

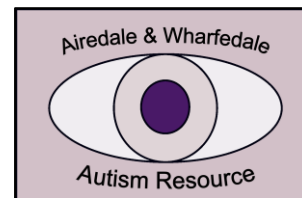
# AWARE News June 2014

Registered Charity 1089617

Issue 165

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

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



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| June   | Time                     | Activity & Location   | Cohort/Age Group   | Cost  |
|--|--------------------------|---|--|---|
| Spring Bank<br>Play scheme:<br>Tuesday 27 &<br>Wednesday 28  | 10am-3pm                 | <b>Play Scheme</b><br>Addingham Youth Centre<br>Stay and Play <b>Just turn up</b><br>Supported places <b>Book with Jo</b> | Families with children<br>0 – 16 years, inc.<br>siblings /friends.<br>Children with ASC 8+ | £6/Family/day<br>+ £1/friend<br>Supported places<br>£12/child/day |
| Monday 2, 9;<br>16, 23 & 30  | 6.30-8.30pm              | <b>Adult Support for Asperger's</b><br>Cross Green Community<br>Centre, Pool Rd, LS21 1HD                                 | Adults with Asperger<br>syndrome (16+):<br>parents, partners and<br>friends also welcome   | FREE but<br>donation for<br>refreshments<br>welcome               |
| Friday 6, 13,<br>20 & 27* June<br><b>No club</b><br><b>30<sup>th</sup> May</b>   | 7 – 9pm                  | <b>Friday Youth Club</b><br>Addingham Youth Centre<br><b>Just turn up</b>   | Children 7 – 16 years,<br>inc. siblings (Parents<br>stay)                                  | £3.50/Family<br>+ £1/friend                                       |
| Saturday 7   | Times to be<br>confirmed | <b>Trip Club</b><br>Disability Rocks, Nell Bank,<br>Ilkley  | Age 12+. Parents don't<br>stay, AWARE support<br>provided                                  | £20/person  |
| Sunday 8   | 3.15 –<br>4.15 pm        | <b>Swimming with inflatables &amp;<br/>slide</b> Keighley Leisure Centre  | All family<br>(max. 20 children/ session)  | £2.50/swimmer   |
| <b>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</b>   |                          |   |  |   |
| Tuesday 10   | 8pm                      | <b>CDC Meeting, Airedale<br/>Hospital</b> - see page 2 for details<br><b>Just turn up</b>                                 | Parents, Carers,<br>Professionals, anyone<br>interested                                    | Free but<br>donations<br>welcome                                  |
| Saturday 14  | 10am – 1pm               | <b>Cookery Club</b><br>Addingham Youth Centre<br><b>Register interest with Jo</b>   | Age 12+. Parents don't<br>stay - young people will<br>have AWARE support                   | £12/person  |
| Saturday 14  | 1.30pm –<br>3.30pm       | <b>Junior Youth Club</b><br>Addingham Youth Centre  | Families with children<br>up to about 11years  | £3.50/family +<br>£1/friend                                       |
| <b>Please ring, text, email Rachel <a href="mailto:rachelmiller71@hotmail.co.uk">rachelmiller71@hotmail.co.uk</a> 07826 926150 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.</b> |                          |   |  |   |
| <b>For further information contact <a href="mailto:Rachel Miller">Rachel Miller</a> or ring 07826 92615</b>  |                          |   |  |   |
| Thursday 19  | 12.30 –<br>2.30pm        | <b>Carers' Walk</b> - <b>Book with<br/><a href="#">Margaret</a></b>   | All carers welcome!  | Free but bring<br>money for drink<br>post walk!                   |
| Thursday 26  | 7.30pm –<br>9.30pm       | <b>Ladies Night</b> – Tickets £5 on<br>sale now or on the night.<br>Addingham Youth Centre                                | All ladies welcome!<br>Treatments available £8,<br>stalls, raffle, fun.                    | Tickets £5<br>includes<br>refreshments                            |
| Friday 27  | 10 - 12 pm               | <b>New Diagnosis Group</b> Strong<br>Close Children's Centre,<br>Keighley - see page 2<br><b>Book with Margaret</b>       | Everyone welcome,<br>including children and<br>babies                                      | Free but<br>donations<br>welcome!                                 |

[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 the CDC on 10 June and at Youth Club on 27 JuneMay. 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)

### **Tuesday 10 June 8pm, meeting at Airedale CDC: Mindfulness**

Message from Michele Russell, this month's speaker: **Mindfulness:** *I am a mental health nurse and my experience of Mindfulness is within the mental health field and personally.*

*Professionally, I facilitate Mindfulness Skills groups and the aim of the groups is to help people learn Mindfulness skills to help manage both emotional or physical distress and to be able to function more in the moment. I am aware that businesses and schools are now including Mindfulness to help manage stress and productivity. I am not an expert in Autism however there are books and evidence that Mindfulness can be helpful in this area as well.*

*My talk will include a generic overview of Mindfulness and a practice exercise and resource information.*

Last month's speaker was Julie Brice from PFBA; if you missed the meeting, you can find out more about the Parents' Forum here: [www.pfba.org.uk](http://www.pfba.org.uk) or [info@pfba.org.uk](mailto:info@pfba.org.uk)

**Advance notice:** 8 July is our **2014 AGM** (at The Cow and Calf NOT the CDC), so 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 a report 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](mailto:moormeister@gmail.com)) at least one week before the AGM, i.e. by 1 July at the latest.

### **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.

### **Fundraising Ladies' Night**

**Ladies' Night Thursday 26 June** 7.30pm-9.30pm, tickets £5 in advance (or pay on the door) include nibbles and a glass of wine, everyone welcome (ladies/girls), lovely raffle prizes, stalls available selling handbags, jewellery, scarves, accessories, books, chocolates and gifts. Treatments available on the night - nails, massage, facials, £8 per 20 minute session – book in on the night or in advance with [Julie](#) on 07508 155998 to avoid disappointment.

### **Spring Bank Holiday Play Scheme, Addingham Youth Centre**

Tuesday 27 and Wednesday 28 May, 10am – 3pm. Families can just turn up any time 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 - book now.

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

### **Summer Trips and AWARE Summer Play Scheme – dates for your diaries**

Bradford Play Development are running the summer trips that we attend, so put the dates on your calendar if you're interested and let Jo know so she can get an idea of interest at this stage:

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 doing some **Stay and Play** days (£6/family/day) hopefully every week of the summer holidays up to Friday 22 August, and we will be offering supported places (£12/child 8+/day) during the two weeks from Monday 11 to Friday 22 August, so subject to demand 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). <http://sites.createvideomarketing.com/sites/185/AboutAware>

We will also be running another family cookery day on Tuesday 5 August so if you are interested let Jo know; if there is sufficient demand, we may run two days for six to eight families per day.

### **Good news: AWARE has been awarded funding by Bradford Carers!**

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 on Saturday 27 September – more information in the e-update.

### **Message from NYPACT re Annual Conference on 25 June and EHC Planning event**

On Wednesday 25th June North Yorkshire PACT is holding their annual conference at Ripon Racecourse, 10am-3pm (registration from 9am, childcare available and lunch included). The conference offers you the chance to meet other parent carers and also the chance to meet face to face representatives from statutory and voluntary sector organisations. For more information: [www.nypact.co.uk](http://www.nypact.co.uk)

Also, from September 2014 Statements will be replaced by **Education, Health and Care Plans**. North Yorkshire County Council Education, Health and Care Plan are running a discussion event for families on Wednesday 11th June from 18.30-20.30-doors open 18.00 at Rendezvous Hotel, Keighley Road, Skipton, BD23 2TA. NYPACT will be there.

### **NAS Conference on Autism and Mental Health, Manchester 17 June**

Presenting the latest research and best practice in diagnosing and supporting mental health issues in children and adults with autism.

<http://www.autism.org.uk/News-and-events/NAS-conferences/Upcoming-conferences/Autism-and-mental-health/About-the-conference.aspx> (£75 for people receiving Carer's Allowance etc)

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

**New BradfordCAN website:** [www.bradfordcan.org.uk](http://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): *We are 21 independent advice charities, working in communities across Bradford district. We help people with problems about benefits, tax credits, debt, housing, homelessness, employment rights, immigration and related issues. Our new website makes it easy to find all of the local face to face advice sessions and national telephone helplines. It also gives you quick links to trustworthy national advice websites.*

<http://duckanddive.com/> **The Aqua Clinic** is a therapy centre that contains a versatile exercise, therapy pool and large multi purpose sensory room, available for use by the local community. (Thanks, Karen!)

**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 who have two Parent Carer Development Workers covering different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven (numbers in Helplines below).

Have a look at what's on offer at **DAB:** <http://www.bradforddisabilityservices.co.uk/>

**Lego Fun Days** Third Saturday of the month, 1.30pm - 4pm, Admission £2 per family. Cafe Once a month, the main hall of the Kirkgate Centre, Bradford is filled with Lego, K'nex, Meccano and parents and children busying themselves creating all kinds of amazing things. A cafe serves affordable hot drinks, fresh crepes and healthy homemade savouries and cakes. Next date is 21 June

<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](http://www.bricks4kidz.co.uk/westyorkshire) - lots of Minecraft building with Lego Bricks. Find out more in our closed Facebook group, too (170 members now): join via <https://www.facebook.com/groups/317649321643365/?fref=ts>

**Autism Friendly films** in June: 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.

**Disability Grants** is a website which provides information about claiming different types of disability grants <http://www.disability-grants.org/>

## **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!). **Volunteer parents are needed to do bag-packing on Saturday 11 July 10.30am – 2.30pm** If you can help, please contact [Julie](#) on 07508 155998

We recently 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](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 £771.88.

**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!

**Easyfundraising & Give As You Live have now merged so if you'd signed up to either 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 £1372.51 We have 49 supporters – no new people 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!**

## **Helplines: 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

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

**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.thefamilyhubbleeds.org](http://www.thefamilyhubbleeds.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

