

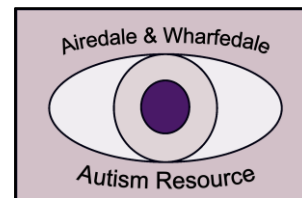
AWARE News January 2015

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www.homestead.com/awareuk/

www.awareuk.org



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January	Time	Activity & Location	Who for/ages	Cost
Friday 2 Jan	10am-3pm	Play Scheme Stay and Play Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friend	£6/Family/day + £1/friend
Monday 5, 12, 19 & 26	6.30-8.30pm	Adult Support for Asperger's Drop-In Otley <i>See page 2 for details</i>	Adults with Asperger syndrome (16+): parents, partners	FREE donation for refreshments welcome
Friday 9, 16*, 23 & 30 <i>No club on 2nd</i>	7 – 9pm	Friday Youth Club Addingham Youth Centre (*library available) <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Tuesday 6	11am - 12.30pm	Coffee Morning Trinity 5 Rise Children's Centre, Bingley Book with Margaret	All carers welcome!	Free but donations welcome
Saturday 10	8.40am – 3.50pm	Trip Club – Going to Xscape to sledge and have lunch Book with Rachel Miller	Age 12+, parents do not stay – young people have AWARE support.	£20.00 /person
Sunday 11	3.15 – 4.15 pm	Swimming with inflatables & slide Keighley Leisure Centre <i>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</i>	All family (max. 20 children/ session)	£2.50/swimmer
Tuesday 13	8pm	CDC Meeting, Airedale Hospital - <i>see page 2 Just turn up</i>	Parents, carers, Anyone interested	Free - donations welcome
Tuesday 13	8pm	New Moving On Club, for adults 18+ - <i>see page 2. Meet at Wetherspoons, Bingley Book with Rachel Miller</i>	Adults on the spectrum 18+ years	People pay their own way
Wednesday 14	8.30pm	AWARE Dads' get together The Cow and Calf Pub, near Ilkley organised by Chris Moor, AWARE Chair 07742 022217 <i>Just turn up</i>	All adult male carers welcome	People pay their own way
Friday 30	10am - 12pm	New Diagnosis Group Coffee Morning , Strong Close Children's Centre Keighley <i>Book with Margaret</i>	All carers welcome – babies and toddlers, too!	Free but donations welcome
Saturday 31	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
Saturday 31	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre <i>Book with Rachel Miller</i>	Families with children up to about 11years	£3.50/family + £1/friend

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 the CDC on Tuesday 13 January and at Youth Club on 30 January. Please contact our librarian, [Vanessa](#), if you are unable to access these dates and wish to borrow any

particular resources (a full list is available in the password-protected members' section of our website – we are purchasing new books every month); also see our Facebook group for recommendations and hints and tips on page three for details of websites etc which may be of interest to you.

New Year Play scheme Friday 2 January

Contact [Jo](#) for further information; see what it's like before you come by following this link:

<http://sites.createvideomarketing.com/sites/185/AboutAware>

Supported places are now fully booked but anyone is welcome to turn up to Stay and Play: £6/family/day, 10am – 3pm, Friday 2 January 2015.

Adult Support for Asperger's – Monday evening Drop-in, Otley

For adults with Asperger's (or High Functioning Autism) and/or their partners or parents: the group meets every Monday from 6.30pm-8.30pm (excluding Bank Holidays) at Cross Green Community Centre, Pool Road, Otley LS21 1HD. Contact [Margaret Marshall](#) 07963 521117 for further details

Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 6 January 2015 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](#)

Swimming, Keighley Leisure Centre - Sunday 11 January 3.15pm

Sunday 3.15pm January 11th. Future dates booked: February 15th and March 15th.

Meeting at Airedale CDC, Tuesday 13 January, 8pm – Transition - Parents/Carers needed!

I am delighted to say that Carol Beardmore from SNOOP is once again coming to talk to us – this time about going through transition and leaving school. Carol will talk about Support Planning and the changes that are happening around assessment and Single Plans when moving from children's to adults' services: *SNOOP now work with all the secondary special schools, but some are better than others at preparing parents for the big changes ... Also, with the new Care Act being implemented, it is important for you to recognise yourselves as Carers as YOU too have rights.*

This promises to be another informative evening for members – hope to see lots of you there!

New Group – Moving On Club Tuesday 13 January, Wetherspoon's, Bingley BD161AJ

A social group for adults with autism age 18+, meeting once or twice a month to go out for social activities e.g. out for meals, to the cinema, pub quizzes. The group will decide their own programme. The first meeting is to be held at Wetherspoon's in Bingley: an informal get together where members can arrange where and when they will meet and what they wish to do; Rachel & Louise will be on hand to support if needed

AWARE Dads' Get together, Wednesday 14 January, 8.30pm, The Cow and Calf pub, Ilkley

Come and meet some other members in a relaxed informal atmosphere – all male adult carers welcome, whether or not they took part in last autumn's parent training session.

New Diagnosis Group, Friday 30 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 23 January, 10am – 12pm, book in advance for the NDG with [Margaret](#)

Advance notice of more carers' activities – hurrah!

We are delighted to say that we have funding towards two more carers' activities, so get you names down as soon as possible – places are limited!

Pamper Day in Addingham on Tuesday 10 March for Mums

Aiming to relax you and help you celebrate Mother's Day ... and thanks again to a grant from Bradford Carers, we have booked six therapists to work three hours each in the morning and then we will all have a buffet lunch. Please email [Margaret](#) if you want to reserve a place.

Harrogate Turkish Baths Saturday 21 March for Mums and/or Dads

Hurrah, another AWARE trip to Harrogate's Turkish Baths! We will be have a mini bus picking up in Bingley, Keighley, Silsden and Addingham (or you can make your own way there), and aim to be at the baths for 11.30am and leave Harrogate for the return at 3.30pm. N.B. 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 Places are limited so book a.s.a.p. with [Margaret](#)

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

Lots of postings so people are up to date with what AWARE is doing; if you are missing out, then please join our closed members' group: [Join the closed AWARE members' ONLY FB group](#) Lots of ideas for the holidays and about where to use your Max cards!

Specialist Autism Services Info Café for Parent Carers Wed 21st Jan, 10.30 am – 12.30 pm

SAS are running an Information Café aimed at parent carers of young people aged 16 years or over with a diagnosis of autism, who may shortly be leaving school, or who have recently left. Parent carers are invited to book on this event to find out more about the services offered by Specialist Autism Services in Leeds, who provide young people with the opportunity to engage with employment, education or independent living. You can book this event from 10AM on Tuesday 9th Dec by calling 0113 246 8338.

<http://www.specialistautismservices.org/>

You can [sign up](#) here to receive regular copies of Contact a Family's newsletter: an excellent source of information and advice for families with children with additional needs. If you care for a disabled child and you need advice, support or information, you can also call their [freephone helpline](#) on 0808 808 3555 to talk to one of their expert advisers.

<http://www.disabledliving.co.uk/News> - follow this link to the **Disabled Living** December newsletter.

The new winter 2014/15 issue of **Autism Eye** is ready for you to view; to see it simply click [here](#).

(Editor's note: Articles on the best apps for children with autism; link between gut problems and autism; art therapy; theory of mind; Henshaws etc etc. Well worth a look!)

Click on this button to access the latest version of [Choices](#), the **Carers' Resource** newsletter.

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

Autism Friendly films: 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.

Council for Disabled Children Conference in Leeds: Leeds - <http://www.eventbrite.co.uk/e/a-new-landscape-for-sen-and-disability-conference-tickets-14198226277>

You should have received the latest DCIS publication by post; if not, the e-edition will be available soon – I shall send out the link with the e-update: look out for articles including Jo and a couple of AWARE members! Past DCIS newsletters are online here:

<http://fis.bradford.gov.uk/fis/disability/Newsletters+and+publications>

Thank you for all your fundraising efforts!

Another BIG thank you to Julie Tales and her team of helpers who bag-packed at Ilkley M and S (and also ran a book stall which, despite a last minute hitch with books being given away ... oops!) managed to raise a whopping **£268.54**: not bad for four hours work, said Julie! Thank you to all the lovely volunteers who helped out on the day, including: Stephen Houghton, Shain Wells, Adrian Wells, Kathryn Hind, Jo Galasso and Jenny Jeffels.

Reminder: next **bag packing date is Saturday 14th March 2015** at Ilkley M and S, 10.30am – 2.30pm.

We 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 ones 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/free post label – 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 £858.63.

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 & Give As You Live have now merged so if you'd signed up to either then it's all now just easysearch & 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.

Overall Total for Easyfundraising/GiveAsYouLive is £1 561.47 (£1 485.32 last month)

We now have 60 supporters – no new ones this month: PLEASE, PLEASE sign up before you do your Christmas shopping you have nothing to lose and AWARE has a lot to gain – come on, so DO IT NOW! Get started now – <http://www.easyfundraising.org.uk/invite/3IDMM5/>

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 3951200 Craven & Harrogate 01609 534983

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

Carers Resource, Skipton 01756 700888 Carers Resource, Shipley Tel: 01274 449660

<http://www.carersresource.org/> Carers Leeds www.carers.org 0113 246 8338

Disability Advice Bradford 01274 594173, Leeds 0113 214 3630, Skipton 01535 617400

Contact a Family <http://www.cafamily.org.uk/> 08088083555 for advice on benefits & finance for families with a child with a disability.

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>

Leeds FIS <http://www.familyinformationleeds.co.uk/> family.info@leeds.gov.uk 08007310640 / 01132474386 North Yorks FIS fis.information@northyorks.gov.uk 0845 6011630 / 07624 802425

Local Offer <http://fis.bradford.gov.uk/fis/disability/Local+Offer>

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 Tel: 01274 431571 <http://fis.bradford.gov.uk/fis/disability/Play+Partners>

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!***

DON'T FORGET TO SAVE YOUR USED STAMPS FOR AWARE!!

AWARE thanks the following for their support this year:

Cow & Calf, Ilkley

