

# AWARE News June 2013

Registered Charity 1089617

Issue 154

[www.homestead.com/awareuk/](http://www.homestead.com/awareuk/)

[www.awareuk.org](http://www.awareuk.org)



Contact details: AWARE phone line: 01943 466543 Mobile: 077644 32933

Email: [jo.galasso@tesco.net](mailto:jo.galasso@tesco.net) Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

June	Time	Activity & Location	Cohort/Age Group	Cost
Wednesday 29 Thursday 30 May <b>No youth club on 31 May</b>	10am-3pm	<b>Play Scheme</b> 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
		Supported £12/day – FULL	Children with ASC 8+	£12/child
Saturday 1	10 am – 1pm	<b>Cookery Club</b> Addingham Youth Centre Register interest with <a href="#">Jo</a>	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 1	No Club this month	<b>Junior Youth Club</b> Addingham Youth Centre No Club this month	Families with younger children up to about 11years, inc siblings	£3.50/family + £1/friend
<i>Please ring, text, email Rachel <a href="mailto:rachelmiller71@hotmail.co.uk">rachelmiller71@hotmail.co.uk</a> 07826926150 to let her know you are coming as equipment will be left out from the Friday club, so some help packing away will be needed by those attending.</i>				
Wednesday 5	9.30am – 2.30pm	<b>Parent Training</b> Addingham Youth Centre <i>See page 2 - book with <a href="#">Margaret</a></i>	Parents/carers	Suggested donation £10/person
Friday 7, 14, 21 & 28* (*library)	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Tuesday 12	8pm <i>prompt please!</i>	<b>Meeting at CDC, <u>Airedale Hospital</u></b> - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Sat 15 – Sun 16	TBC	<b>Trip Club: Residential at Nell Bank</b>  <i>For further information contact <a href="#">Rachel Miller</a> or ring 07826 92615</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person
Sunday 16	3.15 – 4.15 pm	<b>Swimming with inflatables &amp; slide</b> Keighley Leisure Centre <i>Book places with <a href="#">Jo</a> – DO please let us know if you've booked and CAN'T make it so we can offer the places to another family</i>	All family (max. 20 children/ session)	£2.50/ swimmer
Tuesday 18	11am – 12.30pm	<b>Coffee Morning</b> see page 2 Trinity 5 Rise Children's Centre, Bingley <i>Book with <a href="#">Margaret</a></i>	Parents/carers, babies & toddlers welcome	Free but donations welcome
Saturday 22		<b>Brewery Trip for Dads</b> <i>Fully booked</i>	Parents/carers	Donations welcome
Thursday 27	10 am	<b>Carers' Walk</b> see page 3 <i>Book with <a href="#">Margaret</a></i>	All carers welcome!	Free but bring money for coffees!
Thursday 27	7.30pm -	<b>Fashion Show</b> see page 3 <i>Book with <a href="#">Jo/Margaret</a></i>	All welcome! Models required - all ages	£5/ person inc refreshments

N.B. Unfortunately, some of our services aren't available to all members due to local funding restrictions; contact [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 Youth Club on 28 June. 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).

**Spring Bank Holiday Playschemes: Wednesday 29 & Thursday 30 May**

Supported places – fully booked; Stay and Play both dates - just turn up.

**Autism Friendly films in June**

Dimensions are hosting two different Autism Friendly films in June 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.

**Parent Training: 5 June – Supporting Siblings 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 – places are limited! 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! One place left at the workshop – for more information, contact [Margaret](#)

*Unfortunately, the NAS trainer from our last course was unable to turn up due to illness but we were very lucky to have **Lillie Connor** from **EPIC training** who was able to step in at the last minutes and provide our group with a half day course on Anger Management. The original NAS course has been rescheduled for **Wednesday 18 September** – I shall be contacting those members who had previously booked places on the course to see if they want to come on that date but there may be a few more places available. Watch this space!*

**Meeting at Airedale CDC, Tuesday 11th June, 8pm – The Anat Baniel Method**

The speaker this month is Bill Windle who will talk about 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. Bill will look at Autism Spectrum Disorders, ADHD, Cerebral Palsy and Undiagnosed Development Issues. The evening will consist of a brief talk, a short, gentle ABM movement lesson, Q&As and maybe another ABM movement lesson. The Anat Baniel new book for parents "Kids Beyond Limits" will be available to buy - two free chapters can be downloaded from [www.anatbanielmethod.com](http://www.anatbanielmethod.com).

*Last month's speaker was Music Therapist, Kerry McDermott, who talked about the various ways music therapy can be helpful for those with a diagnosis on the autistic spectrum. If you missed Kerry's positive and uplifting talk, you can contact Kerry on: 07872607001 or- [kerrymcdermott88@hotmail.com](mailto:kerrymcdermott88@hotmail.com)*

**Coffee Morning at Bingley's Trinity 5 Rise Children's Centre, Tuesday 18 June**

We shall be meeting at [Trinity 5 Rise Centre](#), John Escritt Rd, Bingley BD16 4ST on Tuesday 18 June from 11am to 12.30pm. New members are especially welcome, but please book with [Margaret](#)

**Dads' Brewery Trip to Masham 22 June**

Due to the severe snow in March we were forced to cancel The Brewery Trip and rearrange it for Saturday 22 June. A minibus has been booked to take fifteen Dads/male carers to Masham's Black Sheep Brewery; the visit includes a guided tour plus either a pint of ale or glass of house wine and a choice of a main course lunch, picking up at various locations to get to Masham for 12.15 and leave around 3.30pm. Again, thanks to our grant being accepted by Bradford Council's **Carers Break & Activity Service Funding**, this trip is free but donations are welcome. Hope you all have a great time!

**Walking Groups update**

We have a **mid-week ramble with Ronda** planned for Thursday 27 June, meet at The Stocks in Bingley.

*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.*

at 10am. Regular updates posted on our Facebook page; book with [Margaret](#)

Unfortunately, the **Weekend Walks with the Thomas family** will no longer be running: neither Diane nor I had any interest from members in our continuing with them. I would like to take this opportunity to thank Diane and her family for her idea and willingness to lead the walks: maybe this is something people will ask for in the future; I hope so.

### **Fashion Show Thursday 27 June, 7.30pm at Addingham**

Following on from the success of our last two fashion shows, we shall be holding another on Thursday 27 June, 7.30pm at Addingham Youth Centre. Tickets are £5 including refreshments. To book a place, please contact Jo or pick up a ticket when you come to any AWARE session. A company called *Complete Clothing* are running the event and selling this winter's high street fashions at discount prices: clothing from stores including Top Shop, Dorothy Perkins, River Island, Per Una and Next to name just a few; ladies' and children's quality clothing in a wide range of sizes. There will also be a raffle on the night so don't forget to bring your purse! If you or your child/young person is interested in being models for us, then please do let us know.

### **Friday: New Diagnosis Group – no meeting this month**

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 is no meeting this month as we have Play Scheme, our Coffee Morning at Trinity and also Parent Training, but we will be meeting at Strong Close Nursery in Keighley- watch out for dates in future newsletters and book in advance for the NDG with [Margaret](#)

### **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 130<sup>th</sup> member?!

**KIDS** is the charity that works with disabled children, young people and their families. As part of the 'Making it Personal' project, sponsored by the Department for Education, KIDS has created an eLearning suite aimed at parents and carers of disabled children and young people. Anyone wishing to access the free eLearning can do so by creating an account here: <http://elearning.kids.org.uk/login/index.php> The eLearning is intended as a simple walk through some of the information presented in the 'Taking a Personal Approach: A Parent's Guide to Personal Budgets' handbook. The handbook was produced earlier this year for parents and carers about personal budgets and how ongoing government changes may affect them. The Parent's Handbook is still freely available in long and short versions for ease of use. You can download it from the KIDS website [www.kids.org.uk/information/100347/106207/106214/106217/for\\_parents\\_and\\_carers/](http://www.kids.org.uk/information/100347/106207/106214/106217/for_parents_and_carers/)

(Thank you NYPACT!)

**Special Needs Apps** With hundreds of apps now available to help individuals with special needs, it has become increasingly difficult to find and choose the right app. The Friendship Circle App Review gives you the ability to sort through them by platform and category - and filter your search by cost to locate all the freebies too. [www.friendshipcircle.org/apps/browse](http://www.friendshipcircle.org/apps/browse) (Thanks, Jo)

**Cerebra Grants Scheme** funds up to 80% of the cost of equipment and services to help make life easier and more enjoyable for children with a neurological condition. They try to be flexible about what they can help with but some examples of what they have funded previously include special needs trikes, wheelchairs and buggies, sensory toys and certain therapies within the UK (please discuss this with them before applying for a therapy to make sure they can fund it). If there's something you think would be of benefit to your child please contact [grants@cerebra.org.uk](mailto:grants@cerebra.org.uk) or on 0800 328 1159.

**Transition into adulthood seminar** On Tuesday the 25th and Wednesday the 26th of June Cerebra will be holding events on "Disabled children and their transition into adulthood: the law and good practice."

[Find out more](#)

**Planning to take a flight?** Download Manchester Airport's [Airport Awareness Guide](#) from the members' area of our website - lots of hopefully useful documents there.

Autistic students take flight in pilot program [http://articles.sun-sentinel.com/2013-05-15/news/fl-autistic-kids-learn-to-travel-20130515\\_1\\_plane-autistic-students-fort-lauderdale-hollywood-international-airport](http://articles.sun-sentinel.com/2013-05-15/news/fl-autistic-kids-learn-to-travel-20130515_1_plane-autistic-students-fort-lauderdale-hollywood-international-airport)

**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.

### **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 £158.97** (£138.62 last month): **thank you!**

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 £66.34** (£62.74 last month): **keep clicking!**

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](http://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](http://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](http://www.nas.org.uk) [autismhelpline@nas.org.uk](mailto: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](http://www.carers-in-bradford.nhs.uk) 01274 363440

**Carers Resource, Skipton** [http://carersresource.smartchange.org/mw\\_bran2.phtml](http://carersresource.smartchange.org/mw_bran2.phtml) 01756 700888

**Carers Resource, Shipley** Tel: 01274 449660 **Carers Leeds** [www.carers.org](http://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](http://www.cafamily.org.uk/cashcounts) 0808 808 3555 **General helpline** email [helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk)

**Looking for childcare** [www.thefamilyhubleeds.org](http://www.thefamilyhubleeds.org) [www.bradford.gov.uk/childcare](http://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

