

AWARE News March 2010

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Issue 118

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March Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 1, 8, 15, 22 & 29	7 – 9pm	Monday Youth Club 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 5, 12, 19 & 26	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Tuesday 9	8.00pm	Meeting at CDC, Airedale Hospital <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Wednesday 10	10am – 12pm	Coffee Morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 20	10am – 1pm	Cook Club (monthly) Addingham Youth Centre <i>Book in advance with Jo – more info on page 2 of newsletter</i>	HFA/AS 12+ Includes lunch & a dish to take home, too!	£5
Saturday 20 with bouncy castle	1.30pm– 3.30pm	Junior Youth Club 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 younger children up to about 11years, inc siblings	£2 /family + £1/friend
Saturday 27	TBC	Trip Club <i>Contact Linda Porter on 07949576898 for further information</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 p/session (includes activities and refreshments)
Saturday 27	4.15pm - 5.15pm	Swimming – Inflatables. Keighley Leisure Centre <i>Please let us know if you have booked and CAN'T attend so we can offer the places to another family</i>	All family – please ring/email/text Jo to book places	£2 /family
Sunday 28 Ponyo 	11am Doors open 10.50am	Cinema <i>Just turn up but please read info on page 2</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford	All family <i>*Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007</i>	£2.50/child adults free

NB For further details of all our activities contact Jo 07764432933; for the Monday club contact **Sarah Jamieson* on 01274 734018 or email sarah.jamieson@bradford.gov.uk

Parents' Meeting, CDC, Tuesday 9 March at 8pm

This month's speaker will be Alan Heath: Alan is the founder and a Director of Learning Solutions, an organisation that has been helping children and adults with a range of learning difficulties develop auditory and sensory processing skills since 1996. Message from Alan:

The real power of music and sound for sensory processing, Developing good auditory processing skills and steady beat competency are a foundation for sensory integration, sequencing abilities, language, listening and learning. Much research into ASCs show auditory processing and timing in the brain to be an important component. Alan will explain the individual elements of auditory processing and their significance to in daily life and such things as language development.

Specific music such as the Sound Health Series of CD's and The Listening Program® will be used to illustrate the key points in the seminar. www.learning-solutions.co.uk

Last month's speaker was Fionna Pilgrim who talked about The Davis Approach; if you were unable to be there and would like further information, go to www.unlocking-learning.co.uk or email fionna.pilgrim@o2.co.uk

AWARE Library

The AWARE Library will be available at the Parents' meeting on 9 March and Youth Club on the 26 March. Please contact Karen (or Margaret) if you are unable to access these dates and wish to borrow any particular resources: karenrobertson31@hotmail.com (margaretnash@thomasnash.orangehome.co.uk)

Annual Membership now due IMMEDIATELY!

Your annual membership is due for renewal: please complete and return all paperwork with your payment (cheque/PO for £5 payable to 'AWARE') before the end of March to continue receiving the newsletter and accessing activities. Please don't forget to return your completed questionnaire, too!

Cook Club

The cook club will run in Addingham on: March 20th, April 17th, May 15th, June 26th & July 19th for a maximum of six young people per session; age 12+ HFA/AS; cost £5, includes lunch and dish to take home. If you are interested, please contact Jo.

Coffee Morning: Wednesday 10 March

Everyone welcome!

Cinema: Sunday 21 March: autism-friendly screening of 'Ponyo'

'Ponyo' tells the story of a friendship between a five-year-old boy and a goldfish princess, Ponyo, who yearns to be human. However, when Ponyo gets her wish, it soon starts to upset the world's mystical balance. Now, to put things right, they must seek help from the greatest powers in the ocean.

The cinema has asked us to stress that if for whatever reason your child is having any difficulty with the lights, sound etc, PLEASE make the team aware on the day, preferably during the showing, so they can make any necessary changes and so you can enjoy the performance.

Advance notice of Easter playscheme Tues 6th April and Mon 12th to Thurs 15th April

Supported places available for children 8 – 16 years, new children welcome, home visits done prior to attendance, cost £8/child/day, please ring/email Jo to book,.

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

Bradford Link: Connect Updates is the new fortnightly update from Bradford LINK - find out more about how people in Bradford are taking action to make sure everyone using health or social care services in the District is treated with respect and dignity. To download the newsletter please follow this link

http://www.bradfordlink.org.uk/files/Connect_Updates_1501.pdf

Changes to admission prices at Eureka! Halifax

Eureka! is giving every visitor the opportunity to return to Eureka! as many times as they want for a year: the new admission price of £8.95 per person entitles a visitor to make multiple return visits to Eureka! [Visit the website](#) to find out more. NB Request a free Carer's ticket when paying for your child with an ASC and remember to choose your visiting times carefully if you want to go at a quiet time as there are so many

possible sensory issues here – first thing on a Saturday is usually VERY quiet and with the new ticket, you can visit just for an hour each time!

2nd Time Around Melville House Centre for Employment Services, in partnership with Keighley Volunteering Centre and Bradford Care Trust, have recently opened a charity shop in Keighley aimed at offering work opportunities for people with learning disabilities and mental health issues. The project enables services users to learn new tasks enabling them to gain confidence, self esteem and skills that will prepare them for the world of work.

The charity shop is called 2nd Time Around and is currently looking for donations of clothes, books, games, CD's etc. 62 Cavendish Street, Keighley, BD21 3RL, 01535 680036

Lamb report and suggestions : <http://www.dcsf.gov.uk/lambinquiry/downloads/8553-lamb-inquiry.pdf>

The Overarching Report of findings from the **Adult Autism Strategy** consultation activities http://adultautismstrategy.dialoguebydesign.net/rp/Autism_Overarching_report.pdf is now available to download from the Adult Autism Strategy Consultation website

<http://adultautismstrategy.dialoguebydesign.net>

This report provides an overview of the key themes which emerged from both the online consultation and the public engagement programme. It has been produced by the research agency Opinion Leader.

New online autism portal A new website has been launched to highlight the best online resources on autistic spectrum disorders. Autismlinks provides news, conference dates and website links to publications and educational journals. This website has been setup with people on the autistic spectrum in mind along with parents, carers and professionals and is intended to be a signposting service which will help you find your way through the many available websites linked to Autism – helping visitors through the minefield of information available on the World Wide Web. <http://www.autismlinks.co.uk/>

Home from Home (Scarborough): holidays in Scarborough for people with learning disabilities.

Please note these holidays are NOT supported holidays: all bookings must include a carer / support worker.

If you would like to see photographs of Scarborough please visit www.photographsofscarborough.co.uk for further information, contact: Linda & Nigel Giddings on 01723 379515/ 07786 256979 or email hfhscarborough@yahoo.co.uk (Thanks to Harrogate NAS for this info)

New, delicious gluten free and casein free bread (suitable for people with gluten and dairy intolerances): we would recommend Genius, currently available at Sainsbury's. See www.geniusglutenfree.com

If you have any hints/suggestions you would like to share, please contact me on 07854 740071 or email margaretnash@thomasnash.orangehome.co.uk Thank you!

NAS News

Monday 8 March, Wetherby 9.30 am – 3.00

The NAS *help!* programme provides support for parents and carers of school aged children, aged between 3 and 12 years who have a recent diagnosis of an ASC and provides basic information on the following:

an overview of ASCs ; tips for communication; education and your rights; services and your rights ; benefits and your rights . NB Places for PARENTS and CARERS are FREE.

For more information on these seminars contact: Jan Fuller on (0191) 5680732 or jan.fuller@nas.org.uk

Update on the Tribunal System 09 March 2010 – 10.30am to 1pm

Led by Elaine Maxwell, of Maxwell Gillott Solicitors , experts in SEN Tribunals, the workshop will outline the proposed changes following the Lamb Enquiry, and explain how you can make SEN work for you. There will also be a section on September 2010 referrals; advice on transferring between school services (e.g. from Day to 38/52-week services) and a general question and answer session.

To reserve a free place (or for more information) – contact Karen Abdy Tel: 01709 874443 karen.abdy@nas.org.uk

Family Information Sharing Day 10 March 2010 – 10am – 2.45pm

The NAS are running free information days to talk to people with autism and their families about the changes that are occurring in the world of social care. This information sharing day will cover Community care - the basics of what it is and how it can be accessed; what is person-centred planning; what are individual budgets and direct payments and how personalisation can work for you and the person

you support. Refreshments and lunch will be provided. To reserve a free place (or for more information) – contact Bev Smalls Tel: 01845 573590 or beverley.smalls@nas.org.uk

Both these events are taking place at: The Robert Ogden School. Clayton Lane, Thurnscoe, Rotherham S63 0BG Tel: 01709 874443 Fax: 01709 870701 www.autism.org.uk/robertogden

Fundraise by using our webshop and by giving AWARE your old mobile phones, used stamps & empty ink cartridges

Don't forget to use our webshop, www.buy.at/aware '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! Please bring along old mobile phones, used stamps and empty ink cartridges to any of our sessions, or ring Jo to arrange collection.

Help Lines: Need help or support?

The National Autistic Society www.nas.org.uk

Parents' Help line: 0845 070 4004 (Mon-Fri 10-4) 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 & 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

Benefits Advice Services - DIAL (Disablement Information and Advice Line)

Bradford 01274589162, Leeds 0113214 3630, Benefits Agency, Skipton 01535 617400

Contact a Family advice on benefits & finance for families with a child with a disability
www.cafamily.org.uk/cashcounts

Looking for childcare www.thefamilyhubleeds.org www.bradford.gov.uk/childcare

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

The Children's Information Link for up-to-date information about childcare, nursery education, children's activities and family support services. Tel: 01274 437503

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

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

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

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

