

# AWARE News January 2008

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[www.homestead.com/awareuk/](http://www.homestead.com/awareuk/)



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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.

January Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 7, 14, 21, 28	7 – 9pm	<b>Monday Youth Club</b> Addingham Youth Centre <i>*Ring Chris Russell to attend</i>	HFA/AS 12+ (Parents don't stay)	£1/ person
Fridays 11, 18, 25 No club on 4th	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Tuesday 8	7.30pm	<b>Parents Meeting</b> CDC, Airedale Hospital	Parents, Carers, Professionals, anyone interested	Free
Saturday 12	6 – 7pm	<b>Swimming</b> Craven Pool, Skipton <i>Just turn up</i>	All family	£1/ person
Saturday 12  Saturday 26	10am – 12pm	<b>Junior Youth Club</b> Addingham Youth Centre  <i>Please ring or email 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 10 yrs, inc siblings	£2 /family + £1/friend
Sunday 19 Film showing not announced yet, Please ring to find out or check our website.	11am	<b>Cinema</b> Leeds/Bradford Odeon, Gallagher Leisure Park Thornbury, Bradford Doors open 10.50am  <i>*Tickets can be pre-booked to avoid queuing, at <a href="http://www.odeon.co.uk">www.odeon.co.uk</a> or on the Film info line 08712244007</i>	All family  <i>Just turn up</i>	£2.50 per child, adults free
Saturday 19	11am – 12pm	<b>Trampolining</b> Addingham Youth Centre	All family  <i>Ring to book</i>	£2 / family
Saturday 26 Or Sunday 27	7.15pm  1pm	<b>Panto - Sinbad the Sailor</b> Ilkley Upstagers, Winter Gardens, Ilkley	Ring to order tickets asap	£7 / person  Regular price £9

N.B. For further details of all our activities contact Jo 07764432933; for the Monday club contact *\*Chris Russell* on 01274 734018 or email [chris.russell@bradford.gov.uk](mailto:chris.russell@bradford.gov.uk)

***Remember to send us the stamps from your Christmas cards; use the buy @ website to do your sale shopping and let AWARE have your old mobile phone, to recycle and raise funds!***

### **Residential at Lineham Farm, Eccup, Leeds**

Our second residential will take place from Friday 29 February to Sunday 2 March 2008, again at Lineham Farm Children's Centre. There will be 12 places available which will be offered to children age 8 + who regularly attend youth club or holiday play schemes; priority will be given to children who didn't attend last year. The cost to parents will be £20 per child.

If you are interested in your child taking part, please contact Jo asap.

### **Monthly meeting at the Child Development Centre, Airedale Hospital**

**Tuesday 8 January at 7.30pm** This month's speaker will be Andy Morris, who runs the parent autism training course, Cygnet. If you are interested in attending the course or have attended and want to share your experiences, please come along.

### **Sinbad the Sailor – Pantomime at the Winter Gardens, Ilkley**

AWARE are doing a trip to the Panto, tickets are subsidised by £2, therefore £7/person, Saturday 26 Jan, 7.15pm or Sunday 27 Jan, 1pm; everyone welcome, ring asap to book tickets.

### **February Half Term Play scheme days, Wed 13<sup>th</sup> & Thurs 14<sup>th</sup>, 10am – 3pm**

Supported places available to book now, for children 8 – 16 years, cost £8/child/day.

Parents with children 0 to 16 years are welcome just to turn up and play, either or both days; cost is £2 per family. Bring a packed lunch and stay all day!

### **Monthly Raffle – Cow and Calf meal for two**

Tickets are £1 each; pick one up next time you attend an event!

### **Annual Membership - £5 and questionnaire**

Your annual membership is now due for renewal. With this newsletter you will have received a membership renewal form, gift-aid declaration (please get a tax payer in the family to sign it and we can claim back the tax) and a questionnaire. Please complete and return all paperwork with your payment (cheque/PO for £5 payable to 'AWARE') by the end of February to continue to receive the newsletter and to be able to access activities. It is very important that you return the form as your responses will help us provide appropriate support. The responses will also provide evidence for our funders that there is a real need for our services in this area and support our funding bids to enable AWARE to keep going.

Members who joined between September and December 2007 do not need to renew until January 2009 and your new membership card will be enclosed with this newsletter.

### **Carer's Allowance and work**

Following recent changes to the law, you can now get Carer's Allowance if you care for 35 hours a week or more *and* earn less than £95 a week after money has been taken off to allow for your expenses. Expenses that are allowed are for things like:

- Some National Insurance (NI) contributions
- Income Tax
- Half of any money you pay towards personal or occupational pension schemes
- Other expenses you have to pay because they are a necessary part of your job

After allowing for these things, you are also allowed up to half the rest of the money you earn to help meet the cost of paying someone else (but not a close relative) to look after a child or children, or the person you look after, while you are at work. If you think you may be affected by the changes call Carers Leeds on 0113 246 8338 or the Carers Allowance Unit on 01253 856123

### **BADASG Open Day & Networking Event** 23<sup>rd</sup> January 1pm – 4pm

BADASG will be holding a networking event and open day for organisations to come together and raise awareness of autism and disabilities in Bradford. Deputy Lord Mayor Councillor Elaine Byrom and Mr David Byrom will be formally opening their new centre at this event and refreshments will be provided. If you would like to attend, please contact them on 01274 721932 to register your interest, to give them an idea of the numbers attending.

## **New Self-Employment Project for Disabled People in Bradford**

Bradnet has started a new project aiding disabled people age of 18+ into self employment as part of the Bradford Kickstart project. People can meet with Bradnet in either a group setting or one to one at a place and time to suit, to discuss what self employment is, how Bradnet can assist and the support available in regards to your disability and business idea. Even if you don't have an idea for a business Bradnet can still explore the option with you and support you to making your own business decisions regardless of initial ability or experience. Give Bradnet a call on 01274 224444 and ask for Stephen or email [Stephen.john@bradnet.org.uk](mailto:Stephen.john@bradnet.org.uk) to find out more.

## **Asperger's Syndrome Seminar:** 16 April 2008, 9.30 - 4.30

The Centre for the Development of Autism Practice (CDAP) is bringing Professor Tony Attwood, Luke Jackson & Jacqui Jackson to Manchester for a seminar entitled *A Complete Guide to Asperger's Syndrome*, at the Castlefield Rooms, Manchester.

Professor Tony Attwood is widely regarded as one of the leading international authorities on Asperger's syndrome. He is a clinical psychologist & founder of the Hearts & Minds Clinic in Queensland, Australia. Professor Attwood has written extensively and notable publications include *Asperger's Syndrome: A guide for parents & professions* & *The Complete Guide to Asperger's Syndrome*.

Jacqui Jackson is completing a PhD in art and design, focusing on the development of sensory experiences for individuals on the autism spectrum. She is on the scientific and advisory board of Research Autism & is a consultant for CDAP. Jacqui co-wrote the script for *Magnificent Seven*, featuring Helena Bonham Carter. She has 7 children; 5 of her children, including Luke have autism in various forms.

## **NAS: Puberty, sexuality, relationships and emotions** 29 January 2008

The Bristol Marriott Royal Hotel, College Green, Bristol BS1 5TA

Autism spectrum disorders (ASD) can present challenges to individuals, parents, carers and professionals. Issues relating to sex, sexual health, sexuality, self esteem and vulnerability are amongst the most challenging many people will face yet they are topics which are often least understood from an autism spectrum perspective. The one-day seminar aims to explore the above issues, highlighting some common difficulties that arise and offering suggestions on potential ways forward to best meet the support needs of children and adults with an ASD in this area. The seminar will address how autism impacts on the way that people understand and express their sexuality, and how to manage issues of choice, self determination and risk. See: [www.autism.org.uk/conferences](http://www.autism.org.uk/conferences) Cost £129.25 professional; £76.38, Parents/carers/individuals with an ASD; £55.23 and NAS members who are parents/carers/individuals with an ASD. National Autistic Society Conference and Events Department, tel: 0115 911 3367.

## **NAS Conference: Meeting the challenges of autism in the classroom**

28<sup>th</sup> February 2008, The Holiday Inn, Birmingham City Centre, Smallbrook, Queensway, Birmingham B5 4EW £129.25 inc VAT professional; £76.38, Parents/carers/individuals with an ASD; £55.23, NAS members who are parents/carers/individuals with an ASD

Contact NAS on 0115 911 3367 for bookings and further details.

## **Supporting the siblings of your child with an ASD** Tuesday 19<sup>th</sup> February 2008

A free seminar focusing on the needs of siblings of your child with an ASD and strategies to teach the siblings about their brother/sister and ASDs. This seminar is aimed at any parents/carers who have a child with an ASD and additional siblings (aged up to 18). Seminar delivered by Dave Scowcroft, *help!* Programme Officer North West at the National Childrens Centre, Brian Jackson House, New North Parade, Huddersfield, HD1 5JP

**Makaton** Dates to be arranged when sufficient interest established.

Makaton is a system of communication that uses a vocabulary of "key word" manual signs and gestures to support speech, as well as graphic symbols to support the written word.

If you are interested in doing a Makaton course, please contact Jo.

**Meeting your child's sensory needs** Wednesday 20<sup>th</sup> February 2008

A chance to explore the effect the world has on your child's senses and using activities that can help them deal with this. The seminar is aimed at parents/ carers of people who have a diagnosis of autism, Aspergers syndrome or ASD. Seminar delivered by Lorraine MacAlister, *help!* Programme Officer at the National Childrens Centre, Brian Jackson House, New North Parade, Huddersfield HD1 5JP

**Useful information/links**

**Play Partners** can help children with a disability access play or holiday schemes

**Carers UK** log on to [www.carersuk.or](http://www.carersuk.or) to find out how you can show your support

**Bradford Young Carers** Older children often help their parents to look after disabled siblings. For advice and information contact 01274 481183

**Bradford Toy Library, St Luke's** Call Emma or Michelle on 01274 365463 for opening times

[www.entitledto.co.uk](http://www.entitledto.co.uk) **EntitledTo** - 'EntitledTo' is a website which provides free online calculators to help you work out your entitlement to benefits and tax credits.

**Fundraise for AWARE by giving us your old mobile phones, used stamps and ink cartridges.** Please save them and bring them along to any of our sessions, or ring Jo and she will arrange collection.

**Visit our webshop** Please make internet purchases via our webshop at <http://www.buy.at/aware>

It doesn't cost you any extra, but we get a percentage of the profits, so please buy here!

Shops include - Amazon, John Lewis, M & S, Littlewoods, Adams kids, Early Learning Centre.

**Help Lines: Need help or support?**

The National Autistic Society [www.nas.org.uk](http://www.nas.org.uk) Parents' Help line: 0845 070 4004 (Mon-Fri 10-4) [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk)

The Autism Services Directory <http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=113&a=5704>

Health Care Professionals Information: 0207 903 3599

**Parent Partnership Lines:** Bradford 01274 481183 Leeds 0113 3951200  
North Yorkshire 01756 792427

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

**Support for Carers** - 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 Leeds [www.carers.org](http://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

**Looking for childcare** The Family Hub Leeds [www.thefamilyhubleeds.org/](http://www.thefamilyhubleeds.org/)

Children's Information Link [www.bradford.gov.uk/childcare](http://www.bradford.gov.uk/childcare)

**AWARE thanks the following for their support this year:**

***Bradford Carers Grant***

*Cow & Calf, Ilkley*



