

AWARE News May 2011

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www.homestead.com/awareuk/

www.awareuk.org



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May	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 6, 13, 20 & 27	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Saturday 7	10 – 1pm	Cookery <i>Book with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 per person
Saturday 7	1.30 – 3.30pm	Junior Youth 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 11 years, inc siblings	£2 /family + £1/friend
Tuesday 10	8.00pm	Meeting at CDC, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	£3 per family
Friday 13	9.30 – 11am	New Diagnosis Group Strong Close Nursery <i>Book with Margaret</i>	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free
Saturday 14	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	£20 p/session
Wednesday 18	10am – 1pm	Coffee morning Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Sunday TBC	11am Doors open 10.50am	Cinema: <i>Details tbc</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>Just turn up</i>	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Sunday 22	3.15 pm – 4.15 pm	Swimming – Inflatables. Keighley Leisure Centre <i>Please let us know if you have booked and CAN'T come so we can offer the places to another family</i>	All family – please ring/email/text Jo to book places	£2 per person

For further details of all our activities contact Jo 07764432933

Has your child been recently diagnosed and/or are you looking for some friendly advice?

If you would like to get together informally with a small group of parents to chat and discuss issues such as play skills, diet, sleep, toileting, benefits, please contact Margaret. We are meeting at Strong Close Nursery in Keighley on Friday 13 May, 9.30 – 11.30am. Please book in advance with me: margaretnash@thomasnash.orangehome.co.uk or 07854 740071.

AWARE Library will be available at Youth Club on 27 May. Please contact Margaret if you are unable to access this date and wish to borrow any particular resources (a full list is available in the members' section of our website).

Meeting at The CDC, Airedale Hospital, Tuesday 10 May 8.00pm: Ann Pemberton, Nutritionist

Anne: "My background is 30 years of intensive care nursing. In 1986 I gave birth to a little boy who was diagnosed with Aspergers / HFA at the age of 6. By the time he was 12 he had been a pupil at 6 different schools and was in a residential school which was also failing, he was heading for a section under the mental health act. I removed him, did my own research via a psychology degree, PG cert in Autism and finally a Nutritional Therapy diploma. He is 25 now and has just completed his masters degree in software engineering..... This turn of events has molded me as a person and made me who I am today. I now practice Nutritional Therapy/Functional medicine with a special interest in Autism. I will be talking to you about some really simple solutions you could use to improve the quality of life for yourselves and your little ones. I would like to make this an interactive evening so please come along with any questions you personally need answers to."

Many thanks to last month's speaker, Louise Baldwin of Autism Partnership – we shall be inviting Louise to one of our coffee mornings soon! See attachment for some recent TV coverage of Autism Partnership.

Coffee Morning Wednesday 13 May

Come along for coffee/tea and biscuits and the chance to relax and catch up with some other parents from 10am – 12pm. No need to book: just turn up!

Cinema: autism-friendly screening

Details of the date and film will go out with the May e-update. *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.*

Advance notice: Whit Week Play Scheme

Wed 1 & Thurs 2 June: we are taking bookings for supported places now so book with Jo.

Trip Club

Some of our Trip Club members are moving up to a new club we are setting up for age 18 plus, so there are places for new teenagers to join the existing club: if your son or daughter (12 - 17) would like to attend the sessions please get in touch with Jo.

Cookery Club

Some while ago several members of the Trip Club (teenagers with autism) submitted a bid for a 'Small Money, Big Change' grant and have just found out that they've been successful and been granted £2000 for more cookery club sessions – well done to everyone who helped put the bid together! The first date is Saturday 14 May and then 11 June and 2 July; contact Jo if your son/daughter is interested in joining.

Thank you for all your fundraising efforts!

Many thanks to everyone who donated such wonderful prizes and goods to our Autism Awareness Spring Fair and to those who helped out or came along to support us: we made over £622 on the day! There will be more details of your fundraising efforts in the May e update.

Please, please do continue with your donations and fundraising efforts. Suggestions: car boot sales, sponsored events, selling things on ebay, using our webshop: www.buy.at/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; signing 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>

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 make your purchases.

Ink Cartridge Recycling Cartridges are now returned in 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, thanks).

NAS News

Message from Tom Madders, Head of Campaigns:

With vital services and benefits being cut, we want you to join us at the [Hardest Hit protest](#) on May 11th. The protest will show Government how cuts will affect disabled people. Hardest Hit is being supported by many disability charities, including the National Autistic Society. There will be a London protest, involving a rally, march, and lobby of Parliament. [Sign up](#) to attend some or all of the day. We know that it can be difficult for people with autism to take part in a noisy protest. For this reason we have booked some quieter rooms in Parliament for those who want to meet their MP in a calmer environment. Please contact us on hardest.hit@nas.org.uk to arrange to use a quiet room. As well as the London protest, there will also be an [Online Protest](#). Numbers count, so please get involved in any way you can.

Tips for managing stress

Anxiety can be a serious problem for children and adults with autism. In the Spring 2011 issue of *Communication*, the members' magazine, they shared some tips and ideas for dealing with stress and anxiety which have been submitted by NAS supporters. [Download the exclusive article](#).

New self-advocacy booklet for adults on the spectrum

The booklet was developed by a group of adults on the autism spectrum and is designed to help you communicate your wishes and needs to the people you meet. When you have a formal appointment, you simply fill in the relevant section(s) of the booklet and take it with you to the meeting. Download it for free at www.autism.org.uk/selfadvocacy

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

We are regularly uploading files to our website: please do take a look – there may be some useful information for you and your family. You will have received the new password by email with confirmation of your membership renewal.

Quick – last minute! FREE apps during the month of April, Autism Awareness month.

<http://itunes.apple.com/us/app/aba-receptive-identification/id346469743?mt=8>

I heard a very interesting programme on BBC Radio 4, All in the Mind, about research into autism and anorexia nervosa taking place in Leeds; listen to this on <http://www.bbc.co.uk/iplayer/console/b010dp1p>

Sorry to bombard you, but here's another very interesting and potentially influential online survey for parents of autistic children, as well as individuals on the spectrum, and professionals. Your response will directly inform the policy recommendations that come out of it, so do please spare the 10 minutes and have your say, and forward it on. <http://www.autismeducationtrust.org.uk/outcomes>

You'll see there are two versions of the questionnaire, for different groups of people. It's very easy to see which one applies to you and the whole thing took me about 10 minutes, and was very thought-provoking. Here's more background information about the survey:

The Autism Education Trust (AET) is a coalition of voluntary organisations and charities, and commissioned a project to look at what shapes outcomes for people on the autism spectrum. In particular the AET is interested in whether there are aspects of schooling that have a particular influence on the types of outcome an adult on the autism spectrum may have.

There are three main aims to this project:

- *To define appropriate learning and personal development targets for children and young people on the autism spectrum and how to best assess those target skills.*
- *To identify which learnt skills lead to best outcomes in adults on the autism spectrum.*
- *To disseminate the findings from this project to inform policy, practice and commissioning.*

What is Proloquo2Go? ... a product from [AssistiveWare](#) that provides a full-featured communication solution for people (including those with autism) who have difficulty speaking. It brings natural sounding text-to-speech voices, close to 8000 up-to-date symbols, powerful automatic conjugations, a large default vocabulary, full expandability and extreme ease of use to the iPhone, iPod touch and iPad. Click on the Presentation below which will take you to notes of the conference on proloquo2go.com (Thanks, Claire!)

Buddi trackers: If the child or adult you care for is prone to wandering, a buddi tracker could give you peace of mind. It offers the ability to locate someone wearing a buddi within minutes, online, by phone or text 24 hours a day, 365 days a year by using satellite technology. For more information call 0871 423 8756 or visit www.buddi.co.uk

Mother wants autism understanding: shopping <http://www.bbc.co.uk/go/em/fr/-/news/uk-wales-12973441>
(Thanks, Lisa!)

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!

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 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/Family Information Service 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. Try out their Sensory Room.

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

