

AWARE News February 2012

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Issue 139

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February	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 3, 10 & 24 No club on 17 Feb	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Sunday 12 Tintin 	11am Doors open 10.50am	Details on page 2 Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford Just turn up	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Monday 13 & Tuesday 14	10am – 3pm	Play Scheme - Addingham Youth Centre, Family Stay and Play. Just turn up Supported places -fully booked	Families with children 0 – 16 years inc siblings /friend	£2.50/half day £5/full day/ Family +£1/friend
Tuesday 14	7.30pm	Meal at Pan Choice, Shipley - see page 2 for details Book with Jo	Parents, Carers, Professionals, anyone interested	£8.90 plus drinks
Wednesday 22	10am – 12pm	Coffee morning Addingham Youth Centre Just turn up	Parents/carers, babies & toddlers welcome.	Free
Thursday 23	10 am – 12.30am (approx.)	New Walking Group Meet at The Stocks, the market place, Bingley – see page 2 for details Book with Margaret	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free
Saturday 25	10 am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£10 per person
Saturday 25	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre Trampoline Please ring, text, email Rachel rachelmiller71@hotmail.co.uk 07826926150 to let her know you are coming as equipment will be left out from the Friday club, and some help will be needed by those who attend to put it away again.	Families with younger children up to about 11years, inc siblings	£3 /family + £1/friend
Saturday 25	From 5pm	Trip Club: Meal at Weatherspoon's and Stomp; meet at Keighley train station at 11am. For further information contact Rachel on 07826926150	Age 12+. Parents don't stay - young people will have AWARE support	£20PP/session
Sunday 26	3.15 pm – 4.15 pm	Swimming – inflatables. Keighley Leisure Centre Book places with Jo Please let us know if you have booked and CAN'T come so we can offer the places to another family	All family (max 20 children per session)	£2 per person

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 24 February. Please contact our **new** librarian, Alison, on 07932258170 if you are unable to access this date and wish to borrow any particular resources

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(a full list is available in the members' section of our website – password needed: email Margaret if you have forgotten it).

Meal at Pan Choice, Shipley at 7.30pm (in lieu of meeting at The CDC, Airedale Hospital)



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 £8.90 each. Please book with Jo by email/mobile: hope you can join us to celebrate the Chinese New Year - **Gung Hei Fat Choy!**

Last month's speaker at the CDC was Celia Stone, who gave an informative talk on Irlen Syndrome; and autism and ADDACUS www.addacus.co.uk - very worth looking at and maybe suggesting to your SENCO and it is well known in Bradford schools!

2012 Membership

The cost of membership of AWARE will remain at £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 and act promptly! Please also find attached a letter from Chris Moor, Chair of AWARE regarding price increases to our services.

Play Scheme Mon 13 and Tues 14 February, Addingham

Playscheme will run on Monday 13 and Tuesday 14 February – families just turn up to Stay and Play. Supported places are all fully booked- please contact Jo for more information. Want to see what it might be like before attending take a look at our videoette: <http://sites.createvideomarketing.com/sites/185/AboutAware>

Coffee Morning Wednesday 22 February: Addingham, 10am-12pm

Come along for coffee/tea and biscuits, chance to relax and catch up with other parents. Just turn up!

Cinema: autism-friendly screening of The Adventures Of Tintin: Secret Of The Unicorn 2D (PG)

Jamie Bell (Billy Elliot) is the eponymous 'Tintin', the cartoon hero brought to life in Steven Spielberg's adaptation of Hergé's much-loved stories of the intrepid young reporter and his faithful dog Snowy.

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.

For details of the national autism friendly screenings, see <http://www.dimensions-uk.org/what-we-do/autism/autism-friendly-films>

NEW! Walking Groups: mid-week for parents/carers and weekends for families

Mid-week ramble with Ronda: for parents/carers only – Thursday 23 Feb, meet at The Stocks, Bingley Market Place at 10am prompt, please, for a circular walk up to St Ives Estate (please bring money for a drink at the cafe) and back down to Bingley. Email/call Margaret to book and for further information.

Weekend Walks with the Thomas family: Dates - Sun 4th March, Sun 15th April and Sun 20th May
The walk on the 4th March will be around Austby and Nesfield and is 4.75 miles in distance. Meet in the car park at the Ilkley Lido to start the walk at 11.00. A packed lunch and drinks will be required and there will be a stop en route to have these. The walk is not suitable for pushchairs and at the moment **no dogs**, please. Parents will need to supervise their children during the walk.

If you would like to join in any of the weekend walks, please contact Diane prior to the date by phone or email then she knows how many people will be turning up and no one is left behind at the start!

It is hoped that through walking it will allow families to socialise, exercise and appreciate the countryside and wildlife. Diane Thomas Tel 01943 863519/Mob 07563733576 / diane.thomas1964@gmail.com

N.B. For both groups, it is advisable to wear walking boots/walking shoes and take waterproofs – please also print off and sign the attached disclaimer.

Advance notice:

Friday 23 March: New Diagnosis Group (no meeting this month but why not join our walk on the 23 February?)

Autism Awareness Spring Fair Saturday 31st March, 12 – 3.30pm, Addingham Youth Centre – see attached flyer for further information

Thank you for all your fundraising efforts!


We've recently signed up to **justtextgiving** – an easy way for anyone to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. **Nothing yet so will you be the first!?**

Easy fundraising: please register to receive updates and for just a few clicks you can make £'s for AWARE - visit <http://www.easyfundraising.org.uk/causes/aware>

Order a free pay as you go sim, whether you need one or not and we'll get 25p, register and make a bid on ebay and we'll get £4.50. **Total for Easy fundraising is £4.04**

Sign 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> **Total for Everyclick is £26.78**

Thank you to those people who've signed up but you need to keep using everyclick to do your searches to create funds, make it your default search engine, or homepage.

Follow this link to create a free photo calendar (£2.99 p&p) and AWARE will receive £2.50  Don't forget to keep **recycle ink cartridges** for us (the HP one's are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15) so PLEASE do recycle your cartridges via 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). **Total so far for ink cartridges recycling is £648.58**

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on ebay. Use our webshop: <http://www.spendandraise.com/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 and

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. **Total from Yellow Moon so far £38.27**

News from the NAS – from NAS Education Update

A new website has just been launched for Preparing for Adulthood, a Department for Education scheme launched as part of their [SEND Green Paper](#). Over the next two years, Preparing for Adulthood will advise on transition for young people with SEN and disabilities – helping them move easily into independent living, employment and integration with the community.

Preparing for Adulthood will mainly work with the pathfinder areas trialling the Green Paper's proposals, focusing in particular on the combined 'Education, Health and Care Plan' providing support from birth to 25. They plan to develop a programme of work with each participating pathfinder area, and will be posting updates of their progress with each one over the coming months.

Outside of the pathfinder areas, they're also looking to share information around transition and promote good practice across the country. They are keen to share resources, and already have some case studies of well-managed transitions uploaded onto the site.

The site has just launched, but we're looking forward to seeing more extensive content in the coming weeks. In the meantime you can have a look at www.preparingforadulthood.org.uk, or sign up for their e-bulletin [here](#). The National Autistic Society <http://www.autism.org.uk>

(Editor's note: I am currently doing a very interesting course (with a few other AWARE members – hello!) on Transitions at the Carer's Resource in Shipley so will feedback some of the information I am gleaming at a later date as I think many of you will find it useful.)

Message from one of our volunteers who is looking for some Personal Assistant work

Hi, I'm Beth Mosby and I'm 17, and I have been doing volunteer work with AWARE for the last 4 years on play schemes, residentials, trip club and junior youth club. I'm looking for a few hours PA work a week, preferably in the Keighley area (I am flexible on this), taking children or young people out to do activities they enjoy. If interested please contact me at beth_mosby@hotmail.co.uk or on 07976712379. Thanks.

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

<http://www.bbc.co.uk/news/health-16534678> More on apps!

"findMe (Autism)" - an app that's designed to help young children with autism practise simple social skills that many other people take for granted. Requiring no language or reading skills, it's accessible to the vast majority of autistic children with access to an iPad. (thanks, Lisa!)

http://www.socialnavigatorapp.com/social_navigator.php?gclid=CNzwzYPG2a0CFcx_fAodolKIuA

Looks like a great app for teaching social skills and finally (also from Lisa):

<http://www.148apps.com/news/helping-autistic-children-findme/#ixzz1joJs4FY8>

<http://www.autismsparks.com/public/46.cfm> We have had extremely good feedback from members about this site – well worth taking a look.

This resource is available free on the internet <http://www.pictoselector.eu/> Great for reward cards, too! You know when someone is staring at you/your child when they are having a meltdown? An American Grandma sent one our members this encouraging letter about what she called "The Look" (!)

<http://flappinessis.com/2011/12/28/dear-shopper-staring-at-my-child-having-a-meltdown-in-the-grocery-store/> (Thanks, Ria!)

And more reward charts: <http://www.netmums.com/activities/pictures-to-print/reward-charts-to-print-and-colour-in>

This is not particularly autism related but makes for interesting reading about children's wellbeing:

<http://www.childrenssociety.org.uk/what-we-do/research/well-being/good-childhood-report-2012>

Swimming lessons: several members recommend is www.aquaticstars.co.uk Prices are £7.50 per lesson for a group of three and £15 for one to one; lessons held Tuesday/ Wednesday afternoons and Saturday Mornings. Contact **07500463245** or **07502425294**

Help Lines: 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

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 - Disability Advice Bradford 01274 594173, Leeds 0113 214 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>

Bradford Family Information Service (FIS) for information about childcare, nursery education, children's activities and family support services. Tel: 01274 437503 or childcare@bradford.gov.uk

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 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:

