

AWARE News June 2010

Registered Charity 1089617

Issue 121

www.homestead.com/awareuk/

www.awareuk.org



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June Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 7, 14, 21 & 28	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 11, 18 & 25	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
Saturday 5	TBC	Trip Club <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)
Sorry no play scheme during Spring Bank Holiday due to building work				
Tuesday 8	8.00pm	Parents' meeting at CDC – see page 2 for more info <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Saturday 12	1.30 – 3.30pm	Junior Club Addingham Youth Centre <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 11 years, inc siblings	£2 /family + £1/friend
Sunday 13 How to Train Your Dragon 	11am Doors open 10.50am	Cinema <i>but please read info on page 2</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>Just turn up</i>	All family <i>*Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007</i>	£2.50/child adults free
Wednesday 16	10am – 12pm	Pamper Day Addingham Youth Centre <i>Book with Jo – details on p 2</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 19	4.15pm – 5.15pm	Swimming – Inflatables. Keighley Leisure Centre <i>Please let us know if you have booked and CAN'T attend so we can offer the places to another family</i>	All family – please ring/email/text Jo to book places	£2 /family
Saturday 26	10am – 1pm	Cook Club (monthly) 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.

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

AWARE Library

The AWARE Library will be available at the Parents' meeting on 8 June and Youth Club on the 25 June. Please contact Karen (or Margaret) if you are unable to access these dates and wish to borrow any particular resources: karenrobertson31@hotmail.com (margaretnash@thomasnash.orangehome.co.uk)

Parents' Meeting, Tuesday 8 June at 8pm

Carol Greenwood is the newly appointed manager of autism provision at Denholme Primary School. Carol is a specialist autism teacher with a wealth of experience in mainstream and autism specialist schools. She will talk about the school's approach to teaching children with autism and the efforts they make to include them and will be accompanied by a year 5 pupil from Denholme DSP and an LSA so please do try and come along to hear their views and ask questions!

Last month's speaker was Owen Jones from Supported Lives, an organisation which has a great deal of experience in working 1:1 with young people age 12 plus and adults with autism – please find attached a copy of their new leaflet.

Advance notice – AGM, Cow and Calf Hotel, Ilkley, Tues 13 July, 8pm, followed by chance to socialise.

Don't forget: AWARE Pamper Day, Wednesday 16 June

Jo has been successful in obtaining a Carer's Good Ideas grant of £3724 to run two pamper days which will be at Addingham and two Spa days in Harrogate. The first pamper day will take place on 16 June, 9.30am to 2.30pm, to coincide with Carers Week 12 – 18 June 2010; contact Jo to book. Reflexology, facials, massage, manicures and pedicures – come along for some TLC and lunch!

Cinema: Sunday 13 June: autism-friendly screening of 'How to Train Your Dragon' (PG, 2D)

Animated comedy adventure based on the bestselling book by Cressida Cowel, 'How to Train Your Dragon' tells the hilarious story of Hiccup Horrendous Haddock III, a young Viking prince. As part of a tribal initiation, Hiccup is sent to hunt down the fiercest dragon in the kingdom. Instead he ends up befriending a small toothless dragon and bringing him home. Now Hiccup's biggest challenge is to convince his tribe to put an end to their dragon slaying ways.

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.

Spring Bank play scheme – cancelled due to building work at Addingham

Advance notice Summer play scheme: Mon 16 – Fri 20 August and Mon 23 – Tues 24 August.

Supported places for children 8+ available and we would also like 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. Bookings now being taken, or ring Jo to discuss this further.

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

The next AWARE residential which will take place at Herd Farm (LS17) from Wed 25th to Fri 27th 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.

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

Need a fidget toy or help for fine motor exercise? Try therapeutic putty

http://www.physioroom.com/product/Therapeutic_Putty_450g_tub_/2334/36958.html

A parent recommends buying the large tub and starting off with yellow, the softest version.

Suggested website for special needs' resources, especially sensory items: www.spacecraft.co.uk/ or <http://www.thenoveltywarehouse.com/>

Fledglings is a national charity which supports parents and carers of children with special needs by finding affordable solutions to everyday practical problems, e.g. swimsters and buggy clips.

Visit: www.fledglings.org.uk or call 0845 458 11244 for a brochure.

For free copies of Option Group's newsletter, including other parents' tips, e-mail info@optionsgroup.co.uk stating 'opt in' as the subject.

AWARE library has lots of books which are FREE to borrow, including our one of our latest purchases, reviewed here: **Stand Up for Autism A Boy, a Dog and a Prescription for Laughter by Georgina J Derbyshire** *When we tell someone that our child is autistic, the most common response is a sad face and an apologetic look. I hate it when people say "I'm sorry to hear that".*

Parenting a child on the autistic spectrum can be tough at the best of times, but few books take the time to celebrate the love and laughter an autistic child can elicit in their parents and those around them. In this warm, honest and laugh-out-loud tale of bringing up Bobby, now ten, Georgina Derbyshire shares and rejoices in his 'slightly different' childhood.

As she outlines momentous events in Bobby's life, from the day he decided he was a dog (continuing life as a canine for a year afterwards), to the time he catapulted an innocent shopper into a mountain of strawberries, Georgina repeatedly challenges the perception of autism as an affliction, maintaining that neurotypical people often make far less sense. Through her light-hearted and hilarious storytelling, she reveals how social codes and psychological games make the neurotypical world a very confusing place to live in, more so than ever if you happen to be a young boy with a passion for rocks, tape measures and trains.

This book is a must for anybody involved in the upbringing of an autistic child, whether they are in search of a little comfort, companionship, light relief - or all three.

www.btbetterworld.com: "BT's education programme is designed to help young people overcome disadvantage, achieve more in their own lives and improve the world around them". Free resources (just pay P & P), including online activities, downloadable guides and DVDs to help young people, teachers and parents with speaking and listening skills. Lots of fun activities e.g. "making faces" to learn about emotions and facial expressions. (Thanks to BADASG for this reminder)

Ten Tips for The School Playground

Most children go out in the playground to relax, socialise, eat, drink, go to the toilet, run around and come back to class refreshed. Unfortunately for many children with an ASD, the playground is the most stressful part of their school day. For some students we may need to put in structures to help reduce the anxiety of the playground. (This also includes "outside play" in the early years: preschool, daycare etc).

First you need to identify why the playground is so stressful for the individual student? Here are some examples to get you started:

SENSORY - noise of bell, children touching, smell of food/canteen, slow eater, toilets smell, needs sensory activities to relax but nowhere in playground suitable, senses overwhelmed - noise, movements etc.

SOCIAL - games and rules in playground constantly changing, want friends but do not know how to make, burn friends out, prefers adult interactions, wants to be on own.

COMMUNICATION - doesn't understand other children because of noise, literal so misunderstands children and adults, no visuals to support understanding all oral communication.

BEHAVIOUR - unstructured interactions, confused by boundaries/rules, anxiety, anger management.

10 TIPS FOR THE PLAYGROUND To download an easy to read and print version click this link

<http://suelarkey.com.au/media/PLAYGROUNDS.pdf>

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 Thank you!*

Reminder about SACAR

Message from David Newell from Sacar (who came to our CDC meeting last September):

"We're happy to announce that we are now looking to operate a Social Skills group for adults with high-functioning autism or Asperger syndrome in the Skipton area ... one afternoon a week at the moment, Wednesdays, between 1pm - 4pm at St Andrews Church Hall, Newmarket Street, Skipton, BD23 2JE, just next to the CAB. We appreciate that this may not be for everyone, but if anyone would like to pop along for an informal chat, please feel free to visit during those hours, or e-mail me (david.newell@sacar-trust.org) or telephone me (01274 778888 \ 789789) to discuss further."

Cygnnet

Reminder that Barnardo's are running an additional session to the Cygnnet Parenting Programme on supporting siblings of brothers/sisters with an ASC at Barnardo's, Bradford) on Thursday 1st July 9.30 – 12.30 or Tuesday 6th July 6.00 – 9.00pm. To book (only 15 places available per session), contact Andy Morris on 01274 481183. Further sessions are planned for Keighley in the autumn.

NAS News *help!* 2 courses:

Leeds Meeting your child's sensory needs - Tuesday 29th June 2010
Anti-bullying - Wednesday 7th July 2010

Wakefield Supporting the siblings of your child with an ASD - Thursday 24th June 2010

For further information or to book a place, call 0191 568 0732 or email jan.fuller@nas.org.uk

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.

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 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 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

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

Looking for childcare www.thefamilyhubleeds.org 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

