

AWARE News December 2012

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December	Time	Activity & Location	Cohort/Age Group	Cost
Saturday 1	10 am – 1pm	Cookery Club Addingham Youth Centre <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 1	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre (bouncy castle)	Families with younger children up to about 11years, inc siblings	£3.50/family + £1/friend
		<i>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.</i>		
Sunday 2 Nativity 2 	11.30am	Leeds/Bradford Odeon Leisure Park Thornbury see page 2 for details including link to trailer <i>Just turn up</i>	All the family	See page 2 Carer free with CEA card
Friday 7	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery, Keighley <i>Book with Margaret</i>	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome
Friday 7, 14, 21 No youth club on 28	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Saturday 8	10 am – 4pm	Trip Club: bowling and cinema <i>For further information contact Rachel Miller on 07826 92615</i>	Age 12+. Parents don't stay - young people will have AWARE support	£20/person
Tuesday 11	7.30pm	Christmas Meal at The Cow & Calf, Ilkley – see page 2 <i>Fully booked</i>	Parents, carers, staff & volunteers	£17.95 for three course meal
Friday 14 at Youth Club, Addingham	7 – 9pm	Margaret Wightman is doing Christmas Flower arrangements	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Friday 21 at Youth Club	7 – 9pm	Christmas Youth Club with food and Giant Bouncy Slide	Everyone welcome, please bring some food to share	£3.50/family + £1/friend.
Advance Notice of January Events – and see page 2				
Wed 2 – Fri 4 January 2013	10am-3pm	Play Scheme Stay and Play - <i>Just turn up</i> Supported £12/day - <i>book now</i>	Families with children 0 – 16 years, including siblings /friend Children with ASC 8+	£6/full day/Family +£1/friend
Saturday 5 January	10 am – 1pm	Cookery Club Addingham Youth Centre <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 1	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre (bouncy castle)	Families with younger children up to about 11years, inc siblings	£3.50/family + £1/friend

N.B. No Swimming in December as pool is closed; next swimming 13 January 2013.

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 21 December. Please contact our librarian, Alison, on 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).

Cinema: Sunday 2 December: autism-friendly screening of Nativity 2: Danger in the Manger' (U, 2D)

In 'Nativity 2: Danger in the Manger!', it's double trouble as a rookie teacher goes head to head with his identical twin brother at the annual 'Song for Christmas' contest. To watch a trailer, see:

http://www.youtube.com/watch?list=PL884C8D7C32AD3FA3&v=Oj0KrQJrgTI&feature=player_embedded

For details of the national autism friendly screenings, see <http://www.dimensions-uk.org/what-we-do/autism/autism-friendly-films> [Autism Friendly Film Screenings Homepage](#) Your questions answered re booking, pricing & CEA Cards (free entry to Carers).

Friday 7 December: 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 9.30 – 11.30am. Please book in advance for the NDG with me (so I can buy enough cake and mince pies!):

07854 740071 or margaretnash@thomasnash.orangehome.co.uk

AWARE Christmas Dinner Tuesday 11 December (in lieu of CDC meeting)

39 people have now booked for our annual Christmas get-together at The Cow & Calf, near Ilkley, on Tuesday 13 December from 7.30pm. Fully booked - we look forward to seeing everyone there!

The speakers at last month's meeting were from the "Caring Families Team" at Carers' Resource, Skipton who talked about the support Natalie can provide with DLA forms and for Young Carers, in particular; the Caring Families Team can be contacted on 01756 700888.

Walking Groups

Due to low numbers, probably because of the very wet weather, the **Weekend Walks with the Thomas family** will not start again until the spring. If you would like to do weekend walks but haven't done so recently, please can you email me why so Diane can ensure the walks are the right level/length for people in future? Afraid we can't promise to sort the weather though ... unfortunately!

Our leader will be in New Zealand in January (lucky woman!) so our next **mid-week ramble with Ronda** for parents/carers only will be in February. Email/text Margaret (07854 740071) to book or for further information.

AWARE Volunteer Jenny Jeffels is a Diamond!

Earlier this year, Jo nominated our very own (well, actually we share her with ASAS!) Jenny Jeffels as a WRVS Diamond Champion volunteer. Jenny was selected as just one of ten volunteers from over 800 nominations from the North West of England and Yorkshire & Humber (nearly 5000 nationally) for their outstanding volunteer work and invited to a luncheon in York Guildhall and then to St James's Palace in London to meet Prince Charles and Camilla. Unfortunately, due to her present state of health she had to decline both invitations but she has received a certificate and commemorative pin badge; watch out for Jenny's photo in the newspaper very soon!

Advance Notices – dates for your new diaries!

Meeting at Airedale CDC, Tuesday 8th January, 8pm – Parents/Carers needed!

Come along to a consultation with parents of young people with Asperger's/High Functioning Autism around relationships and sexual health – to be run by Steven Livingstone and the ACST (Asperger Community Support Team).

Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 22 January

Following on from the success of our last two meetings at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST, we shall be holding our next coffee morning there on Tuesday 22 January from 11am to 1pm.

Why not come along? New members are especially welcome, but please book in advance with me, Margaret, so I can buy enough chocolate biscuits! We had two more new members come last time, as well as some more familiar faces, including Debbie Harris from Autism Support Services!

Siblings Day – Wednesday 20 February

A day of bowling, lunch and cinema at the Leisure Exchange in Bradford for brothers and sisters age approximately 7-14 years. If your child is interested let Jo, Rachel or Margaret know – we're hoping for funding so it will be free.

Lineham Farm Residential Break 22-24 March 2013

If you're interested in your child being considered for the next residential in March please contact Jo.

Follow this link for a sneak preview [Lineham Farm Residential](#)

New! Free Brewery Trip for AWARE Dads, Saturday 23 March!

The AWARE Committee has decided it's about time we did something purely for the men (they are jealous of our Pamper Days! ... so a minibus has been booked to take fifteen Dads/male carers to Masham's Black Sheep Brewery on Saturday 23 March, to co-incide with the residential at Lineham Farm (see above).

The visit includes a guided tour which lasts about an hour and fifteen minutes plus either a pint of ale or glass of house wine and a choice of a main course lunch, picking up at various locations to get to Masham for 12.15 and leave around 3.30pm.

We have applied for a grant but even if this is not successful, thanks to our fundraising, we are offering this trip free so BOOK NOW with Margaret (although she won't be going!).

News from the DCIS

Winter 2012 Disabled Children's Information Newsletter is now available on the FIS site:

<http://fis.bradford.gov.uk/NR/rdonlyres/9B08178B-BB80-4E6E-B9C9-E32D010C46EF/0/Edition23Winter2012.pdf>

The DCIS also now has a Facebook page giving parents, carers and professionals up-to-date information between termly newsletters. Please follow the link to the [DCIS Facebook page](#) and 'like us' for regular information. (*Thank you, Caroline*)

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

Have you joined AWARE's new **Facebook** group? Lots of sharing here – please join in!

<https://www.facebook.com/groups/317649321643365/> Will you be our 80th member?!

Thanks to Bernadette B. who has just joined our AWARE Facebook group for reminding us about Family Fund (for whom she works) and their (means tested) grants for families with severely disabled children under 17: <http://www.familyfund.org.uk>

The Family Fund has started a travel insurance service for families with disabled children, see <http://www.familyfund.org.uk/travelinsurance>

Also have a look at The True Colours Trust: the Individual Grants Programme UK, launched in April this year, focuses on young people aged 18 to 26 who have a disability and/or complex health care need living in the UK. Applicants must be referred by a medical professional or social care worker. www.truecolourstrust.org.uk/individual-grants-uk

Preparing for Christmas? This may be useful – and there are lots more files like this in the Members Only area of our website:

<http://awareuk.homestead.com/files/EssentialInformation/4.Christmas.No.Surprises.Please.pdf>

Have a look at www.showandgo.com (*thanks, Amanda!*): "Show and Go" are personalised books created online by parents and care givers of people with Autism Spectrum Disorders (ASD) and related communication problems. Daily activities and routine changes, which often result in difficult situations, can be managed more effectively, minimising confusion, frustration and tantrums to create a calmer environment for you and your child.

From Leeds Carers Newsletter: Do you care for someone who is using mental health services? Now is his or her chance to play football with The Leeds United Foundation! Turn-up and play 'Football 4 me' sessions are running at various locations across the city including Armley, Fearnville, Morley and Chapeltown. Contact James on 07540 127 683 to find out more.

Sibs has launched a new Facebook page <http://www.facebook.com/SibsCharity> Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations. They also want to have positive relationships with their disabled brothers and sisters and to be able to choose the role they play in future care.

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. **Still just £5 donated in total!**

Easy fundraising: please register to receive updates and for just a few clicks you can make £'s for AWARE - visit <http://www.easypfundraising.org.uk/causes/aware> **Total for Easy fundraising is £47.17**

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 £34.47**

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.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 wishes all its members a very happy Christmas!

AWARE thanks the following for their support this year:

