

# AWARE News February 2007

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[www.homestead.com/awareuk/](http://www.homestead.com/awareuk/)



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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.

February Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 5, 19, 26 NB No club on 12 <sup>th</sup> as half term holiday	7 – 9pm	Monday Night Club, Addingham Youth Centre	HFA/AS 12+ (Parents don't stay)	£1 pp
Fridays 2, 9, 23 NB No club on 16 <sup>th</sup> - half term holiday	7 – 9pm	Friday Youth Club, Addingham Youth Centre	7 – 16 (Parents stay)	£2/family + £1/friend
Tuesday 13 N.B. this is in half term	7.30 - 9pm	Parents Meeting, Airedale hospital CDC	Parents, Carers	Free
Saturday 10	6 – 7pm	Swimming, Aireville Pool, Skipton	All family Non members	£1/person £2/person
Wednesday 14 Thursday 15 Friday 16	10am – 3pm	Play scheme Addingham Youth Centre	*All family just turn up.	*£2/family + £1/friend.
		Supported places for children age 8 – 16, must be booked in advance.		£8/Child
Tuesday 20	10am – 12pm	Addingham Youth Centre Coffee morning	All family	Free
Tuesday 20	1pm – 2.30pm	Pre-school group – please call to reserve a place	Up to age 5 (plus parents/carers)	Free
Saturday 24	11am-12pm	Trampolining Addingham Youth Centre	All family: please ring to book	£2/family + £1/friend
Sunday 25	11am	Zoom, Leeds/Bradford Odeon	All family	£2.50/child, adults free.
Sunday 18	11am	AMF Bowling Keighley; ring Jo to book.	All family	£2.50 pp or BOGOF

HFA – High functioning autism, AS – Aspergers

**N.B. For further details of all our activities contact Jo or for the Monday club contact Tony Parkinson on 01274 734018 or mobile 078809 84686.**

### **Membership renewal fees now due**

Please remember to return your membership forms and payments by the end of this month to continue receiving the AWARE newsletters and continue to participate in AWARE activities. Please complete/amend the membership form and return with a cheque/PO for £5 payable to AWARE; if you are a tax-payer, please complete the gift-aid declaration and return both to Jo Galasso, 52 Chippendale Rise, Otley, LS21 2BJ. If anyone has any problems with this please contact Jo, if you've misplaced the form just send back your payment and any new contact details. If you've already paid you'll receive your membership card with this newsletter if posted or very soon if emailed.

### **Swimming**

We have been asked by 2 local parent support groups, for families with a disabled child (learning or physical), if they could join us in our swimming sessions, as the numbers attending haven't been great, we have decided to give it a try so more people might benefit from the sessions, this is a trial so we would welcome your feedback, please come along and enjoy the facilities. Cost for non AWARE members will be £2 per person.

### **Residential Weekend Planned**

We are planning a residential weekend for 8 – 16 year old members who regularly attend the AWARE youth club or play schemes. This will take place at Lineham Farm Children's Centre, Swan Lane, Eccup, Leeds, from teatime Friday 9<sup>th</sup> March to Sunday 11<sup>th</sup> after lunch. The weekend will be staffed by AWARE play scheme workers and the children will be cared for on a one to one basis; we plan to offer 10 children the opportunity to take part in this first residential. We hope to be able to offer the opportunity for those chosen to attend to meet up at the farm prior to the weekend to have a look around, meet the other children & staff, plus check out the accommodation and facilities. The program of activities will include an animal care session: feeding the chickens, pigs and goats, collecting freshly laid eggs, grooming the ponies and petting the rabbits and guinea-pig; using the climbing wall and adapted bikes (also suitable for those unable or less confident at riding a bike) – all run by Lineham Farm qualified instructors and an art and craft session. The centre is set in its own grounds in the country side, next to the EST Donkey sanctuary; facilities include games room – pool table, table tennis, table football, computer games, music, tv/dvd/video, library and board games. The cost will be £20 per child and all dietary requirements can be catered for. If you would like your child to be considered for a place please get in touch with Jo as soon as possible.

### **AWARE Meeting Tuesday 13 February, 7.30pm at the CDC**

The February meeting will be parent led and the topic will be diet and autism. Please come along and share your experiences and/or ask other parents about theirs. The speaker for March will be Janet Browne from Education Bradford inclusion support, talking about behaviours of children with an ASD and the use of social stories to help them.

### **February half term play scheme**

We will be holding three play scheme days on 14, 15 & 16 February in the half term holiday, from 10am to 3pm. Eight supported places are available per day for children aged 8 – 16 years, cost £8 per child per day (negotiable), places must be booked as soon as possible; plus parents with children of all ages up to 16 years are welcome to attend, just turn up on any or all of the days, cost £2 per family plus £1 per friend; bring a packed lunch and stay all day. The bouncy castle will be out most of the time, plus lots of other toys to play with and things to do.

### **Parent and Pre-school group**

Unfortunately, there was little take up for the first session on Tuesday 23 Jan, so the session was cancelled. If you are interested but unable to make Tuesday afternoons, please contact Jo to see if we can arrange another time.

### **Thank you to Betty's Café, Ilkley!**

Betty's Café and Tearooms, Ilkley, selected AWARE as their chosen charity for 2006, so AWARE would benefit from the proceeds any fundraising events they organised. In addition, at the end of the year the company matched the money raised and we are now going to be presented with a cheque for an amazing

£4 690! At the outset they asked what we would like to use the money for, and we said we to purchase a new trampoline, one that would be suitable for all our members, as the trampoline sessions are very popular. With this amount we will not only be able to buy a trampoline but there should be some left over! We are very grateful to Betty's and Taylor's group plus all the staff at Betty's Ilkley for their hard work and fundraising efforts on our behalf. Thank you and well done!

Once purchased we will be selling our existing one, so if you are interested in buying it please ring Jo.

### **MENCAP free information session: 27<sup>th</sup> Feb 12.30 – 2.30 Bradford central library**

Mencap have organised an information session to help people plan for the future if someone in their family has a learning disability. A solicitor will be speaking about drafting wills that benefit people with learning disabilities and about setting up trusts for after you are gone. For more information contact: Gina Collins, Wills & Trusts Team, Freepost WD3537, London, EC1B 1AA, or call 020 7696 6925

### **PECS 2 day workshop in Bradford**

There will be a 2 day workshop about the theory and practical application of PECS (Picture Exchange Communication System) at the Midland Hotel in Bradford on 26<sup>th</sup> & 27<sup>th</sup> February. The workshop is aimed at parents and professionals and is being organised by Pyramid Educational Consultants UK Ltd. The workshop costs £140 for parents and £260 for professionals. For further details visit [www.pecs.org.uk](http://www.pecs.org.uk) or contact the workshop administrator, Janet Stephens on 01273 609555

### **The National Autistic Society (NAS) EarlyBird Plus Training programme**

The next EarlyBird + information meeting will be held at Strong Close Children's centre, Airedale Road, Keighley, BD21 4LW on Wednesday 14<sup>th</sup> March at 9.30pm. The meeting should last for about 1 ½ hours and will give more information about the programme and details of how to apply. This is a new training program for families whose children have received a later diagnosis (4-8 years) the program addresses the needs of both home and school settings by training parents/carers together with a professional who is working regularly with the child.

**Contact details: Airedale:** Mel Eltome Tel: 01535 292821 **Bradford:** Karen Bagley Tel: 01274 770397

### **The Cygnet Program**

The Cygnet Group is a locally developed training programme for parents and carers of children aged 7-18 years in the Bradford district who have been diagnosed with Autistic Spectrum Disorder. There are two cygnet groups starting in Keighley:

Tuesday 20<sup>th</sup> Feb 10-12.30 at Clockhouse Project (Oakworth Rd) for 6 consecutive Tuesdays

Wednesday 21<sup>st</sup> Feb 6.30-9.00 at Airedale CDC for 6 consecutive Wednesdays

If you are interested, please contact Andy Morris on 01274 481183

### **Autism Awareness Conference, Bradford**

Carlisle Business Centre Weds 21 March, 9.30am – 3pm

Speakers include: **Professor Michael Gardner** *Diet and Autism*

**John & Fiona Biddulph** *ASD & Relationships*

**Olga Bogdashina** *Sensory Perceptions*

**Roz Blackburn** *Personal experiences of Autism*

This conference will be of interest to professionals, parents and carers, and aims to give a broader understanding of a range of autism related issues. Professionals pay £40 for the event but parents and carers can attend free of charge. To reserve your place, please contact BASASG by 1<sup>st</sup> March on: 01274 721932.

### **Keys to Inclusion - Conference**

Thursday 1 March 2007, 9.30 am to 3.00 pm, 180 Chapeltown Road, Leeds.

"Young people with disabilities tell us that they want to be able to take part in the same range of activities and opportunities as any other young person but they encounter additional barriers to access." (Youth Matters: Next Steps)

**FREE places for any parent who wish to attend.** – Contact:

ParentCarer Action Leeds, Round Foundry Media Centre, Foundry Street, LEEDS, LS1 15QP. Tel. 0113 259 0795

### **Drop in Sessions for Carers in February**

Bingley Weds 7 January; Keighley Tuesday 13 January and Ilkley Friday 23 January.

For further information contact Carers' Resource: 01756 700888

### **NAS Conference: ASDs and Education: The bigger picture.**

The conference is being held on 27<sup>th</sup> February at Edinburgh Capital Hotel and costs £74.03 for parents/carers/individuals with an ASD, £52.88 for NAS members who are also parents/carers/individuals with an ASD, and £123.38 for professionals. You can find further details at: <http://www.autism.org.uk/nas/jsp/polopoly.jsp?d=1162&a=11449>

### **NAS – Extreme Behaviours within autistic spectrum disorders**

Professionals UK wide are experiencing the emergence of a group of individuals with autism who also have very complex behaviours which challenge services. The speakers will examine the possible reasons and causes for these extreme behaviours, as well as considering the varied range of approaches for provision and interventions.

This conference will take place at The Met Hotel, King Street, LS1 2HQ on Wednesday, 18<sup>th</sup> April 2007 at a cost of £123.38 for professionals, £74.03 for parents/carers /individuals with autism and £52.88 for NAS members who are parents/carers/individuals with autism. Included is lunch, all refreshments and a delegate

pack. Speakers will include:

- **Richard Mills - Director of Research at The National Autistic Society (NAS)**
- **Jenny Cutler – Consultant Psychologist at Brookdale Healthcare**
- **Dr Peter Carpenter – Psychiatrist at Kingswood CLDT**

To book a place contact the Conference and Events Department of the National Autistic Society (NAS) on 0115 911 3367 or email [conference@nas.org.uk](mailto:conference@nas.org.uk) or visit [www.autism.org.uk/conferences](http://www.autism.org.uk/conferences)

### **help! 2 – Supporting the Siblings of your child with an ASD**

This is a seminar focusing on the needs of the siblings of your child with autism and strategies to teach the siblings about their brother/sister and is aimed at any parents/carers who have a child with autism and additional siblings. This seminar will take place on the 24<sup>th</sup> April in Bradford and is free. If you would like more information or to book a place, please contact Sian Figg on 0115 847 3539 or email [help2@nas.org.uk](mailto:help2@nas.org.uk)

### **help! 2 – Anger Management in Adolescents with Asperger Syndrome (AS)**

This is a practical seminar focusing on communication strategies and dealing with difficult behaviours, looking at dealing with your son/daughter's anger and some coping strategies. The seminar is specifically aimed at those parents/carers with children aged 10-16 years of age with a diagnosis of AS and will take place on the 5<sup>th</sup> June in Sheffield and is free. If you would like more information or to book a place, please contact Sian Figg on 0115 847 3539 or email [help2@nas.org.uk](mailto:help2@nas.org.uk)

### **help! 2 – Meeting your child's sensory needs**

This seminar is aimed at parents/carers of people aged 3-18 years of age who have a diagnosis of autism or AS. It offers a chance to explore the effect the world has on autistic people's sensors and uses activities that can help them deal with this. This seminar will take place on the 6<sup>th</sup> June in Sheffield and is free. If you would like more information or to book a place, please contact Sian Figg on 0115 847 3539 or email [help2@nas.org.uk](mailto:help2@nas.org.uk)

## **Centre for the Development of Autism Practice seminar: A Complete Guide to Asperger's Syndrome with Professor Tony Attwood & Chris Mitchell**

This intensive seminar will explore Asperger's Syndrome (AS) in terms of both clinical practice and personal experience. A range of topics will be discussed from the pathways and process involved in diagnostic assessment, to the manifestation of common difficulties and differences and practical strategies to support personal development and fulfilment throughout the lifespan. There will also be a dedicated time to ask questions on any aspect of AS at the end of the seminar. Tony Attwood is an internationally renowned clinician and author and lectures throughout the world on all aspects of autism, but is particularly known for his work on AS. Chris Mitchell was diagnosed with AS at the age of 20 and he is a strong advocate for the positive aspects of AS. He has an MA (Hons) in Information and Library Management and works for Durham County Council Record Office.

The seminar will take place on the 9<sup>th</sup> May 2007 from 9.30am – 4.30pm at The Newcastle Marriott Hotel, Metro Centre, Gateshead. Costs are £125 for professionals and £80 for parents/carers of children who have autism. These fees include lunch, refreshments, seminar pack and certificate of attendance. For more information or to book a place, please contact the Centre on 01246 583826 or email [autism.centre@virgin.net](mailto:autism.centre@virgin.net)

## **Flexible Working Rights for Carers**

Parents of children under 6 years old and parents of children with a disability up to the age of 18 have had the right to request flexible working for some time. From 6th April 2007, carers of adults will have the right to request flexible working. The cared for person must be aged 18 or over and must be the spouse, partner or civil partner of the employee, a relative of the employee or living at the same address as the employee. Carers can make a written request to their employer for more flexible working arrangements. The Right to Request requires the employer to follow a set procedure. They can only turn down a request on one of a list of set grounds.

The Advisory, Conciliation and Arbitration Service (ACAS) offers free, confidential and impartial advice on all employment rights issues. The ACAS helpline is on 08457 474747 from 8.00am to 6.00pm on weekdays.

## **Wrose Adventurers Youth Group for young people with Aspergers/HFA**

Wrose Adventurers is an informal social skills club for young people aged between 11 and 25, with Asperger's syndrome or high functioning autism, it meets at Highcroft Youth Centre every Wednesday night during term time. Our members come from all over the Bradford District, to have fun, play games and socialise. We also organise special treats such as bowling, trips to the cinema and meals out, all are very popular. We welcome new members, and are always happy to hear from new volunteers to work with the group. If you are interested in who we are or what we do, please contact our coordinator, Bob Lee on: 01274 418092



### **New Plan for Further Education (Source: disabilitynow – November 2006)**

A new plan aims to improve further education (FE) for people with learning difficulties. In a report\*, published in October 2006, the Learning and Skills Council (LSC) said it would stop funding courses where learners were not deemed to making progress. On top of the current budget of £1.5billion for people with learning difficulties, LSC will invest an additional £35 million to help with changes such as staff training and improving course quality. Melanie Hunt, LSC's national director of learning said "partnership working" between government departments would ensure there were alternatives for people no longer progressing in FE. She said LSC had made it "very clear" to FE colleges that provision for people with learning difficulties was a priority. Peter Lavender, deputy director of the National Institute for Adult Continuing Education, said he supported the idea of cutting poor quality courses, as long as it was "sensitive to all learners" and took "proper account of context and aspiration". He said the strategy would help stop cuts to quality provision around the country.

\**Learning for Living and Work*; for a copy, tel: 0870 900 6800 or visit [www.lsc.gov.uk](http://www.lsc.gov.uk)

### **Help with understanding emotions for people with an ASD: Transporters DVD**

A DVD based on research by Professor Simon Baron-Cohen, Director of the Autism Research Centre at Cambridge University, has been launched to help children on the autistic spectrum to recognise and understand facial expressions and emotion. The DVD has a series of 15 minute episodes featuring toy vehicle characters with human faces. The DVD is narrated by Stephen Fry and is based on the emotions: happy, sad, afraid, angry, excited, surprised, joking, proud, tired, unfriendly, sorry, ashamed, disgusted and jealous. The project, which was funded by Culture Online, aims to improve children's understanding of emotion and is aimed at children between the ages of 2 and 8. More information and free copies of the DVD are available from [www.transporters.tv](http://www.transporters.tv).

### **Early Support Training**

Early Support has launched a series of training programs and workshops to meet a wide variety of training needs as part of a drive to mainstream Early Support across all authorities in England. The training is targeted at all managers and practitioners working with young disabled children and their families and at families themselves. The training can support authorities to deliver the aims of *Every Child Matters*.

The training includes a series of four half-day workshops for families with a young disabled child and will be provided by a number of approved training providers across the country. For full details of the training program, visit [www.earlysupport.org.uk/training](http://www.earlysupport.org.uk/training) the website also has the new key worker training guide which Early Support developed in association with Care Co-ordination Network UK.

**Play Partners** have re-launched their Early Years & Childcare Service. To find out how they can help your child access more services and greater opportunities to play, contact them on 01274 431571.

### **Librarian STILL needed urgently!**

If you are interested please contact Jo a.s.a.p.

### **Fundraise for AWARE with old mobile phones and used stamps!**

Please collect old mobile phones, and used postage stamps (with as much paper cut off as possible please) to raise money for AWARE. Please save them and bring them along to any of our sessions, or ring Jo and she will arrange collection.

<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, Littlewoods, Adams kids, Early Learning Centre.

### **Printer Cartridges**

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

### **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](mailto:autismhelpline@nas.org.uk)

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

Health Care Professionals Information: 0207 903 3599

Bradford Parent Partnership Line: 01274 481183 North Yorkshire Parent Partnership  
01756 792427

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](http://www.bradford.gov.uk/childcare)

Barton Hill Advice Service (guides to claiming disability living allowance, attendance al-  
lowance and incapacity benefit) [www.bhas.org.uk](http://www.bhas.org.uk)

**AWARE thanks the following for their support this year:**

## **Bettys and Taylors Group**

**BBC Children in Need Appeal**



**Bradford Carers' Grant**