

AWARE News December 2008

Registered Charity 1089617

Issue 104

www.homestead.com/awareuk/



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December Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 3, 10 & 17 No club 24 & 31	7 – 9pm	Monday Youth Club Addingham Youth Centre <i>*Ring Sarah Jamieson to attend</i>	HFA/AS 12+ (Parents don't stay)	£1/ person
Fridays 5, 12 & 19 No club 26 Dec or 2 Jan	7 – 9pm	Friday Youth Club Addingham Youth Centre NB. <i>Just turn up</i> Christmas Party 12 th Dec	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Tuesday 9	7.30pm	Christmas meal at The Cow and Calf, Ilkley	Parents, Carers, Professionals, anyone interested	(£5 deposit) £15.95 for 3 courses
Wednesday 10	10am – 12pm	Coffee Morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Sunday 14 Santa Clause 3 	11am	Cinema Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford Doors open 10.50am	All family <i>Just turn up</i>	£2.50/child adults free
*Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007				
Saturday 20 with bouncy castle	1 – 3pm NB. New time.	Junior Youth Club Addingham youth Centre <i>Please ring, text, email to let us know you are coming.</i> As equipment will be left out from the Friday club, some help will be needed by those who attend to put it away again.	Families with younger children up to about 11 yrs, inc siblings	£2 /family + £1/friend
Mon 22, Tues 23, Mon 29 & Tues 30	10am – 3pm	Family Play scheme days <i>Just turn up</i>	Any age up to 16 years	£2 /family + £1/friend

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

Please remember to send us your used stamps; mobile phones and ink cartridges!

Join us at AWARE Christmas meal at The Cow & Calf Tuesday 9 December

Instead of our monthly meeting at the CDC, we shall be getting together for a Christmas dinner. Please confirm your place with a £5 deposit per person, plus details of your menu choices, to Jo. Last year was a friendly informal event with over thirty members and we hope to have even more this year!

Last month's speaker at the CDC was Janet Bower from The Family Fund which administers government grants to help families where there is a severely disabled child, or where the child has a life threatening condition. These grants are available to families who do not already have a high income (ceiling of around £22k p.a.), and the grant cannot be used for items which the statutory agencies should already be providing, but it CAN be used for things like holidays, days out, piano or driving lessons, bikes etc. Janet would welcome enquires and has lots of idea and experience - for further information: www.familyfund.org.uk 0845 130 45 42 or 01904 621115

Coffee Morning, Addingham, Wednesday 10 December

Phoenix Cards on sale again at this coffee morning with 10% of sales going to AWARE, so come along, have a chat with other members and support us.

Youth Club Christmas Activities

Fri 28th Nov – Christmas cake decorating, Fri 5th Dec – Christmas crafts, Fri 12th Dec – giant bouncy slide and party food (please bring a contribution of food to share), Fri 19th Dec – Christmas table decorations.

Cinema: 18 December – Santa Clause 3

Tim Allen returns as Scott Calvin AKA Santa trying to cope with a full house and Jack Frost who's on a mischievous mission to take over the North Pole.

AWARE Playscheme: 22, 23, 29 & 30 December

We shall be running a playscheme on four days over the Christmas holidays: Mon 22nd & Tues 23rd and Mon 29th & Tues 30th December: supported places available - ring Jo to book these, otherwise just turn up on the day (10am – 3pm – bring a packed a lunch!).

AWARE wins grant to run cookery courses – well done, Jo!

Jo recently entered a competition to "Make Bradford Healthier" by organising cookery lessons for children/young people with autism and we are delighted to say she won £1000 with her pitch! "Children will learn to cook basic healthy foods: many autistic children have a very limited range of foods they will eat and the class will help introduce them to new foods and help them accept them as 'normal' to theirs and everyone's healthy lifestyle."

Whose health would be improved: "The children/young people taking part in the classes as well as their families, as they will take back recipes and a prepared meal to share with their family."

Why is it important to you: "Parents can find it very difficult getting their autistic child to eat, accept new foods and be open to change, I hope that these classes will give the children/young people opportunities to develop a different view of food, enable them to try new foods in an accepting and non pressured environment and also to help the young people develop personal skills, ie being able to provide food for themselves." Move over, Jamie Oliver ...!

If you're interested in your child attending, please contact Jo.

Christmas Fayre at EST Donkey Sanctuary and Lineham Farm: 13 December

EST are holding their Christmas Fayre on Saturday 13 December from 10am – 2pm (Editor's note: really well worth a visit, especially at Christmas, but be warned that donkeys are fragrant so you may want to take a tissue for your child/young person!). There are sleigh rides into the grotto for special needs children and siblings, and mainstream children can lead a donkey into the grotto. There will be seasonal refreshments, bouncy castle, Christmas Raffle, face painting and various stalls. Lineham Farm are also holding their Christmas Fayre on the same day so families can visit both centres. Their website is www.elisabethsvendsentrust.org.uk. Times for sleigh rides and leading donkeys will all be on there! Tel: 0113 261 9249. Lineham Farm children's centre www.linehamfarm.co.uk/ Tel: 0113 230 0959

BADASG – new contact details

BADASG's contact details have changed: for general information about their services: email enquiries@badasg.org.uk. If you wish to contact David, the Centre Manager: david.riley@badasg.org.uk. If you wish to speak to Sobia, Information Link Worker, about services and the parent support groups: sobia.aliasat@badasg.org.uk.

NAS News

The NAS are running a three day *help!* programme (information, advice and support to parents/full-time carers, whose child has had a recent diagnosis, within the last 18 months, of an autistic spectrum condition) in Nelson on **11, 12 & 17 December**. **Contact:** Clare Naylor, *help!* programme admin officer : 0161 946 1193.

Reminder: Cinema Exhibitor's Card (thanks to Leeds ABC)

This is a national card that can be used to verify that the holder is entitled to on free ticket for a person accompanying them to the cinema and is available to people in receipt of the disability living allowance or attendance allowance or to a registered blind person.

The card is valid for three years from the date of issue and a processing fee of £5.50 is chargeable per card and this is to be sent along with the completed application form. For more information go to www.ceacard.co.uk (NB application form enclosed/attached)

Free Insulation

The Warm Front Grant provides a package of insulation and heating improvements up to the value of £2,700 (or £4,000 if oil central heating is recommended). It is a Government-funded initiative and the scheme is managed by eaga. If you own your own home or rent it from a private landlord, you may be eligible for a grant under the Warm Front Scheme. Energy suppliers are offering grants to homes where any member receives a disability living allowance (and some only if the owner has DLA). For further information, call 0800 316 2805 or go to: www.warmfront.co.uk

Useful websites:

<http://www.widgit.com/> Widgit produce/distribute the two most used symbol packages in this country: PCS and Widgit Literacy Symbols. The website is full of resources (some free, some not, but never very expensive) which cover many curriculum subjects, life skills and language development and they of course sell the software they are produced on. They also run product demo days and have a very interesting section called the Symbols Inclusion Project. www.sparklebox.co.uk Useful for both literacy and numeracy.

www.communication4all.co.uk also has a lot of free stuff.

www.greeper.com If laces are a problem, have a look at these self-tie and untie shoe laces...£7.50 in a variety of colours. Tel; 020 8579 5158 Mobile: 079 0663 2378 (Thanks to Janet Bower from The Family Fund for this!)

www.thetransporters.com The Transporters DVD is now available. The Autism Research Centre developed this BAFTA nominated children's animation to help children with autism spectrum conditions learn to recognize emotions. It features vehicles with faces showing a range of emotions. ARC research has evaluated use of the DVD and shown that emotion recognition does improve in children with autism spectrum conditions following experience with the DVD. Changing Media Development Ltd, 2 Sheraton St. London W1F 8BH.

Are you a grandparent of someone with an ASC?

The Grandparent Autism Network (GAN), a nonprofit organisation in Orange County, California, was established to meet the unique needs of grandparents who have grandchildren with autism. GAN informs grandparents about autism and the issues that affect their families, enabling them to improve the quality of life for their children and grandchildren. Programs focus on education, advocacy and shared social opportunities. Current projects are underway to prevent bullying and to increase employment opportunities for all people with special needs. In January 2008, Professor Simon Baron-Cohen, director of the Cambridge Autism Research Centre, was the featured speaker at GAN's annual autism research conference which was attended by more than 800 people. His presentation, and other resources for grandparents, are available on the Grandparent Autism Network's website, www.ganinfo.org which currently serves people from 42 countries.

Fundraise for AWARE by giving us your old mobile phones, used stamps and empty ink cartridges.

Please bring them along to any of our sessions, or ring Jo to arrange collection. **NB don't forget to keep stamps from your Christmas cards!**

Visit our webshop: make internet purchases via our webshop at <http://www.buy.at/aware>. It doesn't cost you any extra, but we get a percentage of the profits, so please buy here! Shops include - Amazon, John Lewis, M & S, Adams kids, ELC.

Useful information/links

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

Carers UK log on to www.carersuk.org to find out how you can show your support

Bradford Young Carers Older children often help their parents to look after disabled siblings.

For advice and information contact 01274 481183

Bradford Toy Library, St Luke's Call Emma or Michelle on 01274 365463 for opening times

www.entitledto.co.uk This website provides free online calculators to help you work out your entitlement to benefits and tax credits.

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 01274 481183 Leeds 0113 3951200

Craven 01609536766 Harrogate 01609534983

Social Services – 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>

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 thanks the following for their support this year:

Bradford Carers Grant

Cow & Calf, Ilkley



***Merry Christmas & a happy, healthy New Year
from all of us at AWARE!***