

AWARE News December 2011

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December	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 2, 9 & 16 No club on 23rd or 30th	7 – 9pm	Friday Youth Club Addingham Youth Centre Just turn up Recommences 6th Jan 2012	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Saturday 3	10 am – 1pm	Cookery Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£10 per person
Sunday 4 	11am Doors open 10.50am	Cinema: Horrid Henry http://www.horridhenry.co.uk/ Details on page 2 Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford Just turn up	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Wednesday 7	10am – 12pm	Coffee morning CellarV, Guiseley (next to Morrison's) Just turn up	Parents/carers, babies & toddlers welcome.	Pay for self
Tuesday 13	8.00pm	Christmas Meal at The Cow & Calf (in lieu of Meeting at CDC) - see page 2 for details Book with Margaret/Jo	Parents, Carers, Professionals, anyone interested	£16.95 for three course meal.
Monday 19 & Tuesday 20	10am – 3pm	Play Scheme just turn up Addingham Youth Centre, Family Stay and Play/Supported	Families with children 0 – 16 years inc siblings /friend	£2.50/half day £5/full day/ Family +£1/friend
Friday 23	TBC	Trip Club: Aladdin Panto at Skipton Mart Theatre For further information contact Rachel Miller 07826926150	Age 12+. Parents don't stay - young people will have AWARE support	£20PP/session
Friday 20 January	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery Book with Margaret	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 16 December. Please contact Margaret 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 – password needed: email me if you have forgotten it).

Urgent request! Due to a change in circumstances, one of our librarians is unable to continue storing the books and taking them to the meetings as the CDC (approximately eight times per year), so we are looking for a new librarian: can you help?

AWARE Christmas Dinner Tuesday 13 December, in lieu of CDC meeting

Please find attached the menu for our annual Christmas get-together at The Cow & Calf, near Ilkley, on Tuesday 13 December from 7.30pm. Please return your form and a £5 deposit per person to Margaret Nash, 12 The Locks, Bingley BD16 4BG asap. We look forward to seeing you there!

Last month's speakers at the CDC were from **The Lighthouse School** and since their visit they have had fantastic news (see attached press release) and plans are going ahead for them to open in September 2012! For further information, visit www.lighthouseschool.co.uk

Coffee Morning Wednesday 7 December: CellarV, Guiseley

As most children/young people break up on 16 December and this is a busy time of year for all families, we have changed both the location and usual date of our coffee morning to CellarV, Guiseley (next to Morrison's). Come along to relax and catch up with some other parents from 10am – 12pm. No need to book: just turn up!

Cinema: autism-friendly screening: Horrid Henry 2D

There's big trouble for terrifying teacher Miss Battleaxe (Angelica Huston) as kids' favourite Henry does his best to do what he does best - bring everyone within reach of breaking point.

The cinema has asked us to stress that if for whatever reason your child is having any difficulty with the lights, sound etc, PLEASE make the team aware on the day, preferably during the showing, so they can make any necessary changes and so you can enjoy the performance.

Lineham Farm Christmas Fayre and Open Day: Saturday 10th December 11-3pm

Entry £1 per adult and 50p per child. Contact Clare on 0113 2817880 or email clare@linehamfarm.co.uk for more info.

Christmas holidays' playscheme days

Playscheme will run on Monday 19 and Tuesday 20 December – families just turn up to Stay and Play. Supported places are available – please contact Jo to book.

Advance Notice: Friday 20 January: 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 January 9.30 – 11.30am (there is no meeting in December because of nativity plays, Christmas shows etc, but please come along instead to the coffee morning on the 6th in Guiseley, see page one). Please book in advance for the NDG with me (so I can buy enough chocolate biscuits!): 07854 740071 or margaretnash@thomasnash.orangehome.co.uk

Good News!

We have been successful in our bid to Lloyds TSB for funding of £25k over two years to assist with salaries and as we don't currently know the situation with funding for next year, hopefully this will help keep us going in case we're hit by funding cuts.

Thank you for all your fundraising efforts!

A special thank you to Jenny Jeffels and Steven Houghton who raised £300 with the help of White (photo attached) – well done to you both! And thanks also to Chris Moor, our chairman, for donations of £150 in lieu of 50th birthday gifts.

We have received **£61.05** this month (November) from cartridge recycling (the HP one's seem to be most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15) so PLEASE do use Ink Cartridge Recycling 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, thanks). Running total so far is **£599.95**

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on ebay. Use our webshop: <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 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 so far is £21.61**

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 make your purchases.

News from the NAS

From the NAS Education website: ChildLine has been working with Anna Kennedy to develop some new resources for its website. Children with autism, or those who have friends or family with the condition, can now access information and support online. Find the site at

<http://www.childline.org.uk/Explore/Life/Pages/Autism.aspx>. Anna Kennedy's own website,

<http://www.annakennedy.com/>, also offers a range of advice for families affected by autism

This page offers practical advice on how to make **Christmas** less stressful and confusing for people with an **autism** spectrum disorder. www.autism.org.uk/Christmas

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

Whilst doing your Christmas Shopping online and later your sales' shopping!), fundraise by going via our webshop <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.

From another parent: "*We used this company <http://www.sensorydirect.com/> to buy weighted blankets and a pressure shirt. The blanket is great, good quality and has footballs on it which my son loves, lol, and they give advice on which size to buy for your child*".

We are attaching a list of Autism Apps (thanks, Leeds ABC!)– have fun!

Sibs and NHS Choices DVD on being a sibling

In this DVD two siblings aged 19 and 9 talk about what it is like for them growing up with their disabled sister. Monica McCaffrey from Sibs gives advice for parents on supporting siblings. [Watch the DVD](#)

Sibling camps and breaks in 2012

The Calvert Trust will be running camps and breaks for siblings/young carers next year; for more information about dates, who can attend and how to book visit [The Calvert Trust](#)

Another member (thanks, Lisa – you are a great source of info!) has recommended having a look at **AuKids**: "Just been having a good read of my AuKids magazine and wanted to share a few bits! Firstly! Chewigems' website is <http://www.chewigem.co.uk/> these are chewable pendants!!! for our little chewers. Obviously because they go around the neck they need adult supervision but very useful resource.

A new book called "A Friend Called Simon" by Kate Gaynor. A gentle and uplifting story - a colourful, large paperback with big print aimed at under eights in a mainstream school who might find that a child with autism is among their peers. More importantly it conveys the message that difference is ok, and that difference in schools is commonplace. A fantastic little read encouraging school kids to tolerate and value-difference, it should be in every school library! http://www.amazon.co.uk/Freind-Like-Simon-Special-Stories/dp/0956175120/ref=sr_1_1?ie=UTF8&qid=1320675081&sr=8-1. (If you would like to purchase a copy please do so though our webshop link – see above).

We have been sent this link by NYPACT which allows parents to rate how their child's' school deals with SEN Please complete the easy survey, so that NYPACT can build a true picture of how our local schools cope: www.parentview.ofsted.gov.uk

For many children with autism spectrum disorder Christmas is a time for stress and confusion.

With the sheer chaos that surrounds the festive season, changes to routines at home and at school, behaviours and an overload of sensory stimulation many autistic children can suffer "meltdowns", anxiety, stress and behaviour problems. <http://www.autismsocialstories.com/christmas/> Download Social Stories to help your child/young person at Christmas

If you are on a **low income**, check with your energy supplier now for possible rebate!

www.cafamily.org.uk Call your energy supplier now to see whether you qualify for a discount or a rebate worth up to £120 under the government's new **Warm Home Discount Scheme** – or come along to the Carers' Rights Day in Keighley (see attached flyer) with a copy of a bill to see if you qualify.

I saw this article in **Autism News** (Website version at <http://j.mp/t31WH0>) and though it interesting: 22/11/2011 - Rise in autism 'may be linked to clever parent's':

<http://www.telegraph.co.uk/science/8905851/Rise-in-autism-may-be-linked-to-clever-parents.html>

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, Benefits Agency, Skipton 01535 617400

Contact a Family advice on benefits & finance for families with a child with a disability www.cafamily.org.uk/cashcounts

Looking for childcare www.thefamilyhubleeds.org www.bradford.gov.uk/childcare

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

The Children's Information Link/Family Information Service for 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. Try out their Sensory Room.

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 wishes all its members a very merry
Christmas and a happy, healthy 2011!***

AWARE thanks the following for their support this year:



**WHITE
STUFF**

Cow & Calf, Ilkley



City of Bradford Metropolitan District Council

www.bradford.gov.uk



Bradford Carers Grant



department for
children, schools and families

City of Bradford Metropolitan District Council

Early Years, Childcare & Play

www.bradford.gov.uk

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