

AWARE News February 2013

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February	Time	Activity & Location	Cohort/Age Group	Cost
Friday 1, 8 & 15* (*library) No club 22nd	7 – 9pm	Friday Youth Club Addingham Youth Centre Just turn up	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Sunday 3	3.15 – 4.15 pm	Swimming with inflatables & slide Keighley Leisure Centre Book places with Jo – DO please let us know if you've booked and CAN'T make it so we can offer the places to another family	All family (max. 20 children/ session)	£2.50/swimmer
Friday 8	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery, Keighley Book with Margaret	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome
Saturday 9	10 am – 1pm	Cookery Club Addingham Youth Centre Register with Jo for future sessions	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 9	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre (bouncy castle)	Families with younger children up to about 11years, inc. siblings	£3.50/family + £1/friend
Please ring, text, email Rachel rachelmiller71@hotmail.co.uk 07826 926150 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.				
Sunday 3 & Sunday 10	11.30am	Leeds/Bradford Odeon Leisure Park Thornbury & Cineworld see page 2 for details including link to trailer Just turn up	All the family	See page 2 Carer free with CEA card
Tuesday 12	8pm prompt please!	Meeting at CDC, Airedale Hospital - see page 2 for details Just turn up	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Saturday 16	10 am – 4pm	Trip Club: Sleeping Beauty pantomime – meet at Addingham Y.C. at 12.30 For further information contact Rachel Miller or ring 07826 92615	Age 12+. Parents don't stay - young people will have AWARE support	£20/person
Mon 18 Tues 19	10am-3pm	Play Scheme Stay and Play Just turn up	Families with children 0 – 16 years, including siblings /friend	£6/full day/Family +£1/friend
		Supported £12/day - Book now	Children with ASC 8+	£12/child
Wed 20	TBC	Sibling Day – Bowling, lunch and cinema Book with Jo	Siblings approx. 7-14yrs	Free
Tuesday 26	11m – 1pm	Coffee Morning Trinity 5 Rise Children's Centre, Bingley see page 2 Book with Margaret	Parents/carers, babies & toddlers welcome	Free but donations welcome

N.B. Unfortunately, some of our services aren't available to all members due to local funding restrictions; contact [Jo](mailto:jo.galasso@tesco.net) 07764432933

Addingham Youth Centre, Bolton Road, Addingham, LS29 0NR on the site of Addingham Primary School

Visit this link to see what it's like before you come: [About Aware](#)

AWARE Library will be available at Youth Club on 15 February. Please contact our librarian, [Alison](#), or ring 07932258170, if you are unable to access this date and wish to borrow any particular resources (a full list is available in the password-protected members' section of our website).

2013 Membership now due!

The cost of membership of AWARE will remain at £10 for families and £20 for professionals who receive funding. Details of how to pay are on the accompanying letter. We are also asking members to complete our 2013 questionnaire and renew electronically if at all possible, thus reducing paperwork and saving trees; please act promptly!

Autism Friendly films in February

Dimensions are hosting two different Autism Friendly films in February so there is even more choice: **Cineworld Cinemas** are showing [Monsters Inc](#) on Sunday 3rd February and tickets are [now available](#). **Odeon Cinemas** will host [Wreck it Ralph](#) on Sunday 10th February and tickets will be available nearer the time.

For details, to find your nearest cinema and to book your tickets [head to Dimensions website](#).

Friday 8 February: New Diagnosis Group

If you would like to get together informally with a small group of parents whose children/young people have been (relatively!) recently diagnosed to chat and discuss issues such as play skills, diet, sleep, toileting, benefits, please contact Margaret. We are meeting at Strong Close Nursery in Keighley 9.30 – 11.30am. Please book in advance for the NDG with [Margaret](#) (so we have enough chocolate biscuits!); or ring 07854 740071.

Meeting at Airedale CDC, Tuesday 12th February, 8pm – North Yorkshire Yorks Lead for Autism

[Cerys Townend](#), North Yorkshire's Specialist Lead for Autism within the SEND support and outreach team in the CYPS directorate, will be visiting to discuss the new Strategy for meeting the needs of Children and Young People with Autism in North Yorkshire, and proposed local developments in the area of autism. She is also eager to listen to your experiences and suggestions for development of services in North Yorkshire.

Last month's meeting was a lively consultation with parents of young people with Asperger's/High Functioning Autism around relationships and sexual health run by Steven Livingstone and Nicola Kelly.

Siblings Day – Wednesday 20 February

A day of bowling, lunch and cinema at the Leisure Exchange in Bradford for brothers and sisters age approximately 7-14 years. If your child is interested let [Jo](#), [Rachel](#) or [Margaret](#) know. Unfortunately, we were unsuccessful in securing funding but are still offering this activity free.

Coffee Morning at Bingley's Trinity 5 Rise Children's Centre, Tuesday 26 February

Following on from the success of our recent meetings at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST, we shall be holding our next coffee morning there on Tuesday 26 February from 11am to 12.30pm. Why not come along? New members are especially welcome, but please book with [Margaret](#)

Walking Groups

Our first 2013 **mid-week ramble with Ronda** will take place this month, date to be confirmed as soon as she returns from New Zealand – watch out for details in the e-update. The **Weekend Walks with the Thomas family** will start again in the spring. Contact [Margaret](#) to book or for further information.

Pamper Day in Addingham for Mother's Day with lunch included, Wednesday 6 March

Thanks to Bradford Council's **Carers Break & Activity Service Funding**, we are delighted to invite you to another AWARE Pamper Day on Wednesday 6 March (school hours) – worth taking a day off work for if you can! Book your place now with [Margaret](#) - there are still a few spaces available!

Lineham Farm Residential Break 22-24 March 2013

If you're interested in your child being considered for the next residential in March please contact [Jo](#).

Follow this link for further information [Lineham Farm Residential](#)

Free Brewery Trip for AWARE Dads, Saturday 23 March – now full!

A minibus has been booked to take fifteen Dads/male carers to Masham's Black Sheep Brewery on Saturday 23 March, to co-incide with the residential at Lineham Farm (see above). The visit includes a guided tour plus either a pint of ale or glass of house wine and a choice of a main course lunch, picking up at various locations to get to Masham for 12.15 and leave around 3.30pm.

Again, thanks to our grant being accepted by Bradford Council's **Carers Break & Activity Service Funding**, this trip is free. If you have registered, you should have received an email with full information and requesting confirmation from you. If you find you CAN'T make it, please let Margaret know so we can offer the place to someone else – we are taking reserve names.

Date for your diaries: Disability Rocks @ Nell Bank Saturday 8 June 2013

Fingers crossed for the same weather as last year – will let you know when tickets are available! (*Thanks to LS29 for plug!*) We will let you know when tickets are available

A few hints from AWARE members, other parents of children on the spectrum & our supporters:

Have you joined AWARE's new **Facebook** group? Lots of sharing here about many aspects of parenting a child/young person with an ASD – please join in! You will also get regular reminders and updates of what's happening. <https://www.facebook.com/groups/317649321643365/> Will you be our 90th member?!

Sibs' monthly parent tips each month Sibs.org.uk send out practical tips for parents on how to support siblings of disabled children: sometimes it is an activity idea to use with your sibling child, sometimes it is information on a sibling topic. These free tips will be sent to your inbox; sign up for parent tips at <http://www.sibs.org.uk/parents>

Asperger United, a quarterly magazine for age 16+ (although some parents subscribe on behalf of their under-16s), written by people with Asperger syndrome, High-Functioning Autism and other high-functioning conditions on the spectrum, or by professionals with this group specifically in mind, is now available to download from www.autism.org.uk/aspergerunited

EST Donkey Sanctuary in Eccup runs a Twilight Club for children with a disability Thursdays 3.30-5.30pm. Lovely indoor and outdoor play areas, sensory room and donkey rides. There is also a Saturday Club on the second Saturday of each month 10-2pm Next one 9th February. Book places for Thursdays on 0113 261 9249 <http://www.thedonkeysanctuary.org.uk/contact/leeds>

Reminder: Eureka! Halifax is holding free Saturday clubs 10am-12noon aimed at children aged 3-11 with specific disabilities: Down Syndrome – 2nd, 9th and 23rd March, Hearing Impairment – 20th, 27th April and 4th May, **Autism – 8th, 15th and 29th June** They are also offering an *Extra Pair of Hands* service on Tuesdays, Thursdays, Saturday afternoons and Sundays. Book two weeks in advance with Trizia/Jenny on 01422 330069. February half term visits are discouraged due to building work. There is also a free holiday club: Easter – Tuesdays/Wednesdays; Summer – Thursdays/Fridays.

<https://www.eureka.org.uk/> (*Thanks, Jo*)

Shabang Family Clubs, The Watershed, Slaithwaite, HD7 5JN Fully accessible space with multi-sensory room, music, arts and crafts and play. Free but booking essential 01484 848073 www.shabang.org.uk
Day Dreamers: a monthly event on Saturday mornings for families of children on the autistic spectrum under 15 years **26 January, 2 March, 30 March 2013 10.30 am until 1 pm** Have a look at the website for more information about their various projects.

Have you registered with Simon Baron Cohen's **Autism Research Centre** in Cambridge? If you would like to take part in research, please go to the ARC login page: <https://autismresearchcentre.net/>

Need help with filling out DLA forms? Contact Carers' Resource who have two Parent Carer Development Workers who cover different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven.

LS29 Support Group's most recent newsletter is available: www.facebook.com/LS29.group

Thank you for all your fundraising efforts!

We just wanted to say a BIG thank you to member, **Stephen Houghton**, who is continually selling Autism Awareness wristbands, key rings and pin badges for us, and has raised £388 for AWARE so far – well done! Stephen sells them wherever he goes and also does a Domino card every week at youth club which makes £9 per week. He recently had a collection at his wedding reception which raised £53.63 and a collection at Morrison's Yeadon which raised £61.22, and his next appearance will be at Morrison's Guiseley on 12th February so if you're shopping on that day look out for him! He has applied to do a collection at Asda Home, Guiseley, too – thank you, Stephen, for all your hard work fundraising!

We've signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070.

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> **Total for Easy fundraising is £90.18 which again is fantastic as it was £67.64 last month: thank you, keep clicking!**

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 £36.87**

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). **Please, please** do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. Use our web shop: <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 buy!

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 395 1200 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

Disability Advice Bradford 01274 594173, Leeds 0113 214 3630, Skipton 01535 617400

Contact a Family advice on benefits & finance for families with a child with a disability www.cafamily.org.uk/cashcounts 0808 808 3555 **General helpline** email helpline@cafamily.org.uk

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 <http://fis.bradford.gov.uk/fis/home>

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:

Cow & Calf, Ilkley

