

AWARE News January 2013

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Issue 149

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January	Time	Activity & Location	Cohort/Age Group	Cost
Wednesday 2 – Friday 4	10am-3pm	Play Scheme Addingham Youth Centre Stay and Play - just turn up Supported £12/day - book now	Families with children 0 – 16 years, including siblings /friend Children with ASC 8+	£6/full day/Family +£1/friend
Saturday 5	10 am – 1pm	Cookery Club Addingham Youth Centre Register with Jo for future sessions	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 5	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre (bouncy castle)	Families with younger children up to about 11years, inc. siblings	£3.50/family + £1/friend
Please ring, text, email Rachel rachelmiller71@hotmail.co.uk 07826 926150 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.				
Sunday 6 & 13 	11.30am	Cineworld & Leeds/Bradford Odeon Leisure Park Thornbury see page 2 for details including link to trailer Just turn up	All the family	See page 2 Carer free with CEA card
Tuesday 8	8pm prompt please!	Meeting at CDC, Airedale Hospital - see page 2 for details Just turn up	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Friday 11	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery, Keighley Book with Margaret	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome
Friday 11, 18 & 25 No club 4th	7 – 9pm	Friday Youth Club Addingham Youth Centre Just turn up	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Saturday 19	10 am – 4pm	Trip Club: Climbing Barn at Crossflatts & meal at Toby Carvery, Keighley. Meet at Keighley Post Office at 10am. For further information contact Rachel Miller on 07826 92615	Age 12+. Parents don't stay - young people will have AWARE support	£20/person
Tuesday 22 NEW TIME!!	11m – 1pm	Coffee Morning Trinity 5 Rise Children's Centre, Bingley see page 2 Book with Margaret	Parents/carers, babies & toddlers welcome	Free but donations welcome
Sunday 28	3.15 – 4.15 pm	Swimming with inflatables & slide Keighley Leisure Centre 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	All family (max. 20 children/ session)	£2.50/swimmer

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](#)

For further details of all our activities contact Jo 07764432933.

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AWARE Library will be available at Youth Club on 25 January. Please contact our librarian, Alison, on 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).

Cinema: autism-friendly screenings of Rise of the Guardians 6 & 13 January

For details of the national autism friendly screenings, see <http://www.dimensions-uk.org/what-we-do/autism/autism-friendly-films> [Autism Friendly Film Screenings Homepage](#) [Your questions answered](#) re booking, pricing & CEA Cards (free entry to Carers). **January's Autism Friendly** screenings of **Rise of the Guardians (PG, 2D)**, at Cineworld's nationwide on **Sunday 6th January at 11am**.

For tickets, [book via the Cineworld website](#) or call 0871 200 2002. **Can't make this showing?** Odeon will also be hosting this film on Sunday 13 January. To receive the information direct: sign up to their [newsletter](#) to be the first to know.

Meeting at Airedale CDC, Tuesday 8th January, 8pm – Relationships & Sexual Health

Come along to a consultation with parents of young people with Asperger's/High Functioning Autism around relationships and sexual health – to be run by Steven Livingstone and the ACST (Asperger Community Support Team).

Last month over 40 of us enjoyed a Christmas meal at The Cow and Calf, Ilkley, instead of our usual meeting at the CDC – thanks to everyone who came, it was a lovely night! (Photos on our Facebook group page.)

Friday 11 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 9.30 – 11.30am. Please book in advance for the NDG with me (so I can buy enough chocolate biscuits!): 07854 740071 or margaretnash@thomasnash.orangehome.co.uk

Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 22 January

Following on from the success of our last two meetings at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST, we shall be holding our next coffee morning there on Tuesday 22 January from 11am to 1pm. Why not come along? New members are especially welcome, but please book in advance with me – as above.

Walking Groups

Due to low numbers, probably because of the very wet weather, the **Weekend Walks with the Thomas family** will not start again until the spring. Our leader will be in New Zealand in January (lucky woman!) so our next **mid-week ramble with Ronda** for parents/carers only will be in February. Email/text Margaret (07854 740071) to book or for further information.

Siblings Day – Wednesday 20 February

A day of bowling, lunch and cinema at the Leisure Exchange in Bradford for brothers and sisters age approximately 7-14 years. If your child is interested let Jo, Rachel or Margaret know – we're hoping for funding so it will be free.

Sibs has launched a new Facebook page <http://www.facebook.com/SibsCharity> Siblings have a lifelong need for information; they often experience social and emotional isolation, and have to cope with difficult situations. They also want to have positive relationships with their disabled brothers and sisters and to be able to choose the role they play in future care.

NEW! Pamper Day in Addingham for Mother's Day with lunch included, Wednesday 6 March

Thanks to **Carers Break & Activity Service Funding**, we are delighted to invite you to another AWARE Pamper Day on Wednesday 6 March (school hours) – worth taking a day off work for if you can! Book your place now with Margaret – more information next month.

Lineham Farm Residential Break 22-24 March 2013

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](#)

Free Brewery Trip for AWARE Dads, Saturday 23 March – still a few places left!

The AWARE Committee has decided it's about time we did something purely for the men (they are jealous of our Pamper Days!) ... so a minibus has been booked to take fifteen Dads/male carers to

Masham's Black Sheep Brewery on Saturday 23 March, to co-incide with the residential at Lineham Farm (see above).

The visit includes a guided tour which lasts about an hour and fifteen minutes plus either a pint of ale or glass of house wine and a choice of a main course lunch, picking up at various locations to get to Masham for 12.15 and leave around 3.30pm.

Again, thanks to our grant being accepted by Bradford Council's **Carers Break & Activity Service Funding**, this trip is free so BOOK NOW with Margaret (although she won't be going!).

News from the NAS

To mark 50th birthday of The National Autistic Society, they commissioned the largest ever survey into autism, in order to show what life is like in the UK for people affected by the condition. The new report, [*The way we are: autism in 2012*](#), is based on the survey's findings and is available to download for free below.

[Download report >](#)

For information about the 2013 NAS Conference for Professionals in Harrogate, 5/6 March: including the full programme and list of speakers, visit <http://nas-autism.org.uk/re?!=5uqredl38hi65cI3>.

The National Autistic Society has launched a new **Autism Awareness Card** designed to be handed out in difficult situations where a person with autism may find communication difficult. The card has been developed with help from those with autism and their families. For more information or to order a pack of 50 cards [CLICK HERE](#)

From Harrogate NAS – for AWARE members in North Yorkshire only:

North Yorkshire County Council, local Health organisations and the National Autistic Society are currently working together to develop a joint Adult Autism Strategy for North Yorkshire. North Yorkshire County Council has commissioned the National Autistic Society to carry out this survey to gather the views of people who live in North Yorkshire who are affected by autism.

We are asking young adults in transition who have autism (age 14 years and upwards), adults with autism and family members and carers of people with autism for their views and opinions. This survey does not cover City of York residents.

It's really important that we hear from as many people affected by autism as possible. The findings from this survey will be used to inform work to develop a joint countywide strategy for adults with autism in North Yorkshire. The draft of this strategy will be published next year for public consultation.

The last day for the survey is 7/1/13.

<https://www.surveymonkey.com/s/NCR3MVZ>

National Autistic Society Harrogate & District Branch www.harrogate-autism.org.uk

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

Have you joined AWARE's new **Facebook** group? Lots of sharing here – please join in!

<https://www.facebook.com/groups/317649321643365/> Will you be our 90th member?!

As lots of people (who receive Direct Payments) now have **Personal Assistants**, parents might be interested in insurance: Carer and Personal Assistance Insurance only £89/year.

<https://www.fishinsurance.co.uk/carer-and-personal-assistant-insurance.php> and Premier Care's Personal Care Assistant Insurance costs just £85 a year <http://premiercare.info/personal-care-assistant-insurance> (thanks, Jo!)

From **Research Autism**: The video presentations from the **Disorder or Difference? Autistic experiences of school and beyond** conference on 14th November are now available at www.researchautism.net/disorder-conference-videos. Friends of Research Autism can also download the PowerPoint presentations at www.researchautism.net/disorder-conference-presentations. Don't miss the chance to see presentations from Simon Baron-Cohen, Neil Humphrey, Jacqui Jackson, Luke Jackson, Laurence Mitchell, Liz Pellicano, Lynda Perry and Jo Galloway.

Need help with filling out DLA forms? Contact Carers' Resource who have two Parent Carer Development Workers who cover different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven.

Have you visited The Autism Education Trust website? [Autism Education Trust](http://www.autismeducationtrust.org.uk/)
www.autismeducationtrust.org.uk/ Some great stuff there – including resources for parents, teachers and, very importantly, teenagers with autism – check out The Den!

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. **Still just £5 donated in total – thanks again Jenny P!**

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> **Total for Easy fundraising in November was £67.64 – not sure what December brought in but hopefully even more!**

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 is £35.04**

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 recycle your 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).

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. Use our web shop: <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

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!

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 395 1200 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

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 0808 808 3555 **General helpline** email helpline@cafamily.org.uk

Looking for childcare www.thefamilyhubleeds.org 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 wishes all its members a
very happy New Year!***

AWARE thanks the following for their support this year:



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