

AWARE News February 2011

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www.homestead.com/awareuk/

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February Dates	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 4, 11 & 18 <i>No club on 25th</i>	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Tuesday 8	7.30pm	Meal at Pan Choice, Shipley in lieu of meeting at Airedale - see page 2 for more info <i>Book with Margaret</i>	Parents, Carers, Professionals, anyone interested	
Wednesday 9	10am – 12pm	Coffee morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 12	1.30 – 3.30pm	Junior Club <i>Please ring, text, email Jo to let us know you are coming as equipment will be left out from the Friday club, some help will be needed by those who attend to put it away again</i>	Families with younger children up to about 11years, inc siblings	£3 /family + £1/friend
Saturday 19	TBC	Trip Club <i>Contact Linda Porter on 07949576898 for further information</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 p/session Includes activities and refreshments
Sunday 20 The Chronicles Of Narnia 	11am Doors open 10.50am	Cinema: <i>Details on page 2</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>Just turn up</i>	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Wed 23 & Thurs 24	10am-3pm	Playcheme: Addingham Youth Centre – supported places must be booked in advance, families can <i>just turn up</i> to stay and play.	Families with children 0 – 16 years inc siblings /friend	Families £2.50/half day, £5/full day. £10/supported places

For further details of all our activities contact Jo 07764432933

N.B. No Monday club at the moment due to funding cuts; we shall let you know when we have further information from The Inclusion Project

AWARE Library The AWARE Library will be available at Youth Club on 18th February . Please contact Karen (or Margaret) if you are unable to access this date and wish to borrow any particular resources: karenrobertson31@hotmail.com or margaretnash@thomasnash.orangehome.co.uk

Meal at Pan Choice in lieu of meeting at The CDC, Airedale Hospital, Tuesday 8 February 7.30pm

We shall be meeting for an informal Cantonese buffet meal at Pan Choice, 30 Westgate, Shipley (01274 200336) from 7.30pm (not 8pm this month!). Cost per person is £9.90 each. Please book with Margaret by email/mobile: hope you can join us to celebrate the Chinese New Year! **Gong Hei Fat Choi!**

Last month's entertaining and helpful speaker was Sue Haithwaite, Head of Chellow Heights School, Heaton, Bradford. Over twenty members attended the meeting and many have said how interesting the evening was so I am lining up speakers with an educational slant for a couple more meetings, but if you would like to suggest a topic/speaker, please email me or use the questionnaire (see below) which should be with you in February.

Coffee Morning, Addingham, Wednesday 9 February and advance notice of Pamper Day in March

Come along for a cuppa and a chat: a chance to relax and catch up! We are planning our last (mini) pamper day in Addingham on Wednesday 9 March: reflexology, facials, massage, manicures and pedicures – come along for some TLC and lunch! To enable us to ensure correct number of therapists etc, please email me, margaretnash@thomasnash.orangehome.co.uk if you would like to come.

2011 Membership: advance notice

For the first time for several years we are increasing the cost of membership of AWARE to £10 for families and £20 for professionals who receive funding. Details of how to pay via our website will be sent out with a brief questionnaire next week so please watch out for the email.

Cinema:autism-friendly screening of The Chronicles Of Narnia: The Voyage Of The Dawn Treader

The eagerly-awaited latest instalment from the Chronicles of Narnia series, 'Voyage of the Dawn Treader' finds Edmund and Lucy Pevensie, their cousin Eustace, King Caspian, and a warrior mouse named Reepicheep on a mission to save Narnia itself. As the voyagers set out on their quest, they journey to mysterious islands, encounter magical creatures and confront evil enemies before becoming reunited with the 'Great Lion', Aslan.

The cinema has asked us to stress that if for whatever reason your child is having any difficulty with the lights, sound etc, PLEASE make the team aware on the day, preferably during the showing, so they can make any necessary changes and so you can enjoy the performance.

Has your child been recently diagnosed and/or are you looking for some friendly advice?

If you would like to get together informally with a small group of parents to chat and discuss issues such as play skills, diet, sleep, toileting, benefits, please contact Margaret. A small group met last week in Bingley and we are planning to meet for the third time in April in Keighley – more details next month.

Half term Play Scheme

Half term holiday play scheme is Wednesday 23rd and Thursday 24th February, supported places £10 per child per day & family support place £10 per day (parents stay on site, fully booked).

Stay and Play – families with children 0-16 years just turn up, £5 per day/£2.50 per half day.

Residential 25-27 March 2011

We now have more than enough requests and parents will be informed shortly if their child has been allocated a place.

From the money raised at the Cousins Unite for Charity ball and parental donations for previous residentials we nearly have enough funds to run another residential later in the year at Low Mill, Askrigg for older children 10+. If you'd like to help raise the rest required – about £2500 - then please get in touch. Suggestions: car boot sales, sponsored events, selling things on ebay, using our webshop (see below), signing 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> Keep sending your ink cartridges for recycling as this is proving a good source of income – about £13 per month – help us get even more!

Fundraising update: White Stuff, Ilkley, (clothing retailers) www.whitestuff.com

Thanks to their staff members' nomination, AWARE has been chosen as The White Stuff, Ilkley's local charity partner! Initially, we'll receive an annual grant from the White Stuff Foundation and then any funds raised by the store staff and customers will come directly to us, eg AWARE labels were stuck on their Christmas cards and our leaflets and fundraising resources (cartridge recycling envelopes and Yellow Moon catalogues) will be available in store. We are providing their staff with books and DVD's

about autism that they will pay to borrow to raise funds and also heighten their awareness of autism so they are more informed about the charity they are helping and can pass on information to their customers, too. Their staff are also keen to help at our events, so you may see a few new faces occasionally.

Turkish Baths, Harrogate Saturday 26 March: now full but reserve names being taken!

To put your name down in case a place comes available, contact Margaret to book: margaretnash@thomasnash.orangehome.co.uk Those members who have signed up will hear from me shortly by email.

Autism Education Trust: Learning to see differently

Effective 'whole-school' strategies for pupils on the autism spectrum 10 February, York:

- Setting up an autism-friendly classroom (Jilly Davis, Robert Ogden School)
- Developing peer-awareness programmes within education settings (Gill Capaldi, Rotherham Autism Communication Team)
- Strategies to overcome bullying (Helen Bishton, Corley Centre)
- Successfully managing challenging behaviour (Ronnie Young, Specialist consultant and trainer)
- Understanding the vital milestones in the educational journey of a child with autism (Interactive panel discussion moderated by Jane Vaughan, Head of Education at the NAS)

Lunch and refreshments will be provided. Book at www.autismeducationtrust.org.uk/trainingevents
Email info@autismeducationtrust.org.uk or call 020 7903 3650 Venue: The Royal York Hotel, Station Parade, York YO24 1AA. 9.30 registration 16.30 close Price: Professionals £75 (+VAT) (£90 incl. VAT) Parents and people with autism £25 (+VAT) (£30 incl. VAT)

Parents/Carers wanted!

Rebecca Lee, an Occupational Therapy student from Leeds Metropolitan University, is looking to find participants for her research study. She is interested in finding out about the meaningful activities that parents/carers take part in and how caring for a child with autism affects participation in these meaningful activities. The participants must be the main carer and aged between 18-60 years and the child must have autism and be between the ages of 6-12 years. The child will not be part of the study and all information will be kept confidential and anonymous. If you are interested please contact Rebecca Lee on 07891 382863 or r.lee2485@student.leedsmet.ac.uk (Thanks for Leeds ABC for this info)

Fundraise for AWARE

Whilst doing your shopping online, fundraise by going via our webshop www.buy.at/aware : 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.

Please bring old mobile phones and used stamps to any of our sessions, or ring Jo to arrange collection.

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 make your purchases.

Ink Cartridge Recycling Cartridges are now returned in The Recycling Factory envelopes –to get one, please ring 08000910696, 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. thanks.)

A few hints from AWARE members and other parents of children on the spectrum:

We have recently uploaded LOTS and LOTS of files to our website and continue to do so weekly: please do take a look – there may be some useful information for you and your family.

If you haven't received your copy of **The Guide** to Services used by families with disabled children in the Bradford district, do so NOW – it's both comprehensive AND compact! Go to www.bradford.gov.uk/dcis to register and you will automatically receive The Guide and future DCIS newsletters and be able to access previous newsletters. You can also call 01274 433861 to request a copy.

Free carer's ticket at cinemas There have been a few changes (*thanks Ann!*) to this system so please take a look at their website – you can download an application form and send off (with £5.50 fee) to obtain a card: www.ceacard.co.uk/ Remember you are also able to get a free carer's ticket at theme parks, theatres etc (just show a copy of your DLA entitlement) – see our website for more information.

AWARE Resources We have recently purchased a few new resources including "*How to Be Yourself in a World That's Different*" by Yuko Yoshida M.D. is, an accessible guide to Asperger's Syndrome (AS) written for young readers who have been diagnosed with AS and other autism spectrum conditions. The book

features a clear explanation of the condition, including symptoms that are common to people on the autism spectrum, such as a hypersensitivity to touch and difficulties with balance and co-ordination. The characteristics and symptoms of other syndromes that often coincide with AS are also discussed, for example AD/HD, learning disorders, and tics, as well as the temporary states of mental dysfunction that people with AS tend to be predisposed to, including depression, anxiety, obsessive and compulsive behaviors, and catatonia. This informative and encouraging text highlights the positive aspects of autism spectrum conditions, such as diligence, fairness, and a knack for unique ideas, but it also acknowledges the daily challenges faced by young people with AS and, crucially, offers strategies for dealing with these. Using case examples, Yoshida explores the difficulties of disclosing a diagnosis, takes readers through the stages of practising key social skills, and offers advice on seeking support.

Items for sale/needed: please find attached a list of toys being sold to raise funds for AWARE and a Wii party game (!) by my son! Photos available on request. He has had a BIG clearout so lots of toys etc – come and have a look!

If you have any hints/suggestions you would like to share, please contact me on 07854 740071 or email margaretnash@thomasnash.orangehome.co.uk Thank you!

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 & Harrogate 01609 534983

Social Care 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 Resource, Shipley Tel: 01274 449660 **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

Contact a Family advice on benefits & finance for families with a child with a disability
www.cafamily.org.uk/cashcounts

Looking for childcare www.thefamilyhubleeds.org www.bradford.gov.uk/childcare

Transitions service <http://www.dimensions-uk.org/index.php>

The Children's Information Link/Family Information Service for up-to-date information about childcare, nursery education, children's activities and family support services. Tel: 01274 437503

Bradford Toy Library, St Luke's Call Emma or Michelle on 01274 365463 for opening times. Try out their Sensory Room.

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 thanks the following for their support this year:

Cow & Calf, Ilkley



Bradford Carers Grant

