

# AWARE News February 2014

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Issue 161

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February	Time	Activity & Location	Cohort/Age Group	Cost
Friday 7, 14 and 21* (*library) No youth club on 28	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Tuesday 11	8pm prompt please!	<b>Meeting at CDC, Airedale Hospital</b> - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Friday 14	10am – 12pm	<b>New Diagnosis Group</b> Strong Close Children's Centre, Keighley - see page 2 <i>Book with /Margaret</i>	Parents/carers, babies & toddlers welcome	Free but donations welcome
Saturday 15	10am – 1pm	<b>Cookery Club</b> Addingham Youth Centre <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 15	1.30pm – 3.30pm	<b>Junior Youth Club</b> Addingham Youth Centre <i>For further information contact Rachel Miller or ring 07826 92615</i>	Families with children up to about 11years	£3.50/family + £1/friend
Tuesday 18	11am – 12.30pm	<b>Coffee Morning</b> - see page 2 Trinity 5 Rise Children's Centre, Bingley <i>Book with Margaret</i>	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome
Thursday 20	12.30 – 2.30pm	<b>Carers' Walk</b> - see page 2 <i>Book with Margaret</i>	All carers welcome!	Free but bring money for drink post walk!
Monday 24 & Tuesday 25	10am-3pm	<b>Play Scheme Stay and Play</b> Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friends	£6/Family/day + £1/friend
Friday 28 February - Sunday 2 March <b>Residential</b>	Times to be confirmed	<b>Trip Club:</b> Brathay Trust, Ambleside <i>For further information contact Rachel Miller or ring 07826 92615</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person

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 for further information.

Most of our sessions take place at [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 21 February. Please contact our current 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). Our new librarian, volunteer Vanessa, will be taking over in February – thank you, Alison for all your help over the last couple of years – and thank you, Vanessa, for stepping in!

## Half term Playschemes

Due to local authorities having different holidays this half term, there are no supported places but everyone is welcome to turn up to Stay and Play, £6/family/day, 10am – 3pm, Monday 24 and Tuesday 25 February 2014.

### **Meeting at Airedale CDC, Tuesday 11 February, 8pm – Lillie Connor, EPIC**

Lillie would like you, the parents, to lead on the night with your questions and Lillie will try to answer some questions about what your child's anxiety looks like and how you can help: giving some strategies and looking at how you can teach sustainable concepts to help with understanding that will reduce anxieties. She will also teach ways to help your child recognise when their anxiety is scaling up and how they can regulate themselves. If you have a particular issue that you would like Lillie to help with, feel free to email me the week before the meeting and I will let Lillie know.

*Last month's speaker was David Newell from **Specialist Autism Services** who to support adults with Autism and Asperger's Syndrome by the provision of health, education, training, sports, creative art and counselling activities. If you missed the meeting, have a look at their website for more information: <http://www.specialistautismservices.org/bradford/> Please also find attached details of their employment programme.*

### **New Diagnosis Group, Friday 14 February 10am – 12pm Happy Valentine's Day!**

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 will be meeting at Strong Close Nursery in Keighley (and there WILL be chocolate!); book in advance for the NDG with [Margaret](#)

### **Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 18 February 11 – 12.30pm**

Why not come along to our coffee morning at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST from 11am to 12.30pm? New members are especially welcome, but please book in advance with [Margaret](#)

### **Walking Group, Thursday 20 February**

We have a two hour **mid-week ramble with Ronda** planned for Thursday 20 February, meet at The Stocks in Bingley). Finish at 2.30pm, in time for school pick-ups! *N.B. It is advisable to wear walking boots/walking shoes and take waterproofs.* Regular updates posted on our Facebook page; book with [Margaret](#)

### **Advance notice – dates for your diaries!**

**Pamper Day** in Addingham for Mother's Day including lunch, Wednesday 5 March. Thanks to Carers Break & Activity Service Funding (from Bradford), we are delighted to invite you to another AWARE Pamper Day on Wednesday 5 March during school hours. **All places are now booked and we have a waiting list so PLEASE let me know in advance if you can't make it so we can offer your place to someone else. Thank you!** [Margaret](#)

**Lineham Farm Residential Break** 14-16 March 2014. 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](#)

### **News from the NAS:**

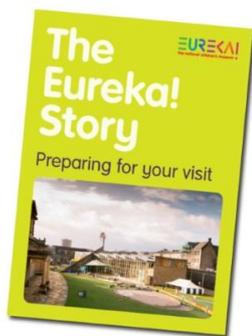
The new Passport to individual autism support is a simple, at a glance document which explains the communication, sensory and support needs of the individual whom it belongs to. The passport is designed to be carried by adults who find it difficult to explain their needs when in stressful situations, such as meetings and interviews. Download a copy of [the autism passport](#).

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

Have you joined AWARE's **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 151st member?!

**Bradford Disability Sports and Leisure's** sports directory has been added to [www.wearepeople2.net](http://www.wearepeople2.net) - go to information tab to have a look.

The PDF of *Asperger United* is now available to download from [www.autism.org.uk/aspergerunited](http://www.autism.org.uk/aspergerunited). Click on the link about halfway down the page to download the PDF.



News from **Eureka! Halifax: The Eureka! Story** Children with autism and other conditions may be hyper sensitive to sensory input, so we've created The Eureka! Story - a practical tool to familiarise children with what a visit to Eureka! may entail. Visit the Eureka! website to download, or email us to request a copy by post. The Eureka! Story has been produced as part of our Helping Hands Project, thanks to funding from the Esmée Fairbairn Foundation

We've running more free clubs as part of our award winning Helping Hands Project: 1, 8, 22 March – Autism Primary; 10, 24, 31 May – Wheelchair Users and 16, 17, 23 and 24 April Easter Holiday Clubs. For more info visit our Helping Hands page or give us a bell on 01422 330069 to book your place.

**Talk about Autism** is an online community and discussion forum for everyone interested in autism, including parents, carers, family members, people on the spectrum, and professionals <http://www.talkaboutautism.org.uk/page/forums/speaksomeonespectrum/index.cfm>

News from **Sibs UK**: we have a new brochure for young siblings with tips for dealing with some of the main issues young siblings tell us about and information about our YoungSibs service: [Young Sibling brochure](#)

Thinking Ahead is a downloadable guide for families of people with a learning disability on planning for the future. The guide was developed by **The Foundation for People with Learning Disabilities**. <http://www.learningdisabilities.org.uk/our-work/family-friends-community/thinking-ahead/>

News from Ruth Gray at **Disability Advice Bradford**: a new crafting group will be meeting every Tuesday from the 4th February at Saltire Methodist Church. Each week there will be an easy craft for all to try to your own ability, free of charge (flyer attached). They also have a creative writing group starting on the 6th of January at DAB's Dockfield Road Offices. These are led by DAB chair and published author Peter Kay who will introduce the idea of creative writing and some basic skills to carers free of charge.

The latest edition of **Leeds' Carers News** is here: [http://files.carersleeds.org.uk/Carers News Feb-Mar 2014.pdf](http://files.carersleeds.org.uk/Carers_News_Feb-Mar_2014.pdf)

**Volunteer Citizen Advocates needed! Choice Advocacy** <http://www.choiceadvocacy.org.uk/> is looking to recruit exceptional people to act as unpaid volunteer advocates for vulnerable individuals who have a learning disability. They will train and support you and pay travel and other reasonable expenses associated with the role. For further information contact Trish Higgins or Karen Attwood on 01274 391691 or [trish@choiceadvocacy.org.uk/](mailto:trish@choiceadvocacy.org.uk) quoting 'citizen advocacy information pack'

**Need help with filling out DLA forms?** Contact Carers' Resource who have two Parent Carer Development Workers covering different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven (numbers in Helplines below).

Have a look at what's on offer at **DAB**: <http://www.bradforddisabilityservices.co.uk/>

**Autism Friendly films** in February: **Dimensions** are hosting three different Autism Friendly films in December so there is even more choice. Sign up for Dimensions' [weekly e-news bulletin](#) in order to get the latest information about Autism Friendly Film Screenings and other Dimensions events and activities.

**Disability Grants** is a website which provides information about claiming different types of disability grants <http://www.disability-grants.org/>

**Thank you for all your fundraising efforts!**

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

Don't forget to keep **recycle mobile phones and ink cartridges** for us (the HP ones are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15) so PLEASE do recycle your phones and cartridges via The Recycling Factory envelopes – to get one, please ring 0800 0910696, or visit [www.therecyclingfactory.com](http://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 £751.28. **THEY ARE NOW GIVING MONEY FOR EPSON CARTRIDGES TOO SO PLEASE SEND THEM IN.**

**Please, please** do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. **Yellow Moon** [www.yellowmoon.org.uk](http://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! (We have just received a cheque for £7.21)

**Easyfundraising:** 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, for just a few clicks you can make £'s for AWARE – so visit <http://www.easyfundraising.org.uk/causes/aware> to sign up. **Total for Easyfundraising is £304.07** (£277.93 last month). **We now have 46 supporters, so thank you to the two new ones who signed up this month; everyone else please sign up NOW, you've nothing to lose and lots for AWARE to gain!**

Thank you to those people who have signed up for everyclick, where each search you make 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 £85.52** (£81.34 last month). **We are now promoting easysearch instead as it's part of easyfundraising and 'easier' to use, so sign up here and make it your home page, every search makes .05p so on average will raise £25 per person per year, just for searching the internet instead of using Google. (84p so far and we've only just started)**

### **Helplines: need help or support?**

**The National Autistic Society** [www.nas.org.uk](http://www.nas.org.uk) [autismhelpline@nas.org.uk](mailto: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

**Children's Services** Bradford 01274 437500 Leeds 0113 3984702 Craven 01756 793700

**Carers Connection** Bradford [www.carers-in-bradford.nhs.uk](http://www.carers-in-bradford.nhs.uk) 01274 363440

**Carers Resource, Skipton** [http://carersresource.smartchange.org/mw\\_bran2.phtml](http://carersresource.smartchange.org/mw_bran2.phtml) 01756 700888

**Carers Resource, Shipley** Tel: 01274 449660 **Carers Leeds** [www.carers.org](http://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](http://www.cafamily.org.uk/cashcounts) 0808 808 3555 **General helpline** email [helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk)

**Looking for childcare** [www.thefamilyhubbleeds.org](http://www.thefamilyhubbleeds.org) [www.bradford.gov.uk/childcare](http://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:**

