <http://www.familyinformationleeds.co.uk/> family.info@leeds.gov.uk 08007310640 /

01132474386 **North Yorks FIS** fis.information@northyorks.gov.uk 0845 6011630 / 07624 802425

Local Offer <http://fis.bradford.gov.uk/fis/disability/Local+Offer>

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 Tel: 01274 431571

<http://fis.bradford.gov.uk/fis/disability/Play+Partners>

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:

Cow & Calf, Ilkley



City of Bradford Metropolitan District Council

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