

AWARE News March 2014

Registered Charity 1089617

Issue 162

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March	Time	Activity & Location	Cohort/Age Group	Cost
Wednesday 5	10 – 2.30pm	Pamper Day , Addingham Youth Centre – see page 2	Parent carers	Free but donations welcome
Friday 7, 14, 21 and 28* (*library)	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Saturday 8	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre <i>For further information contact Rachel Miller or ring 07826 92615</i>	Families with children up to about 11years	£3.50/family + £1/friend
Tuesday 11	8pm prompt please!	Meeting at CDC, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Friday 14 – Sunday 16	Times to be confirmed	Lineham Farm Residential	Age 7-18yrs. Parents don't stay, AWARE support provided	Suggested donation £25/child
Saturday 15	10am – 1pm	Cookery Club Addingham Youth Centre <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Tuesday 18	11am – 12.30pm	Coffee Morning - see page 2 Trinity 5 Rise Children's Centre, Bingley <i>Book with Margaret</i>	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome
Thursday 27	12.30 – 2.30pm	Carers' Walk - see page 2 <i>Book with Margaret</i>	All carers welcome!	Free but bring money for drink post walk!
Friday 28	10am – 12pm	New Diagnosis Group Strong Close Children's Centre, Keighley - see page 2 <i>Book with Margaret</i>	Parents/carers, babies & toddlers welcome	Free but donations welcome

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 for further information.

Most of our sessions take place at [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 28 March. Please contact our current 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). Our new librarian, volunteer Vanessa, is in the throes of taking over the library – contact details to follow next month.

Pamper Day in Addingham for Mother's Day including lunch, Wednesday 5 March.

Thanks to Carers Break & Activity Service Funding (from Bradford), we are delighted to invite you to another AWARE Pamper Day on Wednesday 5 March during school hours. **All places are now booked and we have a waiting list so if you HAVEN'T confirmed you are coming, PLEASE do so or let me know in advance if you can't make it so we can offer your place to someone else. Thank you!**

[Margaret](#)

Meeting at Airedale CDC, Tuesday 11 March, 8pm – Cheryl Paul from Parent Partnership Bradford

Parent Partnership Services (PPS) offer advice and support to parents and carers of children and young people with special educational needs. They are statutory services which means there has to be one in every local authority; they are free, impartial and confidential services.

"The overall aim (of parent partnership services) is to provide a menu of flexible services for parents whose children have SEN in order to empower them to play an active and informed role in their child's education" (DfES, SEN Toolkit). Have a look at the website and come along to find out more:

<http://www.barnardos.org.uk/parentpartnershipservice.html>

Last month's speaker was Lillie Connor from EPIC and discussions included anxieties, sleeping and behavioural strategies. Lillie has offered to give our members a free introductory session, working one on one with your child. To find out more, contact Lillie direct: lillieconnor@hotmail.com

New Diagnosis Group, Friday 14 March 10am – 12pm

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 will be meeting at Strong Close Nursery in Keighley; book in advance for the NDG with [Margaret](#)

Lineham Farm Residential Break 14-16 March 2014. 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](#)

Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 25 March 11 – 12.30pm

Why not come along to our coffee morning at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST from 11am to 12.30pm? New members are especially welcome, but please book in advance with [Margaret](#)

Walking Group, Thursday 28 March meet at The Acorn, Eldwick

Meet at The Acorn car park at 12.30; finish at 2.30pm, in time for school pick-ups and/or a quick drink! *N.B. It is advisable to wear walking boots/walking shoes and take waterproofs.* Regular updates posted on our Facebook page; book with [Margaret](#)

Advance notice – dates for your diaries!

We have booked Keighley Leisure Centre swimming pool for AWARE members on Sunday 6 April – afraid we couldn't get a slot in March; details in next month's newsletter.

As some of our usual April meetings fall in the Easter holidays, so we will be having two socials instead: the first is a fundraiser (leaflet attached and details in letter) at **Red Pepper** Indian restaurant, Otley on Tuesday 8 April (in lieu of our usual meeting at Airedale CDC) and the second is an informal lunch at **Outside the Box** café in Ilkley on Friday 4 April at 12 o'clock: children welcome – it's a fabulous, child and disability friendly café. <http://www.outsidetheboxcafe.com/> Please book with [Margaret](#) by Monday 31 March as it is very popular!

News from the NAS

NAS Harrogate and District Branch "Fringe Conference"

Last chance to book a FREE place at the NAS Professional Conference on Tuesday 4 March at Harrogate International Centre – King's Suite, Kings Rd, Harrogate, HG1 5LA Registration 8.45am – finishes 12.00 noon - see attached flyer; book by Friday 28 February. Hope to see some AWARE faces there!

NAS launches supported employment handbook

The National Autistic Society has launched a new publication *Finding Work - A job searching and work preparation handbook for employment professionals and people with autism, including Asperger syndrome*. This comprehensive handbook contains information, templates and practical worksheets to guide jobseekers with autism through the recruitment process. The handbook outlines best practice for employment professionals, and defines clear aims and outcomes for job seekers to achieve.

Visit www.autism.org.uk/findingwork to purchase this handbook at the introductory price of £60.

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

Mind the Gap – Making Theatre – Training Course. This is a one year training course for adults with a learning disability who want to learn about Theatre and different types of performance. [Click here](#) for

flyer with full details. [Click here](#) for booking form and return by Friday 18 April. If you use the address on the form, you won't need a stamp!

Interesting website for **ADHD**: <http://www.additudemag.com/resource-center/the-organized-adhd-child.html>

Cardiff University launches **autism mentor scheme**: <http://www.bbc.co.uk/news/uk-wales-south-east-wales-26245671>

Interesting article about **self-injurious behaviours**: <http://www.autism.org.uk/living-with-autism/understanding-behaviour/challenging-behaviour/self-injurious-behaviour.aspx>

Autism and Education Conference, 12th December 2013. '**Autism: how anxiety affects everything**' -

Sarah Hendrickx http://www.youtube.com/watch?v=rPD_yzMHJIs&feature=youtube_gdata

[Click here to sign up for your FREE subscription](#) to the new digital **Autism File** bi-monthly magazine.

Check out their latest issue – families, nutrition, dentists, physical play, homeopathy etc etc

Strong Close in Keighley has two new support groups running: **H.U.G.S** is a Mutual Support Group for families who have children with additional needs and **Little H.U.G.S** is a group for children with additional needs and their brothers and sisters. If you want any more information please contact Jacqui at the Centre on 01535 605272

Contact a Family guide to Transition [Parent guide: Preparing for adult life and transition - England and Wales](#) The main issues that parents and young people need

to think about at transition, for parents with children of 13 years of age and over

The **NAS** have produced two helpful, easy to understand guides for people with autism and their families:

After diagnosis - Information for parents and carers of children with autism and **What next? Information for adults with autism before and after diagnosis.**

Order your **FREE** guide today.:

<http://www.autism.org.uk/free-resources>

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

Have a look at what's on offer at **DAB**: <http://www.bradforddisabilityservices.co.uk/>

Autism Friendly films in March: **Dimensions** are hosting three different Autism Friendly films in December so there is even more choice. Sign up for Dimensions' [weekly e-news bulletin](#) in order to get the latest information about Autism Friendly Film Screenings and other Dimensions events and activities.

Disability Grants is a website which provides information about claiming different types of disability grants <http://www.disability-grants.org/>

Thank you for all your fundraising efforts!

A special thank you to **Karen Mortimer** who has added to our **AWARE** collection box by selling biscuits at the CDC meetings ... we have collected over £40 in the last few months so **THANK** you Karen and thank you members for your donations, keep them coming!

We've signed up to **justtextgiving** – to donate money to us simply text **AWAR12** £10 (amount you want to donate) to 70070.

Don't forget to keep **recycle mobile phones and ink cartridges** for us (the HP ones are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15) so **PLEASE** do recycle your phones and cartridges via The Recycling Factory envelopes – to get one, please ring 0800 0910696, 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 £751.28. **THEY ARE NOW GIVING MONEY FOR EPSON CARTRIDGES TOO SO PLEASE SEND THEM IN.**

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. **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! (We have just received a cheque for £7.21)



Easyfundraising: 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, for just a few clicks you can make £'s for AWARE – so visit <http://www.easyfundraising.org.uk/causes/aware> to sign up. **Total for Easyfundraising is £317.23** (£304.07 last month). **We now have 46 supporters, so thank you to the two new ones who signed up this month; everyone else please sign up NOW, you've nothing to lose and lots for AWARE to gain!**

Thank you to those people who have signed up for everyclick, where each search you make 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 £148.57** (£85.52 last month). **We are now promoting easysearch instead as it's part of easyfundraising and 'easier' to use, so sign up [here](#) and make it your home page, every search makes .05p so on average will raise £25 per person per year, just for searching the internet instead of using Google.** (£1.50 so far, 84p last month as we've only just started)

Helplines: 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

Children's Services Bradford 01274 437500 Leeds 0113 3984702 Craven 01756 793700

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



City of Bradford Metropolitan District Council
www.bradford.gov.uk



department for
children, schools and families

