

# AWARE News July 2011

Registered Charity 1089617

Issue 133


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

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



Contact details: AWARE phone line: 01943 466543 Mobile: 077644 32933

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

July	Time	Activity & Location	Cohort/Age Group	Cost
Friday 1 July	9.30 – 11.30am	<b>New Diagnosis Group</b> Strong Close Nursery  <i>Book with Margaret</i>	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free
Fridays 1, 8, 15 & 22 <i>No club on 29 July</i>	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre  <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Saturday 2	10 am – 1pm	<b>Cookery</b> Addingham Youth Centre  <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 per person
Saturday 2 Bouncy Castle	1.30 – 3.30pm	<b>Junior Youth Club</b> Addingham Youth Centre TRAMPOLINING  <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	£3 /family + £1/friend
Tuesday 12	8.00pm	<b>AGM The Cow &amp; Calf</b> - see page 2 for details  <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Sunday 17 Legends of the Guardians (PG) 	11am Doors open 10.50am	<b>Cinema: Details on page 2</b> 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
Wednesday 20	10am – 12pm	<b>Coffee morning</b> Addingham Youth Centre  <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 23-24	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	£20 p/session

**No Swimming until September.**

For further details of all our activities contact Jo 07764432933. See attached list of holiday activities – n.b. there will be no newsletter in August, although you will receive an e-update.

**AWARE Library** will be available at Youth Club on 22 July. Please contact Margaret if you are unable to access this date and wish to borrow any particular resources (a full list is available in the members' section of our website). There will be no library in August.

**Multi-Agency Autism Information Day** – advance notice: Wednesday 14 September, Victoria Hall, Saltaire, 10am - 2pm. Volunteers needed to serve refreshments: contact Jo if you're able to help.

## **AWARE Annual General Meeting: Tuesday 12 July, The Cow & Calf, Ilkley**

12 July is our 2011 AGM (in lieu of our usual meeting at Airedale CDC) 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!

Any new nominations to join the committee should be made to Chris Moor, AWARE Chair, ([moormeister@gmail.com](mailto:moormeister@gmail.com)) at least one week before the AGM, ie by 5 July at the latest.

*Many thanks to our speaker at last month's meeting, Linda Peacock, Strategic Commissioning Manager (Adult Mental Health and Autism). If you would like a copy of the (draft) Autism Strategy and a copy of the Transitions to Adulthood document Linda talked about, please email me and I shall forward them to you. If there are particular topics you would like future speakers to cover, please email me and I shall do my best to arrange this!*

## **Has your child been recently diagnosed and/or are you looking for some friendly advice?**

If you would like to get together informally with a small group of parents 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 on Friday 1 July, 9.30 – 11.30am. Please book in advance with me: [margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk) or 07854 740071.

## **Coffee Morning Wednesday 20 July**

Come along for coffee/tea and biscuits and the chance to relax and catch up with some other parents from 10am – 12pm. No need to book: just turn up!

One of our members, Angela Malcolm, will be there, demonstrating 'Jamie at Home' as she recently become a consultant and held her launch party as a fundraiser for AWARE, raising over £80 on the night. Angela is offering to **donate £5** to funds for any party that an AWARE member has (n.b. it does not have to be a fundraiser: hosts are offered 'loyalty points' that can be redeemed for products from the range); all you need to do is invite a few friends and put the kettle on and Angela will do the rest!

If you would like to know more about holding a party, please call Angela on 01535 654211 or 0791938370 (or email [jambosmum@hotmail.co.uk](mailto:jambosmum@hotmail.co.uk), including AWARE in subject line) The products can be seen on the 'Jamie at Home' website.

## **Cinema: autism-friendly screening of [Legend Of The Guardians: The Owls Of Ga'hoole 2D](#)**

Animated family adventure based on the books by Kathryn Lasky. When two young owls fall into the hands of the evil Pure Ones, they must lead a daring escape to save the owl kingdoms.

*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.*

Please also see flyer re Mr Pooper autism friendly screening in August – this is part of a national initiative.

## **Play scheme**

Please see attached Summer flyer for dates. Supported places will be available to book from Monday 15<sup>th</sup> to Monday 22<sup>nd</sup> August only, cost is £10 per day and you can book a maximum of three days per child initially. Contact Jo.

## **Trips to Nell Bank, Chester, Bridlington and Lightwater Valley**

See attached Summer flyer for dates/prices and book with Jo asap.

## **Autumn Seminars**

We are looking at running one day seminars (though the NAS) in the autumn, possibly on:

*First Steps 5-11 or 11-16 (intro seminar for families with fairly recent diagnosis)*

*Managing Anger, Understanding Behaviour, Common toileting Difficulties, Sensory Needs, Teen Life, Supporting Siblings*

The cost is to be confirmed but AWARE hopes to provide/access at least 50% funding so we anticipate costs will be less than £15 per person, per topic. If you are interested in any of these subjects, please advise me ([margaretnash@thomasnash@orangehome.co.uk](mailto:margaretnash@thomasnash@orangehome.co.uk)) of your choices of topic and location (Addingham or Keighley) and your availability and I will try to find the most popular topics/days and get back to you.

## **Thank you for all your fundraising efforts!**

**Thanks to Jonathan Weaver who raised £45 and Anthony Watson who raised £55.59 at a joint car boot sale recently, both are also doing a 111 mile sponsored cycle along the Leeds/Liverpool canal, please send any sponsorship to Jo. Pampered Chef party raised £80.55 – many thanks!**

**Please, please** do continue with your donations and fundraising efforts (see Angela's Jamie at Home idea, above!). Suggestions: car boot sales, sponsored events, selling things on ebay, using our webshop: [www.buy.at/aware](http://www.buy.at/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; signing 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>  
**Yellow Moon** [www.yellowmoon.org.uk](http://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 make your purchases.

**Ink Cartridge Recycling** Cartridges are now returned in The Recycling Factory envelopes – to get one, please ring 08000910696, or visit [www.therecyclingfactory.com](http://www.therecyclingfactory.com) or pick up one next time you are at an AWARE event (only Canon, HP, Lexmark and Dell cartridges now accepted, thanks).

## **NAS News**

On 27 June the NAS are launching their new campaign, *Great Expectations*, to highlight the huge challenges and frustrations that parents and children face within the current education system. The Government's special educational needs (SEN) and disability reforms will shape the future of a generation of children with autism. This is our opportunity to make sure they get it right. You can support the campaign on 27 June by telling your MP why they must take action. For this, and other great ways to get involved, visit [www.autism.org.uk/campaign](http://www.autism.org.uk/campaign)

## **Special Needs Exhibition, Business Design Centre, London, 14 & 15 October 2011.**

Special Needs London aims to show the resources, ideas, advice and Continuous Professional Development (CPD) training to provide teachers, SENCOs, support staff and parents with the tools and skills to help all pupils achieve. For more information:


[http://www.teachingexhibitions.co.uk/Exhibitions/SES\\_Special\\_Needs\\_Exhibition/London/2011/](http://www.teachingexhibitions.co.uk/Exhibitions/SES_Special_Needs_Exhibition/London/2011/)

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

We are regularly uploading files to our website: please do take a look – there may be some useful information for you and your family.

Have a look at [www.netbuddy.org.uk](http://www.netbuddy.org.uk) – lots of practical hints for families with a child with a disability here. Really, really useful stuff – and lots of it!

[www.autismbuddy.com](http://www.autismbuddy.com) tonnes of specialist resources that you can use at home or at school. And what's really clever is that you either buy them or instantly download them for a cheaper price!

**Carers UK Guide to Carers' rights & benefits** Carers UK has produced free resources for people who care for someone, including this guide to carers' rights and benefits.  [CarersUK.pdf \(1.4 MB\)](#)

**Free to a good home:** one of our members has the "shell" of a **Dyson Airblade** without the motor in it which she used to help her son (who was afraid of them) get used to hand-dryers. She found the Airblade useful for desensitisation - her son enjoyed pretending to use it – and is happy to pass on to another member. Contact Lindsay at [lindsaygledhill@yahoo.com](mailto:lindsaygledhill@yahoo.com)

**Interested in reading about recent research into autism?** Autism News is a free, weekly bulletin of selected news about autism based on items collated by Research Autism and published at [www.researchautism.net/news.ikml?y=2011](http://www.researchautism.net/news.ikml?y=2011) If you wish to receive free electronic bulletins from Research Autism, register at [www.researchautism.net/registration](http://www.researchautism.net/registration)

Yorkshire Dales National Park are holding **Wild Wednesday Drop In Activities** 11am – 3pm, throughout the school holidays. Events are free and accessible with provision for wheelchair users and those with a sensory impairment or learning disabilities. Contact Catherine Kemp on 01756 751623 for further information about:

3rd August Aysgarth Falls – Stream dipping and crafts, 10th August Bolton Abbey – stream dipping and tree trail, 17th August Malham – stream dipping and magic trail, 24th August Bolton Abbey – stream dipping and leaf trail, 31st August Grassington – map magic (*Editor's note: Thanks LS29 for this info!*)

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!

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

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

**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 - Disability Advice** Bradford 01274 594173, Leeds 0113 214 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/Family Information Service** 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. Try out their Sensory Room.

**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:**



*Cow & Calf, Ilkley*



***Have a great summer, whatever you do – we hope to see you at AWARE!***

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.