

# AWARE News December 2013

Registered Charity 1089617

Issue 159

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Contact details: AWARE phone line: 01943 466543 Mobile: 077644 32933

Email: [jo.galasso@tesco.net](mailto:jo.galasso@tesco.net) Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

December	Time	Activity & Location	Cohort/Age Group	Cost
Saturday 7	10am – 1pm	<b>Cookery Club</b> Addingham Youth Centre <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 7	1.30pm – 3.30pm	<b>Junior Youth Club</b> Addingham Youth Centre <i>For further information contact Rachel Miller or ring 07826 92615</i>	Families with children up to about 11years	£3.50/family + £1/friend
Friday 6, 13, and 20* (*library) <i>No youth club on 27</i>	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Saturday 8	Times to be confirmed	<b>Trip Club:</b> Leeds – cinema and meal. Times to be confirmed <i>For further information contact Rachel Miller or ring 07826 92615</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person
Tuesday 10	7.30pm	<b>Christmas Meal at The Cow &amp; Calf</b> (in lieu of meeting at CDC) <i>Fully booked</i>	Parents, Carers, Professionals, anyone interested	£18.95 for Festive Menu
Thursday 19	12.30 – 2.30pm	<b>Carers' Walk</b> - see page 2 <i>Book with Margaret</i>	All carers welcome!	Free but bring money for coffee!
Monday 23	10am-3pm	<b>Play Scheme Stay and Play</b> Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friend	£6/Family/day + £1/friend
<b>January Playscheme</b> Thursday 2 & Friday 3 2014	10am-3pm	<b>Play Scheme Stay and Play</b> Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friend	£6/Family/day + £1/friend

N.B. Unfortunately, some of our services aren't available to all members due to local funding restrictions; contact [Jo](mailto:jo.galasso@tesco.net) 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 20 December. Please contact our current librarian, [Alison](#), or ring 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. **Alison has been doing a fantastic job, bringing the books to the CDC for our evening parents' meetings, but due to new commitments, she is no longer able to do so. Is there anyone who can commit to coming to the CDC approximately eight times per year (not such an onerous task!) and who has room to store a few boxes of books and DVDs (you can read about autism all day!) who would like to volunteer? This is an important resource/service for members so please help if you can – contact me, [Margaret](#)**

## **December Activities at Friday Youth Club**

Friday 6<sup>th</sup>: making Christmas flower table decorations. Friday 13<sup>th</sup>: end of term 'Youth Club with Food'; we will be having the Giant bouncy slide and please bring food to share. Friday 20<sup>th</sup>: making photo calendars.

## **AWARE Christmas Dinner Tuesday 10 December, in lieu of CDC meeting**

Our annual Christmas get-together at The Cow & Calf, near Ilkley, on Tuesday 10 December from 7.30pm is now fully booked. We look forward to seeing everyone who's booked!

*Last month's speaker was Barbara Wilkinson, a woman living with Asperger's, who enthralled twenty members with her life story and offered lots of hope, ideas, inspiration and food for thought: a fantastic evening, thanks, Barbara! We shall be inviting Barbara back in 2013 – hoping she will come again!*

## **Walking Group, Thursday 19 December**

We have a two hour **mid-week ramble with Ronda** planned for Thursday 19 December, meet at The Stocks in Bingley. Finish at 2.30pm, in time for school pick-ups! *N.B. It is advisable to wear walking boots/walking shoes and take waterproofs.* Regular updates posted on our Facebook page; book with [Margaret](#)

## **Christmas & New Year Playschemes**

Supported places are now fully booked but anyone is welcome to turn up to Stay and Play, £6/family/day, 10am – 3pm, Mon 23 Dec, Thurs 2 & Fri 3 January 2014.

## **Advance Notices – dates for your new diaries!**

### **New Diagnosis Group, Friday 17 January 10am – 12pm**

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 will be meeting at Strong Close Nursery in Keighley on Friday 17 January, 10am – 12pm, book in advance for the NDG with [Margaret](#)

### **Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 21 January 11 – 12.30pm**

Why not come along to our coffee morning at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST from 11am to 12.30pm? New members are especially welcome, but please book in advance with [Margaret](#)

## **News from the NAS:**

**The School Exclusions Service** The School Exclusions Service offers advice and information to parents of children and young people with an autistic spectrum disorder (ASD) on all aspects of school exclusion in England. This includes advice on informal (illegal) exclusions; fixed-period and permanent exclusions; how to challenge your child's exclusion and what you can do if you are concerned that your child is at risk of exclusion.

How to use the School Exclusions Service:

- 1) Call the [Autism Helpline](#) on **0808 800 4104** (Monday-Friday, 10am-4pm). The Helpline will take details of your query and arrange a telephone appointment for you with the Exclusions Adviser, who will call you back at the agreed time to discuss your query in detail.
- 2) Email your enquiry to [schoolexclusions@nas.org.uk](mailto:schoolexclusions@nas.org.uk). It would be helpful if you could provide as much detail as possible regarding your enquiry.

Advance notice of The National Autistic Society's **Professional Conference: 4-5 March 2014, Harrogate** Save up to £50: don't miss the early booking rate - ends 22 November 2013. Carol Povey, Director of the Centre for Autism at The National Autistic Society and Chair of the Professional Conference Editorial Board explains [why you should come along](#).

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

Have you joined AWARE's **Facebook** group? Lots of sharing here about many aspects of parenting a child/young person with an ASD – please join in! You will also get regular reminders and updates of what's happening. <https://www.facebook.com/groups/317649321643365/> Will you be our 151st member?!

**Bedwetting issues?** A friend whose son (not ASD but recently diagnosed as a diabetic) had started bedwetting again at seven was told by an incontinence nurse that blackcurrant can irritate the bladder. She stopped giving him ANY blackcurrant at all and he had three out of five dry nights – she had been changing the sheets at least once a night EVERY night before this. Worth trying! (She gives him a dilute apple juice now and he seems fine ..

**Hygiene issues?** Some tried-and-proven tips that focus on helping your child take care of his body without your child/young person (or you!) melting down: <http://www.pageturnpro.com/Autism-Media-Channel/53827-AF52-Autism-File-OctoberNovember/index.html#/22>

**Talk about Autism** is an online community and discussion forum for everyone interested in autism, including parents, carers, family members, people on the spectrum, and professionals

<http://www.talkaboutautism.org.uk/page/forums/speaksomeonespectrum/index.cfm>

Message from NYPACT: Due to ongoing issues with our Hotmail account we have now created a new email account; please use this as the main email for NYPACT: [northyorkshirepact@gmail.com](mailto:northyorkshirepact@gmail.com)

Thanks to Sparkle for this info: **Donkey Sanctuary Winter Wonderland** 7th & 8th December 10.00am - 2.30pm. Take a donkey ride or sleigh ride to see Santa in his magical grotto!

[www.thedonkeysanctuary.org.uk](http://www.thedonkeysanctuary.org.uk)

Lots of discussion on **Manual Tally Counters** in AWARE Facebook group after one of our members bought one from the Railway Museum and highly recommended it! (*Thanks, Lilly!*)

[www.amazon.co.uk/niceEshop-RY125-Tally-Counter-Misc/dp/B000NSEKW8](http://www.amazon.co.uk/niceEshop-RY125-Tally-Counter-Misc/dp/B000NSEKW8)

**Carer's Small Grant** – for members living in the Bradford Metropolitan District. If you think you may qualify, please contact Carers' Resource on 01274 965883 or by emailing [smallgrant@carersresource.org](mailto:smallgrant@carersresource.org) for an application form and information guide. Priority will be given to carers who have not received a Carer's Small Grant within the last 12 months. **Closing date for applications: 20 December 2013**

**Panto Time Theatre School: Sat 07 & Sun 08 Dec 2013 @ Mind the Gap Studios, Bradford**

Get into the festive spirit and help to create a pantomime based around gifts! You'll develop a story, make dazzling costumes and invent larger than life characters in this exciting two day theatre school. On the Sunday you will perform the pantomime for your family and friends. Panto Time theatre school is open to 11 to 19 year olds with a learning disability who live anywhere in West Yorkshire. For more information and how to book, click here. <http://www.mind-the-gap.org.uk/learning/theatre-school-activities>

**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 December: **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!**

**Another Big Thank You!** To everyone who organised and attended the AWARE Fashion Show on Monday 18 November. We raised £324 - thank you again!

**And a final Big Thank You to Betty's, Ilkley** Sadly, our year of being Betty's Ilkley Charity Partners has come to an end; Jo and volunteer Jenny attended the Charity Handover to receive the cheque, tell the other charities and branches about what we do and were asked to pose for the press shot which appeared in the Ilkley Gazette on Thursday 21 November. The final total raised was an amazing £4 321.11! Thank you to all the AWARE members who attended the events organised and helped Betty's raise such a fantastic amount.

The draw for the **mid-week/weekend break to a B&B in Blackpool** in May next year will take place on Friday 20<sup>th</sup> December; if you haven't already bought tickets at £2.50 then please contact Jo to buy some or ask for them the next time you attend an event.

We've signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070.

**Easy fundraising:** 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. **Total for Easy fundraising is £240.70** (£225.50 last month). **We now have 36 supporters, so thank you to the SIX new ones who signed up this month; everyone else please sign up NOW - you've nothing to lose and lots for AWARE to gain!**

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 £78.93** (£78.25 last month): **We still only have 17 supporters so please sign up and get clicking!**

Don't forget to keep **recycle mobile phones and 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 phones and cartridges via The Recycling Factory envelopes – to get one, please ring 0800 0910696, or visit [www.therecyclingfactory.com](http://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.

**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](http://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!

### **Helplines: need help or support?**

**The National Autistic Society** [www.nas.org.uk](http://www.nas.org.uk) [autismhelpline@nas.org.uk](mailto: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](http://www.carers-in-bradford.nhs.uk) 01274 363440

**Carers Resource, Skipton** [http://carersresource.smartchange.org/mw\\_bran2.phtml](http://carersresource.smartchange.org/mw_bran2.phtml) 01756 700888

**Carers Resource, Shipley** Tel: 01274 449660 **Carers Leeds** [www.carers.org](http://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](http://www.cafamily.org.uk/cashcounts) 0808 808 3555 **General helpline** email [helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk)

**Looking for childcare** [www.thefamilyhubbleeds.org](http://www.thefamilyhubbleeds.org) [www.bradford.gov.uk/childcare](http://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:**

