

# AWARE News May 2008

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[www.homestead.com/awareuk/](http://www.homestead.com/awareuk/)



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May Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 12, 19 No club 5 or 26	7 – 9pm	<b>Monday Youth Club</b> Addingham Youth Centre <i>*Ring Sarah Jamieson to attend</i>	HFA/AS 12+ (Parents don't stay)	£1/ person
Fridays 2, 8, 15, 22 No club 30	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Wednesday 7	10am – 12pm	<b>Coffee Morning</b> Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Tuesday 13	7.30pm	<b>Parents Meeting</b> CDC, Airedale Hospital	Parents, Carers, Professionals, anyone interested	Free
Saturday 10 with bouncy castle	10am – 12pm	<b>Junior Youth Club</b> Addingham Youth Centre  <i>Please ring, text, email to let us know you are coming, as equipment will be left out from the Friday club, some help will be needed by those who attend to put it away again.</i>	Families with younger children up to about 10 yrs, inc siblings	£2 /family + £1/friend
Saturday 17	11am- 12pm	<b>Trampolining</b> <i>Please ring, text, email to book</i>	All family	£2 /family
Wednesday 21	10am – 12pm	<b>Coffee Morning</b> Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Sunday 26 <b>Spiderwick Chronicles</b> 	11am	<b>Cinema</b> Leeds/Bradford Odeon, Gallagher Leisure Park Thornbury, Bradford Doors open 10.50am  <i>*Tickets can be pre-booked to avoid queuing, at <a href="http://www.odeon.co.uk">www.odeon.co.uk</a> or on the Film info line 08712244007</i>	All family  <i>Just turn up</i>	£2.50/child, adults free
Sat 24	4.15- 5.15pm	<b>Swimming/Inflatables</b> Keighley Leisure Centre	All family <i>Please ring, text, email to book</i>	£2 /person
Wed 28 Thur 29	10am- 3pm	<b>Play Scheme</b> Addingham Youth Centre <i>Families just turn up</i>	All family	£2 /family + £1/friend

N.B. For further details of all our activities contact Jo 07764432933; for the Monday club contact *\*Sarah Jamieson* on 01274 734018 or email [sarah.jamison@bradford.gov.uk](mailto:sarah.jamison@bradford.gov.uk)

***Please remember to send us your used stamps; mobile phones and ink cartridges!***

### **Giant Inflatable and Slide, Swim Session, Sat 24 May, 4.15pm – 5.15pm**

Keighley Leisure Centre pool has been booked exclusively for AWARE members, places limited to 20 children (plus parents), please book with Jo in advance, cost £2/person. There are several large disabled changing rooms, just off the pool side, available for families to use,.

### **Monthly meeting at the Child Development Centre, Airedale Hospital**

#### **Tuesday 13 May at 7.30pm: Andy Morris – Cygnet, Autism Parent training.**

Andy will be talking about the Bradford-designed course aimed at parents of children who receive a diagnosis around the ages of 5 – 8+ years.

Last month's meeting was about the valuable (and free!) service provided to families by Play Partners: escorting children/young people with as ASD to out of school activities such as Cubs, dance classes, sports etc. Tricia told us there is a short waiting list at the moment so call asap if you and you want to find out more on 01274 431571!

#### **Library Books at Youth Club, Addingham**

Committee member, Karen Mitchell, will be bringing AWARE's library books and DVDs etc to the youth club on the following evenings:

23rd May, 27<sup>th</sup> June, no library July/Aug, 26th Sept, 31st Oct, 28th Nov, no library Dec

The library is a valuable resource for parents, children and young people with an ASD, siblings and any teachers/support staff working with people with an ASD: please use it!

#### **Cinema: Spiderwick Chronicles, Sun 26 May**

Don't believe in mystical creatures? They live all around us, you just can't see them. Jared (Freddie Highmore – 'Charlie and the Chocolate Factory') is finding it difficult to fit into his new surroundings, and his fellow siblings aren't making it any easier until one day he discovers the Spiderwick Chronicles - a field guide to all the mystical creatures that live around us, and soon Mulgrath, the Ogre wants it for himself!

#### **Cinema: Horton hears a who, Sun 1 June**

Horton is a big elephant with an even bigger imagination. So is it any wonder that when Horton (Jim Carey – The Mask) tells his neighbours that he has discovered a whole planet on a speck of dust, no one believes him? Steve Carell (Bruce Almighty) brilliantly plays the part of the lord mayor of Who-Ville, who now needs protecting as their natural habitat has been lost. 'Horton Hears a Who' is brought to you from the people that created 'Ice Age' and is adapted from the Dr Seuss' novel. 'Horton Hears a Who'

#### **February and Easter Play schemes – more successful than ever!**

We provided 22 children with supported places plus 28 parents came along with all their children (55 children) which meant we provided a service to 42 families - 77 children in total!

Play scheme activities include: art & crafts; physical activities - bouncy castle, trampolining, table tennis, skating and scooters, ball games; computer games – X Box & play station; role play – dolls, farms, cars, shops etc; musical instruments – keyboard, rain maker, drum machine, ocean drum; construction toys – biro, lego, magnetix, marble run; chilling out watching videos or reading books, listening to music. Everyone had a really good time and some new friendships where made both between parents and children.

Bradford Play Development team came several days to do sport, and we employed two art workers to do sessions including modroc, silk painting and painting ceramic plant pots and planting into the pots.

#### **Spring Bank Holiday Play scheme days, 28 & 29 May 10 – 3 (Weds/Thurs)**

Parents with children 0 to 16 years are welcome just to turn up and play on either of the days; cost is £2 per family. Bring a packed lunch and stay all day! We have a very limited number of supported places for children 8 – 16 yrs book now, cost £8/day; please ring Jo asap.

#### **Monthly Raffle – Cow and Calf meal for two**

Tickets are £1 each; pick one up next time you attend an event! March winner was Mrs. Clark.

### **Coffee Mornings with professionals to answer your questions:**

#### **Raj Konwaar, Specialist Registrar in Child Adolescent Psychiatry Wed 7 May**

Raj Konwaar will be running a group for siblings of children who have a diagnosis of autism as part of a research project for the university of Leeds. The groups will be called 'sibling groups' and they will be for children/young people between the ages of 8 and 14. There will be three sessions at weekly intervals and a follow up session 3 months later, each lasting about one and half hours. The sessions will be interactive and include games, audio-visual presentations, group discussions etc. and will be run at Hillbrook, Keighley by Raj and two co-facilitators. For further information and to meet Raj and his colleagues Karen Hellewell and Clarissa Jarvis, who are Community Mental Health Practitioners, please come along to our coffee morning on Weds 7 May, from 10am at Addingham Youth Centre.

#### **Specialist Senior Educational Psychologists (EPs) in Autism: Anwar Hussain and Janet Pilley, Wed 21 May**

Wednesday 21 May, from 10.00am at Addingham Youth Centre.

Anwar and Janet have been working together as Specialist Senior EPs for Autism since January 2005 and both have extensive experience of working with children with Autism, including working as part of multi-agency assessment teams. The aim of the specialist post is to complement the existing knowledge and training of all the EPs in Education Bradford in the area of Autism. They also work closely with specialist teachers and inclusion mentor colleagues, in the Autism Spectrum Team based within Education Bradford's Learning Support Service, and others in the local Autism network, which includes colleagues based in the DSPs (Designated Special Provision). Please let them or Jo know if you would like to discuss any specific issues. Janet Pilley and Anwar Hussain Educational Psychology Team: 01274 385761

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#### **Nell Bank Outdoor Activity Centre Weds 25 July & Weds 6 August**

We have booked two Family Days (children must be accompanied by an adult) for 'A Great Day Exploring' on Wednesday, 25 July and Wednesday, 6 August, from 10.30 am to 3.00 p.m. (picnic lunch on site). We will spend the day exploring the environment with all that it has to offer: from pond dipping, nature trails and minibeasts, to the adventure playground. And there is plenty of shelter in case of bad weather. Cost is £7.50 per person, but AWARE will pay for the adult places (max. 2 per family), therefore only £7.50 per child; adult and child friends are also welcome at £7.50 per person. To reserve places please contact Jane Guillard a.s.a.p. phone 07903744698 or e-mail [matignon@tiscali.co.uk](mailto:matignon@tiscali.co.uk)

#### **Summer Trips**

Thursday 31 July – Chester Zoo, depart Addingham 8.30am return 4pm.

Thursday 7 Aug – Theme park – Lightwater valley, Flamingo Land or Camelot, (depending on best prices) depart Addingham 8.30am return 5pm.

Thursday 14 Aug – Seaside – Bridlington or Scarborough, depart Addingham 8.30am return 5pm. Venue for 7<sup>th</sup> & 14<sup>th</sup> Aug to be confirmed; prices also to be confirmed. If you are interested, please let Jo know so she can get an idea of numbers (£5 deposit to secure places). Prices will be similar to last years and include transport and admission fee where applicable - Chester Zoo £13/person/under 3's £6, Theme Park £14/person /under 1 metre £6, Seaside £7/person.

#### **Autscape 2008, Giggleswick, Tuesay 29 July 0- Friday 1 August**

(information taken from Asperger United)

Autscape is a residential conference and retreat for, and run by, autistic people. For further information, visit [www.autscape.org](http://www.autscape.org), email [info@autscape.org](mailto:info@autscape.org), call 07941 343026 or write to: Autscape, 4 Falcon Street, London E13 8DE.

#### **Mind the Gap intensive training courses for actors with learning disabilities**

Bradford-based Mind the Gap offer a variety of opportunities for people with learning disabilities. Visit [www.mind-the-gap.org.uk](http://www.mind-the-gap.org.uk) or call the Learning & Skills team on 01274 729575

## **Born in Bradford (BiB)**

BiB is a project designed to improve the health of children, both now and in the future, by aiming to pinpoint the causes of diseases such as asthma, heart disease and diabetes. It also aims to find ways to improve the health of those who have to live with these conditions. For more details, visit [www.borninbradford.nhs.co.uk](http://www.borninbradford.nhs.co.uk)

## **3<sup>rd</sup> Annual Conference on Autism: Autism West Midlands, May 15 – 16**

The Autism Awareness Centre (Canada) has joined forces with autism.west.midlands to bring Brenda Smith Myles and Catherine Faherty to speak to parents and professionals in Birmingham. For further information, visit: [www.autismwestmidlands.org.uk](http://www.autismwestmidlands.org.uk) or call 0121 450 7576

## **Fundraise for AWARE by giving us your old mobile phones, used stamps and cartridges.**

Please save them and bring them along to any of our sessions, or ring Jo to arrange collection. **Visit our webshop:** make internet purchases via our webshop at <http://www.buy.at/aware>. It doesn't cost you any extra, but we get a percentage of the profits, so please buy here! Shops include - Amazon, John Lewis, M & S, Adams kids, ELC.

## **Useful information/links**

**Play Partners** can help children with a disability access play or holiday schemes 01274 431571

**Carers UK** log on to [www.carersuk.or](http://www.carersuk.or) to find out how you can show your support

**Bradford Young Carers** Older children often help their parents to look after disabled siblings. For advice and information contact 01274 481183

**Bradford Toy Library, St Luke's** Call Emma or Michelle on 01274 365463 for opening times [www.entitledto.co.uk](http://www.entitledto.co.uk) This website provides free online calculators to help you work out your entitlement to benefits and tax credits.

## **Help Lines: Need help or support?**

The National Autistic Society [www.nas.org.uk](http://www.nas.org.uk) Parents' Help line: 0845 070 4004 (Mon-Fri 10-4) [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk)

The Autism Services Directory <http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=113&a=5704>

**Parent Partnership Lines:** Bradford 01274 481183 Leeds 0113 3951200  
North Yorkshire 01756 792427

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

**Support for Carers - Carers Connection** Bradford [www.carers-in-bradford.nhs.uk](http://www.carers-in-bradford.nhs.uk) 01274 363440

**Carers Resource** Skipton [http://carersresource.smartchange.org/mw\\_bran2.phtml](http://carersresource.smartchange.org/mw_bran2.phtml) 01756 700888

**Carers Leeds** [www.carers.org](http://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

**Looking for childcare** The Family Hub Leeds [www.thefamilyhubleeds.org/](http://www.thefamilyhubleeds.org/)

**Children's Information Link** [www.bradford.gov.uk/childcare](http://www.bradford.gov.uk/childcare)

**Transitions service.** <http://www.dimensions-uk.org/index.php>

**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:**

## ***Bradford Carers Grant***

*Cow & Calf, Ilkley*

