

# AWARE News January 2011

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Issue 127

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[www.awareuk.org](http://www.awareuk.org)



Contact details: AWARE phone line: 01943 466543 Mobile: 077644 32933

Email: [jo.galasso@tesco.net](mailto:jo.galasso@tesco.net) Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

January Dates	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 7, 14, 21 & 28	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Tuesday 11	7.30pm	<b>Meeting at Airedale CDC</b> - see page 2 for more info <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	
Wednesday 12	10am – 12pm	<b>Coffee morning</b> Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 15	TBC	<b>Trip Club</b> Contact Linda Porter on 07949576898 for further information	Age 12+. Parents don't stay - young people will have AWARE support	£10 p/session Includes activities and refreshments
Saturday 22	1.30 – 3.30pm	<b>Junior Club</b>  <i>Please ring, text, email Jo 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 11years, inc siblings	£3 /family + £1/friend
Sunday 23 <b>Toy Story 3 (2D)</b> 	11am Doors open 10.50am	<b>Cinema:</b> Details on page 2 Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>Just turn up</i>	All family *Tickets can be pre-booked to avoid queuing, at <a href="http://www.odeon.co.uk">www.odeon.co.uk</a> Film info line 08712244007	£2.50/child adults free

For further details of all our activities contact Jo 07764432933

**N.B. No Monday club at the moment due to funding cuts; we shall let you know when we have further information from The Inclusion Project**

## **Whilst doing your January Sales Shopping online, fundraise by going via our webshop**

[www.buy.at/aware](http://www.buy.at/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.

**AWARE Library** The AWARE Library will be available at Youth Club on the 28 January and at the meeting at the CDC on 11 January. Please contact Karen (or Margaret) if you are unable to access this date and wish to borrow any particular resources: [karenrobertson31@hotmail.com](mailto:karenrobertson31@hotmail.com) or [margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk)

### **Meeting at The CDC, Airedale Hospital, Tuesday 11 January 8pm**

This month's speaker will be Sue Haithwaite, Head of Chellow Heights School, Heaton, Bradford, one of three which opened in the spring to cater for primary-aged children with special educational needs, with funding from the Building Schools for Future programme.

Chellow Heights has 74 staff to care for 90 children who have behavioural, emotional, learning, physical or medical needs and disabilities. It has been built next to [Heaton Primary](#) School. The schools share a playground and children are encouraged to mix. More details to follow about Sue's talk in the e-update in January.

We had a lovely Christmas get together of members, staff and volunteers at The Cow & Calf, Ilkley in December, in lieu of our usual meeting at the CDC. We intend to have another social in February to coincide with the Chinese New Year so hope you can join us then – details next month.

### **Coffee Morning, Addingham, Wednesday 12 January**

Come along for a cuppa and a chat: a chance to relax and catch up.

### **2011 Membership: advance notice**

For the first time for several years we are increasing the cost of membership of AWARE to £10 for families and £20 for professionals who receive funding. Details of how to pay will be sent out in the New Year as we are hoping to reduce the amount of paperwork we have sent out in the past and intend to let members renew electronically, so watch this space!

### **Cinema: autism-friendly screening of [Toy Story 3 2D](#)**

The toys are back in business, and this time they're joined by some fabulous new characters. When Woody and the gang are sent to daycare, they plan their own great escape – to infinity and beyond. *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.*

### **Has your child been recently diagnosed and/or are you looking for some friendly advice?**

If you would like to get together informally with a small group of parents to discuss issue such as play skills, diet, sleep, toileting, please contact Margaret (email or 07854 740071). We are planning to meet for the second time in January in Bingley on Wednesday 19 January, 1- 2.45pm.

### **Residential 25-27 March 2011**

Funded by Bradford Aiming High for disabled children, the next residential is 25-27 March 2011; contact Jo if you'd like your child to be considered. N.B. Parents will therefore be free to come on the trip to Harrogate's Turkish Baths!

### **Turkish Baths, Harrogate Saturday 26 March: book soon!**

The November trip was a great success and we have now booked our second trip for Saturday 26 March 2011 so if you missed out this time, book your place now – a chance to warm up! Please contact Margaret to book: [margaretnash@thomasmash.orangehome.co.uk](mailto:margaretnash@thomasmash.orangehome.co.uk) Pick up by coach from Bingley (10.00am), Keighley, Silsden, Addingham and Ilkley and leaving Harrogate for the return at 3.30pm. Again, thanks to Jo's accessing funding from The Carer's Good Ideas grant, this trip will be free – and includes £5 each towards refreshments. NB 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](http://www.harrogate.gov.uk/turkishbaths)

### **Fundraise for AWARE**

Please bring old mobile phones and used stamps to any of our sessions, or ring Jo to arrange collection.

**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 make your purchases.

### **Ink Cartridge Recycling**

Cartridges are now returned in The Recycling Factory envelopes –to get one, please ring 08000910696, 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. thanks.)

### **Message from David Newell of Sacar re Benefit Changes**

*There have been major changes planned to Disability Living Allowance (DLA), one of the major benefits that our client group usually claim. There is a period of public consultancy, where people can, on-line, air their views, you can go through the link via <http://www.dwp.gov.uk/consultations/2010/dla-reform.shtml> Please pass this onto any interested parties as this is an opportunity for users of this benefit to feed back. The main 45 page document is a little dry and arid, but does need to be read. The cut off time is 14th February 2011.*

### **Training at Barnardos/Cygnnet on Puberty and Sexual Health (autism)**

Andy Morris has contacted us to let us know they have an independent trainer delivering training to parents & practitioners on the subject of puberty & sexual health (autism) on 17<sup>th</sup> February: please find attached the flyer and application form.

### **'Time 2 Sleep' Sleep Awareness Workshop**

Do you work with families who are sleep deprived or are you a parent keen to help your child with additional support needs to improve their sleep problem?

Scope's Sleep Solutions workshop provides training, written by a trained Sleep Practitioner and endorsed by Sleep Scotland. The aim is early intervention and prevention through raising awareness of good sleep practice and basic strategies for parents during discussions with time to share ideas and resources.

This one day sleep workshop (9.30am to 2.30pm) includes:

*Effects on the Whole Family - Why is Your Child not Sleeping? - Keeping a Sleep Diary - The Bedroom Environment - A Good Bedtime - Routine Night Awakenings - Useful Resources*

York - Monday 17th January 2011

Sheffield - Thursday 20th January 2011

Wakefield - Friday 4th February 2011

Manchester - Monday 7th February 2011

Nottingham - Friday 4th March

For more information on price and to book your place contact Vicki on 0771 4853763 or email [vicki@face2facenetwork.org.uk](mailto:vicki@face2facenetwork.org.uk) [www.sleepsolutions.org.uk](http://www.sleepsolutions.org.uk)

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

We have recently uploaded LOTS and LOTS of files to our website and continue to do so weekly: please do take a look – there may be some useful information for you and your family.

If you have recently purchased an iPad or some other device that you would like your son/daughter with an ASC to use (they can help with organizational skills and are of course very reinforcing!), take a look at:

<http://www.tuaw.com/2010/08/18/helping-autistic-children-with-ios-devices/>

There are many resources to help families complete the DLA forms (eg Cerebra –see previous newsletters etc), but if you think your son/daughter is eligible for the higher rate mobility as a result of their autism, have a look at this page on the NAS website which discusses how someone with autism might qualify for higher rate mobility DLA even if they don't qualify for higher rate care because they don't have significant night needs: <http://www.autism.org.uk/living-with-autism/benefits-and-community-care/disability-living-allowance/dla-high-rate-mobility-for-children-with-asd/dla-high-rate-mobility-routes-to-qualifying/virtually-unable-to-walk.aspx>

Similarly, some people are eligible for a blue badge for parking although they don't get high level mobility on DLA; here is a link that might be useful: <http://www.autism.org.uk/working-with/social-care-and-support/blue-badge-scheme-and-asds-a-guide-for-local-authorities.aspx>

**Autism Assistance Dogs:** Support Dogs is a UK charity dedicated to improving the quality of life for people with epilepsy, physical disabilities and children with autism by training dogs to act as efficient and safe assistants. Their dogs are trained to assist and support their owners with their specific disability. Each dog is taught tasks tailored to his owner's needs, enabling the disabled person to lead a fuller and more independent life. As Registered Assistance Dogs, all Support Dogs have full access into restricted areas and are able to accompany their owner at all times. The charity trains three types of Support Dog: Seizure Alert Dogs, Disability Assistance Dogs and Autism Assistance Dogs. An Autism Assistance Dog can help the child to participate in education, social and leisure activities, reduces the stress associated with interacting with other people and getting involved in social situations. At present, the project only covers the Sheffield and Leeds areas (including North Yorkshire) and there is a very long waiting list (currently three years), but

the service is free of charge. For further information contact: SUPPORT DOGS, 21, Jessops Riverside, Brightside Lane, Sheffield S9 2RX

E-mail: [supportdogs@btconnect.com](mailto:supportdogs@btconnect.com) Telephone: 0114 261 7800 [www.support-dogs.org.uk](http://www.support-dogs.org.uk)

**Items for sale/needed:** if you have any special equipment you would like to give away/sell/buy, please send brief details to Margaret and we shall try to include the information in the newsletter and on our website in return for a donation to AWARE (if selling). *If you have any hints/suggestions you would like to share, please contact me on 07854 740071 or email [margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk) Thank you!*

### **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>

**Parentline Plus** 0800 80 2222 Parentline is a free, confidential service for any parent, any time.

**Parent Partnership Lines** 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](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

**Benefits Advice Services - DIAL (Disablement Information and Advice Line)**

Bradford 01274589162, Leeds 0113214 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](http://www.cafamily.org.uk/cashcounts)

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

**Transitions service** <http://www.dimensions-uk.org/index.php>

**The Children's Information Link** for up-to-date information about childcare, nursery education, children's activities and family support services. Tel: 01274 437503

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

**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:**

*Bradford Carers Grant*

*Cow & Calf, Ilkley*



***AWARE wishes all its members  
a very happy, healthy 2011!***