

# AWARE News March 2009

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



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March Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mon 2, 9, 16, 23 & 30	7 – 9pm	<b>Monday Youth Club</b> 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 6, 13, 20 & 27	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Saturday 7 with bouncy castle Saturday 21 with trampoline	1.30 – 3.30pm <b>NB. Another New time.</b>	<b>Junior Youth Club</b> 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 young children up to about 11 yrs, inc siblings	£2 /family + £1/friend
Sunday 8  <i>Tale of Desperaux</i> 	11am  Doors open 10.50am	<b>Cinema</b> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford  <i>*Tickets can be pre-booked to avoid queuing, at <a href="http://www.odeon.co.uk">www.odeon.co.uk</a> Film info line 08712244007</i>	All family  <i>Just turn up</i>	£2.50/child adults free
Tuesday 10	7.30pm	<b>Parents' meeting</b> The CDC, Airedale Hospital, Steeton  <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Wednesday 11	10am – 12pm	<b>Coffee Morning</b> Addingham Youth Centre  <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Advanced Notice Mon 6 & Tue 7 April Wed 15 & Thurs 16 April	10am – 3pm	<b>Family Play scheme</b>  <i>Just turn up</i> Supported places available - bookable in advance £8/day.	Any age up to 16 years.	£2 /family + £1/friend

N.B. For further details of all our activities contact Jo 07764432933; for the Monday club contact *\*Sarah Jamieson* on 01274 734018 or email [sarah.jamison@bradford.gov.uk](mailto:sarah.jamison@bradford.gov.uk)

***Please remember to send us your used stamps; mobile phones and ink cartridges!***

## **Annual Membership – now overdue!**

If you have already returned your form, questionnaire and payment, as most members have – thank you! Once we have received everyone's questionnaires, we shall feedback to you. If you have not ... then please complete and return all paperwork with your payment (cheque/PO for £5 payable to 'AWARE') asap.

## **Raise money for AWARE, please use our webshop!**

You may or may not be aware of our webshop, [www.buy.at/aware](http://www.buy.at/aware). This is a '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!

**Fundraise by giving AWARE your old mobile phones, used stamps and empty ink cartridges.**

Please bring them along to any of our sessions, or ring Jo to arrange collection.

**Thank you** to anyone who has made purchases from the Yellow Moon website, [www.yellowmoon.org.uk](http://www.yellowmoon.org.uk) (which sells art, craft, toys and gifts at very reasonable prices). We recently received a cheque for £24.91 and again at no extra cost to you. Just quote AWARE's source code WAW01693 when you make your purchases – new catalogue available at youth club, meetings etc.

**Cinema Sunday 8 March: Tale of Despereaux**

The once joyous kingdom of Dor has become a miserable place. Despereaux Tilling, a tiny mouse with big ideas, teams up with fellow outcast Roscuro the rat and sets out on a journey to change things for the better. If you liked 'Shrek' and 'Ratatouille' you'll love 'Tale of Despereaux'.

**Parents' meeting Tuesday 10 March**

Louise Baldwin from Autism Partnership will be giving us an overview of Applied Behavioural Analysis (ABA) and some practical strategies for helping our children/young people. This could be a really useful evening for you and your family so DO come along.

Last month's speakers from Connexions, Personal Advisers, Fiona Richardson and Marie Brown, talked about the options and opportunities available to young people after Year 11 and what happens at age 14 and the support offered by Connexions and other agencies during the transition process from school into education, employment or training. They have left us with a number of publications to read if you were unable to attend.

Please also find attached from the speaker at our January meeting, Ged Faricy, about how to best protect your assets and your family by writing an effective Will.

**AWARE Library will be available on 27 March, 7 – 9pm at Friday Youth Club**

**Advance warning of AWARE social evening**

In lieu of our monthly parents' meeting at the CDC in April, we shall be getting together for a meal at The Cow and Calf on Tuesday 14 April.

**Advance notice - Easter Playscheme**

Mon 6<sup>th</sup>, Tues 7<sup>th</sup> & Wed 15<sup>th</sup>, Thurs 16<sup>th</sup> April 09: supported places available at £8 per child per day - ring Jo to book these; otherwise just turn up on the day (10am – 3pm – bring a packed a lunch!).

February half term play scheme was thorough enjoyed by the 46 children and their families who attended on Monday 16<sup>th</sup> & Tuesday 17<sup>th</sup> February.

**Bradford one day Help! Programme Wednesday 11 March**

This programme is for parents and carers of school aged children, aged between 3 and 12 who have a recent diagnosis of an Autism Spectrum Condition Wednesday 11<sup>th</sup> March 2009, 9.30 am – 3.00 pm at: Bradford Bulls Rugby Club, Grattan Stadium, Odsal, Bradford BD6 1BS. To book a place: **Jan Fuller on (0191) 5680732 or Wendy I'Anson on (0191) 5680731**

**Treehouse Training Courses, London**

Teaching and Promoting Play Skills for Children with ASD – Monday 2 March

Overcoming Barriers to Teaching and Learning for Children with ASD – Monday 16 March

Challenging Behaviour and ASD: How can we understand and help? – Thursday 11 June

All of the courses will take place between 9am-4pm at TreeHouse, The Pears National Centre for Autism Education, North London. The cost is £130 per person per day, including lunch. Full details can be found on TreeHouse Training website. If you would like to book a place, please download a booking form, contact [training@treehouse.org.uk](mailto:training@treehouse.org.uk) or call 0208 815 5148.

**Asperger Syndrome in Adults: Beyond Diagnosis 26<sup>th</sup> March 2009**

This is a National Cross Sector Conference on Policy and Integrated Service Development presented by the Royal College of Psychiatrists in partnership with The Retreat, York and endorsed by the NAS. The diagnosis and recognition of Asperger Syndrome (AS) has improved but do we understand the condition well enough to provide the right support to transform lives? Are too many people with AS diagnosed

with mental illness and their underlying condition misunderstood? What are the alternatives to hospital care? How do teachers and employers unlock the talents and gifts of such people? How inclusive are our communities? This one day conference aims to give delegates from a range of backgrounds an opportunity to consider these and other questions to extend their understanding of this life-long condition and in working groups, to contribute ideas towards strategic policy and service development.

The costs are: £195 – private sector, £125 – statutory sector and £75 – voluntary sector, with a limited number of free places for service users and their carers. For more information, contact the Programme Administrator on 020 7977 6652/57 or visit [www.rcpsych.ac.uk/cetc](http://www.rcpsych.ac.uk/cetc)

### **Carer Support Allowance** (from Leeds Carers newsletter)

A DWP Select Committee has proposed a new type of Carer Support Allowance of £60.50 and this would be paid as income replacement. Carers would also be allowed to earn up to £95 per week. If this proposal goes ahead, carers would also get a new Caring Cost Payment (CCP) and this would be a universal benefit paid to all people caring for 35 or more hours per week, regardless of age. It would be between £25 and £50 per week to compensate carers for the additional costs of caring and/or to enable them to buy in help, equipment or services to ease their caring situation. Whilst the Government acknowledges that the support available to carers does not differentiate sufficiently between the different needs and circumstances of carers, it does not accept that the general level of support to help with caring and the costs of disability are inadequate, despite Carer's Allowance being just £50.55 per week. The Select Committee describes the government's response as "generally positive" but expresses concern about the absence of an immediate plan and timetable for reform of carers' benefits. Carers UK responded by stating that they are particularly disappointed that the Government has refused to make even minor changes to Carer's Allowance, such as the illogical rule which prevents carers studying for more than 21 hours per week from receiving the benefit, even if they are caring for more than 35 hours per week. This rule prevents carers from improving their employment prospects and leaves them trapped on benefits. The Committee's full report **Valuing and Supporting Carers** is at

<http://www.publications.parliament.uk/pa/cm200708/cmselect/cmworpen/485/485i.pdf>

and the Government's response is at

<http://www.publications.parliament.uk/pa/cm200809/cmselect/cmworpen/105/105.pdf>

### **What makes families with disabled children stronger**

Contact a Family is asking families with disabled children "what makes you stronger?" The UK charity supporting all families with disabled children wants to hear from parents and other family member carers about their biggest priorities to strengthen their family practically, socially and emotionally.

Contact a Family has compiled an online survey to find out families' current experiences and to ask what they would wish for if more help and support were available; please visit:

<http://www.cafamily.org.uk/surveys/strongersurvey.html>

### **Holidays**

One of our members has recommended a 'budget Center Parcs' type holiday at Ribby Hall, Blackpool.

For more information, visit [www.ribbyhall.co.uk](http://www.ribbyhall.co.uk)

We have also been contacted by a former SEN teacher from Sheffield (National Autistic Society, Bents Green Special School, LEA Autism Service) who now lives in France who has established happykidsholidays, a registered non profit making association for families with children with an ASC.

They intend to:

- Link families with children with ASCs and other disabilities with property owners in France who are committed to providing a holiday in a safe, non-judgemental environment
- Support families in preparing for their holidays
- Provide support on holiday where necessary and possible

They are also able to provide fully or partially supported holidays for adults with Asperger Syndrome and other related disabilities. For further information, visit: [www.happykidsholidays.com](http://www.happykidsholidays.com)

## **Useful websites:**

Gingerbread/One Parent Families website is helpful re benefits advice etc.

<http://www.oneparentfamilies.org.uk/disabledchild>

<http://www.changing-places.org/> Changing Places, disabled friendly changing facilities

[www.autism.org.uk/pubs/gifts](http://www.autism.org.uk/pubs/gifts) for NAS publications

[www.yourable.com](http://www.yourable.com) Includes help with DLA information

Free Symbols: [www.do2learn.com](http://www.do2learn.com) [www.pdictionary.com](http://www.pdictionary.com) [www.usevisualstrategies.com](http://www.usevisualstrategies.com)

[www.photosymbols.com](http://www.photosymbols.com) [www.enchantedlearning.com/dictionary.html](http://www.enchantedlearning.com/dictionary.html)

<http://www.moneysavingexpert.com/> Martin Lewis, money saving expert, sign up for weekly emails.

<http://www.mealsavers.co.uk/main/> Supermarket best buys plus more in weekly emails.

[www.ActivityVillage.co.uk](http://www.ActivityVillage.co.uk) Free games & activities to download or print out.

## **Useful information/links**

**Play Partners** can help children with a disability access play or holiday schemes 01274 431571

**Carers UK** log on to [www.carersuk.or](http://www.carersuk.or) to find out how you can show your support

**Bradford Young Carers** Older children often help their parents to look after disabled siblings. For advice and information contact 01274 481183

**Bradford Toy Library, St Luke's** Call Emma or Michelle on 01274 365463 for opening times

[www.entitledto.co.uk](http://www.entitledto.co.uk) This website provides free online calculators to help you work out your entitlement to benefits and tax credits.

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

The National Autistic Society [www.nas.org.uk](http://www.nas.org.uk) Parents' Help line: 0845 070 4004 (Mon-Fri 10-4) [autismhelpline@nas.org.uk](mailto: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 01609536766 Harrogate 01609 534983

**Social Services – 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 Leeds [www.carers.org](http://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

**Looking for childcare** The Family Hub Leeds [www.thefamilyhubleeds.org/](http://www.thefamilyhubleeds.org/)

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

**Transitions service.** <http://www.dimensions-uk.org/index.php>

**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*

