

AWARE News July 2013

Registered Charity 1089617

Issue 155

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	Time	Activity & Location	Cohort/Age Group	Cost
Thursday 4	10am	Carers' Walk Bingley see page 3 <i>Book with /Margaret</i>	All carers welcome!	Free but bring money for coffees!
Friday 5, 12*, and 19 (*library)	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
Tuesday 9	8pm <i>prompt please!</i>	AWARE AGM, The Cow & Calf, Ilkley (in lieu of Meeting at CDC, Airedale Hospital) - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Buy your own drink
Saturday 20	TBC	Trip Club: Train trip to Haworth and picnic in the park <i>For further information contact Rachel Miller or ring 07826 92615</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person
<i>No Club this month</i>		Junior Youth Club Addingham Youth Centre	Families with children up to about 11years	£3.50/family + £1/friend
Saturday 27	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
Friday 26 & Tuesday 30	10am – 1pm	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
Wednesday 31	10am -3pm	Cookery Day <i>Pre-bookable with Jo; maximum 6 families</i>	Families with children 6 – 16 years, inc.siblings	£6/Family/day

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 12 July. Please contact our 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).

Autism Friendly films in July

Dimensions are hosting two different Autism Friendly films in July 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.

AWARE Annual General Meeting, 8pm on 9 July at The Cow & Calf Inn, near Ilkley (N.B. no meetings at The CDC, Airedale Hospital until September)

9 July is our 2013 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 feedback 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) at least one week before the AGM, i.e. by 2 July at the latest.

Last month's speaker at the CDC was Bill Windle who introduced us to The Anat Baniel Method (ABM) Help for Children with Special Needs: ABM is a non-medical breakthrough approach that focuses on the child's brain and its remarkable abilities to change and learn - two free chapters can be downloaded from www.anatbanielmethod.com. Bill offered to visit families in their homes and do a free session – you will only need to make a donation for petrol of £20 (he lives in East Yorkshire); contact Bill on 07976 899535

Brewery Trip

Feedback on Facebook and from Chris Moor, AWARE Chair and the group leader for the trip, has been extremely positive – we are working on sourcing funding for a trip to the Stella Artois brewery in Belgium next year! This was our first break for Dads and we are delighted it was such a success; here's to more Dads things – please drop me an email if you have some ideas!

Walking Group 4 July

We have a **mid-week ramble with Ronda** planned for Thursday 4 July, meet at The Stocks in Bingley at 10am. *N.B. It is advisable to wear walking boots/walking shoes and take waterproofs – please also print off and sign the [disclaimer](#) from our website.* Regular updates posted on our Facebook page; book with [Margaret](#)

AWARE Summer Program (follow this link)

Playschemes, Nell Bank, Cookery Day, Lightwater Valley, Chester Zoo and Blackpool – plenty to choose from! Book now with [Jo](#)

Low Mill residential 19 – 23 August

This will be our first four night residential so it's probably most suitable for those who have been away on residential with us before, or if you think it's something your child could cope with, check out the link to see what it's like [LOW MILL](#). We already have an extensive request list but if you're interested then contact [Jo](#)

Parent Training: 18 September – Anger Management 10am – 2.30pm

Thanks to a combination of funding from **Leeds Learning for Carers Grant** and **Bradford's Carers Training Funding**, we have been able to organise a total of five Parent Training sessions. Normally, these workshops cost £30 each but thanks to the generosity of our funders we are able to offer them FREE of charge to you, including a delicious M & S lunch! Two places are left at this, our final workshop; for more information, contact [Margaret](#)

Advance notice: New Diagnosis Group – next meeting Friday 27 September 10 am – 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. There are no meetings over the summer but we will be meeting at Strong Close Nursery in Keighley on Friday 27 September, 10am – 12pm, book in advance for the NDG with [Margaret](#)

Advance notice: Turkish Baths, Harrogate Saturday 12 October

Thanks to Bradford's **Carers Break & Activity Service Funding** (the same lovely people who funded our Pamper Day and Brewery Trip), we are delighted to invite you to another AWARE trip to Harrogate's Turkish Baths. We will be having a mini bus picking up in Bingley, Keighley, Silsden and Addingham, and aim to be there 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 – just twenty - so book a.s.a.p. with [Margaret](#)

Advance notice: Lineham Farm Residential 11-13 October (to coincide with the Turkish Baths trip)

If you are interested in your child being considered for our next residential to Lineham farm, please follow this link to see what it's like: [LINEHAM FARM](#) and for more info and to register interest, contact [Jo](#).

Lineham Farm 20th year Celebration Fun Day Saturday 13th July, 12pm-5pm

Join in the fun, entry is free for everyone. There will be fairground amusements, a bouncy castle, pole jousting and high striker, arts and crafts, BBQ, ice-cream and will you take the unrideable bike challenge? There will also be arts and crafts. Call 01132300959 or email enquiries@linehamfarm.co.uk Swan Lane, Eccup, Leeds, LS16 8AZ.

News from the NAS

Adults with autism are still waiting for the everyday support they need, whether that's help with laundry, cooking a meal or being diagnosed. This year the Government will review what progress has been made to end that wait. Push for Action is the new NAS campaign for adult autism services. Details here: <http://www.autism.org.uk/Get-involved/autismstrategy.aspx>

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 130th member?!

Free days out at Eureka ... but they're going fast! Eureka! In Halifax are inviting families with disabled children to come and enjoy special tailored activities and support from their trained staff. Activities will be inclusive for both disabled children and their siblings to take part in. All activities and car parking are free. All families attending clubs receive a free packed lunch (for adults and children), and a free family annual pass which lets them return as many times as they like in a year. The pass also entitles families with disabled children to two assisted visits a year, supported by trained staff.

Summer Holiday Clubs - 25, 26 July and 1, 2, 8, 9, 15, 16, 22, 23, 29, 30 August. Pre booking is essential for both packages and these dates are already getting booked up! Visit www.eureka.org.uk/helpinghandsclub or call 01422 398474 for more information or email trizia.wells@eureka.org.uk (Thank you Contact a Family for this information!)

West Yorkshire Playhouse from 23 July 2013 to 29 August there will be lots of different activities on offer to young people, from drop in art and craft sessions to drama projects, and much more!

Most activities will take place at First Floor, their creative place just for young people, and some will also take place in the main theatre building. Week one kicks off with a Play in a Week for 7-10s, click here for more details: <http://www.wyp.org.uk/what's1on/2013/summer1in1the1city/>

Autscape is a conference with a difference. It is an inclusive event, run *by* autistic people *for* autistic people. All ages are welcome. Diagnosis not required. This year's theme is 'Finding a voice'. Ackworth School, Pontefract, West Yorkshire **Tuesday 6 August – Friday 9 August 2013** Tel: 07511 774 654. Texts welcome. Post: PO Box 138, Fleetwood FY7 9AP Email: info@autscape.org Website: www.autscape.org Registration is open until 12 July. (Thanks for this information to Harrogate NAS)

There was an interesting article on **Scouting and Autism** (written by a parent) on Contact a Family North West - see AWARE Facebook group for newsletter..

Useful links: <http://autismandscouting.blogspot.co.uk/> <https://www.changingfaces.org.uk/Home> <http://www.autism.org.uk/> and <https://www.facebook.com/autismandscouting>

Going on holiday and flying? Download Manchester Airport's [Airport Awareness Guide](#) from the members' area of our website - lots of hopefully useful documents there.

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

Some links to other organisations that may be useful to you:

Network 81 is a national network of parents working towards properly resourced inclusive education for children with Special Educational Needs www.network81.org/

NASEN is a national organisation which aims to promote the **education, training, advancement and development** of all those with special and additional support needs

DIAL stands for **Disability Information and Advice Line**: a national organisation which provides information and advice services to disabled people and others on all aspects of living with a disability. www.dialuk.info

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

Crossroads Association is a charity set up **for carers**, both young and adult, improving the lives of carers by giving them time to be themselves and have a break from their caring responsibilities www.carers.org.uk

The 'Beat Bullying' Official website - Beat Bullying is a national charity which supports both adults and children. <http://www.beatbullying.org/> (Thank you Jo!)

Thank you for all your fundraising efforts!

We've signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. **Easy fundraising:** please register to receive updates and for just a few clicks you can make £'s for AWARE - visit <http://www.easyfundraising.org.uk/causes/aware> **Total for Easy fundraising is £179.69** (£158.97 last month). **Currently we only have 28 supporters so please sign up**

Sign 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> **Total for Everyclick is £69.22** (£66.34 last month): **Currently we only have 16 supporters so please sign up and get clicking!**

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 £724.28.

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. Use our web shop: <http://www.spendandraise.com/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 and

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!

Help Lines: 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

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 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 thanks the following for their support this year:

