

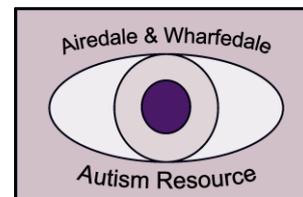
AWARE News April 2014

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www.homestead.com/awareuk/

www.awareuk.org



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

April	Time	Activity & Location	Cohort/Age Group	Cost
Friday 4	10 – 2.30pm	Autism Awareness Stall Otley Market – for details see page 2	All welcome	Donations Welcome on day - bric-a-brac, buns/cakes to sell
Friday 4, 11, & 25* No club on 18 April; * library	7 – 9pm	Friday Youth Club Addingham Youth Centre Just turn up	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Sunday 6	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/ session)	£2.50/swimmer
Tuesday 8	7pm	Curry at The Red Pepper Restaurant, Otley (in lieu of meeting at CDC) - see page 2 for details Tickets in advance	Parents, Carers, Professionals, anyone interested	£10 per person inc poppadums, starter, main and rice or naan bread
Friday 11	12 pm	Lunch at Outside the Box, Ilkley (in lieu of New Diagnosis Group meeting) - see letter and page 2 for details Book with Margaret	Everyone welcome, including children and babies	Pay for your own meal/drink
Saturday 12	10am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 12	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre Please ring, text, email Rachel rachelmiller71@hotmail.co.uk 07826926150 to let her know you are coming as equipment will be left out from the Friday club, and some help will be needed by those who attend to put it away again.	Families with children up to about 11years	£3.50/family + £1/friend
Monday 14 Tuesday 15 & Wednesday 16	10am-3pm	Play Scheme Stay and Play Addingham Youth Centre Just turn up Supported places - Book now with Jo	Families with children 0 – 16 years, inc. siblings /friends. Children with ASC 8+	£6/Family/day + £1/friend Supported places £12/child/day
Wednesday 30	Times to be confirmed	Trip Club: details to be confirmed For further information contact Rachel Miller or ring 07826 92615	Age 12+. Parents don't stay, AWARE support provided	£20/person

[Jo](http://www.awareuk.org) 07764432933 for further information.

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 25 April. Please contact our librarian, [Vanessa](#), 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)

Fundraising and Autism Awareness raising stall at Otley Market Friday 4 April

To co-incide with Autism Awareness Day, we are running a stall on Otley market. Donations of bric-a-brac can be brought on the day and we would love to have cakes to sell as well. Come and see us if you can – volunteers welcome to help out!

March Meeting at Airedale CDC

We were very lucky to have Cheryl Paul, Children's Service Manager at Parent Partnership Services (PPS) at last month's meeting. Cheryl gave us an overview of PPS as they currently work and also gave one on one advice to the parents who were there. She has also very kindly offered to come back if we have enough interest from parents to see here during one of our meetings – let me know if you would like to attend a surgery with Cheryl either at the CDC or possibly at one of our coffee mornings: book with [Margaret](#) Have a look at the website: <http://www.barnardos.org.uk/parentpartnershipservice.htm>

Carers got a well-deserved break

Thanks to Carers Break & Activity Service Funding (from Bradford), we were able to offer 23 members a choice of treatments (reflexology, massage, Reiki and nails) with four therapists: Karen, Lois, Amanda and Jo and a lovely buffet lunch. Thanks to volunteer Vanessa (and we wish you a speedy recovery) for her help, including looking after the little ones and to Carers Resource who were there to advise and inform our members. The feedback has been overwhelmingly positive, highlighting the benefits of a break from caring for some 'me-time': we shall be organizing another day soon so watch this space!

Curry at Red Pepper Otley Tuesday 8 April and lunch at Outside the Box Ilkley Friday 11 April

As our usual April meetings fall in the Easter holidays, we will be having two socials instead of the meeting at the CDC and the New Diagnosis Group and coffee morning:

The first is a fundraiser (leaflet attached and details in letter) at **Red Pepper** Indian restaurant, Otley on Tuesday 8 April and the second is an informal lunch at **Outside the Box** café in Ilkley on Friday 11 April at 12 o'clock: children welcome – it's a fabulous, child and disability friendly café. <http://www.outsidetheboxcafe.com/> Please book with [Margaret](#) by Monday 31 March as it is very popular!

Easter Playscheme, Addingham Youth Centre

Monday 14, Tuesday 15 and Wednesday 16 April, 10am – 3pm. Families can just turn up any time to Stay and Play for as long as you like; bring a packed lunch; 10am – 3pm; cost £6/family + £1/friend. Supported places for children age 8+ £12/child/day book now.

See what it's like here: <http://sites.createvideomarketing.com/sites/185/AboutAware>

Advance warning of summer dates – message from Jo:

Bradford Play Development are running the summer trips that we attend, so put the dates on your calendar if you're interested and let me know so I can get an idea of interest at this stage:

Thursday 7 August - Light Water Valley, £18 inclusive of transport from Addingham, £11 ticket only, children under 1metre £7.

Thursday 14 August - Chester Zoo, £17 inclusive of transport from Addingham, £9.50 ticket only, children 2 and under £7.

Thursday 21 August - Blackpool, £9 transport only, unlimited wristband £16 payable on booking, non-rider admission £6 payable on the day.

We will be doing some Stay and Play days (£6/family/day) hopefully every week of the summer holidays up to Friday 22 August, and we will be offering supported places (£12/child 8+/day) during the two weeks from Monday 11 to Friday 22 August, so subject to demand we will be able to offer some supported places (Cost of the trip plus £12 supported place charge) for the Chester Zoo and Blackpool trips (to over 8's, or family support).

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

We also hope to run another family cookery day so if anyone is interest let me know, if there is sufficient demand we may run a couple. (6-8 families per day).

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

From Sibs: Article on reading books to children about disability: stories and reading can help teach disabled children and their siblings about disability. [Read article](#)

And a **New book for young siblings:** *My Big Brother Bobby: A Story to Help Kids Understand Angry Feelings and Behaviors in Others*. Written by Rebecca Dauer and illustrated by Anne Zimanski, 2013. Sibs' review:

My Big Brother Bobby is written from the perspective of a little girl growing up with an older brother with an unspecified condition. She loves to play with her brother but feels upset when the 'monster living in his belly' emerges and his behaviour changes. In the course of the story the girl learns strategies to manage her feelings, just as her brother learns strategies to 'tame the monster' within. This is a lively picture book that will appeal to younger siblings. The story of the sibling relationship is told honestly with charming illustrations. There are also some useful activities for siblings to help them name their feelings, manage difficult situations and calm down. [See My Big Brother Bobby](#)

Fulfilling Lives reference group has been working on updating the 2014 directory; this is the most up to date version www.wearepeople2.net More information is available on this site, including the sports directory and Look Book.

Thank you, Lisa, for these links to useful tools/apps for parents of children with autism:

<https://itunes.apple.com/us/app/asd-tools/id578206583?mt=8> and a timer for parents to use to encourage sharing: <https://itunes.apple.com/us/app/share-timer-by-storybots/id638942706?mt=8> and <https://www.facebook.com/AppsForAutism>

Also from Lisa: **Squease** is an inflatable pressure vest designed for people who have difficulties processing sensory information, like people with autism, ADHD, sleeping or anxiety disorders. Why a special vest? Click on this link to find out more: <http://www.squeasewear.com>

[Click here to sign up for your FREE subscription](#) to the new digital *Autism File* bi-monthly magazine. Check out their latest issue – families, nutrition, dentists, physical play, homeopathy etc etc

Carers Leeds have two workers who provide 1:1 support to carers in GP practices, health centres and community venues across the city. They are working with the Clinical Commissioning Groups and Integrated Neighbourhood Teams to raise awareness of carers and support carers to receive appropriate support. The type of work they do includes: providing emotional support, signposting and assistance with benefits. All the 1:1 sessions can be booked by appointment by contacting Carers Leeds: 0113 2468338 or email: healthteam@carersleeds.org.uk

Carers Leeds also run various groups across the city, a link to their latest newsletter:

http://www.carersleeds.org.uk/site_management/images/file/Newsletters/CARERS_LEEDS_APRIL_MAY.pdf

They also have a **Time for Carers Grant** where carers can apply for up to £250 towards a break from their caring role. Here is a link to an information leaflet:

[http://www.carersleeds.org.uk/site_management/images/file/Time%20For%20Carers%20Leaflet%20NH%20VERSION%20september%202010%20-%20Publisher%2098%20version\(1\).pdf](http://www.carersleeds.org.uk/site_management/images/file/Time%20For%20Carers%20Leaflet%20NH%20VERSION%20september%202010%20-%20Publisher%2098%20version(1).pdf)

Their Facebook Page is: <https://www.facebook.com/CarersLeeds> and Twitter account:

<https://twitter.com/CarersLeeds>

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

Have a look at what's on offer at **DAB:** <http://www.bradforddisabilityservices.co.uk/>

Autism Friendly films in April: **Dimensions** are hosting three different Autism Friendly films in December 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.

Disability Grants is a website which provides information about claiming different types of disability grants <http://www.disability-grants.org/>

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. Don't forget to keep **recycle mobile phones and ink cartridges** for us (the HP ones are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15) so PLEASE do recycle your phones and cartridges via The Recycling Factory envelopes – to get one, please ring 0800 0910696, 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 £751.28. **THEY ARE NOW GIVING MONEY FOR EPSON CARTRIDGES TOO SO PLEASE SEND THEM IN.**

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. **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! (We have just received a cheque for £7.21)

Easyfundraising & GiveAsYouLive have now merged so if you'd signed up to either it's all now just easysearch & easyfundraising: 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, for just a few clicks you can make £'s for AWARE – so visit <http://www.easyfundraising.org.uk/causes/aware> to sign up.

Overall Total for Easyfundraising/ GiveAsYouLive is £1334.61. We now have 49 supporters, so thank you to the new ones who signed up this month; everyone else please sign up NOW, you've nothing to lose and lots for AWARE to gain!

We are now promoting easysearch instead as it's part of easyfundraising and 'easier' to use, so sign up [here](#) and make it your home page, every search makes .05p so on average will raise £25 per person per year, just for searching the internet instead of using Google. (£2.46 so far, £1.50 last month)

Helplines: 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

Children's Services Bradford 01274 437500 Leeds 0113 3984702 Craven 01756 793700

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.thefamilyhubbleeds.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



City of Bradford Metropolitan District Council
www.bradford.gov.uk



department for
children, schools and families



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