

AWARE News June 2012

Registered Charity 1089617

Issue 143

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June	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 1, 15, 22 & 29 N.B. No club on 8th	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Friday 1 June	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery Book with Margaret	Parents/carers of newly diagnosed children; babies & toddlers welcome	Donations welcome
Sat 2 June	10am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Wed 6 & Thurs 7 June	10am-3pm	Play Scheme Stay and Play- Addingham Youth Centre Just turn up N.B. Supported places are now FULLY booked	Families with children 0 – 16 years, including siblings /friend Children with ASC 8+	£3/half day £6/full day/Family +£1/friend Supported £12/day
Sunday 10	3.15 – 4.15 pm	Swimming with inflatables & slide Keighley Leisure Centre Book places with Jo – Do please let us know if you've booked and CAN'T make it so we can offer the places to another family	All family (max. 20 children per session)	£2.50/person Free
Sunday 17 Men in Black (PG, 2D)	11.30am	Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford See page 2 Just turn up	All family	See page 2 Carer free
Wednesday 20	10am – 2pm	Pamper day – see page 2 Addingham Youth Centre Book with Jo/Margaret	Parents/carers, babies & toddlers welcome.	Donations welcome
Saturday 23	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre Book with Rachel Please ring, text, email Rachel rachelmiller71@hotmail.co.uk 07826926150 to let her know you are coming as equipment will be left out from the Friday club, and some help will be needed by those who attend to put it away again.	Families with younger children up to about 11 years, inc siblings	£3.50/family + £1/friend
Saturday 24	T.B.C.	Trip Club: Skipton Sport and Culture Festival –celebrating the arrival of the Olympic Torch For further information contact Rachel Miller on 07826 92615	Age 12+. Parents don't stay - young people will have AWARE support	£20/person/
Thursday 28	From 7.30pm	AWARE Fashion Show Addingham Youth Centre – see page 2 and attached flyer	Everyone welcome, including family and friends	Tickets £5/person including refreshments
Sat 30 June	10 am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£12/person

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at the CDC meeting on 12 June and at Youth Club on 29 June. Please contact our librarian, Alison, on 07932258170, if you are unable to access these dates and wish to borrow any particular resources (a full list is available in the members' section of our website).

Advance Notice: AWARE Summer Activities' Programme

Look out for the Summer Programme with details of all our summer play schemes, trips and activities which will come out with the June e-update.

Friday 1 June: New Diagnosis Group

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. We are meeting at Strong Close Nursery in Keighley on Friday 20 April 9.30 – 11.30am. Please book in advance for the NDG with me (so I can buy enough chocolate biscuits!): 07854 740071 or margaretnash@thomasnash.orangehome.co.uk

Spring Bank Holiday Play scheme Wed 6 & Thurs 7 June

Stay & Play £6/family/day – just turn up; Family/Child Supported places now full, sorry. Take a look at our videoette to see what it's like before attending:

<http://sites.createvideomarketing.com/sites/185/AboutAware>

Meeting at The CDC, Airedale Hospital, Tuesday 12 June at 8.00pm: Parent Partnership

Cheryl Paul from The Bradford Parent Partnership Service (currently based at Barnardo's, Queen's Rd) will be talking about this service which is for all parents/carers of children who have, or may have, special educational needs. Parent Partnership provides independent and impartial advice, information and support on a range of issues and in a number of ways and aims to empower parents and enable them to work in partnership with schools and relevant professionals to get the best education for their children. The service also actively promotes the participation of children and young people in reviewing their needs in a way that is appropriate and meaningful for them. The staff team is made up of one full time and one part time member of staff and one manager; there is also a Choice Adviser attached to the team whose primary role is to provide parents with advice around transition. Come along to find out more.

Last month's speaker was Louise Baldwin, a board certified behaviour analyst and the Site Director for Autism Partnership UK, who talked and answered questions about some of the many eating issues association with autism. Please find attached a helpful list of reinforcers from Louise- some great ideas!

Cinema: Sunday 17 June: autism-friendly screening of Men In Black (PG, 2D)

Veteran MIB field agent Agent J learns that Agent K's life and the fate of Earth are at stake, so J must travel back in time to save Agent K and the planet!

For details of the national autism friendly screenings, including a trailer, see <http://www.dimensions-uk.org/what-we-do/autism/autism-friendly-films> [Autism Friendly Film Screenings Homepage](#)

[Your questions answered](#) about booking, pricing and CEA Cards (free entry to Carers).

Pamper Day Wednesday 20 June: Addingham, 10am-2pm (Carers' Week 2012)

Because you're worth it! Come along for a therapy and lunch - a chance to relax and catch up with other parents and chat to advisors from Carers' Resource Shipley & Skipton. Only a couple of places left – book NOW with Margaret/Jo (flyer attached).

Walking Groups: mid-week for parents/carers and weekends for families: 28 June & 1 July

Mid-week ramble with Ronda: for parents/carers only – Thursday 28 June, meet at The Stocks, Bingley Market Place at 10am prompt (or 10.30 in Ilkley – we intend to do a walk around Heaton Woods so will be driving to Shipley (lifts available) Margaret to book and for further information.

Weekend Walks with the Thomas family: no walk this month due to half term holiday – next walk planned for 1 July; details in next month's newsletter. N.B. For both groups, it is advisable to wear walking boots/walking shoes and take waterproofs – please also print off and sign the disclaimer.

Thank you for all your fundraising efforts!

We've recently signed up to justtextgiving – an easy way for anyone to donate money to us simply text AWA12 £10 (amount you want to donate) to 70070. Nothing yet so will you be the first!?

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 £7.18

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 £5.28

Thank you to those people who've signed up but you need to keep using everyclick to do your searches to create funds, make it your default search engine, or homepage.

Don't forget to keep recycle 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 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). Nothing received recently but please do keep sending them in.

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!

News from the NAS

Keighley & Worth Valley Branch of the NAS launched in May with an informative and entertaining presentation by Rudy Simone (*I have ordered her books so they will be in the library soon!*) and kindly allowed AWARE to have a stand there. We were delighted when Rudy praised AWARE's services at the end of her talk and it was great to see so many familiar faces at the event. We wish Keighley NAS good luck for the future and look forward to more partnership working!

To mark their 50th birthday, The National Autistic Society commissioned the largest ever survey into autism, in order to show what life is like in the UK for people affected by the condition. You can now download a copy of [The Way We Are: Autism in 2012](#) from the NAS website. Covering the wide range of autism experiences, from diagnosis and employment to school and independent living, the report shows that whilst there have been enormous strides in autism awareness since the NAS started life in 1962, there is still work to do. Some of it does make for difficult reading but for all the troubling experiences there are also many stories of hope and courage.

Please find attached a flyer for Harrogate NAS' annual conference which has an impressive line up – and AWARE shall be there, too, so come and visit our stand!

N.B. NAS members: don't forget to ask for your NAS membership fee to be donated to one of our neighbouring groups; Keighley or Harrogate – just give the NAS a ring, see page 4 for numbers!

The Autism Show, ExCel London, 15 – 16 June

This event brings together leading professionals and high profile parents discussing the latest research, helpful strategies and their personal experiences – and lots, lots more! ExCeL London: 15th – 16th June 2012: 9.30am – 5.00pm: Adult - £10 in advance/£15 on the door Concessions - £9 in advance/£14 on the door For further information and to book tickets, visit www.autismshow.co.uk or see attached flyer.

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

Have you joined AWARE's new Facebook group? See my letter for details or go to:

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

Parents' Forum on Facebook link (*thanks, Louise*):

<https://www.facebook.com/#!/pages/Parent-Forum-for-Bradford-Airedale/199766446771136>

Bedwetting problems? <http://www.snugnights.co.uk/productcart/pc/Waterproof-Zip-on-Mattress-Covers-c40.htm>

<http://www.colliscurve.co.uk/site/1.asp> [Collis Curve Toothbrushes](#) Special toothbrushes - great for children with ASD (*Editor's note: there is lots of new information/advice about going to the dentist in the members' area of the website*)

Have a look at some great autism websites linked to the Treating Autism site by clicking here: <http://www.treatingautism.co.uk/links/>

Have you registered with Talk about Autism, the online community and discussion forum for everyone interested in autism, including parents, carers, family members, people on the spectrum, and professionals? www.talkaboutautism.org.uk

Buttle uk for Children and Young People - Small Grants programme - This grant provides a high quality, personal, and fast response to families living in crisis, when there is no one else that can help. The grants normally do not exceed £300. There are no deadlines and the grants are on-going. Families living

in poverty in the UK can often lack basic items such as a bed, a cooker, a fridge-freezer or a washing machine. Providing these grants can offer relief from a critical situation. Working with over 5000 voluntary sector or local authority partners across the UK, they are able to target support at those most in need: children and young people living with severe medical, emotional, social and financial issues. [Click here](#) for eligibility criteria and details of how to apply. Click link <http://www.buttuk.org/pages/grant-programmes-small-grants-programme-42.html> (Thanks, Jo)

Dance 7 exercise DVD "Experts agree that dance helps children with an autism spectrum condition develop better and it can also help them connect more with others," says Anna Kennedy, the mother of one son with autism and another with Asperger's syndrome. Anna has launched *Step in the Right Direction* a dance and exercise DVD tailored for this group. It's supported by James Hobley, the 12 year old with autism who was a dance contestant on last year's *Britain's got Talent*. The DVD costs £7.99 plus postage and packing from www.annakennedyonline.com (Thanks, Leeds ABC!)

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.thefamilyhubbleeds.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:

