

AWARE News April 2011

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April	Time	Activity & Location	Cohort/Age Group	Cost
Wednesday 30 March	9.30 – 11am	New Diagnosis Group Strong Close Nursery <i>Book with Margaret</i>	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free
Fridays 1, 8 & 15. <i>n.b.No club 22 & 29</i>	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Saturday 2 World Autism Awareness Day	12pm – 3.30pm	Spring Fair and Play session for children. <i>Just turn up</i>	Everyone welcome! <i>See page 2 for info</i>	£3 /family + £1/friend
Tuesday 12	8.00pm	Meeting at CDC, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	
Wednesday 13	10am – 1pm	Coffee morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Sunday 17  Gulliver's Travels	11am Doors open 10.50am	Cinema: Details on page 2 Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>Just turn up</i>	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Monday 18 & Tuesday 19	10am – 3pm	Easter Play Scheme Addingham Youth Centre Families can <i>just turn up</i> to stay and play.	Families with children 0 – 16 years inc siblings /friend	Families £2.50/half day, £5/full day.
	No Club this month	Trip Club <i>Contact Linda Porter on 07949576898 for further information</i>	Age 12+. Parents don't stay - young people will have AWARE support	£20 p/session
Wednesday 27 & Thursday 28	10am – 3pm	Easter Play Scheme Addingham Youth Centre Families can <i>just turn up</i> to stay and play.	Families with children 0 – 16 years inc siblings /friend <i>See page 2 for details</i>	Families £2.50/half day, £5/full day.

For further details of all our activities contact Jo 07764432933

Has your child been recently diagnosed and/or are you looking for some friendly advice?

If you would like to get together informally with a small group of parents 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 on Wednesday 30 March, 9.30 – 11am. Please book in advance with me: margaretnash@thomasnash.orangehome.co.uk or 07854 740071.

AWARE Library will be available at Youth Club on 15th April. Please contact Margaret if you are unable to access this date and wish to borrow any particular resources (a full list is available in the members' section of our website): margaretnash@thomasnash.orangehome.co.uk

Stand up for Autism 2nd April 2011, 12pm-3.30pm.

To celebrate World Autism Awareness Day, AWARE members are organising a fundraising Spring Fair and play session for the children at Addingham Youth Centre, stalls will be around the building, and the hall will be available for the children to play in (with bouncy castle, balls, toys etc), so parents can do some shopping while their children play and raise money! The children will be able to make Mother's day cards, plus select and wrap a present for their mum to take home for Mothering Sunday, the following day. Stalls will include: Plants, Toys (second hand), Cakes, Bottle stall, Name the Teddy, Tombola, Face painting, Bric-a-brac, Treasure Island and a Straw game; and refreshments will be on sale.

Meeting at The CDC, Airedale Hospital, Tuesday 12 April 8.00pm: Autism Partnership

Louise Baldwin, a board certified behaviour analyst and the Site Director for Autism Partnership UK, has been working with children with autism since 1998. Autism Partnership provides Applied Behavioural Analysis (ABA) programmes for children with autism. Louise will explain what ABA is and how it has been successfully utilised for over 30 years in the education of children with autism and she will provide information about the wide range of services Autism Partnership provide and how to access them. She will also look at some of the strategies that are used in teaching skills in areas such as communication, social and play. This will be an informal talk and all questions will be welcomed. Some AWARE members who are involved in The Lighthouse School project will also be there to meet parents/carers who are interested in this new venture.

Many thanks to last month's speaker, Janet Pilley, a member of the Educational Psychology Team of Education Bradford and Specialist Senior Educational Psychologist for Autism, who not only gave us an update on recent developments in education relating to autism, both nationally and locally, and answered parents' questions about their children's education, but also got us all in some Cognitive Behavioural Therapy!

Coffee Morning Wednesday 13 March

We had our last (mini) pamper day in Addingham in March so no therapies this month, but we can provide coffee/tea and biscuits and the chance to relax and catch up with some other parents from 10am – 12pm. No need to book: just turn up!

Cinema: autism-friendly screening of Gulliver's Travels



A new take on the classic story, 'Gulliver's Travels' stars Jack Black as a mailroom clerk, Gulliver. When he is accidentally assigned to do a travel piece on the Bermuda Triangle, Gulliver finds himself washed up on the hidden island of Lilliput.

At first the island's tiny inhabitants capture and enslave Gulliver. However, before long he becomes the peoples' hero and learns that how big you are on the inside is what really counts.

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 18, 19, 27 & 28 April

Easter play scheme dates: Mon 18, Tues 19, Wed 27 and Thurs 28 April. We are taking bookings for supported places now, however these will be very limited as most of our staff work in Leeds authority and have different Easter holidays, but Stay and Play places are available – just turn up. So we can gauge attendance, please could you let Jo know if you intend to come along during the second week – Wed 27 & Thurs 28 April - as some children are back at school and AWARE can't afford to waste resources (staff time & rent) if people are not able to attend.

Trip Club and Residentials 2011-12

Huge sigh of relief, we've just found out that our contracts with Bradford MDC - Aiming High and Children's Fund - have been rolled over for a further 12 months, less 1% cut. So this means that funding for Trip Club and two Residentials is guaranteed. At present, we still don't know if we'll be receiving a Bradford Carer's Grant which has previously been nearly £19k, so **please, please** do continue with your donations and fundraising efforts.

Suggestions: car boot sales, sponsored events, selling things on ebay, using our webshop (see below), signing 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> Keep sending your ink cartridges for recycling as this is proving a good source of income – about £13 per month – help us get even more!

Trip Club Members granted £2000 for Cookery Club sessions

Some while ago several members of the Trip Club (teenagers with autism) submitted a bid for a ‘Small Money, Big Change’ grant and have just found out that they’ve been successful and been granted £2000 for more cookery club sessions – well done to everyone who helped put the bid together! Further dates for the cookery club have been booked for 14 May, 11 June and 2 July; if your son or daughter (12+) would like to attend the sessions please get in touch with Jo.

NAS News

Get On Board For Train Walk Sunday 5th June 2011- see attached leaflet for info on the Thomas & Friends themed, family sponsored walk which over the last two years has raised £100,000 for The National Autistic Society. Children and families come together, some even dressing up on the Thomas & Friends theme, complete a walk (of varying length) and enjoy other activities such as food, drink and games. Through sponsorship and fun stalls, money is raised for the NAS on a fun family day out. To get involved/find out more, call Hannah on 07799 658837 or email her on hannah.taylor@nas.org.uk

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

We have recently uploaded LOTS and LOTS of files to our website and continue to do so weekly: please do take a look – there may be some useful information for you and your family. You will have received the new password by email with confirmation of your membership renewal.

Check out a new magazine written by parents in the UK: <http://www.autismeye.com/> There is a paper copy in the AWARE library, too, if anyone would like to borrow it, along with back copies of the *Autism File* and various other autism-related publications, including the NAS’ *Communication*.

For North Yorkshire members: John Furlong of Harrogate NAS has brought our attention to **North Yorkshire County Council Children and Young People’s Service LMS Consultation 2010/11** (see attached leaflet) and has put some more info on the blog www.autismnorthyorks.co.uk and asked that you reply to the consult a.s.a.p.

Speech & Language Therapy Voucher Scheme: Cerebra has re-launched a scheme to help parents of children age 1 – 16 who have a neurological, brain-related condition, by offering vouchers for S & LT. For more information, visit the Parent Support section at www.cerebra.org.uk or call Alex on 0800 328 1159 or email alex@cerebra.org.uk Incidentally, the website also has a very helpful section for parents/carers completing DLA forms.

Do you have an **Early Support Family File**? If not, have a look at this as you might find it very useful! *Things can move very quickly after a diagnosis has been made. You may meet many different people when getting medical care, support and information. You may also be told a lot of information about your child in a short time. The Family File allows parents and carers to share information about their child with the professionals they meet, without having to say the same things to every new person. You can also use the Family File to write down important information and the names of professionals you meet.*

See: http://www.direct.gov.uk/en/CaringForSomeone/CaringForADisabledChild/DG_180187 or

- [Download the Early Support Family File \(PDF, 920K\)](#)

Temple Grandin is an American doctor of animal science and professor at Colorado State University, bestselling author, and consultant to the livestock industry on animal behaviour and possibly the most famous autistic woman in the world. HBO have recently made a film about her life, starring Claire Danes (which has already won seven Emmies) – watch it on Sky Atlantic at 9pm on 3 April. I have pre-ordered a copy of the DVD (not yet available in the UK) from Amazon, but you might be interested in reading one of her books ‘Thinking in Pictures’, which is in the AWARE library. There is also an interesting article about her in Saturday 19 March’s The Times, Review section.

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!

Fundraise for AWARE

Whilst doing your shopping online, fundraise by going via our webshop www.buy.at/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.

Please bring old mobile phones and used stamps to any of our sessions, or ring Jo to arrange collection.

A special thank you to White Stuff, Ilkley from AWARE!



As you know, White Stuff, Ilkley has chosen AWARE as their charity partner and we were delighted to be asked to help at their recent Customer Event day on Thursday 17th March, where they were giving customers 20% off purchases and raising money for us by selling the most beautiful and delicious cakes made by fundraising co-ordinator Charlotte (thank you SO much!), running a tombola with prizes kindly donated by local retailers including The Cow & Calf, The Grove Wine bar, M & S, The Grove Bookshop, Earthereal, LS29 hair salon, Costa Coffee, Cafe Nero and La Sila. They also organised a name-the-bunny and colouring competitions, raising a total of £293.02 on the day – fantastic! In addition, the company will be generously donating 10% of the takings for the day to us too, £988, making a grand total of **£1281.02** for AWARE: a big THANK YOU to White Stuff!

Charlotte, master patissiere, with her cakes and buns!



Charlotte & Margaret with the delicious cakes & the prizes generously donated by various local businesses: thanks to you all, too!



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 make your purchases.

Ink Cartridge Recycling Cartridges are now returned in 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. thanks.)

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/Family Information Service 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. Try out their Sensory Room.

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:



WHITE
STUFF

Cow & Calf, Ilkley



www.bradford.gov.uk

