

AWARE News March 2013

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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
Friday 1, 8, 15 & 22* (*library) No club 29th	7 – 9pm	Friday Youth Club Addingham Youth Centre Just turn up	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Sunday 3 & Sunday 17	11.30am	Leeds/Bradford Odeon Leisure Park Thornbury & Cineworld see page2 Just turn up	All the family	See page 2 Carer free with CEA card
Wednesday 6	10am – 2pm	Pamper Day Book with Jo Addingham Youth Centre	Parent/Carers	Donations welcome
Saturday 9	10 am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 9	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre	Families with children up to about 11years, inc. siblings	£3.50/family + £1/friend
Please ring, text, email Rachel rachelmiller71@hotmail.co.uk 07826 926150 to let her know you are coming as equipment will be left out from the Friday club, and help will be required to put it away again.				
Sunday 10	3.15 – 4.15 pm	Swimming with inflatables & slide 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/ session)	£2.50/swimmer
Sunday 10	10 am – 4pm	Trip Club Going to Xscape by train; times TBC. For further information contact Rachel Miller or ring 07826 92615	Age 12+. Parents don't stay, AWARE support provided	£20/person
Tuesday 12	8pm prompt please!	Meeting at CDC, Airedale Hospital - see page 2 for details Just turn up	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Tuesday 19	11m – 1pm	Coffee Morning see page 2 Trinity 5 Rise Children's Centre, Bingley Book with Jo	Parents/carers, babies & toddlers welcome	Free but donations welcome
Wednesday 20	9.30am – 2.30pm	Parent Training Addingham Youth Centre Book with Jo	Parents/carers	Suggested donation £10/person
Fri 22 – Sun 24	TBC	Residential to Lineham Farm Fully booked	Children with ASC 7-18yrs	Suggested donation £25/child
Saturday 23		Brewery Trip for Dads Fully booked	Parents/carers	Donations welcome
April Tues 2, Wed 3, Wed 10 & Thurs 11	10am-3pm	Play Scheme Stay and Play Just turn up	Families with children 0 – 16 years, including siblings /friend	£6/full day /Family + £1 /friend
		Supported £12/day - Book now	Children with ASC 8+	£12/child

N.B. Unfortunately, some of our services aren't available to all members due to local funding restrictions; contact [Jo](mailto:jo.galasso@tesco.net) 07764432933

Addingham Youth Centre, Bolton Road, Addingham, LS29 0NR on the site of Addingham Primary School

Visit this link to see what it's like before you come: [About Aware](#)

AWARE Library will be available at Youth Club on 15 March. Please contact our librarian, [Alison](#), or ring 07932258170, if you are unable to access this date and wish to borrow any particular resources (a full list is available in the password-protected members' section of our website).

2013 Membership due now and Annual Questionnaires for Parents, Young People & Professionals

You should have already received a letter advising that it is time to renew for most members and also asking you to complete our 2013 questionnaire. Please renew electronically if at all possible, thus reducing paperwork and saving trees - see covering letter for more information!

Advance notice of Easter Playscheme

You can now book for places on our Easter play scheme with [Jo](#). There is limited availability for supported places on Tues 2 & Wed 3 April but more availability Wed 10 & Thurs 11 April; stay and Play all dates - just turn up.

Autism Friendly films in March

Dimensions are hosting two different Autism Friendly films in March so there is even more choice. Sunday 3 March: 'TinkerBell and the Secret of the Wings' at Cineworld and Sunday 17 March 'Oz The Great and Powerful' at the Odeon. To find your nearest cinema and to book your tickets [head to Dimensions website](#).

Pamper Day in Addingham for Mother's Day with lunch included, Wednesday 6 March

Thanks to Bradford Council's Carers Break & Activity Service Funding, we are delighted to invite you to another AWARE Pamper Day on Wednesday 6 March (school hours) – book your place now with [Jo](#) - there are still a couple of spaces available! Information will be sent shortly direct to those people who have already registered – let me know if you have not heard by Monday,

Meeting at Airedale CDC, Tuesday 12th March, 8pm – Chiropractic

Dr Jason O'Connor from Advanced Wellness Chiropractic will be discussing the neural mechanisms behind Autism, how these can be altered and improved and the importance of posture, exercise and nutrition in reducing the symptoms by addressing the cause of the problem. He will be explaining how Chiropractic can benefit the whole family; how to look after your family's health; ways to prevent and help with coughs, colds, ear infections and sleeping problems, together with some helpful hints and tips. Jason will also share with the group some testimonials from some of our Chiro-Kids and their families.

Last month's speaker was [Cerys Townend](#), North Yorkshire's Specialist Lead for Autism within the SEND support and outreach team in the CYPS directorate,

Coffee Morning at Bingley's Trinity 5 Rise Children's Centre, Tuesday 19 March

We shall be meeting at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST on Tuesday 19 March from 11am to 12.30pm. New members are especially welcome, but please book with [Jo](#).

Friday: New Diagnosis Group – no meeting this month

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. There is no meeting this month as we have a Pamper Day, our Coffee Morning at Trinity and also Parent Training, but we will be meeting at Strong Close Nursery in Keighley- watch out for dates in future newsletters and please book in advance for the NDG with [Jo](#).

Walking Groups

Our first 2013 **mid-week ramble with Ronda** took place today, 28 February and the next one is on 14 March at 10am, meet at The Stocks in Bingley. Details are being posted in our Facebook group by Claire (thank you!) as I am spending most of my time in LGI with my son. If anyone wants to join Ronda (and Claire) and isn't a member of the closed AWARE Facebook group, drop me an email and I will forward to Claire. The **Weekend Walks with the Thomas family** will start again later in the spring – message from Diane: *We will do a walk on Sunday 21st April called Trollers Gill which is 5 miles long. Meet in Appletreewick at 11.00hrs outside the Craven Arms pub. Parking is available on the roads in Appletreewick. Please book with Diane 01943 863519/Mob 07563 733576/diane.thomas1964@gmail.com* The walking group is intended to help families to socialise, exercise and appreciate the local countryside and wildlife. 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.

Lineham Farm Residential Break 22-24 March 2013

If you're interested in your child being considered for the next residential in March please contact [Jo](#).

Follow this link for further information [Lineham Farm Residential](#)

Free Brewery Trip for AWARE Dads, Saturday 23 March: two places left!

A minibus has been booked to take fifteen Dads/male carers to Masham's Black Sheep Brewery on Saturday 23 March, to co-incide with the residential at Lineham Farm (see above). The visit includes a guided tour plus either a pint of ale or glass of house wine and a choice of a main course lunch, picking up at various locations to get to Masham for 12.15 and leave around 3.30pm. We have had two cancellations so please contact me if you would like to come..

Again, thanks to our grant being accepted by Bradford Council's **Carers Break & Activity Service Funding**, this trip is free. If you have registered, you should receive an email from me with full information next week. If you find you CAN'T make it, please let [Margaret](#) know so we can offer the place to someone else.

A few hints from AWARE members, other parents of children on the spectrum & our supporters:

Have you joined AWARE's new **Facebook** group? Lots of sharing here about many aspects of parenting a child/young person with an ASD – please join in! You will also get regular reminders and updates of what's happening. <https://www.facebook.com/groups/317649321643365/> Will you be our 100th member?!

Cerebra is a unique charity, set up in 2001 to help improve the lives of children with brain related conditions through research, education and directly supporting the children and their parents/carers. www.cerebra.org.uk Everyone knows how tough it can be if your sleep is disrupted. With this in mind Cerebra started their **sleep service** to help children (and their families) who have trouble sleeping. A team of sleep practitioners offer help and advice on **overcoming sleep problems** such as anxiety at night and not being able to get to sleep, bedwetting, nightmares and repetitive movement disorders and one of the team, Diane Senior, will be at the next Keighley NAS meeting on **Monday 25th March at Keighley Campus, 6.30-8pm.** (approx.). Contact Amanda Park at Keighley NAS to book a place: 07435 784 987 or keighleyandworthvalley@nas.org.uk

Swimming lessons: please find attached information from Hannah about her special lessons for our children/young people – several AWARE members (including my family) have used her services and she comes HIGHLY recommended!

Leeds Special Care Dentistry Service is working really hard to improve the experience and outcomes for patients with autism and has developed a number of strategies, one of which is a Dental Social Story. If anyone thinks it might be helpful to prepare their child for dentist visits it can be found at www.leedscommunityhealthcare.nhs. Go to Specialist Services and then to the Special Care Dentistry Service, it is under Publications on the right of the screen. There is a version with a service user and one without. (Thanks, Kate!) Have a look at:

www.leedscommunityhealthcare.nhs.uk/what_we_do/specialist_services1/special_care_dentistry_service1/

Asperger United, a quarterly magazine for age 16+ (although some parents subscribe on behalf of their under-16s), written by people with Asperger syndrome, High-Functioning Autism and other high-functioning conditions on the spectrum, or by professionals with this group specifically in mind, is now available to download from www.autism.org.uk/aspergerunited

The **DWP** are going to post out information about the new **Personal Independence Payment** to all adults (16- 65) who get DLA. The letters will be sent starting in early February over a period of 8 weeks and is going to be added to the normal uprating letters.

A sample letter can be seen here <http://www.dwp.gov.uk/docs/example-dla-uprating-letter-2013.pdf>

The DWP have published a 'toolkit' about PIP available here www.dwp.gov.uk/pip-toolkit

There are also some changes re Blue Badges, see:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/68967/consultation-response.pdf (thanks, Amanda at Keighley NAS for this!)

Reminder: Eureka! Halifax is holding free Saturday clubs 10am-12noon aimed at children aged 3-11 with specific disabilities: Down Syndrome – 2nd, 9th and 23rd March, Hearing Impairment – 20th, 27th April and 4th May, **Autism – 8th, 15th and 29th June** They are also offering an *Extra Pair of Hands* service on Tuesdays, Thursdays, Saturday afternoons and Sundays. Book two weeks in advance with

Trizia/Jenny on 01422 330069. There is also a free holiday club: Easter – Tuesdays/Wednesdays; Summer – Thursdays/Fridays. <https://www.eureka.org.uk/>

Need help with filling out DLA forms? Contact Carers' Resource who have two Parent Carer Development Workers who cover different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven.

Click on this button to access the latest version of **Choices**, the Carers' Resource newsletter.

Thank you for all your fundraising efforts!

We've signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. **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> **Total for Easy fundraising is £103.80 which again is fantastic as it was £90.18 last month: thank you, keep clicking!** 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 £41.61**

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). **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 buy!

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 395 1200 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

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 0808 808 3555 **General helpline** email helpline@cafamily.org.uk

Looking for childcare www.thefamilyhubbleeds.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 <http://fis.bradford.gov.uk/fis/home>

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:

Cow & Calf, Ilkley

