

AWARE News March 2012

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www.homestead.com/awareuk/

www.awareuk.org



Contact details: AWARE phone line: 01943 466543 Mobile: 077644 32933

Email: jo.galasso@tesco.net Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

March	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 2, 9, 16, 23 & 30	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 years, inc siblings (Parents stay)	£3 /family + £1/friend
Tuesday 13	7.30pm	Meeting at CDC, Airedale Hospital - see page 2 Just turn up	Parents, Carers, Professionals, anyone interested	Free
Friday 16 – Sunday 18	Teatime Fri till after lunch Sunday	Lineham Farm residential Fully booked, but referrals being taken for future breaks.	Children 7-18 years	Donations in the region of £25 requested, if you'd like to give more, then this would be most gratefully received.
Sunday 18	3.15 pm – 4.15 pm	Swimming – inflatables. Keighley Leisure Centre 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	All family (max. 20 children per session)	£2/person
Wednesday 21	10am – 12pm	Coffee Morning Addingham Youth Centre Just turn up	Parents/carers, babies & toddlers welcome.	Free
Friday 23	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery Book with Margaret	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free
Saturday 24	10 am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£10/person
Sunday TBC Awaiting info	11am Doors open 10.50am	Details in next e-update & see page 2. Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford Just turn up	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Sunday 25	From 5pm	Trip Club: Sport Relief Funday at Lister Park. For further information contact Rachel Miller on 07826 926150	Age 12+. Parents don't stay - young people will have AWARE support	£20/person/session
Thursday 29	10 am – 12.30am (approx.)	New Walking Group Meet at The Stocks, Market Place, Bingley – see page 2 for details Book with Margaret	Parents/carers, babies and toddlers welcome	Free
Saturday 31	1.30 – 3.30pm	Spring Fair with play provision for children Addingham Youth Centre	AWARE members, family and friends	Admission £1/family + £1/friend, stalls and refreshments available.
April 2 & 3* 11 & 12*#	10am-3pm	Play Scheme *Family Stay and Play- just turn up #Supported - book now	Families with children 0 – 16 years, including siblings /friend	£3/half day £6/full day /Family +£1/friend Supported £12

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 30 March. Please contact our new librarian, Alison, on 07932258170, if you are unable to access this date and wish to borrow any particular resources (a full list is available in the members' section of our website – password needed: email Margaret if you have forgotten it – and remember it will change on 15 March!).

Meeting at The CDC, Airedale Hospital, Tuesday 13 March at 8.00pm: Cerebra - Sleep

Moira Draper, Sleep Counsellor from the national charity Cerebra (see attached letter of introduction for more information), is very kindly coming down from Cumbria to share with us her valuable experience of the science of sleep. Moira supports parents to look at ways of trying to resolve sleep issues or disturbances, aiming to help all concerned to achieve a better night's sleep, something I am sure we all agree makes everything else a lot easier, so we hope lots of you can make this meeting!

Coffee Morning Wednesday 21 March: Addingham, 10am-12pm

Come along for coffee/tea and biscuits, chance to relax and catch up with other parents. Just turn up!

Cinema: autism-friendly screening date to be confirmed in e-update

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.

For details of the national autism friendly screenings, see <http://www.dimensions-uk.org/what-we-do/autism/autism-friendly-films> This month's screening: John Carter on Sunday 11 March at 11.30am

NEW! Walking Groups: mid-week for parents/carers and weekends for families

Mid-week ramble with Ronda: for parents/carers only – Thursday 29 March, meet at The Stocks, Bingley Market Place at 10am prompt, please, for a circular walk up to St Ives Estate (please bring money for a drink at the cafe) and back down to Bingley. Six of us enjoyed the snowdrops and crocuses (and admired the maintenance on Five Rise Locks) on the warmest February day for years – I hope more of you can make it next time! Email/call Margaret to book and for further information.

Weekend Walks with the Thomas family: Dates - Sun 4th March, Sun 15th April and Sun 20th May

The walk on the 4th March will be around Austby and Nesfield and is 4.75 miles in distance. Meet in the car park at the Ilkley Lido to start the walk at 11.00. A packed lunch and drinks will be required and there will be a stop en route to have these. The walk is not suitable for pushchairs and at the moment no dogs, please. Parents will need to supervise their children during the walk.

If you would like to join in any of the weekend walks, please contact Diane prior to the date by phone or email then she knows how many people will be turning up and no one is left behind at the start!

It is hoped that through walking it will allow families to socialise, exercise and appreciate the countryside and wildlife. Diane Thomas Tel 01943 863519/Mob 07563733576 / diane.thomas1964@gmail.com

N.B. For both groups, it is advisable to wear walking boots/walking shoes and take waterproofs – please also print off and sign the attached disclaimer.

Friday 23 March: New Diagnosis Group

If you would like to get together informally with a small group of parents whose children/young people have been (relatively!) recently diagnosed 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 Friday 23 March 9.30 – 11.30am. Please book in advance for the NDG with me (so I can buy enough chocolate biscuits!): 07854 740071 or margaretnash@thomasnash.orangehome.co.uk

Saturday 31 March Autism Awareness Spring Fair, 12 – 3.30pm, Addingham Youth Centre

To coincide with WAAD (World Autism awareness Day – see attached poster), AWARE members are organising another 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! 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.

Advance notice: Easter Play scheme Mon 2 & Tues 3 April; Wed 11 & Thurs 12 April

Monday 2 and Tuesday 3 April: family stay and play, no supported places.

Wednesday 11 and Thursday 12 April: family stay and play and supported/family supported.

Cost: Stay & Play £6/family; Family/Child Supported place £12/day.

Want to see what it might be like before attending? Take a look at our videoette:

<http://sites.createvideomarketing.com/sites/185/AboutAware>

Thank you for all your fundraising efforts!

We've recently signed up to justtextgiving – an easy way for anyone to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. Nothing yet so will you be the first!?

Easy fundraising: please register to receive updates and for just a few clicks you can make £'s for AWARE - visit <http://www.easyfundraising.org.uk/causes/aware>

Order a free pay as you go sim, whether you need one or not and we'll get 25p, register and make a bid on eBay and we'll get £4.50. Total for Easy fundraising is £4.04

Sign 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> Total for Everyclick is £27.06

Thank you to those people who've signed up but you need to keep using everyclick to do your searches to create funds, make it your default search engine, or homepage.

Don't forget to keep recycle ink cartridges for us (the HP one's are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15) so PLEASE do recycle your cartridges via 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). Total so far for ink cartridges recycling is £648.58

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. Use our web shop: <http://www.spendandraise.com/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 and 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.

News from the NAS

Please see my accompanying letter/flyer/booking form re seminar on Sensory Needs on 1 May.

For information on NAS conferences: <http://www.autism.org.uk/news-and-events/nas-conferences.aspx>

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

First Leeds Safe Journey Card A free card you can show it privately to the bus driver to let him know if you need him to wait for you to reach a seat and sit down, if you have a fear of falling on the bus or if you have difficulty in speaking, as you can also use the card to ask the driver to speak slowly or to let you know when you arrive at your destination. Call First Customer Services on 0845 604 5460 (select Option 2) or download one at: http://www.firstgroup.com/ukbus/leeds/bus_access/safe_journey_card/

BT Basic: This is a package for people on low incomes. It costs just £13.80 every three months, which includes £4.50 to spend on calls. You can opt for BT Basic if you are in receipt of Income Support, Income Based Jobseeker's Allowance, Income Related Employment and Support Allowance or Pension Credit Guarantee Credit. For more information see www.bt.com (*Thanks, Jo*)

Free Maths & English worksheets:

<http://www.theschoolrun.com/download-free-maths-and-english-worksheets-plus-past-sats-papers>

Picture Exchange Communication System (PECS) Basic Training 19 & 20 March

This two day workshop is the basic accredited training in PECS and recommended for family members as well as professionals. PECS can be implemented with adults, as well as children and this workshop is appropriate for people working in all settings. You will learn everything you need to know to begin successfully implementing PECS. Every attendee will receive a PECS manual.

Weetwood Hall Conference Centre & Hotel, Otley Road, Leeds LS16 5PS Cost: £295 professionals; £150 parents'. For more information or to book a place: www.pecs.com or phone 01273 609 555

Beautiful Octopus Club Tuesday 20 March: An uplifting club night, presented by a crew of adults with learning disabilities, supported by Playhouse staff. Join us for live music and dancing at the friendliest, most accessible club night in Leeds! Strictly over 18s only! Beautiful Octopus Club takes place in the Leeds University Union. Tickets are £6.50.

For more information go to www.wyp.org.uk/what's-on/2012/beautiful-octopus-club/

Social Care for Adults with Autism: The Social Care Institute for Excellence (SCIE) has produced a new guide on how to improve access for social care for adults with autism, based on research by the University of Sussex. To look at this information, go to

<http://www.teamaroundthechild.com/allnews/developmentsintreatment/464-social-care-for-adults-with-autism.html> (Thanks, Leeds ABC for this info!)

Swimming lessons: several members are using and recommend www.aquaticstars.co.uk Prices are £7.50 per lesson for a group of three and £15 for one to one; lessons held Tuesday/ Wednesday afternoons and Saturday Mornings. Contact 07500463245 or 07502425294

From Ambitious about Autism e-News: *To celebrate World Autism Awareness Month in April we will be launching our Autism Film Club, which will bring the best autism-related films to your computer screen free of charge. This is the first online film festival of its kind and each showing will be followed by a live Q&A with the director of the film.*

For information please visit the [Ambitious about Autism website](#). You can now join Ambitious about Autism on [Facebook](#)

From the news: As we all know, and according to the NAS, "Early intervention is very effective in supporting those with autism, so recognition in infancy can only be beneficial in helping individuals with autism reach their full potential" – have a look at this article on autism: **Brainwaves "show risk from just six months"**: <http://www.bbc.co.uk/news/health-16740758> and In young children autism does not appear suddenly, but develops over time <http://www.news-medical.net/news/20120218/In-young-children-autism-does-not-appear-suddenly-but-develops-over-time.aspx>

If you wish to find out more about autism-related news and receive bulletins from Research Autism, please register at www.researchautism.net/registration

Help Lines: Need help or support?

The National Autistic Society www.nas.org.uk 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 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 - 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

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

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:

