

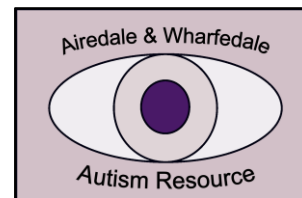
AWARE News February 2015

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www.homestead.com/awareuk/

www.awareuk.org



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| February | Time | Activity & Location | Who for/ages | Cost |
|--|--|--|---|--|
| Saturday 31 January | 10am – 1pm | Cookery Club Addingham Youth Centre <i>Register interest with Jo</i> | Age 12+. Parents don't stay - young people will have AWARE support | £12/person |
| Saturday 31 January (<i>sorry no club in Feb</i>) | 1.30pm – 3.30pm | Junior Youth Club Addingham Youth Centre <i>Book with Rachel Miller</i> | Families with children up to about 11years | £3.50/family + £1/friend |
| Monday 2, 9, 16 & 23 | 6.30-8.30pm | Adult Support for Asperger's Drop-In Otley <u>Cross Green Community Centre</u> contact Margaret Marshall 07963521117 | Adults with Asperger syndrome (16+): parents, partners. | FREE donation for refreshments welcome |
| Friday 6, 13, & 27* <i>No club on 20th</i> | 7 – 9pm | Friday Youth Club Addingham Youth Centre (*library available) <i>Just turn up</i> | Children 7 – 16 years, inc. siblings (Parents stay) | £3.50/Family + £1/friend |
| Saturday 7 | 9.30am– 3.20pm | Trip Club – Ice Skating in Leeds <i>Book with Rachel Miller</i> | Age 12+, parents do not stay – young people have AWARE support. | £20.00 /person |
| Tuesday 10 | 8 – 9.30pm | CDC Meeting, <u>Airedale Hospital</u> - see page 2 <i>Just turn up</i> | Parents, carers, Anyone interested | Free - donations welcome |
| Tuesday 10 | 8pm | New Moving On Club Karting in Guiseley <i>Book with Rachel Miller</i> | Adults on the spectrum 18-25 years | People pay for themselves |
| Sunday 15 | 3.15 – 4.15 pm | Swimming with inflatables & slide Keighley Leisure Centre <i>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</i> | All family (max. 20 children/ session) | £2.50/swimmer |
| Monday 16 Tuesday 17 | 10am-3pm | Play Scheme Stay and Play Addingham Youth Centre <i>Just turn up</i> | Families with children 0 – 16 years, inc. siblings /friend | £6/Family/day + £1/friend |
| Monday 16 Tuesday 17 | 10am-3pm | Play Scheme Supported Places – all fully booked. | Children on the spectrum 8+ | £12/Child/day |
| Wednesday 18 | <i>Rachel will contact people with details</i> | Siblings' Day – train to Bradford, bowling, lunch and cinema; now fully-booked. | Siblings age 7-13 years approx.. | £12/child |
| Wednesday 18 | 8.30pm | AWARE Dads' get together The Cow and Calf Pub, near Ilkley <i>Just turn up</i> | All adult male carers welcome contact Chris Moor, AWARE Chair 07742 022217 | People pay for themselves |
| Friday 27 | 10am - 12pm | New Diagnosis Group Coffee Morning , Strong Close Children's Centre Keighley <i>Book with Margaret</i> | All carers welcome – babies and toddlers, too! | Free but donations welcome |
| Saturday 28 | 10am – 1pm | Cookery Club Addingham Youth Centre <i>Register interest with Jo</i> | Age 12+. Parents don't stay - young people will have AWARE support | £12/person |

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 the CDC on Tuesday 10 February and at Youth Club on 27 February. Please contact our librarian, [Vanessa](#), if you are unable to access these dates and wish to borrow any particular resources (a full list is available in the password-protected members' section of our website – we are purchasing new books every month); also see our Facebook group for recommendations and hints and tips on page three for details of websites etc which may be of interest to you.

Coffee Morning at Trinity 5 Rise Children's Centre

No coffee morning this month because of half term

Meeting at Airedale CDC, Tuesday 10 February, 8pm: Makaton

This month's informal workshop is by parent and AWARE member, Kate Webber, whose use of Makaton with her non-verbal son markedly reduced his frustration and improved his communication. Kate will give a brief explanation of this language system (which uses signs and symbols) and offer a personal and honest perspective on her family's Makaton signing journey. If you are curious about Makaton and autism, this is an ideal opportunity to explore some of the benefits and difficulties as well as have some fun practicing a few basic signs. Find out a bit about Makaton here: <http://www.makaton.org/>

Last month's speaker was a double-act: the two Carols from SNOOP, who talked about Support Planning and the changes that are happening around assessment and Single Plans when moving from children's to adults' services. If you missed the meeting because of the snow, please have a look at their website and/or contact them direct: <http://www.snoopcharity.org> or Telephone:01274 292126

E-mail: 2carols@snoopcharity.org

New AWARE Group – Moving On Club Tuesday 10 February

A social group for adults with autism age 18+, meeting once or twice a month to go out for social activities e.g. out for meals, to the cinema, pub quizzes. The group will decide their own programme. The first meeting was held at Wetherspoon's in Bingley: The two members who attended decided to go karting in Guiseley on Tuesday 10th February. They are hoping to meet at 8pm <http://www.chequeredflag-karting.com> Any AWARE members on the spectrum and aged 18-25 years are most welcome to join us next time; please book with Rachel Miller. Rachel & Louise will be on hand to support if needed

Swimming, Keighley Leisure Centre - Sunday 15 February 3.15pm

Future date for your diaries: March 15th.

Half term Play scheme Monday & Tuesday 16 & 17 February

Contact [Jo](#) for further information; see what it's like before you come by following this link:

<http://sites.createvideomarketing.com/sites/185/AboutAware> Supported places are now fully booked but anyone is welcome to turn up to Stay and Play: £6/family/day, 10am – 3pm..

Siblings' Day Wednesday 18 February

Fully-booked, but will include train to Bradford, bowling, lunch and cinema; Rachel Miller will contact everyone booked directly nearer the date with all the details. Cost £12 per child.

AWARE Dads' Get together, Wednesday 18 February, 8.30pm, The Cow and Calf pub, Ilkley

Come and meet some other members in a relaxed informal atmosphere – all male adult carers welcome, whether or not they took part in last autumn's parent training session.

New Diagnosis Group, Friday 27 February 10am – 12pm

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 on Friday 27 February, 10am – 12pm, book in advance for the NDG with [Margaret](#)

Lineham Farm Residential Break 20-22 March 2015. For children aged 7 – 18 years, but most suitable for the younger age range, children who haven't stayed away before or those who prefer less challenging activities. 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](#)

Low Mill Residential Break 17-21 August 2015. For children approx..10-18 years, most suitable for slightly older children: those who have stayed away from home before or who like more challenging activities such as canoeing, gorge walking, abseiling, high ropes, zip wire and archery. Follow this link to see what it's like: [LowMill Residential](#) and if you're interested in your child being considered, please contact [Jo](#)

We have been advised by our funders to charge for our residential breaks so the costs after April 2015 are likely to be £50 per child for a 2 night break and £100 per child for a 4 night break.

To be fair to everyone as places are limited, children are highly unlikely to get a place on both trips so do consider which is most suitable for your child and only apply for that one please.

More carers' activities for AWARE members – hurrah!

We are delighted to say that we have funding towards THREE more carers' activities, so get your names down as soon as possible – places are limited!

Thanks to Bradford Carers, we have funding for:

1) A Pamper Day in Addingham on Tuesday 10 March for twenty four Mums

Aiming to relax you and help you celebrate Mother's Day ... and thanks again to a grant from Bradford Carers, we have booked six therapists to work three hours each in the morning and then we will all have a buffet lunch. Please email [Margaret](#) if you want to reserve a place.

2) Harrogate Turkish Baths Saturday 21 March for eighteen Mums and/or Dads

Hurrah, another AWARE trip to Harrogate's Turkish Baths! We will be have a mini bus picking up in Bingley, Keighley, Silsden and Addingham (or you can make your own way there), and aim to be at the baths for 11.30am and leave Harrogate for the return at 3.30pm. N.B. This is a mixed session at the Turkish Baths so men and/or women both welcome. Have a look at the website for more information and to see how beautiful this place is: www.harrogate.gov.uk/turkishbaths Places are limited so book a.s.a.p. with [Margaret](#)

And thanks to Disability advice Bradford, we also have funding for:

3) Stagefright Comedy Club 18 April Ilkley Playhouse: *“Our head-lining act is Jim Tavaré - Voldemort eat your heart out! Comedian, actor and musician, he is best known for his work on The Sketch Show on ITV which won a BAFTA award and also played the role of Tom, the owner of the Leaky Cauldron, in Harry Potter and the Prisoner of Azkaban.”* **Ten tickets available FREE (thanks, Ruth at DAB!) for AWARE parent carers** – please email [Margaret](#) if you want to reserve a place.

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

Lots of postings so people are up to date with what AWARE is doing; if you are missing out, then please join our closed members' group: [Join the closed AWARE members' ONLY FB group](#) Lots of ideas for the holidays and about where to use your Max cards!

Important message for members in North Yorkshire from John Furlong, AWARE member: North Yorkshire County Council has announced it intends to cut £887,000 to disabled children's social care services between 2015 and 2020. NYCC has launched a consultation, see

<http://www.northyorks.gov.uk/careneedsconsultation>. Proposed cuts in brief:

- 1 A third of families with disabled children will get less help.
- 2 The amount of help given to new families will be reduced.
- 3 A reduction in the availability of overnight short breaks in children's resource centres, with home-based or foster care based provision being used instead. Several children's resource centres will be closed.
- 4 The discretionary short breaks service would be reduced and the budget capped. This is a closed group for parent campaigners to pool ideas and coordinate a response to fight cuts to these essential services; please join: <https://www.facebook.com/groups/811274908937243/>

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

Autism Friendly films: 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.

Thank you for all your fundraising efforts!

Reminder: next **bag packing date is Saturday 14th March 2015** at Ilkley M and S, 10.30am – 2.30pm – book with Julie Tales direct either via Facebook or jtales@hotmail.co.uk

Advance notice - Autism Awareness Week fundraising stall: Otley Market Place on Friday 27th March, donated items of bric-a-brac, tombola prizes; plus cakes and helpers (on the day) would be very welcome, contact [Jo](#)

We're signed up to **justtextgiving**: to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. Don't forget please do **recycle your phones and cartridges via The Recycling Factory envelopes/free post label** (the HP ones are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15): the scheme is completely **free of charge** and 100% of the value of all items successfully recycled will be donated to AWARE. Just follow this link to print out a FREEPOST label (and please share with your friends, family and work colleagues) Total collected so far: **£859**

<http://www.therecyclingfactory.com/aware>.

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!

Easyfundraising & Give As You Live have now merged so if you'd signed up to either then it's all now just easysearch & 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.

Overall Total for Easyfundraising/GiveAsYouLive is £1 594 (£1 561 last month)

We now have 63 supporters – welcome to our three new supporters! If you haven't signed up yet, please do so NOW: you have nothing to lose and AWARE has a lot to gain

<http://www.easyfundraising.org.uk/invite/3IDMM5/>

Helplines: 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

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

Carers Resource, Skipton 01756 700888 **Carers Resource, Shipley** Tel: 01274 449660

<http://www.carersresource.org/> **Carers Leeds** www.carers.org 0113 246 8338

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

Contact a Family <http://www.cafamily.org.uk/> 08088083555 for advice on benefits & finance for families with a child with a disability.

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>

Leeds FIS <http://www.familyinformationleeds.co.uk/> family.info@leeds.gov.uk 08007310640 /

01132474386 **North Yorks FIS** fis.information@northyorks.gov.uk 0845 6011630 / 07624 802425

Local Offer <http://fis.bradford.gov.uk/fis/disability/Local+Offer>

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 Tel: 01274 431571

<http://fis.bradford.gov.uk/fis/disability/Play+Partners>

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:

