

AWARE News December 2009

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Issue 115


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

December Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 7 & 14	7 – 9pm	Monday Youth Club Addingham Youth Centre <i>*Ring Sarah Jamieson to attend</i>	HFA/AS 12+ and siblings age 8 - 17 (Parents don't stay)	£1/ person
Fridays 4, 11 & 18	7 – 9pm	Friday Youth Club Addingham Youth Centre Nb 11 Dec is the Christmas party – see page 2 for details <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Tuesday 8	8.00pm <i>NB change of time</i>	Christmas Meal at The Cow & Calf <i>Please book with Jo</i>	Parents, Carers, Professionals, anyone interested	
Wednesday 2	10am – 12pm	Coffee Morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 12 Giant bouncy slide	1.30pm– 3.30pm	Junior Youth Club Addingham Youth Centre <i>Please ring, text, 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 11years, inc siblings	£2 /family + £1/friend
Sunday 20 Fred Claus 	11am Doors open 10.50am	Cinema <i>Just turn up</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford	All family <i>*Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007</i>	£2.50/child adults free
Saturday 2 January	TBC	Trip Club <i>Contact Linda Porter on 07949576898 for further information</i>	Age 14+ Parents don't stay - young people will have AWARE support	£10 per session, (which includes activities and refreshments)

N.B. For further details of all our activities contact Jo 07764432933; for the Monday club contact **Sarah Jamieson* on

01274 734018 or email sarah.jamison@bradford.gov.uk

AWARE Christmas Dinner: Tuesday 8 December, from 7.30pm

We look forward to seeing as many of you as possible at our Christmas get-together (in lieu of the usual Parents' Meeting) at The Cow & Calf, Ilkley. If you haven't done so already, please return your form and a £5 deposit per person to Jo as soon as possible.

Last month's speaker at the CDC was Georgina Hannaby, a practising artist and art teacher who is studying a postgraduate course in children with autism at Birmingham University. Georgina gave some of AWARE's volunteers and parents with recently diagnosed children information on identifying and understanding the

AWARE News December 2009 Issue 115

different characteristics of Autism and Aspergers syndrome. If you would like a copy of Georgina's handout, please email margaretnash@thomanash.orangehome.co.uk with 'Georgina' in the subject box.

Youth Club Christmas Party: Friday 11 December

Please bring a contribution of food on the night. The giant bouncy slide will be out!

Cinema: Sunday 20 December, autism-friendly screening of 'Fred Claus'

Everyone has a member of the family who makes things difficult at Christmas, even Santa, whose brother Fred turns up to cause havoc in the festive season.

Holiday Playscheme

Monday 21 December: bouncy castle and Tuesday 22 December: trampoline. Unfortunately, there aren't any supported places available. Just turn up on the day (10am – 3pm – bring a packed a lunch!).

Aiming High Grant: Monthly Trip Club – 2 January

Funds have been received to run a monthly trip club for young people age 14+; we want the young people to decide the programme of activities e.g. bowling, cinema, eating out, ice-skating etc. Please contact Linda if your child is interested 07949576898 in this, our fourth outing.

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

An AWARE member writes: "I just wanted to let you know that we have started attending **multisports** at Nab Wood sports centre on a Saturdays. They are great fun and M really enjoys going each week. We play lots of different ball games in pairs or in teams. Dodgeball is our favourite. The children are of mixed abilities and the children are encouraged to have fun, so it's not too competitive. Everyone is really friendly and understanding.

Siblings can attend as well .It costs £3 for your child and a £1 for siblings. They need to bring a drink and a snack . It's a great way for our son to burn off some energy and gives us something to do with him at the weekend."

Another parent recently bought her son an Itouch Ipod for his birthday and he loves it. She was adding photos to help him communicate and accidentally came across software called **Proloquo2Go** which incorporates PECS and voice synthesis; take a look at the intro video below: Introduction to Proloquo2Go http://www.youtube.com/watch?v=BD_1sdNEwfg She has downloaded it and is working through the various options. Her son uses PECS at school and is mainly non-verbal. She suggests this system could act as a bridge for non-verbal children/people and reduce anxiety.

Active Bradford website www.activebradford.org.uk has been created to provide a central point which can be accessed to find out information relating to physical activity and sport across the District. Part of this website is the 'Active Bradford Directory,' which will enable people to access up to date information about any physical activity or sport that is taking place across the District and learn how they can participate in it.

The Active Bradford website has been developed in partnership with the Community Sports Network. The Community Sports Network is a partnership body with the purpose to raise participation in sport and physical activity within the Bradford district through leadership, advocacy, planning and delivery.

Recommendation: **Clothing Solutions for Disabled People** is a registered charity providing a unique clothing service for learning and physically disabled children, adults and elderly people. The Service offers solutions to dressing and undressing difficulties by offering a made to measure garment alteration/adaptation and dressmaking facility. They also provide an outreach service where they visit the person for consultation, as well as an information service about specialist clothing. For more information please contact: Sandra Hunt

Clothing solutions for disabled people, Jubilee Mills Unit 1, 30 North Street, Bradford BD1 4EW.

Tel: 01274 746739 Email enquiries@clothingsolutions.org.uk Website www.clothingsolutions.org.uk

A new online store selling **sensory toys for children with special needs** has been short-listed for the prestigious Morgan Foundation Entrepreneur Awards 2009. www.thenoveltywarehouse.com is one of only five finalists under the Best New Business category in the awards

If you are early on in the diagnosis or just feel you need more information, get a (free) copy of the ES12 Autistic Spectrum Disorder information for parents booklet from DCSF Publications: dcsf@prolog.uk.com or call 0845 602 2260: it is a very useful introduction.

A chat group for siblings of children and young people on the spectrum has been recommended to us: http://groups.yahoo.com/subscribe/autism_sibs Let us know what you and your children/young people think.

Did you know there's a free quarterly magazine by and for adults with autism spectrum conditions? The magazine is called Asperger United. To request a sample copy, call 020 7903 3563 or email membership@nas.org.uk

(Editor's note: if you have any hints/suggestions you would like to share, please contact me on 07854 740071 or email margaretnash@thomasnash.orangehome.co.uk We would particularly welcome names & contact details for local groups that are ASC friendly – sport, dance, drama etc - so we can keep a list for when members ask or we can publicise in our useful information lists. Thank you!)

News from the NAS

Help! Course in Bradford - Wednesday 9th December 2009

Help! aims to provide parents and full-time carers with information and advice to support them in the care of their child with an autism spectrum condition (ASC). Places for PARENTS and CARERS are FREE on: 'Common toileting difficulties in children with autism'. For further information/to book a place, contact Jan Fuller on 0191 568 0732 and jan.fuller@nas.org.uk. or Wendy I'Anson on 0191 568 0731 and wendy.i'anson@nas.org.uk.

Don't Write Me Off Campaign:

"Hi, My name is Paula. I have Aspergers, and am a campaigner for [Don't Write Me Off](#).

When I applied for Employment and Support Allowance (ESA), the medical professional who conducted my assessment didn't know about Aspergers, he expected me to be able to explain everything to him in conversation. A report about my diagnosis from a consultant psychiatrist was ignored.

The help and support that is in place to help disabled people was inaccessible to me and I had to take the DWP to tribunal to get what I was entitled to. I am now receiving business advice to help me become self-employed.

I got involved with the NAS because I realised that my experience was not unique and wanted to make a change bigger than what simply complaining would accomplish; the *Don't Write Me Off* campaign is an opportunity to do this.

Please [email your MP](#) and ask them to make sure that people with autism are given access to the support that they need to move forward with life.

Thank you, Paula

P.S. You can find out more about my story on the [Don't Write Me Off website](#)"

Research

If you are interested in getting involved in academic research, or want to take part in NAS surveys, visit: www.autism.org.uk/research

Dr Ann Le Couteur of the University of Newcastle is currently looking for families of children aged up to 11 with an ASC to complete a survey (20 – 30 mins) regarding the GF/CF dietary interventions many families use. Nb Participants have the chance to win a laptop computer! Visit www.ncl.ac.uk/cargone/PADIA.html or call 0191 282 1379 to request a postal copy.

Fundraise by using our webshop and by giving AWARE your old mobile phones, used stamps & empty ink cartridges

Don't forget to use our webshop, www.buy.at/aware 'gateway' to many internet shops and if you go shopping via this gateway we receive a percentage of your spend or an amount agreed by the company **at no additional cost to yourself**. A few of the most well used shops are M & S, Amazon, Waterstones, Iceland plus many, many more. Please support us by doing your shopping via the above address: make it your home page so you'll never forget to use it! Please bring along old mobile phones, used stamps and empty ink cartridges to any of our sessions, or ring Jo to arrange collection.

We are now fundraising for AWARE through Usborne books for children so please come and see some of the books and the catalogues at the monthly meeting or coffee morning, or contact me direct (07854 740071 or margaretnash@thomasnash.orangehome.co.uk) if you would like to find out more/arrange a book party/whatever!

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 0127 4 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 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

Looking for childcare

The Family Hub Leeds www.thefamilyhubleeds.org/

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

Transitions service.

<http://www.dimensions-uk.org/index.php>

The Children's Information Link is a key part of the Bradford Early Years and Childcare Service, enabling parents and others to obtain comprehensive 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

Play Partners can help children with a disability access play or holiday schemes 01274 431571

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

AWARE thanks the following for their support this year:

Bradford Carers Grant

Cow & Calf, Ilkley



*AWARE wishes all its members
a very merry Christmas and a happy, healthy 2010!*

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