

AWARE News March 2011

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March Dates	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 4, 11, 18 & 25	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Tuesday 8	8.00pm	Meeting at CDC, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	
Wednesday 9	10am – 1pm	Pamper Day/ Coffee morning inc lunch Addingham Youth Centre <i>Book with Margaret</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 12	1.30 – 3.30pm	Junior Club <i>Just turn up</i>	Families with younger children up to about 11years, inc siblings	£3 /family + £1/friend
Sunday 13 Alpha & Omega	11am Doors open 10.50am	Cinema: <i>Details on page 2</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>Just turn up</i>	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Saturday 19	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
Wednesday 30	9.30am – 11am	New Diagnosis Group Strong Close Nursery, Keighley <i>Book with Margaret</i>	Parents & toddlers welcome <i>Details on page 2</i>	Free
Sat 2 April World Autism Awareness Day	12pm – 3.30pm	Spring fair and youth club. Addingham Youth Centre <i>Just turn up</i>	Everyone welcome	£3 /family + £1/friend

For further details of all our activities contact Jo 07764432933

AWARE Library

The AWARE Library will be available at Youth Club on 18th March.

Please contact Margaret if you are unable to access this date and wish to borrow any particular resources:

margaretnash@thomasnash.orangehome.co.uk

Meeting at The CDC, Airedale Hospital, Tuesday 8 February 8.00pm: Janet Pillely

Janet is a member of the Educational Psychology Team of Education Bradford. She is a Specialist Senior Educational Psychologist for Autism (and shares this role with her colleague Anwar Hussain.) Anwar and Janet have been working together as Specialist Senior EPs for autism since January 2005 and both

Anwar and Janet have extensive experience of working with children with autism, including working as part of multi-agency assessment teams. They also work closely with specialist teachers and inclusion mentor colleagues in Education Bradford's Autism Spectrum Team and others in the local Autism network, including colleagues based in the DSPs (Designated Special Provisions).

Janet will be talking about issues and recent developments in education relating to autism, both nationally and locally, and is keen to hear feedback from parents about their children's education.

Last month we met for an enjoyable Chinese meal at Pan Choice, Shipley.

Pamper Day/Coffee Morning Wednesday 9 March

We are having our last (mini) pamper day in Addingham: reflexology, facials, massage, manicures and pedicures – come along for some free TLC and lunch! To enable us to ensure correct number of therapists etc, please email me, margaretnash@thomasnash.orangehome.co.uk if you would like to come.

Cinema: autism-friendly screening of Alpha and Omega



3D animated adventure, 'Alpha and Omega' follows the adventures of Kate and Humphrey: two wolves who are trying to return home after being shipped halfway across the country by park rangers. The only problem is they are complete opposites. Humphrey just wants to have a good time, while Kate is disciplined and driven. Back home, rival wolf packs are feuding and only Kate and Humphrey can restore the peace. But first they must learn to live with each other.

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.

Has your child been recently diagnosed and/or are you looking for some friendly advice?

If you would like to get together informally with a small group of parents to chat and discuss issues such as play skills, diet, sleep, toileting, benefits, please contact Margaret. We are meeting at Strong Close Nursery in Keighley on Wednesday 30 March, 9.30 – 11am. Please book in advance with me: margaretnash@thomasnash.orangehome.co.uk or 07854 740071.

Residential 25-27 March 2011

We now have more than enough requests and parents will be informed shortly if their child has been allocated a place.

From the money raised at the Cousins Unite for Charity ball and parental donations for previous residentials we nearly have enough funds to run another residential later in the year at Low Mill, Askrigg for older children 10+. If you'd like to help raise the rest required – about £2500 - then please get in touch. Suggestions: car boot sales, sponsored events, selling things on ebay, using our webshop (see below), signing 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> Keep sending your ink cartridges for recycling as this is proving a good source of income – about £13 per month – help us get even more!

Turkish Baths, Harrogate Saturday 26 March: two places left due to cancellations!

To book these last two places or to put your name down in case another place comes available, contact Margaret: margaretnash@thomasnash.orangehome.co.uk Those members who have signed up will have already heard from me by email with arrangements – if you haven't, let me know *immediately!*

World Autism Awareness Day Youth Club: Stand up for Autism 2nd April 2011, 12pm-3.30pm.

To coincide with WAAD (World Autism awareness Day – see attached poster), AWARE members are organising a fundraising, Spring fair April Youth Club in Addingham with stalls around the building, but leaving the hall for the children to play in (with bouncy castle, balls, toys etc), so parents can combine their shopping with their children playing! We will be making Mother's day cards (for Mothering Sunday, the following day) and children can select a present and wrap it there to take home. Stalls will include: Plants, Toys (second hand), Bottle stall, Name the Teddy, Tombola, Face painting, Bric-a-brac, Treasure Island and a Straw game; refreshments will be on sale and the fair will run from 12pm to 3.30pm. *Watch out for the poster with the March e-update!*

Advance notice

Easter play scheme dates: Mon 18, Tues 19, Wed 27 and Thurs 28 April. We are taking bookings for supported places now, however these will be very limited as most of our staff work in Leeds authority and have different Easter holidays. Please contact Jo to book.

News from Sarah Lambert, Head of Policy, the NAS

The National Institute of Health and Clinical Excellence (NICE) has published a draft of its guidelines on diagnosing and assessing autism in children for consultation. The consultation will close on 25th March and the final guideline is due to be published in September. We will be responding to the consultation and will circulate a draft response about a week before the closing date. On the whole we are pleased with what the guideline says. It very much follows NAP-C and recommends:

- ASD strategy groups in each area (to work on training, making sure there is a pathway to diagnosis, transition)
- Appointment of a lead professional on developing a local pathway
- Multi-disciplinary team in each area
- Key worker appointed for each child
- Making information on the child available to appropriate professionals and parents post diagnosis

NICE guidelines are taken very seriously by the NHS and so although health bodies won't be legally bound by the guidelines, there will be a strong expectation that they are taken forward.

For further information, see the NAS website (address on page 4).

N.B. Don't forget the Harrogate NAS Autism Awareness Conference on Friday 8 April at Ashville College – come and see the AWARE stand!

Carers' Resource, Shipley: Mental Capacity Act Workshops

Please find attached a flyer for two workshops on 14 and 16 March for Carers of people who lack the capacity to make decisions for themselves. To book a place/for more information, please contact reception on 01274 449660

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

We have recently uploaded LOTS and LOTS of files to our website and continue to do so weekly: please do take a look – there may be some useful information for you and your family. You will have received the new password by email with confirmation of your membership renewal.

I and several AWARE members recently attended an enjoyable and informative presentation by Fiona Speirs, organised by Andy Morris of Cygnet and Barnardo's, on **ASD and Issues of Sexuality**. Fiona sensitively addressed the key topic areas of Growing Up, Names of Body Parts, Public and Private, Masturbation, Touch and Menstruation, and suggested lots of strategies and resources. If you would be interested in AWARE organising a day's course with Fiona in Addingham, please email me your name and age of your child and we will look into this. Please also say if you would be prepared to pay a fee of up to £25 per person as we may not have the funding for this. Incidentally, one of the resources Fiona recommended for children age nine and above was the **Usborne** series which use simple text to address issues such as body changes, buying a first bra, starting periods, wet dreams, how to shave and so on, backed up with lots of colour illustrations and diagrams. The girls' book has a section about boys at the back, and vice versa. See: <http://www.usborne.com/catalogue/catalogue.aspx?dsp=1&cat=1&series=394> If you would like a copy of either book (£7.99 each), please order through Margaret as we can raise money for AWARE through orders to Usborne: margaretnash@thomasnash.orangehome.co.uk

If you haven't received your copy of **The Guide** to Services used by families with disabled children in the Bradford district, do so NOW – it's both comprehensive AND compact! Go to www.bradford.gov.uk/dcis to register and you will automatically receive The Guide and future DCIS newsletters and be able to access previous newsletters. You can also call 01274 433861 to request a copy.

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!

Fundraise for AWARE

Whilst doing your shopping online, fundraise by going via our webshop www.buy.at/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.

Please bring old mobile phones and used stamps to any of our sessions, or ring Jo to arrange collection.
Yellow Moon 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 make your purchases.
Ink Cartridge Recycling Cartridges are now returned in The Recycling Factory envelopes –to get one, please ring 08000910696, or visit www.therecyclingfactory.com or pick up one next time you are at an AWARE event (Only Canon, HP, Lexmark and Dell cartridges now accepted. thanks.)

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/Family Information Service 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. Try out their Sensory Room.

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



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