

AWARE News January 2012

Registered Charity 1089617

Issue 138

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AWARE wishes all its members and their families a very happy New Year!

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

Email: jo.galasso@tesco.net Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

January	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 6, 13, 20 & 27	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Sunday T.B.C.	11am Doors open 10.50am	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 www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Tuesday 10	8.00pm	Meeting at CDC, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Wednesday 18	10am – 12pm	Coffee morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Friday 20	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery <i>Book with Margaret</i>	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free
Saturday 21	Varies	Trip Club: Ice Skating in Leeds; meet at Keighley train station at 11am. <i>For further information contact Rachel Miller 07826926150</i>	Age 12+. Parents don't stay - young people will have AWARE support	£20PP/session
Saturday 28	10 am – 1pm	Cookery Club Addingham Youth Centre <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 per person
Saturday 28	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre <i>Bouncy Castle</i> <i>Please ring, text, email Rachel rachelmiller71@hotmail.co.uk 07826926150 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.</i>	Families with younger children up to about 11years, inc siblings	£3 /family + £1/friend
Sunday 23	3.15 pm – 4.15 pm	Swimming – inflatables. Keighley Leisure Centre <i>Book places with Jo</i> <i>Please let us know if you have booked and CAN'T come so we can offer the places to another family</i>	All family (max 20 children per session)	£2 per person

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 27 January. Please contact Margaret if you are unable to access this date and wish to borrow any particular resources (a full list is available in the members' section of our website – password needed: email me if you have forgotten it).

New technology

We have been working with a company called Create Digital Marketing to develop a fundraising appeal video. Have a look at our film and then please forward to all your contacts and hopefully raise lots of money for AWARE <http://sites.createvideomarketing.com/sites/185/AWARE>

We've also created some videoettes - these contain pictures and voiceover so you and your child/young person can see some of our services before they attend; we will be putting these links on our website so you can view them whenever you want. Information about AWARE – what to expect when you come to youth club or play schemes: <http://sites.createvideomarketing.com/sites/185/AboutAware> Information about our residential breaks: Lineham Farm <http://sites.createvideomarketing.com/sites/185/LinehamFarm> Low Mill <http://sites.createvideomarketing.com/sites/185/LowMill>

Meeting at The CDC, Airedale Hospital, Tuesday 10 January at 8.00pm: Irlen Syndrome

Celia Stone, an expert on dyslexia and co-author of the Beat Dyslexia Activity Packs and Director of The Irlen* Centre North East, will be talking about Irlen Syndrome and autism and also ADDACUS www.addacus.co.uk, her innovative project designed to teach and reinforce basic number concepts through a hands-on discovery method which develops understanding of the vocabulary and language of Maths in children with special needs.

* Irlen Syndrome / Scotopic Sensitivity is a perceptual disorder characterised by sensitivity to light and high glare conditions which can make reading and other tasks difficult. Sufferers have a perceptual distortion within both their environment and on the printed page.

We look forward to seeing lots of you there on what promises to be an interesting evening!

Advance notice: the February meeting date falls not only on Valentine's Day but also in the half term holiday which may be difficult for some families so we will be having an expert speaker on another date next month and enjoying a social on the evening of the 14th February instead – more details of both in the February newsletter.

2012 Membership: advance notice

The cost of membership of AWARE will remain at £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 asking members to complete our 2012 questionnaire and renew electronically if at all possible, thus reducing paperwork and , saving trees, so watch this space!

Coffee Morning Wednesday 18 January: Addingham, 10am-12pm

Come along for coffee/tea and biscuits and the chance to relax and catch up with other parents. Just turn up! Sarah White from Barnardo's will be there as they have been asked by the local authority to meet with Short Break service providers across the district to see how they work with parents.

Cinema: autism-friendly screening: details to be confirmed

We are still awaiting information from Thornbury Odeon about the January film so please check the e-update later in the month.

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.


Friday 20 January: 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 on Friday 20 January 9.30 – 11. Please book in advance for the NDG with me (so I can buy enough chocolate biscuits!): 07854 740071 or margaretnash@thomashome.co.uk

Thank you for all your fundraising efforts!

We've recently signed up with 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>

Order a free pay as you go sim, whether you need one or not and we'll get 25p, register and make a bid on ebay and we'll get £4.50.

Follow this link to create a free photo calendar (£2.99 p&p) and AWARE will receive £2.50 

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 use Ink Cartridge Recycling 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, thanks). Running total so far is **£599.95**

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on ebay. Use our webshop: <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 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 so far is £21.61**

Thank you to those people who've signed up but you need to keep using everyclick to do your searches to create funds, make it your default search engine, or homepage.

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 make your purchases.

News from the NAS

A new Branch - Keighley and Worth Valley NAS – has recently been set up and will be holding their third branch meeting on Monday 30th January, at Leeds City College, Keighley Campus; contact Amanda Park 07435784987, email KeighleyandWorthValley@nas.org.uk AWARE don't benefit from your NAS membership, but if you are already a member of the NAS then you can ask for your membership subscription to be nominated to your local branch and they will receive funding. You can nominate at any time as long as you are paying a full price membership and not a concessionary rate. Contact: Ayeshah Muhammad, Membership Team, 0207 903 3563 (ext 563), or email membership@nas.org.uk

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

Whilst doing your sales' shopping online, fundraise by going via our webshop

<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.

www.evenbreak.co.uk a new, not-for-profit, online employment specialist for disabled people which can help with CVs and interview techniques, plus has job vacancy information.

RADAR (Royal Association for Disability Rights) has updated their publication, *Children First*. It has lots of information on key areas of interest for parents of disabled children including play and leisure, education, transport, and housing. See <http://www.radar-shop.org.uk/Detail.aspx?id=53> .

www.netbuddy.org.uk carers swap practical tips and information on all aspects of supporting people with learning disabilities - holidays, challenging behaviour, bedwetting – ideas on just about everything!

Lisa (*thanks again!*) recommends: <http://aspergerseducationtips.com/aspergers-education/all-about-aspergers-for-teachers-video/> and also <http://www.cheapdisabilityaids.co.uk/index.asp> - great for sensory stuff and lots of ideas!

<http://sensorysmart.co.uk/> Seamless socks and undies – great for hypersensitive people!

<http://www.penheaven.co.uk/yoropen/c45> The award-winning Yoropen is uniquely designed for more comfortable writing. Because less pressure is required compared to writing with a conventional pen, the pen can eliminate writing strain making it extremely popular with students sitting exams. The Yoropen gives excellent visual space enabling you to see letters and words forming. It is also very well received by left-handed people, who benefit from better posture and not smudging their work. It is potentially suitable for everybody, including those with handwriting problems such as arthritis, RSI, dyslexia, dyspraxia, Parkinson's and rheumatism.

<http://www.autismsparks.com/public/46.cfm> A new website is launching on 8 January – please find attached a pdf of their introductory e-book called 'Teaching your Child with Autism'

From Research Autism, A focus on sleep: 'Parents and carers often tell us that one of the worst problems they face isn't their children's autism; it's the fact that their children - and therefore they - don't ever get a decent night's sleep. Because of this we launched a series of research programmes aimed at improving sleep in individuals with autism.

'Sleepless nights are to be expected when you have a baby, but what I didn't expect was to be sleep deprived for 13 years! My daughter, who was diagnosed as on the autistic spectrum when she was 6, had sleep problems from the day she was born, as do many children with autism. Not only did she battle against going to bed or to sleep, but also she would wake up throughout the night and then have difficulty falling back to sleep. She had no respect for night or day, dark versus light!' Alison Blake

Sleep database This project, undertaken by the University of Keele, was designed to produce a database of all of the relevant research on the subject of autism and sleep which can then be used as research resource by clinicians, researchers and parents alike. More at www.researchautism.net/sleepdatabase

Mends This project, undertaken by the MENDS consortium, was designed to determine the effectiveness and safety of melatonin in improving total sleep time in children with neurodevelopmental disabilities including autism. As part of the study, the team created a booklet designed to help parents teach their children good sleep habits.' More at www.researchautism.net/mends

Swimming lessons: several members recommend is www.aquaticstars.co.uk Prices are £7.50 per lesson for a group of three and £15 for one to one; lessons held Tuesday/ Wednesday afternoons and Saturday Mornings. Contact **07500463245** or **07502425294**

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 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 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

Benefits Advice Services - Disability Advice Bradford 01274 594173, Leeds 0113 214 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

Looking for childcare www.thefamilyhubleeds.org www.bradford.gov.uk/childcare

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

The Children's Information Link/Family Information Service 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. Try out their Sensory Room.

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



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