

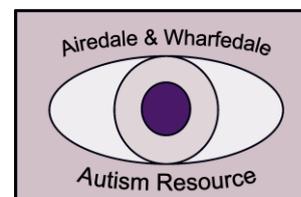
AWARE News July 2014

Registered Charity 1089617

Issue 166

www.homestead.com/awareuk/

www.awareuk.org



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July	Time	Activity & Location	Cohort/Age Group	Cost
Monday 7, 14, 21 & 28 <i>Also: 4 11 & 18 August but NOT 25th</i>	6.30-8.30pm	Adult Support for Asperger's Cross Green Community Centre, Pool Rd, LS21 1HD <i>See page 2 for details</i>	Adults with Asperger syndrome (16+): parents, partners and friends also welcome	FREE but donation for refreshments welcome
Friday 4, 11 & 18 – <i>last youth club until 5 September</i>	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
Next swimming session will be in September – date tbc		Swimming with inflatables & slide Keighley Leisure Centre	All family (max. 20 children/ session)	£2.50/swimmer
Tuesday 8	8pm	AWARE AGM (in lieu of CDC Meeting) - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Friday 11	10.30am – 2.30pm	M&S, Ilkley – Bag pack Helpers required <i>Register with Jo</i>	Anyone who'd like to help out.	Your time!!!
Saturday 12	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
None this month due to staff first aid training; next junior club will in September		Junior Youth Club Addingham Youth Centre <i>For further information contact Rachel Miller or ring 07826 92615</i>	Families with children up to about 11years	£3.50/family + £1/friend
Tuesday 15	11am – 12.30pm	Coffee Morning , Trinity 5 Rise Children's Centre, Bingley <i>Book with Margaret</i>	All carers welcome!	Free but donations welcome
Saturday 19	Times to be confirmed	Trip Club Cinema (How to Train Your Dragon 2) and Red Hot Buffet <i>Book with Rachel Miller</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person
Play schemes: Thursday 24 & Friday 25 July	10am-3pm	Play Scheme Addingham Youth Centre Stay and Play - <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friends.	£6/Family/day + £1/friend
Play schemes: Thurs 31 July & Fri 1 Aug	10am-3pm	Play Scheme Addingham Youth Centre Stay and Play - <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friends.	£6/Family/day + £1/friend
Please see separate flyer for full details of AWARE's Summer Programme				

[Jo](#) 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 the meeting at Youth Club on 11 July. Please contact our librarian, [Vanessa](#), 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)

8 July is our 2014 AGM (at The Cow and Calf, Ikley NOT the CDC),

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 some 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 1 July at the latest.

*Last month's speaker was Michele Russell on **Mindfulness** and we had a very good turnout of members and a very pleasant and interesting evening. We plan to start practising Mindfulness at some of our daytime groups so come along and find out more. Hope to see Michele with us again soon but in the meantime have a look at <http://franticworld.com/> (thanks, Lesley).*

Adult Support for Asperger's – new group in Otley

The group started on Monday 7 April and is proving popular with a small regular attendance so far. If you know of any adults with Asperger's (or High Functioning Autism) who would like to attend, and/or their partners or parents, then please let them know: the group meets every Monday from 6.30pm-8.30pm (excluding Bank Holidays due to the centre not being bookable, however trips may be arranged on those dates). Contact [Margaret Marshall](#) 07963 521117 for further details.

Summer Holiday Play Schemes, Addingham Youth Centre

The full AWARE summer programme is attached and you can keep up to date via our closed Facebook group. <http://facebook.us7.list-manage1.com/subscribe?u=240400f194afaff550a72cb0c&id=8e45024bb2> Families can just turn up to Stay and Play for as long as you like; bring a packed lunch; 10am – 3pm; cost £6/family + £1/friend. Supported places for children age 8+ £12/child/day available from Mon 11 – Fri 22 August - book now.

See what it's like here: <http://sites.createvideomarketing.com/sites/185/AboutAware>

Summer Trips Contact Jo to book:

Thursday 7 August - Light Water Valley, £18 inclusive of transport from Addingham, £11 ticket only, children under 1 metre £7

Thursday 14 August - Chester Zoo, £17 inclusive of transport from Addingham, £9.50 ticket only, children age 2 and under £7

Thursday 21 August - Blackpool, £9 transport only, unlimited wristband £16 payable on booking, non-rider admission £6 payable on the day.

We will be able to offer some supported places (cost of the trip plus £12 supported place charge) for the Chester Zoo and Blackpool trips (to over 8's, or family support).

We will also be running another family cookery day on Thursday 7 August so if you are interested let Jo know; so there will be two days for six to eight families per day.

Book now for Brewery Trip Saturday 27 September or Pamper Day Tuesday 21 October

We are delighted that, once again, Bradford Carers is funding us for some parent training and carers' breaks. The first training session will be for Dads only: please email me your preferences for type of venue, location, day/time and ideas re format. I will collate all your responses before organising the NAS trainer who has the most experience in this subject area and who will come down from Newcastle.

The first carers' break, to coincide with the September residential, will be a Dads only trip to a Brewery (tour and lunch) to **The Copper Dragon Brewery in Snaygill, Skipton** on Saturday 27 September (from 11.45am). If you would like to reserve a place, please email [Margaret](#) with your name, your child's name, email address, postal address and telephone (landline and mobile) more information in the e-update. Once we know where people are travelling from, we may look at hiring a minibus – shall let you know.

The second break will be a **Pamper Day in Addingham** on Tuesday 21 October to relax you before half term! We have booked six therapists to work three hours each in the morning and then we will all have a buffet lunch. I have also asked Carers' Resource to come along to advise and provide information on a one to one basis. Please reserve your place by emailing [Margaret](#)

Priority will be given to those carers who have not accessed a break with AWARE in the last twelve months, but please apply even if you have as there may well be space for you and I shall keep a reserve list for places if this is not full by mid-August.

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

Have you see the Coming Soon in Bradford link in our FB group? Sign up to receive the information on what's happening for people with learning disabilities and their families here: <http://facebook.us7.list-manage1.com/subscribe?u=240400f194afaff550a72cb0c&id=8e45024bb2>

Lots of summer activities have been posted to our closed FB page – some are attached to this newsletter but for up to date information over the summer, please join our closed members' group:

<https://www.facebook.com/groups/317649321643365/>

Have you heard of the **Max card**? Max Card gives looked-after children and children with complex needs free access to castles, museums...and is now available for children with additional needs, not just looked after children. AWARE has ordered some Max cards for our members to purchase as they can only be bought through a group not personally,; they are £3 (+53p if you would like one posting) and last two years and give discounts and free admission to a wide range of local and national attractions. Check out venues and discount at www.mymaxcard.co.uk and let Jo know if you'd like to purchase. e.g. Free admission to Harewood House - a saving of £40 for a family ticket; wow!



New BradfordCAN website: www.bradfordcan.org.uk is a quick and easy way to find free, high quality advice about benefits, debt, housing and more. Community Advice Network (CAN) is the new name for the Advice Network & Training Partnership (ANTP)

Planning to take a flight? Download Manchester Airport's Airport Awareness Guide from the members' area of our website - lots of documents here: <http://www.awareuk.org/Members-Area.html>

Cerebra <http://www.cerebra.org.uk/English/aboutus/Pages/default.aspx> Great source of advice for parents of children/Young people with neurodevelopmental disorders. Grants for special equipment etc.

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).

Healthwatch Bradford: this report outlines key pieces of work from their first year of operation, and also contains information about their governance arrangements and finance. [Download it here](#) or to request a printed copy or an alternative format please contact Sally on 01535 665 258 or sally@healthwatchbradford.co.uk

Lego Fun Days Third Saturday of the month, 1.30pm - 4pm, Admission £2 per family. Once a month, the main hall of the Kirkgate Centre, Bradford is filled with Lego, Knex, Meccano and parents and children busying themselves creating all kinds of amazing things. A cafe serves affordable hot drinks, fresh crepes and healthy homemade savories and cakes. <http://www.kirkgatecentre.org.uk/calendar/Lego/> Several members have recommended Mining and Crafting Camps if your children like **Minecraft®** and **Lego®**. Please register on the specific camps at www.bricks4kidz.co.uk/westyorkshire - lots of Minecraft building with Lego Bricks.

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.

Keighley Picture House is also doing autism friendly films now (*thanks Jeanine!*):

http://www.keighleynews.co.uk/news/news_keighley/11275903.Autism_friendly_screenings_at_Keighley_cinema/

Thank you for all your fundraising efforts!

We have been chosen by **Ilkley M & S** as one of their two local charities for April 2014 – March 2015 (well done Julie and Jo!). **Volunteers are needed to do bag-packing on Friday 11 July 10.30am – 2.30pm** If you can help, please contact [Julie](#) on 07508 155998

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 – 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 £771.88.

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 £1,381.90 We now have 50 supporters – one new person signed up this month so if you haven't yet signed up, please do so NOW; you've nothing to lose and lots for AWARE to gain – come on, DO IT NOW – you know you should!

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 395 1200 Craven & Harrogate 01609 534983

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

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:

Cow & Calf, Ilkley

