

AWARE News December 2007

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Issue 93

www.homestead.com/awareuk/



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December Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 3, 10 & 17	7 – 9pm	Monday Youth Club Addingham Youth Centre <i>*Ring Chris Russell to attend</i>	HFA/AS 12+ (Parents don't stay)	£1/ person
Fridays 7, 14 & 21 <i>See page 2</i>	7 – 9pm	Friday Youth Club Addingham Youth Centre Christmas Party 14th <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Saturday 8	10am – 12pm	Junior Youth Club Addingham Youth Centre <i>Please ring or email to let us know you are coming, as equipment will be left out from the Friday club, some help will be needed by those who attend to put it away again.</i>	Families with younger children up to about 10 yrs, inc siblings	£2 /family + £1/friend
Sunday 9 Daddy Day Camp*	11am	Cinema Leeds/Bradford Odeon, Gallagher Leisure Park, Thornbury, Bradford Doors open 10.50am <i>*Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk or on the Film info line 08712244007</i>	All family <i>Just turn up</i>	£2.50 per child, adults free
Tuesday 11	7.30pm	Christmas Meal The Cow & Calf Hotel, Ilkley	Parents, Carers, Professionals, anyone interested	£11.95 or £13.95
Saturday 15	11am – 12pm	Trampolining Addingham Youth Centre	All family <i>Just turn up</i>	£2 / family
Thursday 27 & Friday 28	10am –3pm	Play Scheme Addingham Youth Centre	Families with children up to 16 yrs. <i>Just turn up</i>	£2 / family

N.B. For further details of all our activities contact Jo 07764432933; for the Monday club contact **Chris Russell* on 01274 734018 or email chris.russell@bradford.gov.uk

Remember to save the stamps from your Christmas cards; use the buy @ website to do your Christmas shopping ... and when Santa brings you a new mobile phone, let AWARE have your old one to recycle and raise funds!

Christmas Activities at Friday Youth Club

7 December: decorate your own mini Christmas cake

14 December: Christmas party disco! Please bring a contribution of party food.

21 December: Christmas flower table decorations.

Christmas meal at The Cow & Calf, Tuesday 11 December from 7.30pm

The Christmas meal is now booked and 28 members are going to be attending. If you would like to offer/share transport, contact Jo and she will liaise between members. If you are still wanting to join us and haven't yet reserved a place, please ring Jo asap.

Play scheme days in December, 27 & 28, 10am – 3pm

The Play scheme days are going ahead, all the supported places have now been filled but parents with children 0 to 16 years are welcome to just turn up and play, either or both days, cost is £2 per family. Bring a packed lunch and stay all day!

Monthly Raffle – Cow and Calf meal for two

The October raffle was won by Wendy Brooksbank and she and her husband had a lovely, relaxing lunch at The Cow & Calf a few weeks ago. The November winner was John Riley. Tickets are £1 each; pick one up next time you attend an event!

Annual Membership - £5

Your annual membership is due for renewal in January. Everyone will receive a paper copy of the newsletter with a membership renewal form, gift-aid declaration (please get the tax payer to sign this and we can claim the tax back), Please return your form, payment (cheque/PO for £5 payable to 'AWARE') and completed questionnaire (see below) by the end of February to continue to receive the newsletter and continue to access activities.

Members who joined between September and December 2007 do not need to renew until January 2009 and your new membership card will be enclosed with your January newsletter.

Questionnaire

We will be enclosing a questionnaire with the January newsletter to help us find out more about what services our members would like and what issues parents of children with an ASD face. It is very important that you return the form as your responses will help us provide appropriate support. The responses will also provide evidence for our funders that there is a real need for our services in this area and support our funding bids to enable AWARE to keep going. Please return the completed questionnaire with your membership renewal form.

Next Monthly CDC meeting is Tuesday 8 January at 7.30pm

Last month's speaker was Anne Pemberton who talked about **nutrition support for people with Autism spectrum disorders**. Anne has a grown up son with Asperger's syndrome who has been helped greatly by optimum nutrition. For information, see her website: www.nutrimed.co.uk.

The January speaker will be Andy Morris, who runs the parent autism training course, Cygnet, if you are interested in attending the course or have attended and want to share your experiences please come along.

Cygnet wants your help!

Cygnet would like involvement from young people aged between 14 and 18 who have Aspergers. All that needs to be done is to watch a parent training programme, either individually, at home, or as part of a group and then give us your views on it. By taking part you will receive a £10 gift voucher! You can either ring, Amber Brier, or Andy Morris on: 01274 481183 or email:

amber.brier@barnardos.org.uk

Residential at Lineham Farm, Eccup, Leeds

Our second residential will take place from Friday 29 January to Sunday 2 February 2008, again at Lineham Farm Children's Centre. There will be 12 places available which will be offered to children age 8 + who regularly attend youth club or holiday play schemes; priority will be given to children who didn't attend last year. The cost to parents will be £20 per child.

If you are interested in your child taking part, please contact Jo asap.

Makaton

Makaton is a system of communication that uses a vocabulary of "key word" manual signs and gestures to support speech, as well as graphic symbols to support the written word.

If you are interested in doing a Makaton course, please contact Jo.

Making Sense of Autism - Tuesday 4th December 2007

The Brooklands Hotel, Barnsley Road, Dodworth, Barnsley, South Yorkshire S75 3JT .

From 9.30 - 4 pm. A buffet lunch will be provided. The theme for the day is: A better quality of life for adults with autism. Keynote speaker: Dr Rita Jordan, Professor in Autism Studies, University of Birmingham. Additional speakers: Luke Beardon, Senior Lecturer in Autism Studies, Sheffield Hallam University; Chris Mitchell - a personal perspective of ASD.

RSVP to Sarah Oldroyd email: autismcareuk@rbplimited.co.uk Tel 01652 680060

Organisation of the month: Mind (from December BADASG Newsletter)

Mind is a charity organisation for people experiencing mental distress. Mind estimates that 1 in 4 people will experience some form of mental health problem in their life and seeks to help those who are affected by these issues. They also aim to challenge discrimination against people with mental health issues, and campaign for equal rights for people experiencing mental health issues. Mind have a number of useful resources, including a number of factsheets (including factsheets about autistic spectrum conditions, therapies, benefits, employment, housing, and many more) legal information, information about drugs and they have a helpline. MindinfoLine: 0845 766 0163

Mind have also been involved with projects such as M.A.D. art (Make a Difference art) where people who have experienced mental distress contributed to an art installation, and in campaigns to improve access to psychological talking treatments and improving mental health environments. For more information you can visit www.mind.org.uk

Research: How do brothers and sisters feel about growing up with a sibling with an Autism Spectrum Disorder? Families needed!

This research is being conducted by a research team led by Professor Richard Hastings at Bangor University in collaboration with the National Autistic Society and with funding from the European Social Fund

Families caring for a child with an Autism Spectrum Disorder (ASD) who is between 5 and 17 years of age, are invited to take part in this project.

The overall aim is to improve our understanding of how families cope when they have a child with ASD, what influences families' adaptation and how these influences affect individual members of a family. As part of this we are especially interested in how brothers and sisters of a child with an ASD adapt. We know that while some siblings cope well, others may require additional support and we need to learn more about this to be able to develop potential practical outcomes?

We should like to hear from you if you are a main carer (not necessarily a blood relative) of a child with ASD who is aged between 5 and 17 years. If they agree, it is also important for us to include in the research any other carer in the family and/or any brother or sister also aged between 5 and 17 years. Families who wish to take part in the research will be sent a questionnaire pack to fill in. In addition, a member of the research team will telephone them to talk about their child with ASD, and about the child's brother or sister if there is one in the family.

If you are interested in this research, and would like to know more, please contact:

Michael Petalas, Postgraduate Research Student,

Intellectual and Developmental Disabilities Research Group, School of Psychology, Bangor University

Adeilad Brigantia, Penrallt Road, Bangor, Gwynedd, UK LL57 2AS. Tel: 01248 351151 ext 8706 email: psp202@bangor.ac.uk

Useful information/links

Play Partners can help children with a disability access play or holiday schemes

Carers UK log on to www.carersuk.or to find out how you can show your support

Bradford Young Carers Older children often help their parents to look after disabled siblings. For advice and information contact 01274 481183

Bradford Toy Library, St Luke's Call Emma or Michelle on 01274 365463 for opening times
www.entitledto.co.uk **EntitledTo - the online benefits calculator** 'EntitledTo' is a website which provides free online calculators to help you work out your entitlement to benefits and tax credits.

Fundraise for AWARE with old mobile phones and used stamps!

Please collect old mobile phones, and used postage stamps (with as much paper cut off as possible please) to raise money for AWARE. Please save them and bring them along to any of our sessions, or ring Jo and she will arrange collection.

Please make internet purchases via our webshop at <http://www.buy.at/aware>

It doesn't cost you any extra, but we get a percentage of the profits, so please buy here!

Shops include - Amazon, John Lewis, M & S, Littlewoods, Adams kids, Early Learning Centre.

NB ***Don't forget us when you are doing your Christmas shopping!***

Printer Cartridges

Please collect them for AWARE. Bring them to meetings, youth club or contact Caroline Whitaker on 01535 657402 to arrange collection. (NB. not refilled or damaged ones 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>

Health Care Professionals Information: 0207 903 3599

Parent Partnership Lines:

Bradford 01274 481183 Leeds 0113 3951200 North Yorkshire 01756 792427

Social Services – 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 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

Barton Hill Advice Service www.bhas.org.uk

Looking for childcare

The Family Hub Leeds www.thefamilyhubleeds.org/

Children's Information Link www.bradford.gov.uk/childcare

AWARE thanks the following for their support this year:

Bradford Carers' Grant



The Cow & Calf, Ilkley



*AWARE wishes all its members
a very merry Christmas and a happy, healthy 2008!*