

AWARE News April 2009

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www.homestead.com/awareuk/

www.awareuk.org



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April Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mon 20 & 27 NB no Youth Club on 6 th & 13 th	7 – 9pm	Monday Youth Club Addingham Youth Centre <i>*Ring Sarah Jamieson to attend</i>	HFA/AS 12+ and siblings age 8 - 17 (Parents don't stay)	£1/ person
Fridays 3 & 24 NB no Youth Club on 10 th & 17 th	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Sunday 12 Hotel for Dogs 	11am Doors open 10.50am	Cinema Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>*Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007</i>	All family <i>Just turn up</i>	£2.50/child adults free
Tuesday 14	7.30pm	Parents' social The Cow & Calf, Ilkley <i>Book with Jo</i>	Parents, Carers, Professionals, anyone interested	Pay for own meal
Mon 6 & Tues 7 Weds 15 & Thurs 16		Play scheme	Any age up to 16 years	£8 per supported place £2 /family + £1/friend
Saturday 25 with bouncy castle	1.30 – 3.30pm NB. New time.	Junior Youth Club Addingham Youth Centre <i>Please ring, text, email to let us know you are coming as equipment will be left out from the Friday club, some help will be needed by those who attend to put it away again.</i>	Families with young children up to about 11 years, inc siblings	£2 /family + £1/friend
Wednesday 22	10am – 12pm	Coffee Morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free

N.B. For further details of all our activities contact Jo 07764432933; for the Monday club contact **Sarah Jamieson* on 01274 734018 or email sarah.jamison@bradford.gov.uk

Please remember to send us your used stamps; mobile phones and ink cartridges!

AWARE Library will be available on 24 April, 7 – 9pm at Friday Youth Club

Easter playscheme Mon 6th, Tues 7th, Wed 15th & Thurs 16th April

Mon 6th, Tues 7th & Wed 15th, Thurs 16th April 09: supported places available at £8 per child per day - ring Jo to book these; otherwise just turn up on the day (10am – 3pm – bring a packed a lunch!).

Raise money for AWARE and YOURSELF ... and be environmentally aware!

Raise £15 for AWARE and £15 for yourself without leaving your home ... Smart Energy, leading supplier of solar panels, is offering £15 to AWARE and £15 to you just for having one of their team come and talk to you about the benefits of solar panels. What could be easier? To make an appointment, email you name, address and telephone number to margaretnash@thomasnash.orangehome.co.uk Smart Energy is the only company in the UK to offer a new integrated solar and boiler control system. Smart Energy Solar System with central heating Optimisation is compatible with most types of boilers including combi, condensing and back boilers so you won't need new plumbing or a replacement boiler.

Fundraise by using our webshop and by giving AWARE your old mobile phones, used stamps & empty ink cartridges

Don't forget to use our webshop, www.buy.at/aware 'gateway' to many internet shops and if you go shopping via this gateway we receive a percentage of your spend or an amount agreed by the company *at no additional cost to yourself*. A few of the most well used shops are M & S, Amazon, Waterstones, Iceland plus many, many more. Please support us by doing your shopping via the above address: make it your home page so you'll never forget to use it!

Please bring along old mobile phones, used stamps and empty ink cartridges to any of our sessions, or ring Jo to arrange collection. Special **thanks to Ilkley Rotary Club** who have been very generous with their continued donations of cartridges and stamps – we are very grateful!

World Autism Awareness Day

The UN has declared 2 April 2009 as 'World Autism Awareness Day' and we hope that radio Leeds will be running a feature on autism and mentioning AWARE.

Cinema: Easter Sunday 12 April autism-friendly screening of 'Hotel for Dogs'

When orphaned sixteen-year-old Andi and her younger brother Bruce are told by their new guardians that pets are forbidden, they decide to keep their loyal dog, Friday, in a disused hotel. Soon they find themselves running a four-star canine retreat. Now the neighbourhood pooches have it made, just as long as Andi and Bruce can keep their secret from being discovered. Staring Lisa Kudrow and Emma Roberts, 'Hotel for Dogs' is a fabulous family-friendly film, that's just perfect for pet lovers. If you liked 'Beverly Hills Chihuahua' and 'Stuart Little', you'll love 'Hotel for Dogs'.

Parents'/Carers' Social at The Cow and Calf Tuesday 14 April

Instead of our usual parents' meeting at Airedale CDC, we shall be getting together for a meal at The Cow & Calf, Ilkley from 7.30pm. To enable us to book tables together, please let Jo Galasso know in advance if you are coming.

At the March meeting, Louise Baldwin from Autism Partnership gave us an overview of Applied Behavioural Analysis (ABA) and some practical strategies for helping our children/young people at the February meeting. Louise has offered to come back to one of our coffee mornings to talk to some more parents – please contact Margaret Nash if you have an area (eg challenging behaviours, specific rituals, eating, toileting etc) you would like help with so that Louise can bring along some relevant suggestions and strategies for you and your child. For further information about Autism Partnership, call the Leeds office on 0113266 7711 or go to <http://www.autismpartnership.com/uk/contactus>

Coffee Morning, Addingham, Wednesday 22 April

Come along, have a cuppa and a chat, gain support from others and share your experiences. If there any particular topics you would like to discuss, please let Jo know in advance as we may be able to arrange a speaker for a future date.

Monday Youth Club and siblings of people with autism

The club in Addingham on Mondays, run by Bradford Inclusion Project, now has places for siblings and also places for best friends if requested (age range 8 – 17 years). Please contact Sarah Jamison (details on front page) if you are interested.

Annual questionnaire

Thank you very much to those people who took the time to complete and return a questionnaire (there is still time to send us your thoughts if you haven't done so already!). We are reading through your answers

and suggestions and shall report back to you soon with a summary of your feedback and our plans for the future. Watch this space!

News from The Family Fund

Families with a disabled child/young person up to the age of 25 can make their money go further with a new website: www.familyfundextra.org.uk Join for free and enjoy discounts of up to 25% from leading online retailers including Argos, Comet, BSM and Haven Holidays.

New Otley Parent Carer Support Group

This new group will meet on Tuesday 21 April and Tuesday 19 May from 10.30 – 12 at Otley Children's Centre, Ashfield Primary School, Weston Lane. For further information, contact Val Hewison at Carers Leeds on 0113 246 8338.

New Open University Autism course

Some of you may be interested in the new Open University course, Understanding the Autism Spectrum, which is 'especially relevant to educators, learning support workers and healthcare professionals; parents, siblings, care-givers and relatively able autistic people; all those with an interest in the psychological and health sciences. For further information: '<http://www3.open.ac.uk/courses/bin/p12.dll?C01uSK124>

Postgraduate Certificate/ Diploma/MSc in Autism from the University of Strathclyde online delivery

For further information on this course please contact: Margaret Ritchie on 0141 950 3234 margaret.ritchie@strath.ac.uk or visit www.strath.ac.uk/autism-ncas

Eagle Life College open day Saturday 9 May

Parents and carers are invited to an open day at Eagle Life College, a specialist day and residential College providing education and care for young adults aged 19 – 25 with Autistic Spectrum Disorders. For further information or to make an appointment, call 01953 888656. You can also subscribe to the free Eagle House Group Newsletter at <http://littlurl.com/lxbmc>

Research on ASC and diet

Would you like to take part in a study about ASC's and diet? Are you the parent of a child with a diagnosis of an ASC? Is your child currently or has s/he recently been on a dietary intervention (either restrictive or a supplement?) If the answer to all the above is **YES**, read on...

"My name is Dawn Johnson. I am currently looking to recruit parents to be interviewed about their perceptions of their child's dietary intervention, as part of my final year as a student on the Doctorate of Clinical Psychology course at Lancaster University.

If you would like to take part please contact me either on: **01524 592970** and leave a message, which I will return as soon as possible or d.johnson7@lancaster.ac.uk

Feel free to call or email with questions or queries, you are not obliged to commit!"

New Guide to Carers' Rights

Carers UK has produced 'Looking after someone – a guide to carers' rights and benefits for all benefits, available from www.carersuk.org or by calling 0808 808 7777. This publication is especially pertinent in the current economic climate as so many carers are struggling even more financially.

Useful websites:

<http://www.treehouse.org.uk/> TreeHouse is the national charity for autism education. TreeHouse was founded in 1997 by parents of children with autism and today campaigns for better autism education nationally and runs a school for children and young people with autism. TreeHouse undertakes policy and parliamentary work and research to ensure autism is a national priority, supports parents to campaign locally and offers training and consultancy on autism education

Gingerbread/One Parent Families website is helpful re benefits advice etc.

<http://www.oneparentfamilies.org.uk/disabledchild>

<http://www.changing-places.org/> Changing Places, disabled friendly changing facilities

www.autism.org.uk/pubs/gifts for NAS publications

www.yourable.com Includes help with DLA information

Free Symbols: www.do2learn.com www.pdictionary.com www.usevisualstrategies.com

www.photosymbols.com www.enchantedlearning.com/dictionary.html

<http://www.moneysavingexpert.com/> Martin Lewis, money saving expert, sign up for weekly emails.

<http://www.mealsavers.co.uk/main/> Supermarket best buys plus more in weekly emails.

www.ActivityVillage.co.uk Free games & activities to download or print out.

www.icare4autism.org The International Center for Autism Research and Education offers the latest in autism information and provides all those with autism spectrum condition an invaluable place to find resources.

Useful information/links

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

Carers UK log on to www.carersuk.or to find out how you can show your support

Bradford Young Carers Older children often help their parents to look after disabled siblings. For advice and information contact 01274 481183

Bradford Toy Library, St Luke's Call Emma or Michelle on 01274 365463 for opening times

www.entitledto.co.uk This website provides free online calculators to help you work out your entitlement to benefits and tax credits.

Help Lines: Need help or support?

The National Autistic Society www.nas.org.uk Parents' Help line: 0845 070 4004 (Mon-Fri 10-4) autismhelpline@nas.org.uk

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 Lines: Bradford 01274 481183 Leeds 0113 3951200

Craven 01609536766 Harrogate 01609 534983

Social Services – 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 Leeds www.carers.org 0113 246 8338

Benefits Advice Services - DIAL (Disablement Information and Advice Line)

Bradford 01274589162, Leeds 0113214 3630, Benefits Agency, Skipton 01535 617400

Looking for childcare The Family Hub Leeds www.thefamilyhubleeds.org/

Children's Information Link www.bradford.gov.uk/childcare

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

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:

Bradford Carers Grant

Cow & Calf, Ilkley

