



Issue 74 March 2006

Registered Charity  
No. 1089617

# AWARE NEWSLETTER

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

## AWARE News

### Swimming Sessions

We are now using and enjoying the recently refurbished Craven (Aireville) swimming pool as our new swimming venue for the second Saturday in the month, from 6—7pm. Cost is £1 per person - a committee member will try to be at the sessions and will make himself known to collect the money; please pay them not the centre staff. Please show your AWARE membership card when you receive it. Next session will be Sat 11 March, 6-7pm.

### AWARE Meetings

**Tuesday 14th March 7.30 pm** Louise Gaitskell of Autism Partnership will discuss the use of Applied Behaviour Analysis (ABA) in teaching children with ASD. The ABA approach can be used to teach skills in the areas of communication, social interaction, play and leisure skills and self-help skills. Additionally, it can be used to increase appropriate behaviours such as attention, listening and social engagement.

The speaker for February was Janet Pilley, Educational Psychologist, who talked about the role of the EP and about the statementing process.

Jill Wallis will talk about Brain Gym at the CDC meeting on 11 April NB this is during the Easter school holidays.

### Easter Play scheme advance notice

Easter play scheme days: 12, 13 & 21 April for families plus some supported places - more details next newsletter or contact Jo.

### Chicken Little

We are delighted to say that Jo has organised an autism-friendly screening of Chicken Little on Sunday 12th March at 10.45am (doors will open 10.30am) at the Leeds/Bradford Odeon, Gallagher Leisure Park, Thornbury, Bradford. Tickets are £3.95 and one carer per child with an ASD goes free. We have asked for the sound to be lower than usual, for there to be low lights and no trailers. This is a trial so please take advantage and it could be a regular event.

### AWARE Shop update

We have the use of a small shop/tea room in a residential home in Keighley free of charge and could do with more volunteers. If you are interested in your child helping out or you have things to sell, give Jo a ring for more details.

### Youth Club - instructors needed!

AWARE Youth Club takes place at **Addingham Youth Centre** 7pm-9pm **Fridays** for 7-16 yr olds, for children with ASD and/or

their siblings. A parent must stay with each family and new members are always welcome. More contacts are needed of people who can organise specific sessions at youth club, e.g. crafts, sport, drama, music etc. If you know anyone who could take a session, then please call Jo. We have some funds to pay people and we would like to build up a bank of people we can call on occasionally. The next sub-committee meeting will be on Tuesday 21 March at Caroline Whitaker's house in Silsden at 8pm.

### **Monday Night Youth Club for 12-18 yr olds**

This club for teenagers with Asperger's Syndrome or high functioning autism is run by Tony Parkinson from Bradford Children's Disabilities Team, with the help of a group of trained and dedicated volunteers. The club meets at Addingham Youth Centre, 7-9 pm, Monday nights, with a weekly sub of £1. If you think your son or daughter would be interested, please get in touch with Tony on 01274 734018 or mobile 07880984686.

### **Trampoline Sessions**

The next session will be Saturday 25 March at 11am. Please book ahead with Jo.

### **Bowling**

AWARE's next family bowling session will take place on Sunday 19 March at 11am, at AMF Bowling, Alston Retail Park, Keighley, at a reduced price of £2.50 per person per game. If you would like to join us next time, please call Jo by Friday 10 March.

### **Problem Page**

We would like to introduce a problem page to help parents deal with some of the issues/problems they face and to give other parents the chance to share their experience/knowledge. Please send details of the problem/issue or question you want answering to Jo (names won't be published, but please include them so we can respond directly if necessary), responses will be printed in the following month's newsletter.

### **Regular Monthly or Fortnightly Coffee Mornings/Afternoons**

Would any one be interested in attending regular monthly or fortnightly coffee mornings/afternoons to have the chance to meet up with other parents and share experiences? If so, please let Jo know and if there are sufficient people interested, we'll give it a go! The venue would probably be Addingham youth centre in the first instance, but if people from other areas are interested, we could look into holding them in other places.

### **Fundraise for AWARE with old mobile phones and used stamps!**

Jo has found another way of raising funds for us: by collecting old mobile phones which can be recycled, and used postage stamps. Please could you give Jo any phones you are no longer using and also all stamps cut out from envelopes (please leave a very thin paper margin around the stamp otherwise Jo will have to spend time cutting them down - which defeats the purpose of this fundraising ...!!)

### **[Www.buy.at/aware](http://www.buy.at/aware)**

Make it your home page, or put it in your favourites, tell your friends. It doesn't cost you any extra, but we get a percentage of the profits.

### **Printer Cartridges**

Please check to see if empties are recycled at your place of work. If not, you could offer to collect them for AWARE. You can bring them to meetings or the youth club or contact

Caroline Whitaker on 01535 657402 to arrange collection. Please note that previously re-manufactured inkjet cartridges or damaged ones are no good.

### **Free cinema tickets for carers**

The website for the cinema card (to enable a parent/carer to receive a free ticket when accompanying a disabled person) is [www.ceacard.co.uk](http://www.ceacard.co.uk) . e mail: [info@ceacard.co.uk](mailto:info@ceacard.co.uk), Tel: 0151 348 8020, minicom: 0151 356 7113. Address: The Card Network, The Technology Centre, Rossmore Business Park, Ellesmere Port, Cheshire, CH65 3EN.

### **Statements**

You are probably aware of the changes that are happening re statementing, but one of our member's child's statements has had a clause added to say 'when she reaches her targets the statement, in consultation with parents, will be removed'. This parent is fighting against this and has passed on details of a website as she wants all of our parents to be informed: [www.capsen.org.uk](http://www.capsen.org.uk)

### **Donna Williams' lecture: Autism as a Fruit Salad: why there is no one thing called an Autism Spectrum Condition**

Donna Williams (diagnosed with Autism, a sociologist and qualified teacher and author) will give a lecture on 27th May 2006 at 7pm at St Mary's Church and Community Centre, Bramall Lane, Sheffield S2 4QZ. For further information, please contact: christine.breakey@spectrumfirst.co.uk or 0113 2669731. Tickets cost £15 for professionals and £10 for parents/carers and people with ASD. Cheques to: Spectrum First Ltd, 13 Spring Hill, Crookesmoor, Sheffield S10 1ET

### **NAS news/courses:**

[www.autism.org.uk/news](http://www.autism.org.uk/news) Courses and conferences: [www.autism.org.uk/courses](http://www.autism.org.uk/courses)

### **British Institution of Learning Disabilities – Bild**

Understanding autistic spectrum disorder. Leeds Weds 8 March Ref code UASD5

Understanding challenging behaviour Leeds Tuesday 14 March Ref code UNCB3

Moving on with challenging behaviour Leeds Wednesday 15 March Ref code MOCB3

One day courses £60 per person.

Conference: Promoting good practice in challenging behaviour – changing lives Blackpool Thursday 4 – Friday 5 May

### **Petition for autism**

If you are interested in the biomedical approach to autism, you should have a look at: <http://new.PetitionOnline.com/FundUs/petition.html>

### **Drop in Sessions for Carers**

Wed 8 March – The Myrtle, Wetherspoons, Main Street, Bingley

Tues 14 March – Airedale Enterprise Services, Acorn House, Alice Street, Keighley

Fri 24 March – The Oasis Café, Bridge Street, Ilkley.

Carers Resource. 01756700888

**Email Newsletter** If you have an e-mail address and would like to receive correspondence and / or the newsletter electronically, send an e-mail to [jo.galasso@tesco.net](mailto:jo.galasso@tesco.net) . NB Please confirm who you are if your email address doesn't have your name in it.

## **Library Books**

There are four ways to return books: monthly meetings, youth club, collection box at Hillbrook, or phone Beverley Bertwhistle or Jo. If you have books that got buried in a pile years ago, don't worry, no fines, no blame, but we do need them back! Thank you.

## **Help Lines: Need help or support?**

**The National Autistic Society Parents' Help line:** 0845 070 4004 (Mon-Fri 10-4)

**email Help Line:** [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk)

**PARIS (Public Autism Resource and Information Service ):** [www.info.autism.org.uk](http://www.info.autism.org.uk)

**Health Care Professionals Information:** 0171 903 3599

**Bradford Parent Partnership Line:** 01274 481183

**North Yorkshire Parent Partnership** 01756 792427

**Bradford MDC Children's Services:** 01274437500

**Leeds Social Services:** 01133984702.

**Carers' Resource, The Wheel House, The Water Mill Park, Broughton Hall Business Park, Broughton, Skipton, BD23 3AG:** 01756 700888

**Children's Information Link** [www.bradford.gov.uk/childcare](http://www.bradford.gov.uk/childcare)

**Barton Hill Advice Service** (guides to claiming disability living allowance, attendance allowance and incapacity benefit) [www.bhas.org.uk](http://www.bhas.org.uk)

## **Project Manager Contact Details**

**AWARE phone line :** 01943 466543, **mob.** 07764432933, **email** [jo.galasso@tesco.net](mailto:jo.galasso@tesco.net)

**Address:** 52 Chippendale Rise, Otley, LS21 2BJ

## **Committee Members**

**Chairperson** - Kathy Altringham Tel. 01943 609103 email: [altringham@lineone.net](mailto:altringham@lineone.net)

**Secretary**- Margaret Nash Tel. 01274 564156 email: [margaretnash1@btinternet.com](mailto:margaretnash1@btinternet.com)

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**Treasurer** - Gary Owen

**Librarian** - Beverley Bertwhistle

**Membership Sec.-** Nina Prosser Tel. 01943 601370 email: [nprosser@hotmail.co.uk](mailto:nprosser@hotmail.co.uk)

**Publicity Officer** - Lynne Fryer Tel. 01535 640841

**Assistant Secretary** - Karen Robertson email: [karenrobertson31@hotmail.com](mailto:karenrobertson31@hotmail.com)

**Committee Member** - Kath Pickard

**Committee Member** - Lewis Mackenzie

**AWARE thanks the following for their support this year:**

**Bradford Carers' Grant**



**BBC Children in Need Appeal**