

AWARE News July 2009

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Issue 111

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

July Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 6 & 13	7 – 9pm	Monday Youth Club Addingham Youth Centre <i>*Ring Sarah Jamieson to attend</i>	HFA/AS 12+ and siblings age 8 - 17 (Parents don't stay)	£1/ person
Fridays 3, 10, & 17 <i>NB No club in school holidays</i>	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Tuesday 14	7.30pm	AGM / Parents' meeting <i>Just turn up</i> The Cow & Calf, Ilkley	Parents, Carers, Professionals, anyone interested	Free
Wednesday 15	10am – 12pm	Coffee Morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 4 -bouncy castle 18 - trampoline	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre <i>Please confirm you are coming</i> <i>Please ring, text, email 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	£2 /family + £1/friend
Sunday 19 Beverly Hills Chihuahua 	11am Doors open 10.50am	Cinema <i>Just turn up</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford	All family <i>*Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007</i>	£2.50/child adults free

N.B. For further details of all our activities contact Jo 07764432933; for the Monday club contact **Sarah Jamieson* on 01274 734018 or email sarah.jamison@bradford.gov.uk

Please find attached a calendar for summer holiday activities, including trips, play - schemes & cookery day ... contact Jo to book places as soon as possible!

AGM, The Cow & Calf, Ilkley, Tuesday 14 July

All AWARE members are invited to our 2009 AGM which will take place in the meeting room upstairs at The Cow & Calf (ask staff for directions!). If anyone would like to join the committee nominations must be received at least 7 days prior to the AGM. To nominate someone or yourself please ring or email Chris Moor, Chair, on 07846612005, moormeister@gmail.com. We hope to see as many of our members as possible there as this is a wonderful opportunity to find out what AWARE has been doing and our future plans and to be involved.

Last month's speaker at the CDC was Rebecca Whiteside from Ilkley who has been practicing homeopathy for twelve years and is an experienced consultant and lecturer of Homeopathy with a special interest in autism, Alzheimer's, fertility and the effects of stress and anxiety. If you were unable to attend and would like to know more, please request leaflets from Margaret or contact Rebecca direct on 01943 817804.

Coffee Morning, Addingham, Wednesday 15 July

Come along, have a cuppa and a chat, gain support from others & share your experiences. Louise Baldwin from Autism Partnership will be there: please contact Margaret in advance with details of any particular areas you would like practical help with from Louise, a behaviour management specialist (e.g. toileting, eating, challenging behaviours, obsessions etc): margaretnash@thomasnash.orangehome.co.uk
Thanks to Liz Stewart who relieved some of our stresses with back and shoulder massages last month – much appreciated!

End of term party at Youth Club Friday 17 July

With giant bouncy slide, please bring a contribution of food for the party table; everyone welcome!

Cinema: Sunday 18 July, autism-friendly screening of ‘Beverly Hills Chihuahua’

Chloe, a “Beverly Hills Chihuahua”, becomes stranded in Mexico. Now, with the help of a lonely German Shepherd, she has to outwit a gang of dog-nappers and find her way home.

Aiming High Grant

As you will know from last month’s newsletter, Jo was successful in securing a grant from Aiming High and we are going to spend the funds on four residential weekends and a monthly trip club for young people age 14+: bowling, cinema, eating out, ice-skating etc – we want our young people to come up with their ideas for a programme of activities, so please contact Jo if interested.

Our next residential is from Fri 2nd to Sun 4th October: please get in touch with Jo as soon as possible if you are interested in your child taking part.

Fundraise by using our webshop and by giving AWARE your old mobile phones, used stamps & empty ink cartridges

Don’t forget to use our webshop, www.buy.at/aware ‘gateway’ to many internet shops and if you go shopping via this gateway we receive a percentage of your spend or an amount agreed by the company *at no additional cost to yourself*. A few of the most well used shops are M & S, Amazon, Waterstones, Iceland plus many, many more. Please support us by doing your shopping via the above address: make it your home page so you’ll never forget to use it! Please bring along old mobile phones, used stamps and empty ink cartridges to any of our sessions, or ring Jo to arrange collection

Help for siblings of young people with autism

Hillbrook, Keighley is planning a half day programme in August, with a follow up session in October, for siblings of children/young people with autism. The siblings should be aged between 8 and 14 years and should not have a diagnosis of an ASC. For further information, please contact Sue Brassington at Hillbrook CAMHS on Tel: 01535 661531.

Free training course aimed at enabling individuals to re- build their confidence and re- enter either the job market or gain access to further training.

Course Outline:

- Where am I now, Where do I want to be and how am I going to get there
- Guidance to help you get back to work or change direction
- Help with thinking through how your skills can fit the changing world of work
- Access to Training and Education
- An up-to-date approach to putting a CV or job application together
- How and where to apply for jobs
- More confidence for interviews and tips for interview preparation

Venue: Skipton Connexions Centre; dates/times: 10 am -1.00pm Thursdays: 2, 9, 16, 23, 30 July

Attend two or more dates and improve your chances of a brighter future. To book a place please contact the SCCA office either by phone 01535 634588, or by email Julie@sccaco.com

Handle course, 18/19 August, Sheffield

There will be a two day introductory course to HANDLE in Sheffield on 18/19 August. HANDLE is a neurodevelopmental intervention: through a programme of simple physical exercises, HANDLE addresses the atypical neurodevelopment in children with autism and other disabilities, (including ADHD, dyslexia etc) by encouraging the integration/working together of the body systems. More information is

available at www.handle.org Normally these 2 day courses cost around £125 per participant, but the course will be offered at £65 for the first 10 people. If you are interested, contact: clairelefeuvre@aol.com

Disabled Children's Information Service

You should all have received your copy of Issue 12 of the DCIS quarterly newsletter, full of up to date and useful information on Aiming High for Disabled Children. If not, then ensure you are registered and request a copy from: DCIS Tel: 01274 437945

Picture Exchange Communication System (PECS)

This two day workshop is the basic accredited training in PECS and recommended for family members as well as professionals. PECS can be implemented with adults, as well as children and this workshop is appropriate for people working in all settings. This workshop is a requirement for further training in PECS, such as the certification process or PECS Advanced Training. Every attendee will also receive a PECS manual.

September 17th & 18th 2009 at Best Western Pavilion York Hotel, York

November 23rd & 24th 2009 at Midland Hotel, Bradford. Professionals: £264.25 Parents: £137

Teaching Communication Skills for Independence

This one day workshop is useful for professionals and family members interested in developing important communication skills that are essential for all students, regardless of age, level of learning difficulty or current communication modality (e.g. speech, PECS, signing). Topics covered include: following visual directions and timetables, answering "Yes" and "No", learning to wait, transition between activities and asking for help or a break. November 25th 2009 at Midland Hotel, Bradford Professional: £137 Parent: £69. All workshops start at 9am and finish at 4.30pm

For further information or to book a place, go to www.pecs.org.uk or ring 01273 609555

Free Kidzui Web browser (recommended by two of our committee members)

Fun for Kids: KidZui is a free Web browser, search engine and online playground for kids 3-12.

Kids have the freedom to learn, play, search and discover over 2 million games, websites, videos and photos on their own. KidZui has the largest number of games, websites, videos and photos reviewed by parents and teachers anywhere. Kids can find what they need to help with schoolwork, by themselves.

Kids safely express themselves, with their Zui, backgrounds, tags and online status.

Smart for Parents: KidZui eliminates the need for parents to constantly watch over their kids' shoulder, when they are online.

Parents know what their kids are doing online and they can connect by sharing content. KidZui sends a weekly email that tells you what your kids are doing online. The KidZui parent account lets you share content and set limits.

To download or for further information, see: <http://www.kidzui.com/>

Useful websites:

<http://www.treehouse.org.uk/> TreeHouse is the national charity for autism education. TreeHouse was founded in 1997 by parents of children with autism and today campaigns for better autism education nationally and runs a school for children and young people with autism. TreeHouse undertakes policy and parliamentary work and research to ensure autism is a national priority, supports parents to campaign locally and offers training and consultancy on autism education

Gingerbread/One Parent Families website is helpful re benefits advice etc.

<http://www.oneparentfamilies.org.uk/disabledchild>

<http://www.changing-places.org/> Changing Places, disabled friendly changing facilities

www.autism.org.uk/pubs/gifts for NAS publications

<http://www.barnardos.org.uk/parentpartnershipservice> a service for all parents/carers of children & young people who have or may have Special Educational Needs (SEN). The Parent Partnership Service (PPS) offers independent advice, support and information to help parents/carers to get the best education for their child

www.yourable.com Includes help with DLA information

Free Symbols: www.do2learn.com www.pdictionary.com www.usevisualstrategies.com
www.photosymbols.com www.enchantedlearning.com/dictionary.html
<http://www.moneysavingexpert.com/> Martin Lewis, money saving expert, sign up for weekly emails.
<http://www.mealsavers.co.uk/main/> Supermarket best buys plus more in weekly emails.
www.ActivityVillage.co.uk Free games & activities to download or print out.
www.icare4autism.org The International Center for Autism Research and Education offers the latest in autism information & provides all those with an ASC an invaluable place to find resources.
www.mind-the-gap.org.uk Mind the Gap is an experienced touring theatre company based in Bradford, Yorkshire, which performs around the UK and internationally. A professional theatre company that helps people with learning disabilities become professional actors, and helps actors with learning disabilities achieve their potential. Take a look at their website if you are keen to performance.

Useful information/links

Play Partners can help children with a disability access play or holiday schemes 01274 431571
Carers UK log on to www.carersuk.or to find out how you can show your support.
Bradford Young Carers Older children often help their parents to look after disabled siblings. For advice and information contact 01274 481183
Bradford Toy Library, St Luke's Call Emma or Michelle on 01274 365463 for opening times
www.entitledto.co.uk This website provides free online calculators to help you work out your entitlement to benefits and tax credits
Information for people with disabilities re higher education, support and financial assistance
http://www.direct.gov.uk/en/DisabledPeople/EducationAndTraining/HigherEducation/DG_4000917
The Children's Information Link is a key part of the Bradford Early Years and Childcare Service, enabling parents and others to obtain comprehensive up-to-date information about childcare, nursery education, children's activities and family support services. Tel: 01274 437503

Help Lines: Need help or support?

The National Autistic Society www.nas.org.uk
Parents' Help line: 0845 070 4004 (Mon-Fri 10-4) 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 0127 4 481183 Leeds 0113 3951200
Craven & Harrogate 01609 534983
Social Services 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 Leeds 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
Looking for childcare The Family Hub Leeds www.thefamilyhubleeds.org/
Children's Information Link www.bradford.gov.uk/childcare
Transitions service. <http://www.dimensions-uk.org/index.php>

AWARE thanks the following for their support this year:

Bradford Carers Grant

Cow & Calf, Ilkley

