

AWARE News April 2013

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April	Time	Activity & Location	Cohort/Age Group	Cost
Tuesday 2	10am-	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
Wednesday 3	3pm			
Wednesday 10		Supported £12/day - Book now	Children with ASC 8+	£12/child
Thursday 11				
Thursday 11	7.30pm AWARE Fundraiser	Bingo and Supper, Betty's Café tearooms, The Grove, Ilkley <i>Book now</i>	Parents, Carers, friends, Professionals, the more the merrier!	£6 payable on the night inc bingo card/food
Saturday 13	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 14	Times to be confirmed	Trip Club: Cinema: Chinese buffet Jack the Giant Slayer and <i>For further information contact Rachel Miller or ring 07826 92615</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person
Wednesday 17	9.30am – 2.30pm	Parent Training Addingham Youth Centre <i>Book with Margaret</i>	Parents/carers	Suggested donation £10/person
Friday 19 & 26* (*library) No club 5th & 12th	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	7 – 9pm
Saturday 20	12pm – 3.30pm	Spring Fair with play provision for children Addingham Youth Centre	AWARE members, family and friends	Admission £1/family + £1/friend
Sunday 21	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 23	11am – 12.30pm	Coffee Morning see page 2 Trinity 5 Rise Children's Centre, Bingley <i>Book with Margaret</i>	Parents/carers, babies & toddlers welcome	Free but donations welcome

N.B. Unfortunately, some of our services aren't available to all members due to local funding restrictions; contact [Jo](#) 07764432933

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 26 April. Please contact our librarian, [Alison](#), or ring 07932258170, if you are unable to access this date and wish to borrow any particular resources (a full list is available in the password-protected members' section of our website – n.b. the password changed at the end of March – see confirmation email of your renewal).

2013 Annual Questionnaires for [Parents](#) [Young People](#) & [Professionals](#)

Please complete the questionnaires now ... if you haven't already! We DO rely on your feedback for planning and to help with funding applications.

Lineham Farm Residential and Brewery Trip to Masham

Unfortunately, due to the severe snow at the weekend we were forced to cancel both the residential at Lineham Farm and The Brewery Trip. If you were booked on the Brewery Trip you will be receiving details of alternative dates for the trip from me and if your child or young person was booked to go on the residential Jo will be in contact again soon.

Easter Playscheme

You can now book for places on our Easter play scheme with [Jo](#). There is limited availability for supported places on Tuesday 2 & Wednesday 3 April but more availability Wednesday 10 & Thursday 11 April; Stay and Play all dates - just turn up.

Autism Friendly films in April

Dimensions are hosting two different Autism Friendly films in April so there is even more choice. 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.

No CDC Meeting this month – come to Betty's on the 9 April instead!

Our meeting date falls in the Easter holidays so we were planning to go out for a meal out instead at [The Shama](#) in Bingley, but as Betty's, Ilkley are kindly hosting a fundraising Bingo Night for AWARE on Thursday 11 April which nearly thirty of you already are planning to attend, we are leaving The Shama for another time.

Last month's speaker was Dr Jason O'Connor from [Advanced Wellness Chiropractic](#) there was a very good turnout for the meeting – thanks to Claire for hosting it in my absence and to Karen for selling buns to fundraise for AWARE: a great success!

Parent Training 17 April, 8 May and 5 June

Thanks to a combination of funding from **Leeds Learning for Carers Grant** and **Bradford's Carers Training Funding**, we have been able to organise a total of five Parent Training – places are limited! Normally, these workshops cost £30 each but thanks to the generosity of our funders we are able to offer them FREE of charge to you, including a delicious M & S lunch! There are still places left on **8 May Managing Anger** – flyer attached; the other sessions are now full. Book with [Margaret](#)

Spring Fair, Saturday 20 April, 12pm-3.30pm

In recognition of World Autism Awareness Day on 4th April we will be holding our annual AWARE Spring Fair on Saturday 20th April: we need bric a brac, tombola & raffle prizes, buns and cakes and help on the day - please contact Jo if you're able to provide anything, or bring things along with you on Friday 19th to youth club or on the day itself.

Walking Groups: Sunday 21 April and 2 & 23 May

We have had two **mid-week rambles with Ronda** so far this year but as April is busy with Easter holidays, playscheme, Trinity coffee morning and parent training, the next ones are planned for Thursday 2 May at 10am, meet at The Stocks in Bingley and then Thursday 23 May – Middleton Woods, Ilkley (we will try to catch the bluebells again!) – lifts available to/from Bingley at 9.30am (meet at The Stocks) or join us at the car park on Denton Road near Middleton Woods at 10.00am. Regular updates posted on our Facebook page; book with [Margaret](#)

The **Weekend Walks with the Thomas family** will start again later in the spring – message from Diane: *We will do a walk on Sunday 21st April called Trollers Gill which is 5 miles long. Meet in Appletreewick at 11.00hrs outside the Craven Arms pub. Parking is available on the roads in Appletreewick. 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 [disclaimer](#).

Coffee Morning at Bingley's Trinity 5 Rise Children's Centre, Tuesday 23 April

We shall be meeting at [Trinity 5 Rise Centre](#), John Escritt Rd, Bingley BD16 4ST on Tuesday 23 April from 11am to 12.30pm. New members are especially welcome, but please book with [Margaret](#)

Friday: New Diagnosis Group – no meeting this month

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. There is no meeting this month as we have Play Scheme, our

Coffee Morning at Trinity and also Parent Training, but we will be meeting at Strong Close Nursery in Keighley- watch out for dates in future newsletters and book in advance for the NDG with [Margaret](#)

Pamper Day in Addingham

Thanks to Bradford MDC Carers Break & Activity Funding, seventeen people enjoyed a day of pampering and a delicious lunch with the lovely therapists Lois, Louise, Karen and nails by Dawn: just what they needed! (Hope the Dads have a good time on their Brewery Trip, too, when they eventually get to go – sorry about having to postpone due to snow!)

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

Have you joined AWARE's **Facebook** group? Lots of sharing here about many aspects of parenting a child/young person with an ASD – please join in! You will also get regular reminders and updates of what's happening. <https://www.facebook.com/groups/317649321643365/> Will you be our 110th member?!

Relaxed performance on Friday 31 May at 1.30pm of Hiccup Theatre's **Rumplestiltskin** at West Yorkshire Playhouse. See: <http://www.hiccuptheatre.co.uk/hiccup-whatsup.php> (Thanks, Shain!)

Cerebra have published a guide to self-injurious behaviour in children with intellectual disabilities

This briefing has been written to help parents and carers of children with an intellectual disability to understand what self-injury is, what the causes are and which interventions are effective. The briefing focuses on children with profound to moderate intellectual disability, who may also have autism spectrum disorder or a genetic syndrome.

Source: <http://www.cerebra.org.uk/English/getinformation/dailyliving/Pages/SelfInjuriousBehaviour.aspx> (Thanks, Amanda)

Autism Research Trust (ART, <http://autismresearchtrust.org>) has just published their latest newsletter. The ART is a charity that was founded to support researchers in the field of autism to accelerate the pace of autism research and to complement governmental funding with philanthropic funding. Read it here: http://autismresearchtrust.org/docs/ARTNewsletter_Mar2013.pdf If you want to get in touch with the charity, please email Charlotte at the ART. Her email address is charlotte@autismresearchtrust.org

Transition: thanks Lisa for a link this very useful resource from The Autism Education Trust. <http://www.autismeducationtrust.org.uk/resources/transition%20toolkit.aspx>

HfT Family Carer Support Service have written a '**Guide to benefit changes for family carers and people with learning disabilities from 2013**' and two PIP activity descriptors and scoring and PIP passported benefits. The guide gives detailed information about the changes coming up to: Universal Credit, DLA (Personal Independence Payment), Carers' Benefits, Council Tax Benefits, Social Fund, changes to the appeals processes, and work related benefit support. It is a working document and will be updated as soon as they receive news of any more changes.

HfT are aware it is a large document to print off at home, so if you would like a hard copy (for free, they only ask for cost of postage), please send a self-addressed envelope with stamps to the value of £1.20 (first class) or £1.10 (second class) to: Benefits Guide 2013, Family Carer Support Service, HfT, 5/6 Brook Office Park, Folly Brook Road, Emersons Green, Bristol BS16 7FL.

From **Research Autism:** MacLeod A., Lewis A., Robertson C.(Epub ahead of print). '[Why should I be like bloody Rain Man?!](#)' [Navigating the autistic identity.](#) British Journal of Special Education. Read Abstract <http://dx.doi.org/10.1111/1467-8578.12015> This article explores the views of six higher education students with autism/Asperger syndrome. The research draws upon social identity theory to explore how participants made meaning of their label.

The next **Public Forum for Education** (PFE) meeting takes place on Wednesday 24th April 2013 at 4.00 pm (starting with buffet at 4.00 pm, meeting starts at 4.30 pm) at Future House, Conference Room D, Bolling Road, Bradford BD4 7EB – see attached flyer for more information. The topic of this PFE meeting will be "**Partnership Working with co-located Services**". For your diaries: the following dates have been scheduled for PFE meetings in 2013: Wednesday 24 April 2013, Wednesday 19 June 2013, Wednesday 18 September 2013 and Wednesday 20 November 2013

For information and details about fun Easter activities, visit www.leeds.gov.uk/museumsandgalleries

Need help with filling out DLA forms? Contact Carers' Resource who have two Parent Carer Development Workers who cover different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven.

Thank you for all your fundraising efforts!

We've signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. **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 £122.08** (£103.80 last month): **thank you, keep clicking!**

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 £55.45** (£41.61)

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).

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!

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 395 1200 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

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:

Cow & Calf, Ilkley

