

AWARE News June 2009

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Issue 110

www.homestead.com/awareuk/

www.awareuk.org



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June Dates	Time	Activity & Location	Cohort/Age Group	Cost
Wed 27 & Thurs 28 May	10am-3pm	Playscheme <i>Just turn up</i> Addingham Youth Centre	Families with children up to 16 years, siblings and friends welcome	£2 /family + £1/friend
Mon 1, 8, 15, 22 & 29	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 12, 19 & 26 <i>NB. No club on 29 May & 5 June</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 9	7.30pm	Parents' meeting The CDC, Airedale Hospital <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Wednesday 10	10am – 12pm	Coffee Morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 20 (with trampoline)	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre <i>Please confirm you are coming</i>	Families with younger children up to about 11 years, 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 28 Bedtime Stories 	11am Doors open 10.50am	Cinema Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford	All family <i>Just turn up</i> <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 remember to send us your used stamps; mobile phones and ink cartridges!

AWARE Library will be available at CDC Meeting 9 June and Youth Club 26 June – see website for full booklist (including DVDs, CD ROMS etc)

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

Important Update on fundraising

Jo has been incredibly hardworking and successful (editor's note) in her recent fundraising and we are delighted to share the good news: BBC Children in Need have granted us nearly £9K for 2 residential; Aiming High is funding approximately £30k for another 2 residential and regular monthly trips for young people age 14+ with ASC, and we've been granted a BActive Sports Cheque for £1050 for swimming sessions.

Services for people with an ASC Post 18

We are looking at providing services for more people age 14 plus as we know that there are few services for young people (and their families) as they leave school and move into their twenties. To this end, we have been talking to some members about what is available post 18 and what they would like to see available. If you are in a position to help us with our research and have a say in shaping what new services AWARE offers, we would very much appreciate your completing the attached questionnaire (just four questions!) and returning it to Margaret – I look forward to hearing from you!

Parents' meeting, Tuesday 9 May: Homeopathy and Autism

This month's speaker will be 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.

Homeopathy is a complete system of medicine developed by German physician and chemist, Dr Samuel Hahnemann (1755-1843), based on the principle of "let likes cure likes". This law or principle is based on a long held belief as far back as Hippocrates that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Thus homeopathic treatment is believed to stimulate the body's ability to fight infection and susceptibility to disease.

Last month's speaker was Ann Roli from 'Aiming High'. Ann gave us a full and informative report on what she has been doing and her plans for the future. If you were unable to come to the meeting, please make sure you receive a copy of the newsletter which goes out to all families who are registered on the Disabled Children's database. Families can check if they are on this data base (or register if not) by contacting the Children's Information Service on 01274 437503.

NB Advance notice: AWARE AGM – Tuesday 14 July at The Cow & Calf, Ilkley. More info to follow **Coffee Morning, Addingham, Wednesday 10 June (and Carer's Week 2009)**

Come along, have a cuppa and a chat, gain support from others and share your experiences ... and get a free massage! As this coffee morning coincides with Carers' Week, we have once again invited Liz Stewart to relieve some of our stresses with a head and shoulder or perhaps a hand massage. ..

Sarah White from Barnados Parent Participation will also be there to get parents' views on the Eligibility pathways for accessing the new short breaks.

The speaker at next month's Coffee Morning will be Louise Baldwin from Autism Partnership. Please contact Margaret (margaretnash@thomasnash.orangehome.co.uk) 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) so that Louise can help.

Cinema: Sunday 28 June, autism-friendly screening of 'Bedtime Stories'

Imagine what you would do if the stories you told came true. Adam Sandler stars in this family comedy as Skeeter Bronson, a hotel handyman with an unknown power. While making up bedtime stories with a little help from his niece and nephew, he soon discovers that he has the power for the stories to come true, with hilarious consequences.

Lamb Inquiry into SEN

Here's a major opportunity to influence the recommendations of the Lamb Inquiry (government inquiry chaired by Brian Lamb). Its recommendations about how to improve parental confidence in the SEN system will be submitted to the Secretary of State this coming September. Your views are very important - please access the questionnaire here: <http://www.dcsf.gov.uk/lambinquiry/evidence.shtml>
The closing date is 30 June. Feel free to forward the link to as many interested and concerned people as

possible – it is a short questionnaire so please don't ignore this opportunity to help our children and young people.

NAS help! 2 Supporting the Siblings of your child with an ASC

This is a seminar focussing on the needs of the siblings of your child with an Autism Spectrum Condition (ASC) and strategies to teach the siblings about their brother/sister with an ASC. This seminar is aimed at parents/carers who have a child with an ASC and additional siblings (aged up to 18).

5th June 2009 at Wetherby Sports Association, The Ings, Wetherby LS22 6HA

Cost: Free Duration: 10.15am – 2.30pm

For further information or to book a place, please email: clare.naylor@nas.org.uk or ring 0161 9461193

Dewsbury 3 day NAS help! programme

This is a three day programme for parents and carers of children between the ages of 5 and 11 years who have received a diagnosis of an Autism Spectrum Condition within the last 18 months. The programme sessions cover a brief overview of Autism, top tips for communication and interaction, practical strategies for education and educational rights and law, accessing support services and approaching behaviour difficulties. A light lunch and refreshments will be provided on all 3 days at no cost to parents. Two members per family may attend (or one family member and a friend). Places will be allocated on a first come, first served basis. A help! manual including handouts, information booklets and leaflets and a pack containing information for a personal profile for their son or daughter is included in the programme.

19th, 23rd and 26th June 2009 from 9.30am – 3.00pm at Dewsbury Fire Station, The Community Room, Huddersfield Road, Dewsbury WF13 3RN

For further information or to book a place, email: jan.fuller@nas.org.uk or ring 0191 5680732

CDASG Understanding & Supporting Individuals with ASCs

The County Durham Autism Support Group (CDASG) 2009 summer conference covers strategies for helping with different behaviours, sensory issues and what underlies social difficulties for those with autism.

27th June 2009 at County Hall, Durham from 9.30am – 2.30pm

Cost: Family Member (CDASG)/Person with Autism/Professional Member: £20

Parent Non-Member: £30 Professional Non-Member: £45

All prices include lunch and refreshments. Payment required by 6th June 2009.

For further information or to book a place, email: info@cdasg.org.uk or ring 01388 819880

Autism Awareness Rally Weekend (thank you to BADASG for info)

An Autism awareness rally is taking place from the 21st -23rd August in Scholey Park, Kirkby on Bain. It will be a three day event with non stop activities for all the children. There will also be top speakers and advisers for families and professionals and an opportunity to camp overnight and enjoy some great entertainment. You can purchase tickets in advance at £5 per day for adults and £1 per day for children. For more information, please ring Carol on 07904 941389.

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 and provides all those with autism spectrum condition 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

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



