

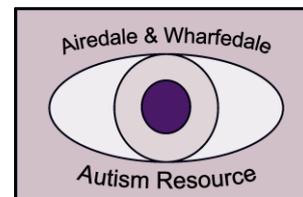
AWARE News March 2015

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www.homestead.com/awareuk/

www.awareuk.org



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March	Time	Activity & Location	Who for/ages	Cost
Friday 6, 13, 20 & 27*	7 – 9pm	Friday Youth Club Addingham Youth Centre (*library available) Just turn up	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Saturday 7	Times to be confirmed	Trip Club Cinema in Bradford and Chinese buffet Book with Rachel Miller	Age 12+, parents do not stay – young people have AWARE support.	£20.00 /person
Tuesday 10	9.30 – 2pm	Pamper Day See page 3 for details Addingham Youth Centre Book with Margaret	Parents, carers	Suggested donation £10/person
Tuesday 10	8 – 9.30pm	CDC Meeting, Airedale Hospital - see page 2 Just turn up	Parents, carers, Anyone interested	Free - donations welcome
Tuesday 10	Time to be confirmed	New Moving On Club Climbing Wall at SNOOP in Bradford Book with Rachel Miller	Adults on the spectrum 18-25 years	People pay for themselves
Saturday 14	10.30am – 2.30pm	Bag packing in Ilkley M & S Book with Julie Tales via Facebook or tales@hotmail.co.uk	Parents, carers, Anyone interested	This is an AWARE fundraiser!
Sunday 15	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
Friday 20	10am - 12pm	New Diagnosis Group Coffee Morning , Strong Close Children's Centre Keighley Book with Margaret	All carers welcome – babies and toddlers, too!	Free but donations welcome
Saturday 21	Pick up and drop off times vary	Trip to Harrogate Turkish Bath - see page 3 for details Book with Margaret	Parents, carers	Free for parents/carers; friends £20 each
Friday 27		Autism Awareness Week fundraising stall, Otley Market Place- see page 3 for details. Contact Jo	Parents, carers, Anyone interested	This is a fundraiser for AWARE!
Saturday 28	10am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Monday 30 Tuesday 31 March Also: Wed 1 & Thurs 2 April	10am-3pm	Play Scheme Stay and Play Addingham Youth Centre Just turn up	Families with children 0 – 16 years, inc. siblings /friend	£6/Family/day + £1/friend
	10am-3pm	Play Scheme Supported Places Book places with Jo	Children on the spectrum 8+	£12/Child/day

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 the CDC on Tuesday 10 March and at Youth Club on 27 March. Please contact our librarian, [Vanessa](#), if you are unable to access these dates and wish to borrow any particular resources (a full list is available in the password-protected members' section of our website –

we are purchasing new books every month); also see our Facebook group for recommendations and hints and tips on page three for details of websites etc which may be of interest to you.

Coffee Morning at Trinity 5 Rise Children's Centre

No coffee morning this month because we will be at Harrogate Conference on Tuesday 3 March – book your place here: [Harrogate Fringe Conference](#) Lifts available to/from Bingley and Otley with Margaret and Jo.

Meeting at Airedale CDC, Tuesday 10 March, 8pm: Caring

Message from this month's speaker, Chrissie Dodds, Carer Lead for Bradford District Care Trust, who will explain:

- How my role is to raise Carer awareness of all Carers with trust staff and why this is so important
- My links with Partner organisations (acute hospitals/social services/voluntary/charitable organisations) to try to improve the life of all our carers
- Listen to any specific issues for parent carers on the night to feed back to relevant staff.
- What do the AWARE carers feel the Trust is doing well at and where could we improve?
- How carers might like to be involved in helping the Trust shape future services affecting them and their child, ways of doing so and the support to do so that the Trust can offer all carers.

Last month's informal workshop was run by parent and AWARE member, Kate Webber, whose use of Makaton with her non-verbal son markedly reduced his frustration and improved his communication and Jenny Pemberton, Speech and Language Therapist and known to LOTS of AWARE members from play schemes and residential. We all learned a lot, so if you missed the evening and want to know more, you can find out a bit about Makaton here: <http://www.makaton.org/>

New AWARE Group – Moving On Club Tuesday 10 March

A social group for adults with autism age 18+, meeting once or twice a month to go out for social activities e.g. out for meals, to the cinema, pub quizzes. The group will decide their own programme. Last month members went karting in Guiseley (and then to the pub for a drink!) and had a fab time. Any AWARE members on the spectrum and aged 18-25 years are most welcome to join us next time; please book with Rachel Miller 07826926150. Rachel & Louise will be on hand to support if needed

Swimming, Keighley Leisure Centre - Sunday 15 March 3.15pm

Future dates in April – July will be advertised soon; watch this space ...

New Diagnosis Group, Friday 27 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 on Friday 27 March, 10am – 12pm, book in advance for the NDG with [Margaret](#)

Easter Play scheme Monday & Tuesday 30 & 31 March and Wednesday & Thursday 1 and 2 April

Contact [Jo](#) for further information; see what it's like before you come by following this link:

<http://sites.createvideomarketing.com/sites/185/AboutAware> Supported places can now be booked; cost £12 per child. Anyone is welcome to turn up to Stay and Play: £6/family/day, 10am – 3pm..

Low Mill Residential Break 17-21 August 2015. For children approximately 10-18 years, most suitable for slightly older children: those who have stayed away from home before or who enjoy more challenging activities such as canoeing, gorge walking, abseiling, high ropes, zip wire and archery. Follow this link to see what it's like: [LowMill Residential](#) and if you're interested in your child being considered, please contact [Jo](#)

We have been advised by our funders to charge for our residential breaks so the costs after April 2015 are likely to be £50 per child for a two night break and £100 per child for a four night break.

More carers' activities for AWARE members – hurrah!

We are delighted to say that we have funding towards THREE more carers' activities, so please put your names down as soon as possible – places are limited!

Thanks to Bradford Carers, this month we have funding for:

1) A Pamper Day in Addingham on Tuesday 10 March for twenty four Mums

Aiming to relax you and help you celebrate Mother's Day ... and thanks again to a grant from Bradford Carers, we have booked six therapists to work three hours each in the morning and then we will all have a buffet lunch. Please email [Margaret](#) if you want to reserve a place – not many left!

2) Harrogate Turkish Baths Saturday 21 March for eighteen Mums and/or Dads

Hurrah, another AWARE trip to Harrogate's Turkish Baths! We will be have a mini bus picking up in Bingley, Keighley, Silsden and Addingham (or you can make your own way there), and aim to be at the baths for 11.30am and leave Harrogate for the return at 3.30pm. N.B. This is a mixed session at the Turkish Baths so men and/or women both welcome. Have a look at the website for more information and to see how beautiful this place is: www.harrogate.gov.uk/turkishbaths Only two places left so book a.s.a.p. with [Margaret](#)

And thanks to Disability Advice Bradford, we also have funding next month for:

3) Stagefright Comedy Club 18 April Ilkley Playhouse: *“Our head-lining act is Jim Tavaré - Voldemort eat your heart out! Comedian, actor and musician, he is best known for his work on The Sketch Show on ITV which won a BAFTA award and also played the role of Tom, the owner of the Leaky Cauldron, in Harry Potter and the Prisoner of Azkaban.”* **Ten tickets available FREE (thanks, Ruth at DAB!) for AWARE parent carers** – please email [Margaret](#) if you want to reserve a place as they are going fast..

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

Lots of postings so people are up to date with what AWARE is doing; if you are missing out, then please join our closed members' group: [Join the closed AWARE members' ONLY FB group](#) Lots of ideas for the holidays and about where to use your Max cards!

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

Autism Friendly films: 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.

Have a look at **Cerebra** research into the experiences of families of [Bringing up a child with autism](#) – lots of interesting and helpful stuff on their website.

Members often ask about useful/fun autism **apps** so thought this might be helpful: <https://www.autismspeaks.org/autism-apps> If anyone has any other recommendations, please email [Margaret](#) and I shall include them in future newsletters.

There has been a lot of posting on Facebook by members about wills and LPAs recently. This free NAS guide **to wills and trusts** will give you some useful information; it looks at making or updating a will, and setting up a trust for a person with autism. It also talks about some of the things to take into consideration when planning for the future. Request your free copy of the guide to wills and trusts: email georgina@nas.org.uk. Please include your full name, address and postcode. Or download a [a PDF version of this guide](#). MENCAP are also running a free info session on wills on Tuesday 17th March from 12.30pm to 2.30pm at St George's Centre, Great George Street, Leeds and there are still places available. For a place ring 020 7696 6925 (*Thank you Susan McDonagh, leeds Abc*)

Several AWARE members have benefited from grants from **Family Fund**, the UK's largest grant-giving organisation helping low-income families caring for children and young people with disabilities or serious illnesses. Find out more and apply here: <http://bit.ly/1g0bl8D> (*Thanks for the reminder, Fiona!*)

Thank you for all your fundraising efforts!

Autism Awareness Week fundraising stall: Otley Market Place on Friday 27th March, donated items of bric-a-brac, tombola prizes; plus cakes and helpers (on the day) would be very welcome, contact [Jo](#)
Reminder: next **bag packing date is Saturday 14th March 2015** at Ilkley M and S, 10.30am – 2.30pm – book with Julie Tales direct either via Facebook or jtales@hotmail.co.uk

We're signed up to **justtextgiving**: to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. Don't forget please do **recycle your phones and cartridges via The Recycling Factory envelopes/free post label** (the HP ones are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15): the scheme is completely **free of charge** and 100% of the value of all items successfully recycled will be donated to AWARE. Just follow this link to print out a FREEPOST label

(and please share with your friends, family and work colleagues) Total collected so far: **£859**

<http://www.therecyclingfactory.com/aware>.

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!

Easyfundraising & Give As You Live have now merged so if you'd signed up to either then it's all now just easysearch & 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.

Overall Total for Easyfundraising/GiveAsYouLive is £1 603 (£1 594 last month)

We now have 64 supporters – welcome to our new supporter! If you haven't signed up yet, please do so NOW: you have nothing to lose and AWARE has a lot to gain.

<http://www.easyfundraising.org.uk/invite/3IDMM5/>

Please collect used postage stamps as we can get cash for them.

Ask your family, friends and work places to save them too, then bring them with you to any activity or events you attend, or pop them in an envelope and post them to us - we'll even recycle the stamp you use!

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 3951200 Craven & Harrogate 01609 534983

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

Carers Resource, Skipton 01756 700888 **Carers Resource, Shipley** Tel: 01274 449660

<http://www.carersresource.org/> **Carers Leeds** www.carers.org 0113 246 8338

Disability Advice Bradford 01274 594173, Leeds 0113 214 3630, Skipton 01535 617400

Contact a Family <http://www.cafamily.org.uk/> 08088083555 for advice on benefits & finance for families with a child with a disability.

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>

Leeds FIS <http://www.familyinformationleeds.co.uk/> family.info@leeds.gov.uk 08007310640 /

01132474386 **North Yorks FIS** fis.information@northyorks.gov.uk 0845 6011630 / 07624 802425

Local Offer <http://fis.bradford.gov.uk/fis/disability/Local+Offer>

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 Tel: 01274 431571

<http://fis.bradford.gov.uk/fis/disability/Play+Partners>

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



LLOYDS BANK COMMUNITY FUND

