

AWARE News April 2012

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www.homestead.com/awareuk/

www.awareuk.org



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April	Time	Activity & Location	Cohort/Age Group	Cost
Saturday 31 March	12pm – 3.30pm	Spring Fair with play provision for children Addingham Youth Centre	AWARE members, family and friends	Admission £1/family + £1/friend
April 2 & 3	10am- 3pm	Play Scheme Stay and Play- Just turn up	Families with children 0 – 16 years, including siblings /friend	£3/half day £6/full day/Family +£1/friend
April 4	Meet at 11am	Trip Club: High Adventure - maze, low ropes, team building For further information contact Rachel Miller on 07826 926150	Age 12+. Parents don't stay - young people will have AWARE support	£20/person/ session
April 11 & 12	10am- 3pm	Play Scheme Stay and Play- Just turn up Supported - book now	Families with children 0 – 16 years, including siblings /friend Children with ASC 8+	£3/half day £6/full day/Family +£1/friend Supported £12
Saturday 14	10 am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Sunday 15 The Pirates!	11.30 am	Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford See page 2. Just turn up	All family	See page 2 Carer free
Sunday 15	11am	Thomas Family Walk See page 2. Contact Diane by phone or email to attend.	All family, no dogs	Free
Tuesday 17 Date changed due to hols	8pm	Meeting at CDC Airedale Hospital - see page 2 Just turn up	Parents, Carers, Professionals, anyone interested	Donations welcome
Friday 20	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery Book with Margaret	Parents/carers of newly diagnosed children; babies & toddlers welcome	Donations welcome
Fridays 20 & 27 No club 6 & 13	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 years, inc siblings (Parents stay)	£3.50 per family + £1.00 per friend.
Sunday 22	3.15 – 4.15 pm	Swimming – with inflatables/slide. Keighley Leisure Centre 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	All family (max. 20 children per session)	£2.50/person
Wednesday 25	10am – 12pm	Coffee Morning Addingham Youth Centre Just turn up	Parents/carers, babies & toddlers welcome.	Donations welcome
Thursday 26	10 am – 12.30pm	Walking Group – see page 2 for details Book with Margaret	Parents/carers, babies and toddlers welcome	Free

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 27 April. Please contact our new librarian, Alison, on 07932258170, 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),

Saturday 31 March Autism Awareness Spring Fair, 12 – 3.30pm, Addingham Youth Centre

Thank you to everyone who has already provided us with lots of items to sell etc. we now just need everyone to attend on the day. The hall will be set up for the children to play in with bouncy castle, balls, toys etc, and the stalls will include: Plants, Toys (second hand), Bottle stall, Name the Teddy, Tombola, Face painting, Bric-a-brac, Treasure Island and a Straw game; refreshments will be on sale, admission £1 per family plus £1 per friend, (however the fair isn't open to the general public).

Easter Play scheme Mon 2 & Tues 3 April; Wed 11 & Thurs 12 April

Monday 2 and Tuesday 3 April: family stay and play, no supported places. Wednesday 11 and Thursday 12 April: family stay and play and supported/family supported. Cost: Stay & Play £6/family; Family/Child Supported place £12/day. Take a look at our videoette to see what it's like before attending:

<http://sites.createvideomarketing.com/sites/185/AboutAware>

Meeting at The CDC, Airedale Hospital, Tuesday 17 April at 8.00pm: Sensory Assessments

From Cathy Wright, Occupational Therapist based in CAMHS: *I have been an occupational therapist with the Airedale and Craven CAMHS teams since 2005, having worked previously within child development and adult and older people's mental health services. During my time within CAMHS I have worked with many children and young people and families living with ASC. Much of this work has been around helping with the practical issues that impact upon daily life and supporting where a child or young person is struggling with some of the sensory issues associated with autism. I am often asked about the work I do around sensory assessment and I am aware of some of the challenges for families in tackling some of these difficulties. Whilst I do not profess to be a 'sensory expert', this is an area that I am interested in and have learned much from families along the way. I hope that by meeting with the AWARE group we can have opportunity to talk about some of these issues, share what I do and some of the resources I have.*

Last month's speaker was Moira Draper, Sleep Counsellor from Cerebra, who talked to us about ways of trying to resolve sleep issues or disturbances and answered several parents' individual concerns. For more information go to: <http://www.cerebra.org.uk/>

Friday 20 April: 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 on Friday 20 April 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

Coffee Morning Wednesday 25 April: Addingham, 10am-12pm

Come along for coffee/tea and biscuits, chance to relax and catch up with other parents. Just turn up!

Cinema: Sunday 15 April autism-friendly screening of The Pirates!

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](#) Get answers to your questions about booking, pricing and CEA Cards (which give the carer free entry).

NE Wish! Walking Groups: mid-week for parents/carers and weekends for families

Mid-week ramble with Ronda: for parents/carers only – Thursday 26 April, meet at The Stocks, Bingley Market Place at 10am prompt, please, for a circular walk up to St Ives Estate (please bring money for a drink at the cafe) and back down to Bingley. Email/call Margaret to book and for further information.

Weekend Walks with the Thomas family: Sun 15th April and Sun 20th May Message from Diane: *Eight of us set off on a very wet Sunday morning on 4th March. We met at the Ilkley Lido and did a 4.75 mile circular walk taking in Nesfield and Low and Upper Austby. Due to all the rain, there was lots of mud underfoot but this didn't deter us. The thought of a hot bath with a cup of tea or sherry afterwards spurred us on. It's great to get out in the fresh air and any members, family or friends are welcome to join us. The next walk is on the 15th of April. We will meet at 11.00 in the free car park in Gargrave, turn right off the A65 into North Street just before the Old Swan public House [the car park is on the*

right]. The walk is mostly flat and will go alongside the Leeds-Liverpool canal and onto part of the Pennine Way. Please book with Diane 01943 863519/Mob 07563 733576/ diane.thomas1964@gmail.com

The walking group is intended to help families to socialise, exercise and appreciate the local countryside and wildlife. N.B. For both groups, it is advisable to wear walking boots/walking shoes and take waterproofs – please also print off and sign the attached disclaimer.

Advance notice of June residential

The next Low Mill residential will be 8-10 June and is a joint venture with ASAS, Jo's 'other' Leeds based charity. We will have a nurse available so we are able to cater for children with more complex needs and those requiring medical interventions – please contact Jo for further information

Thank you for all your fundraising efforts!

We've recently signed up to [justtextgiving](http://www.justtextgiving.com) – 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 £7.18

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 £27.07

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). Total so far for ink cartridges recycling is £648.58

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!

Teddy Bears' Picnic Fundraiser at Lineham Farm

On Saturday 12th May, Lineham Farm are hosting a Teddy Bears Picnic from 11- 3pm why not join them for plenty of fun and don't forget to take along your favourite Teddy Bear! Tel: 0113 2817880
www.linehamfarm.co.uk : Swan Lane, Eccup, Leeds, LS16 8AZ

News from the NAS

See attached flyer for Rudy Simone's talk on Friday 18 May, 1- 4pm, at Central Hall Keighley.

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

Sue Larkey's Top Tips for using Computers & 10 Top Tips for Managing iPads (*Thanks Jo*):
<http://www.suelarkey.com/media/ipadapps.pdf>

Only 15% of adults with an autism spectrum disorder are in full time employment. Through Give Autism a Chance Campaign 2012, The Autism Trust wants to show potential employers the diverse skill set that individuals with autism have and how they can contribute to the work force and build a fulfilling life for themselves. Not only does their campaign video feature seven teenagers with autism, but it was also completely produced and edited by Autism Media Channel's Andrew Dobosz, a 24 year old filmmaker with Asperger Syndrome. You can see all his amazing work on the [Autism Media Channel](http://www.autismmediachannel.com). Inspiring guys and girl – DO have a look!

<http://www.allthingsautism.co.uk> – a new website designed by parents Lee and Jenny which aims to provide other parents of children affected by autism with information and products that may be helpful to them, especially for those parents who are asking the question 'what can I do, now, to help my child?' Remember Squeasewear? Please visit their new website for the latest Squease developments
www.squeasewear.com (*Thanks, Lisa!*)

Carewell - a partnership between Bupa, Carers UK & MEND - is a new website designed to encourage and support carers to make positive changes to be healthier and happier. Drawing on tips from carers and health experts, Carewell pulls together a range of information, support and guidance aimed at helping to improve the health and quality of life for carers themselves. And, ultimately, supporting them in providing better care for their friends and family. 'Energy to Care' is packed with useful tips and guidance including how to manage stress levels, getting a better quality night's sleep, eating healthily and how to increase physical activity on a busy schedule. www.carewelluk.org (from *Carers News Leeds*)

<http://www.sandbox-learning.com> has a new Teenage section: the new books are available through Amazon Kindle apps for use on a wide range of devices including computers, tablets, smart phones, and Kindles. The free app is easy to download and use! See a full list of free Kindle app compatible devices and how to download them: [Kindle App Information](#)

Swimming lessons: several members are using and recommend www.aquaticstars.co.uk Prices are £7.50 per lesson for a group of three and £15 for one to one; lessons held Tuesday/ Wednesday afternoons and Saturday Mornings. Contact 07500463245 or 07502425294

Ambitious about Autism For information about the new (free) Autism Film Club, visit the [Ambitious about Autism website](#).

If you wish to find out more about autism-related news and receive bulletins from Research Autism, please register at www.researchautism.net/registration

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 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 - 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.thefamilyhubleeds.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:

