

# AWARE News July 2010

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Issue 122

[www.homestead.com/awareuk/](http://www.homestead.com/awareuk/)

[www.awareuk.org](http://www.awareuk.org)



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Email: [jo.galasso@tesco.net](mailto:jo.galasso@tesco.net) Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

July Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 5, 12 & 19	7 – 9pm	<b>Monday Youth Club</b> 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 2, 9, 16 & 23	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Saturday 10	TBC	<b>Trip Club</b> <i>Contact Linda Porter on 07949576898 for further information</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 p/session (includes activities and refreshments)
Tuesday 13	8.00pm	<b>AGM/Parents' meeting at Cow &amp; Calf</b> - see page 2 for more info <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Wednesday 14	10am – 12pm	<b>Coffee morning</b> Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 17	10am – 1pm	<b>Cook Club (monthly)</b> Addingham Youth Centre	HFA/AS 13+ <i>Book in advance with Jo – more info on page 2 of newsletter</i>	£5 includes lunch and dish to take home.
Saturday 17	1.30 – 3.30pm	<b>Junior Club</b> Addingham Youth Centre	Families with younger children up to about 11years, inc siblings	£2 /family + £1/friend
<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>				
Sunday 18? <small>Date &amp; film TBC in e-update</small>	11am Doors open 10.50am	<b>Cinema</b> <i>Details on page 2</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>Just turn up</i>	All family *Tickets can be pre-booked to avoid queuing, at <a href="http://www.odeon.co.uk">www.odeon.co.uk</a> Film info line 08712244007	£2.50/child adults free
Saturday 24	4.15pm – 5.15pm	<b>Swimming</b> – Inflatables. Keighley Leisure Centre	All family – please ring/email/text Jo to book places	£2 /family
<i>Please let us know if you have booked and CAN'T attend so we can offer the places to another family</i>				

NB For further details of all our activities contact Jo 07764432933; for the Monday club contact *\*Sarah Jamieson* on 01274 734018 or email [sarah.jamieson@bradford.gov.uk](mailto:sarah.jamieson@bradford.gov.uk)

**AWARE Library** The AWARE Library will be available at Youth Club on the 16 July. Please contact Karen (or Margaret) if you are unable to access this date and wish to borrow any particular resources: [karenrobertson31@hotmail.com](mailto:karenrobertson31@hotmail.com) ([margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk))

**AWARE AGM, The Cow & Calf Hotel, Ilkley Tuesday 13 July, followed by chance to socialise**

This month's meeting is our AGM so make sure you come along to find out more about what AWARE has been doing and what we are planning – our annual report will be available on the night, as well as a report on all those questionnaires many of you kindly completed!

Last month's speaker was Carol Greenwood, the newly appointed manager of autism provision at Denholme Primary School. Carol was accompanied by a year 5 pupil and an LSA – the Denholme team! - and gave members a valuable insight into Denholme DSP and some useful hints and tips, including Widget software for making our own Social Stories: [www.widgit.com](http://www.widgit.com) - suppliers of educational and literacy software for pre-school, primary, special needs students and adults with learning difficulties.

**AWARE Pamper Day**

19 members (all Mums, apart from one Dad who came along to child-mind whilst his partner relaxed – what a star!) enjoyed a variety of holistic and beauty therapies as part of Carer's Week. We also had a delicious buffet lunch and were able to chat with Sarah Baker from Carer's Resource (who was a great help to the wonderful Jenny in the kitchen – much appreciated!) and make jewellery with Andy. A great success - watch this space for info about how we are going to spend the rest of our grant after the summer.

**Cinema: autism-friendly screening**

Date and film to be confirmed in e-update as cinema does not yet have schedule.

*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.*

**Summer Activities (See additional sheet of Summer Dates for all activities during the holidays)**

**Play schemes** Stay and play only sessions are on Fri 30 July & Tues 3 Aug. Stay and play and supported places are on from Mon 16 – Fri 20 August and Mon 23 – Tues 24 August. Supported places for children 8+ - now fully booked but we still have some availability to offer parents of younger children a support worker for the day or part of the day: parents must stay on site but the support worker can look after the child with autism, or the siblings, cost £8 per day/£4 half day. Ring Jo to book or to discuss this further.

**Trips** Nell Bank, Camelot theme park, Bridlington and Light Water Valley; full details on the attached sheet, to book please contact Jo asap.

**Cook Club**

The cook club runs on a monthly basis at Addingham Youth Centre, a maximum of six young people can attend per session; age 13+ HFA/AS; cost £5 includes lunch and a dish to take home. If your child is interested in attending, please contact Jo.

**Residential at Herd Farm 25 – 27 August** [www.herdfarm.co.uk](http://www.herdfarm.co.uk)

The next AWARE residential which will take place at Herd Farm (LS17) from Wed 25<sup>th</sup> to Fri 27<sup>th</sup> August. This is for slightly older children (10 - 18 years) as the activities are more challenging: zip wire, high/low ropes, assault course etc. The residentials are free but we are happy to accept donations and for further information or to register interest, please contact Jo.

**Charity Ball in Skipton – come and help raise funds for AWARE Saturday 16 October, Rendezvous Hotel, Skipton**

Please see attached flyer for full details – thanks to AWARE member Julie Tales and her cousins for organising this event: we are all looking forward to it! Contact Julie on [jtales@hotmail.co.uk](mailto:jtales@hotmail.co.uk)

Nb there will be residential the same October weekend so we hope all those parents whose children are at the residential will come along and support Julie and her cousins in their fundraising efforts – and enjoy themselves, too!

**Thank you for your help with recycling!**

Thanks to everyone who has been collecting empty ink cartridges for AWARE: we've recently sent them off to be re-cycled and received a cheque for £355.50. The company, The Recycling Factory, have now supplied us with envelopes to give to our members so you can send them back yourself as and when you have them which will save space in Jo's garage, so pick one up next time you come to club or meetings;

postal members will receive one with this newsletter, keep it and use it when you can, ask friends and family to collect for us too.

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

BIC Kids is working with NAS by producing free teaching resources for teachers, including classroom activities both to help teachers support children with autism and to explain the condition to the class as a whole. Using drawing and colouring helps to make lessons fun and creative and can help children with autism practise their fine motor skills and express their emotions in a non-verbal way. To download the resource pack visit: [www.bickidsschoolclub.com](http://www.bickidsschoolclub.com)

Please find attached another e-copy of 'Airport Awareness', produced by Manchester airport in partnership with The Autistic Society for Greater Manchester and The National Autistic Society, to convey the routine of travelling from their airport. (For those people receiving this newsletter in paper format, the publication is available free at the airport or to download at: [www.manchesterairport.co.uk](http://www.manchesterairport.co.uk) – simply search 'autism' in the search box or click on airport information > Airport Accessibility and scroll to the bottom of the screen. The booklet has clear step by step visual photographic sequences about airport travel and lots of activity worksheets.) (*Thanks to Leeds ABC for the reminder!*)

<http://www.parentchannel.tv/home> - lots of videos to watch about all aspects of bringing up children – behaviour etc.

For Leeds-based members: **NEW Aspergers Carers Support Group** for anyone caring for someone with Aspergers. The group will meet on the last Thursday of each month at Leeds Mind, Grove Villa, 82 Cardigan Road, Headingley, Leeds LS6 3BJ from **10.30 am - 12 noon. Next date is Thursday 29<sup>th</sup> July.** (*Thanks to Carers' News for this info.*)

AWARE library has lots of books which are FREE to borrow, including some of our latest purchases, reviewed here: **What's happening to me? (boys)** from Usborne books (order through Margaret to raise money for AWARE)

- A sensitive, detailed and informative guide to male puberty, invaluable for young boys and parents alike, tackling key subjects from physical changes to emotional ones.
- Bright, stylish original colour illustrations and diagrams reveal everything young boys need to know about the changes they experience as they near puberty.
- Written in a witty yet factual and clear style that makes this confusing and tricky subject approachable.
- Includes basic details on what's happening to girls, too.
- Written in conjunction with medical and counselling experts.

*"Look no further: the What's Happening to Me? books are nothing short of brilliant. John Dabell", TES Magazine* (We have also purchased the version for girls and a book about why we should exercise and why we should not eat junk food.)

**Items for sale/needed:** if you have any special equipment you would like to give away/sell/buy, please send brief details to Margaret and we shall try to include the information in the newsletter and on our website in return for a donation to AWARE (if selling). *If you have any hints/suggestions you would like to share, please contact me on 07854 740071 or email [margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk) Thank you!* )

### **NAS News**

New National Autistic Society website launched on 25th May - visit [www.autism.org.uk](http://www.autism.org.uk)

Please see attached leaflet for details of Harrogate NAS Conference on 9 July.

### **The NAS is launching a new campaign called You Need To Know which is calling on the Government and NHS to provide better mental health services for children with autism.**

Message from Mark Lever, NAS Chief Executive: *From the parent of a young person with autism: almost the first thing the psychiatrist did was to hold up his hands and say, 'We have no services in this health district for children on the autistic spectrum'.*"

*We need your help to make sure the Government gives this issue the priority it deserves. It only takes 30 seconds to take part. Look up your MP by typing your postcode into our online form <[http://e-activist.com/ea-](http://e-activist.com/ea-campaign/clientcampaign.do?ea.client.id=10&ea.campaign.id=6797&ea.param.extras=URLTracking:email9)*

*campaign/clientcampaign.do?ea.client.id=10&ea.campaign.id=6797&ea.param.extras=URLTracking:email9> and you can email them the message we've already written. That's all it takes to make a difference.*

**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](http://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 and used stamps to any of our sessions, or ring Jo to arrange collection. Nb Cartridges can now be returned in The Recycling Factory envelopes – see info at bottom of page 2 of newsletter.

**Help Lines: Need help or support?**

**The National Autistic Society** [www.nas.org.uk](http://www.nas.org.uk)

**Parents' Help line:** 0845 070 4004 (Mon-Fri 10-4) [autismhelpline@nas.org.uk](mailto: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 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](http://www.carers-in-bradford.nhs.uk) 01274 363440

**Carers Resource, Skipton** [http://carersresource.smartchange.org/mw\\_bran2.phtml](http://carersresource.smartchange.org/mw_bran2.phtml) 01756 700888

**Carers Resource, Shipley** Tel: 01274 449660 **Carers Leeds** [www.carers.org](http://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

**Contact a Family** advice on benefits & finance for families with a child with a disability  
[www.cafamily.org.uk/cashcounts](http://www.cafamily.org.uk/cashcounts)

**Looking for childcare** [www.thefamilyhubleeds.org](http://www.thefamilyhubleeds.org) [www.bradford.gov.uk/childcare](http://www.bradford.gov.uk/childcare)

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

**The Children's Information Link** 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

**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:**

*Bradford Carers Grant*

*Cow & Calf, Ilkley*



*Nb There will be e-updates over the school summer holidays but no August newsletter; we hope you enjoy the holidays and look forward to seeing you at the AGM and at AWARE activities!*

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