

AWARE News December 2014

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December	Time	Activity & Location	Who for/ages	Cost
Monday 1, 8, & 15 <i>Not 22 & 29</i>	6.30-8.30pm	Adult Support for Asperger's Drop-In Otley <i>See page 2 for details</i>	Adults with Asperger syndrome (16+): parents, partners	FREE donation for refreshments welcome
Friday 5, 12* & 19# <i>No club on 26th</i>	7 – 9pm	Friday Youth Club Addingham Youth Centre (*library available) # End of term youth club with food and giant bouncy slide <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Saturday 6	Times to be confirmed	Trip Club: Red Hot Chilli buffet in Leeds then going to see Nativity 3 at the cinema. Times t.b.c. <i>Register interest with Rachel Miller</i>	Age 12+. AWARE support provided	£20/person
Tuesday 9	7.30pm	Christmas Meal at The Cow & Calf Hotel, Ilkley (in lieu of meeting at CDC) <i>Book with Jo or Margaret</i>	Anyone interested!	£17.95 for 3 course Festive Menu
Saturday 13	10am – 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 13	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre <i>Book with Rachel Miller</i>	Families with children up to about 11 years	£3.50/family + £1/friend
Tuesday 16	12.00pm	Lunch at Outside The Box, Ilkley <i>Book with Margaret</i>	All carers welcome – babies and children, too!	Pay for your own lunch.
Monday 22 & Tuesday 23	10am-3pm	Play Scheme Stay and Play Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friend	£6/Family/day + £1/friend
Friday 2 Jan Playscheme	10am-3pm	Play Scheme Stay and Play Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friend	£6/Family/day + £1/friend

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 12 December. Please contact our librarian, [Vanessa](#), 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 – we are purchasing new books every month, see hints and tips on page 3 for details of some of our latest purchases).

Bag Pack & Book Stall at Marks and Spencer, Ilkley, Friday 5 December

M&S Ilkley have chosen us as one of their charities to support this year, so bag-packs and book stall have been arranged for Friday 5 December date and Saturday 14 March; if you are able to help out at either of these please, please contact Julie Tales jtales@hotmail.co.uk or on 07508155998.

December Activities at Friday Youth Club

Friday 12th: making Christmas flower table decorations; Friday 19th: end of term 'Youth Club with Food'; we will be having the giant bouncy slide and please bring food to share. If this is your first visit to Youth

Club, it may not be advisable to come to the party as it is different to its usual format, depending on how well your child accepts changes.

AWARE Christmas Dinner Tuesday 9 December, in lieu of CDC meeting – last few places available, last date to book – Monday 1 December

Please find attached the menus and booking form for our annual Christmas get-together at The Cow & Calf Hotel, Ilkley, on Tuesday 9 December from 7.30pm. Please return your form and a £5 deposit per person to Jo or Margaret Nash, 12 The Locks, Bingley BD16 4BG. We look forward to seeing you there! *Last month's speaker was Alison Rohatynskyy, Speech and Language Therapist, who gave us a brief introduction to SCERTS, an assessment and planning framework for children with social communication needs and autism. Have a look at the model at <http://www.scerts.com/>*

Also have a look at: Find ideas for supporting children with Autism on the AS Team website <<https://bso.bradford.gov.uk/Schools/CMSPage.aspx?mid=1891>>

Christmas & New Year Play schemes dates

Contact [Rachel Miller](#) for further information. See what it's like before you come by following this link:

<http://sites.createvideomarketing.com/sites/185/AboutAware>

Supported places are now fully booked but anyone is welcome to turn up to Stay and Play: £6/family/day, 10am – 3pm, Mon 22 & Tues 23 Dec, and Friday 2 January 2015.

Adult Support for Asperger's – Monday evening Drop-in, Otley

For adults with Asperger's (or High Functioning Autism) and/or their partners or parents: the group meets every Monday from 6.30pm-8.30pm (excluding Bank Holidays) at Cross Green Community Centre, Pool Road, Otley LS21 1HD. Contact [Margaret Marshall](#) 07963 521117 for further details.

Advance notices – dates for your new diaries!

Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 6 January 2015 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](#)

Meeting at Airedale CDC, Tuesday 13 January, 8pm – Transition - Parents/Carers needed!

I am delighted to say that Carol Beardmore from SNOOP is once again coming to talk to us – this time about going through transition and leaving school.

Carol will talk about Support Planning and the changes that are happening around assessment and Single Plans when moving from children's to adults' services: *SNOOP now work with all the secondary special schools, but some are better than others at preparing parents for the big changes ... Also, with the new Care Act being implemented, it is important for you to recognise yourselves as Carers as YOU too have rights.*

This promises to be another informative evening for members – hope to see lots of you there!

New Diagnosis Group, Friday 23 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 23 January, 10am – 12pm, book in advance for the NDG with [Margaret](#)

Swimming dates 2015

Sunday 3.15pm: January 11th, February 15th and March 15th - more information in the January newsletter.

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

Lots of postings so people are up to date with what AWARE is doing; if you are missing out, then please join our closed members' group: [Join the closed AWARE members' ONLY FB group](#) Lots of ideas for the holidays and about where to use your Max cards!

And click [here for the latest information](#) for on what **Bradford Disability Service** is offering – including Christmas Crafts and the Santa EXpress!

The PDF of *Asperger United* is now available to download from www.autism.org.uk/aspergerunited.

Click on the link about halfway down the page to download the PDF.

Thanks to Lisa of **Sparkle** for this info: *Can't afford a computer/laptop? Try this "If you are in receipt of benefits such as DLA, Carers Allowance you can get a quality refurbished computer or laptop. For example you can get an up to date laptop for £149. A saving of around £200 on retail prices.*

<http://www.getonlineathome.org/> "

Lots of great stuff on **Cerebra's** website: *Our Innovation Centre has a [review of inexpensive sensory lighting](#) - great Christmas gift ideas. We've got the next part in our popular series discussing ways of [minimising the effects of additional learning needs](#) as well as some suggestions to [help your child through transitions in their lives](#). If you couldn't make it to the events, the excellent presentations from our recent conference on [accessing decent support services](#) and our seminar on [Sleep](#) are now available. That's all on top of our usual events, research and information roundups and an opportunity for you to get involved in some ground breaking research. We've also got a great [Christmas drawing competition](#) - your child could win from a great selection of toys just in time for Christmas.*

Request from the **PFBA: CALLING ALL PARENTS/CARERS WITH YOUNG PEOPLE GOING THROUGH OR HAVE JUST RECENTLY GONE THROUGH TRANSITION**

A review of transition services has been commissioned by Bradford LA Adult Services. They are wanting to have a focus group of parents who can contribute in making this process better. Please get back to the PFBA if this is something you will be willing to put a couple of hours to.

Many thanks, Julie Bruce, Project Manager

Follow this link for the latest edition of **Carers News**

http://files.carersleeds.org.uk/CARERS_LEEDS_DEC_JAN_WEB.pdf

You can [sign up](#) here to receive regular copies of Contact a Family's newsletter: an excellent source of information and advice for families with children with additional needs. If you care for a disabled child and you need advice, support or information, you can also call their [freephone helpline](#) on 0808 808 3555 to talk to one of their expert advisers.

E-befriending is a way of providing online social contact and companionship to people with autism spectrum disorder (ASD) and their family. Care is taken to match those who share common interests. E-befrienders/E-befriendees exchange emails (at least once each week) communicating about things of interests or concern and offering a friendly, supportive link with the wider community. Anyone over the age of 12 years with autism or Asperger syndrome can apply for an E-befriender, or their sibling.

For further information contact: **The E-befriending Officer Email: E-befriending@nas.org.uk**

Tel: 02920 629314 Mobile: 07920 295911 (Thank you, Amanda from Keighley NAS, for this info)

Need help with filling out DLA forms? Contact Carers' Resource have two Parent Carer Development Workers covering different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven (numbers in Helplines below).

Autism Friendly films: 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.

Thank you for all your fundraising efforts!

Another Big Thank You! To Julie Tales and everyone who organised and attended the AWARE Ceilidh at The Hollygarth on Saturday 8 November – it was a great night and really hope we will have another one! We raised over £800, some of which will be match funded – see below - thank you again!

A massive thank you to everyone who donated during the **localgiving Grow Your Tenner Campaign**.

A fantastic response: 41 Direct Debits of £10 per month for 6 months have been set up, that's £2,460 plus £2,460 matched funding plus £555 Gift Aid total £5,475 and **£2,346.50 single donations** were received, to which £355.50 Gift-Aid and £2,000 matched funding will be applied ... giving a fantastic **grand total of £10,176.50** **Wow, this is wonderful: well done, everyone!**

We signed up to **justtextgiving**: to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. Don't forget to keep **recycle mobile phones and ink cartridges** for us (the HP ones 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/free post label – to get one, please ring 0800 0910696, 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). Total so far £858.63.

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!

Easyfundraising & Give As You Live have now merged so if you'd signed up to either then it's all now just easysearch & easyfundraising: 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.

Overall Total for Easyfundraising/GiveAsYouLive is £1 485.32 (£1 452.58 last month)

We now have 60 supporters – nine more this month! PLEASE, PLEASE sign up before you do your Christmas shopping you have nothing to lose and AWARE has a lot to gain – come on, so DO IT NOW! Get started now – <http://www.easyfundraising.org.uk/invite/3IDMM5/>

Helplines: 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

Children's Social Care Bradford 01274 437500 Leeds 0113 3984702 Craven 01756 793700

Carers Resource, Skipton 01756 700888 **Carers Resource, Shipley** Tel: 01274 449660

<http://www.carersresource.org/> **Carers Leeds** www.carers.org 0113 246 8338

Disability Advice Bradford 01274 594173, Leeds 0113 214 3630, Skipton 01535 617400

Contact a Family <http://www.cafamily.org.uk/> 08088083555 for advice on benefits & finance for families with a child with a disability.

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>

Leeds FIS <http://www.familyinformationleeds.co.uk/> family.info@leeds.gov.uk 08007310640 / 01132474386 **North Yorks FIS** fis.information@northyorks.gov.uk 0845 6011630 / 07624 802425

Local Offer <http://fis.bradford.gov.uk/fis/disability/Local+Offer>

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 Tel: 01274 431571 <http://fis.bradford.gov.uk/fis/disability/Play+Partners>

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!***

DON'T FORGET SAVE YOUR USED STAMPS FOR AWARE!!

AWARE thanks the following for their support this year:

Cow & Calf, Ilkley

