

AWARE News May 2010

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Issue 120

www.homestead.com/awareuk/

www.awareuk.org



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May Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 10, 17 & 24	7 – 9pm	Monday Youth Club Addingham Youth Centre <i>*Ring Sarah Jamieson to attend</i>	HFA/AS 12+ and siblings age 8 - 17 (Parents don't stay)	£1/ person
Fridays 7, 14, 21 & 28	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Saturday 8	TBC	Trip Club <i>Contact Linda Porter on 07949576898 for further information</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 p/session (includes activities and refreshments)
Tuesday 11	8.00pm	Parents' meeting at CDC – see page 2 for more info <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Saturday 15	10am – 1pm	Cook Club (monthly) Addingham Youth Centre	HFA/AS 13+ <i>Book in advance with Jo – more info on page 2 of newsletter</i>	£5 includes lunch and dish to take home.
Saturday 15	1.30 – 3.30pm	Junior Club 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 11years, inc siblings	£2 /family + £1/friend
Sunday 16  Cloudy With a Chance of meatballs	11am Doors open 10.50am	Cinema <i>Just turn up but please read info on page 2</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Wednesday 19	10am – 12pm	Coffee Morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Saturday 22	4.15pm – 5.15pm	Swimming – Inflatables. Keighley Leisure Centre <i>Please let us know if you have booked and CAN'T attend so we can offer the places to another family</i>	All family – please ring/email/text Jo to book places	£2 /family

NB For further details of all our activities contact Jo 07764432933; for the Monday club contact **Sarah Jamieson* on 01274 734018 or email sarah.jamieson@bradford.gov.uk

Annual Membership

Thank you for returning your annual membership and to those people who completed their questionnaires, too: we need your responses to help us continue to access funding.

AWARE Library

The AWARE Library will be available at the Parents' meeting on 11 May and Youth Club on the 28 May. Please contact Karen (or Margaret) if you are unable to access these dates and wish to borrow any particular resources: karenrobertson31@hotmail.com (margaretnash@thomasnash.orangehome.co.uk)

Parents' Meeting, Tuesday 11 May at 8pm

This month's speaker is Owen Jones from Supported Lives: "Supported Lives works with people with a wide range of support requirements in their own homes and local communities. We usually work 1:1 helping people access leisure activities, assisting around the home and supporting people on to college courses and in voluntary work. We work with lots of people with autism and autistic traits, particularly young people who have left or are leaving school and haven't found the daytime activities they want. I will be attending AWARE's May meeting and look forward to meeting you and answering any questions you have."

Advance notice – AGM, Cow and Calf Hotel, Ilkley, Tues 13 July followed by a chance to socialise.

AWARE wins new funding for carers!

Jo has been successful in obtaining a Carer's Good Ideas grant of £3724 to run two pamper days which will be at Addingham and two Spa days in Harrogate. The first pamper day will take place on 16 June, 9.30am to 2.30pm, to coincide with Carers Week 12 – 18 June 2010; contact Jo to book.

Cook Club

The cook club runs on a monthly basis at Addingham Youth Centre, a maximum of six young people can attend per session; age 13+ HFA/AS; cost £5 includes lunch and a dish to take home. If your child is interested in attending, please contact Jo.

Coffee Morning: Wednesday 19 May

Everyone welcome, including toddlers!

Cinema: Sunday 16 May: autism-friendly screening of 'Cloudy With a Chance of Meatballs' (U)

Outsider Flint Lockwood has always wanted to invent something amazing that would make people love him. When his home town Chewandswallow falls on hard times and sardines are the only food on the menu, Flint spots his big chance to make a difference. The eccentric young inventor can't believe his luck when his invention actually works and he looks set to ensure no-one will ever go hungry again. But meatballs falling from the sky soon turn into disaster leaving the world in a pickle.

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.

Spring Bank play scheme – cancelled due to building work at Addingham

Advance notice Summer play scheme: Mon 16 – Fri 20 August and Mon 23 – Tues 24 August.

Bookings for supported places are now being taken.

Residentials at Lineham Farm www.linehamfarm.co.uk

The next residential will be from 21 – 23 May and referrals are now being taken for children 8 – 16 years. It is possible for children just to come for the day, or a couple of hours, to try it out prior to staying overnight and it is also possible for a parent to stay with their child initially if this helps. Activities include climbing wall, biking, animal care, and art or environmental activities.

Advance notice of residential at Herd Farm 25 – 27 August www.herdfarm.co.uk

We've also booked another residential which will take place at Herd Farm (LS17) from Wed 25th to Fri 27th August. This is for slightly older children (10 - 18 years) as the activities are more challenging: zip wire, high/low ropes, assault course etc. The residentials are free but we are happy to accept donations and for further information or to register interest, please contact Jo.

Kit for Kidz Wednesday June 9th 2010 10am-3pm Pudsey Civic Hall, Dawson's Corner, Pudsey, Leeds LS28 5TA (e-flyer attached). Free exhibition of equipment for disabled children: *seating products, wheelchairs, walking aids, beds and sleep systems, toileting products, car seats, tricycles, switches and adapted toys and accessible gaming, wheelchair accessible vehicles*

Bradford LINK Newsletter – available to download now Find out more about their work on Autism and Asperger's Syndrome and their new group looking at mental health issues in the Bradford district. If you would like a paper copy contact [Bethan Davies](mailto:Bethan.Davies@bradfordlink.org) 01535665258

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

Problems with handwriting? If your child/young person has hyper mobile fingers and hands, incorrect grip or problems with finer motor skills, you may be interested in Grott Grips which have been highly recommended by a parent – see: <http://www.specialdirect.com/Range.aspx?cid=19&rid=182&page=3>

“within seconds of using it our son's handwriting has transformed, his arm is less tired and he has much freer flowing pen strokes. .. actually tried nearly a dozen different grips and this one was the one which worked best...”

Special writing paper to help improve writing skills. (Thanks to Leeds ABC for this info.)

Raised ruling paper by Mead is designed to help improve children's writing skills. The lines have an embossed texture and add a tactile, multisensory element to writing. *“Since using this paper, my daughter can now write in a straight line. After being prompted to feel the line with her finger, she seems to be able to focus more clearly on writing a simple sentence. The paper is mainly available in the USA but Spacecraft sell it in their catalogue”.* There are two types available, letter (5 lines per page) and junior (9 lines per page). To register for a catalogue visit www.spacecraft.co.uk or telephone: (01274) 581007

Rough Guide to Accessible Britain – FREE for disabled people - The new updated Rough Guide to Accessible Britain is being offered free of charge to Blue Badge holders. The guide contains lots of ideas, advice, reader recommendations and practical ideas for exciting days out across the UK. The guide also includes details of organisations that offer information and support for attending music festivals and arts venues/events as well as where to find Blue Badge-enhanced GPS navigation, or find listings of audio-described theatre performances. The guide is available free to Blue Badge and Disabled Persons Railcard holders. To order a free copy visit www.accessibleguide.co.uk or call 0800 953 7070

Accessible toilets - Knowing that toilets will be available when making journeys is important for everyone, especially when making longer or unfamiliar trips. For disabled people this can be crucial, especially if access to accessible toilets is necessary.

The National Key Scheme (NKS) offers independent access to disabled people to thousands of locked wheelchair accessible public toilets around the UK. The use of a standard key restricts their use in general to disabled people and reduces the risk of vandalism. A key currently costs £3.50 (excluding VAT - see the RADAR website: www.radar-shop.org.uk) and is usually available from local authorities, Shopmobilities and Disabled Living Centres, as well as from the Royal Association for Disability and Rehabilitation (RADAR).

Both guide and key may be ordered on line from the RADAR bookshop: www.radar-shop.org.uk. The location of accessible toilets in any region or town may be found in the "Toilets" section under "Featured Locations": www.directenquiries.com/default.aspx?st=nks#searchArea.

DPTAC: Door to Door - a travel guide for disabled people <http://dptac.independent.gov.uk/door-to-door/index.htm>

Child Trust Funds A Child Trust Fund (CTF) is a long term savings and investment account for children born on or after 1st September 2002. Each child automatically receives a voucher from the government for £250, which their parents can use to open a CTF account. Children who live in low income families are eligible for an additional trust fund payment of £250. The government will then make further payments, of either £250 or £500, after each child's seventh birthday. This money is then invested for your child and will grow over time until they reach the age of 18. From April 2010 the government will make extra payments into the CTF accounts of children with a disability. In order to qualify for an additional payment, your child must have been in receipt of Disability Living Allowance (DLA) at some point during the previous year. The extra payment will be £100 per year or £200 per year if your child gets the highest care component of DLA. The government expects to automatically identify those children who have both DLA and a child trust fund and will make a payment directly into each child's account. Parents will receive a letter telling them once a payment has been made. If your child has a CTF and is in receipt of DLA, **please check** that you receive this entitlement. (Thanks to Leeds ABC for this)

Items for sale/needed: if you have any special equipment you would like to give away/sell/buy, please send brief details to Margaret and we shall try to include the information in the newsletter and on our website in return for a donation to AWARE (if selling). *If you have any hints/suggestions you would like to share, please contact me on 07854 740071 or email margaretnash@thomasnash.orangehome.co.uk Thank you!*)

NAS News

Harrogate NAS has a new branch website: www.nas-harrogate.co.uk

help! 2 courses:

Leeds Meeting your child's sensory needs - Tuesday 29th June 2010
Anti-bullying - Wednesday 7th July 2010

Wakefield Managing anger in young people with Asperger Syndrome (or a child with an ASD in main stream school) - Thursday 17th June 2010.

Supporting the siblings of your child with an ASD - Thursday 24th June 2010

For further information or to book a place, call 0191 568 0732 or email jan.fuller@nas.org.uk

Fundraise by using our webshop and by giving AWARE your old mobile phones, used stamps & empty ink cartridges

Don't forget to use our webshop, www.buy.at/aware 'gateway' to many internet shops and if you go shopping via this gateway we receive a percentage of your spend or an amount agreed by the company *at no additional cost to yourself*. A few of the most well used shops are M & S, Amazon, Waterstones, Iceland plus many, many more. Please support us by doing your shopping via the above address: make it your home page so you'll never forget to use it! Please bring along old mobile phones, used stamps and empty ink cartridges to any of our sessions, or ring Jo to arrange collection.

Help Lines: Need help or support?

The National Autistic Society www.nas.org.uk

Parents' Help line: 0845 070 4004 (Mon-Fri 10-4) autismhelpline@nas.org.uk

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 Lines 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 - DIAL (Disablement Information and Advice Line)

Bradford 01274589162, Leeds 0113214 3630, Benefits Agency, 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>

The Children's Information Link for up-to-date information about childcare, nursery education, children's activities and family support services. Tel: 01274 437503

Bradford Toy Library, St Luke's Call Emma or Michelle on 01274 365463 for opening times

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:

Bradford Carers Grant

Cow & Calf, Ilkley

