

AWARE News January 2014

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Issue 160

www.homestead.com/awareuk/

www.awareuk.org



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
Playscheme Thursday 2 & Friday 3 2014	10am-3pm	Play Scheme Stay and Play Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friends	£6/Family/day + £1/friend
Friday 10, 17, 24 and 31 (*library) No youth club on 3	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Saturday 11	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
Tuesday 14	8pm prompt please!	Meeting at CDC, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Friday 17	11am – 12.30pm	New Diagnosis Group Strong Close Children's Centre, Keighley - see page 2 <i>Book with /Margaret</i>	Parents/carers, babies & toddlers welcome	Free but donations welcome
Saturday 18	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre <i>For further information contact Rachel Miller or ring 07826 92615</i>	Families with children up to about 11years	£3.50/family + £1/friend
Tuesday 21	10am - 12	Coffee Morning - see page 2 Trinity 5 Rise Children's Centre, Bingley <i>Book with Margaret</i>	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome
Saturday 25	Times to be confirmed	Trip Club: Panto in Ilkley and food at Wetherspoons <i>For further information contact Rachel Miller or ring 07826 92615</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person
Thursday 30	12.30 – 2.30pm	Carers' Walk - see page 2 <i>Book with Margaret</i>	All carers welcome!	Free but bring money for drink post walk!

N.B. Unfortunately, some of our services aren't available to all members due to local funding restrictions; contact [Jo](mailto:jo.galasso@tesco.net) 07764432933 for further information.

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 Youth Club on 31 January. Please contact our current librarian, [Alison](#), or ring 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). Our new librarian, volunteer Vanessa, will be taking over in January – thank you, Alison for all your help over the last couple of years – and thank you, Vanessa, for stepping in!

New Year Playschemes

Supported places are now fully booked but anyone is welcome to turn up to Stay and Play, £6/family/day, 10am – 3pm, Thursday 2 & Friday 3 January 2014

Meeting at Airedale CDC, Tuesday 14 January, 8pm – Mickela Lee from Specialist Autism Services

Specialist Autism Services' mission is to support adults with Autism and Asperger's Syndrome by the provision of health, education, training, sports, creative art and counselling activities, which promote their social inclusion, training opportunities and ultimately employability. SAS' highly trained staff team provide essential information, training and support to carers, parents, health professionals and also contribute to research in this specialist field. Have a look at their website for more information: <http://www.specialistautismservices.org/bradford/>

Last month was our annual Christmas get-together at The Cow & Calf, near Ilkley – a lovely evening, photos on our closed Facebook page!

New Diagnosis Group, Friday 17 January 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 17 January, 10am – 12pm, book in advance for the NDG with [Margaret](#)

Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 21 January 11 – 12.30pm

Why not come along to our coffee morning at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST from 11am to 12.30pm? New members are especially welcome, but please book in advance with [Margaret](#)

Walking Group, Thursday 30 January

We have a two hour **mid-week ramble with Ronda** planned for Thursday 30 January, meet at The Glen pub car park in Gilstead (lifts to and from Bingley available with Margaret). Finish at 2.30pm, in time for school pick-ups! *N.B. It is advisable to wear walking boots/walking shoes and take waterproofs.* Regular updates posted on our Facebook page; book with [Margaret](#)

Advance notice – dates for your diaries!

Monday 24 & Tuesday 25 February play scheme – **Stay and Play** only as Leeds holidays are different to the holidays in North and West Yorkshire so unfortunately none of our staff is available to offer supported places.

Pamper Day in Addingham for Mother's Day including lunch, Wednesday 5 March. Thanks to Carers Break & Activity Service Funding (from Bradford), we are delighted to invite you to another AWARE Pamper Day on Wednesday 5 March during school hours – worth taking a day off work for if you can! Book your place now with [Margaret](#)

Lineham Farm Residential Break 14-16 March 2014. 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

News from the NAS:

The National Autistic Society is reviewing the way it describes autism and want to gather as many views as possible to help inform their work. Please help by taking part in this survey https://www.surveymonkey.com/s/describing_autism

It should only take about ten minutes to complete and the more views they gather, the more confident they can be about the language they use.

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

Have you joined AWARE's **Facebook** group? Lots of sharing here about many aspects of parenting a child/young person with an ASD – please join in! You will also get regular reminders and updates of what's happening. <https://www.facebook.com/groups/317649321643365/> Will you be our 151st member?!

This is the link to the Bradford's Winter 2013 Disabled Children's Information Newsletter.

http://fis.bradford.gov.uk/NR/rdonlyres/1967E310-E955-4524-AA73-5B59BD6662C7/0/1213_Winter2013.pdf

Thought you'd be interested in the latest Contact a Family newsletter (thanks, NYPACT):

<http://us2.forward-to-friend.com/forward/show?u=9eee2b1f9768ecfa9240bb161&id=6f0a1278f3>

Message from **NYPACT**: Due to ongoing issues with our Hotmail account we have now created a new email account; please use this as the main email for NYPACT: northyorkshirepact@gmail.com

Talk about Autism is an online community and discussion forum for everyone interested in autism, including parents, carers, family members, people on the spectrum, and professionals

<http://www.talkaboutautism.org.uk/page/forums/speaksomeonespectrum/index.cfm>

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

Have a look at what's on offer at **DAB**: <http://www.bradforddisabilityservices.co.uk/>

Autism Friendly films in January: **Dimensions** are hosting three different Autism Friendly films in December so there is even more choice. 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.

Disability Grants is a website which provides information about claiming different types of disability grants <http://www.disability-grants.org/>

Message from AWARE member, Tracy Cliffe: *Hi just another reminder to all you lovely members: please don't throw away your **old Xmas cards**, hang onto them and if you don't mind, pass them in to me or my daughter Sammie. I'm saving them for a 50 yr old disabled lady from my son's table tennis group. She makes them into gifts tags and gives proceeds to charity so let's help this lady do her bit. Cards can be left at Addingham.*

Thank you for all your fundraising efforts!

Thanks again to **Stephen Houghton** for doing a collection at Asda, Guiseley on 30th November which raised £46 – well done, Stephen!

We've signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070.

Don't forget to keep **recycle mobile phones and 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 phones and cartridges via The Recycling Factory envelopes – to get one, please ring 0800 0910696, 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). Total so far £751.28.

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. **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: 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. **Total for Easyfundraising is £277.93** (£240.70 last month). **We now have 44 supporters, so thank you to the 8 new ones who signed up this month, everyone else please sign up NOW, you've nothing to lose and lots for AWARE to gain!**

Thank you to those people who have signed up for everyclick, where each search you make 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 £81.34** (£78.93 last month). **We are now promoting easysearch instead as it's part of easyfundraising and 'easier' to use, so sign up [here](#) and make it your home page, every search makes .05p so on average will raise £25 per person per year, just for searching the internet instead of using Google.**

Don't forget to keep **recycle mobile phones and 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 phones and 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). Total so far £751.28. **THEY ARE NOW GIVING MONEY FOR EPSON CARTRIDGES TOO SO PLEASE SEND THEM IN.**

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. **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!

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 395 1200 Craven & Harrogate 01609 534983

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

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 and healthy New Year!***

AWARE thanks the following for their support this year:

