

AWARE News April 2010

Registered Charity 1089617

Issue 119

www.homestead.com/awareuk/

www.awareuk.org



Contact details: AWARE phone line: 01943 466543 Mobile: 077644 32933

Email: jo.galasso@tesco.net Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

April Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 19 & 26	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 23 & 30	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
Tues 6 & Mon 12 – Thurs 15	10am – 3pm	Play scheme <i>Just turn up</i> Addingham Youth Centre	Families with children 0 – 16 years inc siblings /friend	£2/family + £1/friend
Tuesday 13	8.00pm	Social in lieu of meeting at CDC – see below <i>Book with Jo</i>	Parents, Carers, Professionals, anyone interested	
Saturday 17	10am – 1pm	Cook Club (monthly) Addingham Youth Centre <i>Book in advance with Jo – more info on page 2 of newsletter</i>	HFA/AS 13+	£5 includes lunch and dish to take home.
Sunday 18 Astro Boy 	11am Doors open 10.50am	Cinema <i>Just turn up but please read info on page 2</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Wednesday 21	10am – 12pm	Coffee Morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 24	TBC	Trip Club <i>Contact Linda Porter on 07949576898 for further information</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 p/session (includes activities and refreshments)
Saturday 24	4.15pm - 5.15pm	Swimming – Inflatables. Keighley Leisure Centre <i>Please let us know if you have booked and CAN'T attend so we can offer the places to another family</i>	All family – please ring/email/text Jo to book places	£2 /family

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

AWARE Library

The AWARE Library will be available at the Parents' meeting on 11 May and Youth Club on the 30 April. Please contact Karen (or Margaret) if you are unable to access these dates and wish to borrow any particular resources: karenrobertson31@hotmail.com (margaretnash@thomasnash.orangehome.co.uk) (margaretnash@thomasnash.orangehome.co.uk)

Annual Membership now overdue!

If you haven't yet returned your annual membership, then this is the last newsletter you will receive ... so please complete and return all paperwork with your payment (cheque/PO for £5 payable to 'AWARE') immediately if you wish to continue being a member. Please don't forget to return your completed questionnaire, too!

Social in lieu of the usual Parents' Meeting, Tuesday 13 April at 7.30pm

Instead of our usual meeting at the CDC this month, we are going for a Chinese buffet meal which is £9 per person, at Pan Choice in Shipley. Please reserve your place with Jo, the more the merrier.

Pan Choice, 30 Westgate, Shipley, BD18 3QX. Tel.01274 200 336.

Last month's speaker at the CDC was Alan Heath. Alan gave a very interesting presentation so I am attaching a flyer about The Listening Programme and a copy of an article from the TES for those people who missed it – there are a couple of websites to look at, too: www.learning-solutions.co.uk and www.advancedbrain.com

DLA Training

Many thanks to the parents who recently came for a day's course in Addingham on completing DLA forms. The trainer was impressed by our knowledge but able to give us all a much better insight into how the forms are assessed which should be very useful: if you would like one of us to help you next time you have to complete the forms, get in touch with Jo and she will ask the 'expert' closest to you to make contact directly. The forms are challenging but the friendly atmosphere meant we were all able to ask questions, contribute and learn lots – and the delicious M & S lunch helped (especially the cheesecake!).

AWARE wins new funding for carers!

Jo has been successful in obtaining a Carer's Good Ideas grant of £3724 to run two pamper days which will be at Addingham and two Spa days in Harrogate, the first of which will hopefully be in June to coincide with Carers Week 12 – 18 June 2010. Fantastic news – just what we need! Watch this space for further details.

Cook Club

The cook club will run on a monthly basis at Addingham Youth Centre, a maximum of six young people can attend per session; age 13+ HFA/AS; cost £5, this includes lunch and a dish to take home. If your child is interested in attending, please contact Jo.

Coffee Morning: Wednesday 21 April

Everyone welcome, including toddlers!

Cinema: Sunday 18 April: autism-friendly screening of 'Astro Boy' (PG)

Starring the voices of Nicolas Cage, Kirsten Bell and Bill Nighy

Set in futuristic Metro City, Astro Boy is a young robot with incredible powers who has been created by a brilliant scientist. Powered by positive "blue" energy, he has super strength and the ability to fly.

The cinema has asked us to stress that if for whatever reason your child is having any difficulty with the lights, sound etc, PLEASE make the team aware on the day, preferably during the showing, so they can make any necessary changes and so you can enjoy the performance.

Easter play scheme Tues 6th April and Mon 12 to Thurs 15 April

Supported places for children 8 – 16 years have all been taken but please come along with your family: no need to book – just turn up and play! The Terminator (inflatable obstacle course) will be there on Thursday 15th from 10am to 12pm.

Advance notice

Spring Bank Holiday play scheme - Wednesday 2 and Thursday 3 June;

Summer play scheme - Mon 16 – Fri 20 August and Mon 23 – Tues 24 August.

Bookings for supported places are now being taken.

Residentials at Lineham Farm

Once again, the March residential was very successful: 18 children attended, age 8 – 15 years, four of whom had never stayed away from home before but who coped brilliantly due to the level of support they received.

The next residential will be from 21 – 23 May and referrals are now being taken for children 8 – 16 years. It is possible for children just to come for the day, or a couple of hours, to try it out prior to staying overnight and it is also possible for a parent to stay with their child initially if this helps. Activities include climbing wall, biking, animal care, and art or environmental activities. For more info: www.linehamfarm.co.uk The residentials are free but we are happy to accept donations.

Advance notice of residential at Herd Farm 25 – 27 August

We've also just booked another residential which will take place at Herd Farm (LS17) www.herdfarm.co.uk from Wed 25th to Fri 27th August. This is for slightly older children (10 - 18 years) as the activities are more challenging – zip wire, high/low ropes, Jacob's ladder, assault course, archery etc. For further information, take a look at the website and then contact Jo.

A few hints from AWARE members and other parents of children on the spectrum:

Bradford Link: Bradford Link hosted an event at Victoria Hall in Saltaire on 4 March to give the people of Bradford District an opportunity to come together to look at the issues faced by people with an ASC when accessing health & social care services in the district. This event took place the day after the department of health launched its strategy for improving the lives of adults with autism in England and was attended by almost 50 people who have an interest in ASC, including people with an ASC, parents, carers and professionals working for statutory and voluntary agencies or services that support people with ASC.

If you would to read the repost in full, please go to the AWARE website or email margaretnash@thomasnash.orangehome.co.uk for a copy.

Applying for an adult passport “Yesterday I applied for my daughter to have her first adult passport as she is now 17. Because she hasn't had her own before (she was just included as a child on mine) she was supposed to have an interview. After discussions with the passport office, post office and MENCAP it in fact transpires that young people with a learning disability which makes them unable to answer the passport interview questions can be exempt under "special circumstances", although I was told, and through a supervisor, that this was not the case and that I might not be able to be present as her carer. Effectively this would discriminate against anyone with a severe learning or communication disability - they offered me a signer but as she doesn't sign (and the official still wasn't understanding when I tried to explain!), it just goes to show that autism is again one of those disabilities that slips through the net.

Also a point of interest: if the young person CAN answer the questions and cope with a 30-minute interview, they recommend at least six weeks for passport turnaround. All this is quite new legislation and I suspect many other people are not aware of this. MENCAP are going to raise it with their Campaign issues.”

Yorkshire Water WaterSure scheme If you have a water meter but you need to use more water than usual for essential purposes such as medical condition, you may be able to pay less. To check whether you qualify (there are various conditions including someone in your household needs to be receiving one of a number of income-related benefits), request an application form: 0845 1 242424 or go to www.yorkshirewater.com (Thanks to Carers Leeds for this.)

Day out with Thomas, 2 – 5 April Call 01756 710614 or visit www.embsayboltonabbeyrailway.org.uk for more info. Free bus link from Ilkley railway station.

New online autism portal A new website has been launched to highlight the best online resources on autistic spectrum disorders. Autismlinks provides news, conference dates and website links to publications and educational journals. This website has been setup with people on the autistic spectrum in mind along with parents, carers and professionals and is intended to be a signposting service which will help you find your way through the many available websites linked to Autism – helping visitors through the minefield of information available on the World Wide Web. <http://www.autismlinks.co.uk/>

Netmums: for information about local events for children/families, visit:

<http://www.netmums.com/listings/WHATSON/bradford/104/April/#ixzz0j10Rkz3Z>

Items for sale/needed: if you have any special equipment you would like to give away/sell/buy, please send brief details to Margaret and we shall try to include the information in the newsletter and on our website in return for a donation to AWARE (if selling).

If you have any hints/suggestions you would like to share, please contact me on 07854 740071 or email margaretnash@thomasnash.orangehome.co.uk Thank you!)

NAS News

Please find attached an e-flyer for the *help!* course in Wakefield on Thursday 6th May, 9.30 am – 3.00 pm. To book a place on this programme please phone: **Jan Fuller on (0191) 5680732**

This summer, NAS will be launching their next major campaign focusing on child mental health services. If you're the parent of someone with an autism spectrum disorder aged 21 or younger who has experienced mental health problems (including anxiety and behaviour problems) NAS would like to hear from you. www.autism.org.uk/cmh

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.

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 & 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

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

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

Contact a Family advice on benefits & finance for families with a child with a disability
www.cafamily.org.uk/cashcounts

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

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

The Children's Information Link for up-to-date information about childcare, nursery education, children's activities and family support services. Tel: 01274 437503

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

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:

Bradford Carers Grant

Cow & Calf, Ilkley

