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AWARE NEWSLETTER

www.homestead.com/awareuk/

AWARE News

Swimming Sessions

We are now using and enjoying the recently refurbished Craven (Aireville) swimming pool as our new swimming venue for the second Saturday in the month, from 6—7pm. Cost is £1 per person - a committee member will try to be at the sessions and will make himself known to collect the money; please pay them not the centre staff. (When you renew your membership you will be issued with a membership card which you will need to show when you attend.)

Sessions will be 11 Feb and 11 March from 6pm-7pm.

AWARE Meetings

Tuesday 14th February 7.30 pm The speaker for the February meeting at the CDC will be Janet Pilley, Educational Psychologist, who will talk about the role of the AP and about the statementing process.

Andy Morris came to the January meeting and talked about the Cygnet course which is designed for parents and carers of children who receive a diagnosis of an Autistic Spectrum Disorder having already started school, perhaps in Key Stage One or Two. A new course is starting in February and parents/carers of children with a diagnosis of an ASD can self-refer: please contact Jo for forms and more details.

The March speaker will be Julia Peacock of Autism Partnership who will talk about the early intervention programme, Applied Behavioural Analysis (see www.autismpartnership.com or call 0113 266 7711 for further information).

Yearly Membership

When people join AWARE they have always been asked to pay £5 membership. However, we have never asked people to renew their membership, but are now introducing yearly membership renewal. This will ensure that only people who still want to receive the newsletter do so, and those who've moved or no longer wish to subscribe can be removed from the database and thus save us on paper, postage etc.

To continue receiving the monthly newsletters and subsidies on events, trips etc, please return your renewal form (sent with the January newsletter) with your £5 membership fee (cheques should

be made payable to 'AWARE') as soon as possible. The fees will help to keep AWARE going for a while should funding be removed or reduced. If you are a new member and have paid your membership since September you will not need to pay until Jan 2007.

February Half Term Play Scheme Days

We will be having 3 play scheme days in the February half term holidays, Wed 22nd, Thurs 23rd & Fri 24th, all 10am till 3pm at Addingham Youth Centre, Bolton Road, Addingham. Families - £2 per family per day plus £1 per friend (all ages) please ring to book a place; some supported places also available, at £8 per child per day (8-16 years only); please ring Jo to register interest & check availability.

AWARE Shop update

We have the use of a small shop/tea room in a residential home in Keighley free of charge and could do with more volunteers. If you are interested in your child helping out or you have things to sell, give Jo a ring for more details.

Youth Club - instructors needed!

AWARE Youth Club takes place at **Addingham Youth Centre 7pm-9pm Fridays** for 7-16 yr olds, for children with ASD and/or their siblings. A parent must stay with each family and new members are always welcome.

A sub committee for the youth club users has been formed and they met for the first time in November. It was suggested that it would be better to plan further ahead and advertise what will be happening in the newsletter so people can pick and choose particular activities that may interest their child/children. More contacts are needed of people who can organise specific sessions, eg crafts, sport, drama, music etc. If you know anyone who could take a session, then please call Jo. We have some funds to pay people and we would like to build up a bank of people we can call on occasionally. The next meeting will be on Tuesday 21 March at Caroline Whitaker's house in Silsden at 8pm.

Monday Night Youth Club for 12-18 yr olds

This club for teenagers with Asperger's Syndrome or high functioning autism is run by Tony Parkinson from Bradford Children's Disabilities Team, with the help of a group of trained and dedicated volunteers. The club meets at Addingham Youth Centre, 7-9 pm, Monday nights, with a weekly sub of £1. If you think your son or daughter would be interested, please get in touch with Tony on 01274 734018 or mobile 07880984686.

Trampoline Sessions

The next sessions are planned for (Saturday) 25 Feb and 25 March. Please book ahead with Jo.

Bowling

AWARE's first family bowling session took place on Sunday 22 January and was a resounding success! The next one will take place on Sunday 19 February at 11am, at AMF Bowling, Alston Retail Park, Keighley, at a reduced price of £2.50 per person per game. If you would like to join us next time, please call Jo by Friday 10 February.

Free cinema tickets for carers

The website for the cinema card (to enable a parent/carer to receive a free ticket when

accompanying a disabled person) is www.ceacard.co.uk . e mail: info@ceacard.co.uk, Tel: 0151 348 8020, minicom: 0151 356 7113. Address: The Card Network, The Technology Centre, Rossmore Business Park, Ellesmere Port, Cheshire, CH65 3EN.

Fundraise for AWARE with the Craven Community Walk

The Rotary Club of Skipton is staging its second annual sponsored Charity Walk on Sunday 7th May 2006 between 10am and 6pm. Rotary will map the course with options of 5 and 10 miles and provide registration forms, sponsor forms and walk information. The route is not suitable for buggies & wheelchairs, but dogs on a lead will be welcome. All the forms can be downloaded from the Rotary Club of Skipton website. Visit www.skipton-rotary.org.uk for more details or call Jo.

NAS

Autism Update <http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=719&a=8336>

Autism Update is a list of articles, books, and other media covering practical approaches and accounts of autism and Asperger syndrome added to Autism Data in the past two months. Members of The National Autistic Society are entitled to free access to this service.

Drop in Sessions for Carers

Wed 8 Feb & Wed 8 March – The Myrtle, Wetherspoons, Main Street, Bingley

Tues 14 Feb & Tues 14 March – Airedale Enterprise Services, Acorn House, Alice Street, Keighley

Fri 17 Feb & Fri 24 March – The Oasis Café, Bridge Street, Ilkley.

Carers Resource. 01756700888

Adult Sibling Workshop Leeds 25 March

This workshop is for adult siblings with a brother or sister with a disability or chronic illness and gives the opportunity to share experiences with other adult siblings and to find helpful strategies for dealing with current sibling issues, such as future care. Contact Monica on 01535 645453 or email info@sibs.org.uk

[Www.buy.at/aware](http://www.buy.at/aware)

Make it your home page, or put it in your favourites, tell your friends. It doesn't cost you any extra, but we get a percentage of the profits.

Printer Cartridges

Please check to see if empties are recycled at your place of work. If not, you could offer to collect them for AWARE. You can bring them to meetings or the youth club or contact Caroline Whitaker on 01535 657402 to arrange collection. Please note that previously re-manufactured inkjet cartridges or damaged ones are no good.

Email Newsletter If you have an e-mail address and would be happy to receive correspondence and / or the newsletter electronically, send an e-mail to

jo.galasso@tesco.net . Please confirm who you are if your email address doesn't have your name in it.

Library Books

There are four ways to return books: monthly meetings, youth club, collection box at

Hillbrook, or phone Beverley Bertwhistle or Jo. If you have books that got buried in a pile years ago, don't worry, no fines, no blame, but we do need them back! Thank you.

Help Lines: Need help or support?

The National Autistic Society Parents' Help line: 0845 070 4004 (Mon-Fri 10-4)

email Help Line: autismhelpline@nas.org.uk

PARIS (Public Autism Resource and Information Service): www.info.autism.org.uk

Health Care Professionals Information: 0171 903 3599

Bradford Parent Partnership Line: 01274 481183

North Yorkshire Parent Partnership 01756 792427

Parents Link info@parentslink.org.uk

Bradford MDC Children's Services: 01274437500

Leeds Social Services: 01133984702.

Carers' Resource, The Wheel House, The Water Mill Park, Broughton Hall Business Park, Broughton, Skipton, BD23 3AG: 01756 700888

Children's Information Link www.bradford.gov.uk/childcare

Barton Hill Advice Service (guides to claiming disability living allowance, attendance allowance and incapacity benefit) www.bhas.org.uk

Project Manager Contact Details

AWARE phone line : 01943 466543, **mob.** 07764432933, **email** jo.galasso@tesco.net

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Committee Members

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Committee Member - Kath Pickard

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AWARE thanks the following for their support this year:



Bradford Carers' Grant

BBC Children in Need Appeal