

AWARE News May 2012

Registered Charity 1089617

Issue 142

www.homestead.com/awareuk/

www.awareuk.org



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May	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 4, 11, 18 & 25	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Tuesday 8	8pm	Meeting at CDC Airedale Hospital - see page 2 Just turn up	Parents, Carers, Professionals, anyone interested	Donations welcome
Thursday 10	10 am – 12.30pm	Walking Group – see page 2 for details Book with Margaret	Parents/carers, babies and toddlers welcome	Free
Sunday 13 	11.30 am	Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford See page 2 Just turn up	All family	See page 2 Carer free
Wednesday 16	10am – 12pm	Coffee Morning Addingham Youth Centre Just turn up	Parents/carers, babies & toddlers welcome.	Donations welcome
Sunday 20	11am	Thomas Family Walk See page 2. Contact Diane by phone or email to attend.	All family, no dogs	Free
Saturday 26	12 – 8pm	Trip Club: Disability Rocks Nell Bank, Ilkley For further information contact Rachel Miller on 07826 926150	Age 12+. Parents don't stay - young people will have AWARE support	£20/person/session
Sunday 27	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 per session)	£2.50/person
Friday 1 June	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery Book with Margaret	Parents/carers of newly diagnosed children; babies & toddlers welcome	Donations welcome
Sat 2 June	10 am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Wed 6 & Thurs 7 June	10am-3pm	Play Scheme Stay and Play- Just turn up Supported - book now	Families with children 0 – 16 years, including siblings /friend Children with ASC 8+	£3/half day £6/full day/Family +£1/friend Supported £12/day

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 25 May. Please contact our newish (!) librarian, Alison, on 07932258170, 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 8 May at 8.00pm: Eating

Louise Baldwin, a board certified behaviour analyst and the Site Director for Autism Partnership UK, has been working with children with autism since 1998. AP provides Applied Behavioural Analysis (ABA) programmes for children with autism. Louise will present practical strategies to help resolve the challenges of eating. There will be discussion on the possible hurdles for tackling this very important goal and how to overcome these hurdles. It will be an informal session where Louise will welcome questions and work through examples given as a group. Who should attend: • Parents • 1:1 Therapists & LSAs • Teachers & other school Personnel • Professionals working with children with autism
Last month's speaker was Cathy Wright, Occupational Therapist based in CAMHS, who talked about Sensory Assessments and sensory issues for people with autism. For a paper copy of Cathy's handout, please contact Jo/Margaret.

Walking Groups: mid-week for parents/carers and weekends for families: 10 & 20 May

Mid-week ramble with Ronda: for parents/carers only – Thursday 10 May, meet at The Stocks, Bingley Market Place at 10am prompt (or 10.30 in Ilkley – we intend to do the bluebell walk around Middleton Woods). Email/call Margaret to book and for further information.

Weekend Walks with the Thomas family: Sunday 20th May. Message from Diane: *On the 15th April a group of 10 members did a circular walk from Gargrave. The walk was five miles long and took us along the Leeds Liverpool Canal to Bank Newton and back along part of the Pennine Way. There were many boats on the canal and it was interesting watching them go through the locks. We were very lucky with the weather as the sun shone a sharp contrast from the last walk when it was rather wet. The next walk is on the 20th May from Pateley Bridge and is 5.5 miles long. We will meet in the car park on Nidd Walk (HG3 5NA) at 11.00. At the bottom of the High Street (B6265) turn left onto Nidd Walk, go past The Wildings tea room on the right hand side and past a number of properties to the left, and the car park is situated at the bottom of this road surrounded by trees. Anyone is welcome to come along but please wear walking boots/shoes and clothing that is appropriate for the weather and bring a packed lunch. Please book with Diane 01943 863519/Mob 07563 733576/ diane.thomas1964@gmail.com*

N.B. For both groups, it is advisable to wear walking boots/walking shoes and take waterproofs – please also print off and sign the disclaimer.

Cinema: Sunday 13 May autism-friendly screening of Beauty and the Beast (U, 2D)

For details of the national autism friendly screenings, including a trailer, see <http://www.dimensions-uk.org/what-we-do/autism/autism-friendly-films> [Autism Friendly Film Screenings Homepage](#) [Your questions answered](#) about booking, pricing and CEA Cards (free entry to Carers).

Coffee Morning Wednesday 16 May: Addingham, 10am-12pm

Come along for coffee/tea and biscuits, chance to relax and catch up with other parents. Just turn up!

Friday 1 June: New Diagnosis Group

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 are meeting at Strong Close Nursery in Keighley on Friday 20 April 9.30 – 11.30am. Please book in advance for the NDG with me (so I can buy enough chocolate biscuits!): 07854 740071 or margaretnash@thomasnash.orangehome.co.uk

Spring Bank Holiday Play scheme Wed 6 & Thurs 7 June

Stay & Play £6/family/day; Family/Child Supported place £12/day – book now. Take a look at our videoette to see what it's like before attending:

<http://sites.createvideomarketing.com/sites/185/AboutAware>

Thank you for all your fundraising efforts!

A HUGE thank you to the lovely Lightowlers who kindly asked for donations to AWARE in lieu of presents at celebrations marking their 25th wedding anniversary and have given us £525 – must have been a fabulous party: THANK YOU, Val and Mark!!

108 people attended the AWARE Spring Fair which raised over £479 – well done and many thanks to all involved, especially Karen Mitchell, Trish Kirkbride, Julie Tales and Sally Boyes who put in so much hard work (see attached flyer)! Thank you to all the local businesses who donated prizes, including Nuffield Health, Betty's Tearooms, Earthreal, The Cow and Calf Hotel, Boyes Ilkley.

Thank you to Ashleigh and Candice (and to Emily and Rachel whose cars were vital!) who took lots of stuff left from the Spring Fair and raised another £170 – wow!

We've recently signed up to justtextgiving – an easy way for anyone to donate money to us simply text AWARE12 £10 (amount you want to donate) to 70070. Nothing yet so will you be the first!?

Easy fundraising: please register to receive updates and for just a few clicks you can make £'s for AWARE - visit <http://www.easyfundraising.org.uk/causes/aware> Total for Easy fundraising is £7.18

Sign 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> Total for Everyclick is £5.28

Thank you to those people who've signed up but you need to keep using everyclick to do your searches to create funds, make it your default search engine, or homepage.

Don't forget to keep recycle ink cartridges for us (the HP one's are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15) so PLEASE do recycle your cartridges via 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). Nothing received recently but please do keep sending them in.

Please, please do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on eBay. Use our web shop: <http://www.spendandraise.com/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 and 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!

News from the NAS

See attached flyer of forthcoming conferences and don't forget Rudy Simone's talk on Friday 18 May, 1-4pm, at Central Hall Keighley (separate flyer attached): come and visit the AWARE stand!

£500,000 scholarship scheme launched for SEN support staff (18/04/12)

Hundreds of school support staff are to get degree-level and specialist training in helping children with special educational needs and/or disabilities (SEND), under a new £500,000 programme.

<http://www.education.gov.uk/inthenews/inthenews/a00208206/sen-scholarship-scheme-launched>

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

For an update on the ABA free school which is due to open in Leeds this year, go to:

<http://www.lighthouseschool.co.uk/Site/WELCOME.html> Also see attached public consultation paper

Here is a link to the new Travel Training Unit website – feel free to pass on:

<http://www.bradfordtraveltraining.co.uk>

Another autism website: www.autismmedia.com (thanks, Lisa!)

Autism on TV: Did you see Melanie Sykes on This Morning talking about her son who has autism?

Here's the link <http://www.itv.com/thismorning/health/melanie-sykes-on-her-autistic-son/>

15/04/2012 - How people with disability are portrayed on a television series about dating: I'll risk ridicule

on TV to find love <http://www.telegraph.co.uk/relationships/relationship-advice-and-romance/9204763/How-people-with-disability-are-portrayed-on-a-television-series-about-dating-ill-risk-ridicule-on-TV-to-find-love.html>

Second chance to see Extreme Love, Louis Theroux, BBC HD 29 April,

<http://www.bbc.co.uk/programmes/b01gk4xc>

West Yorkshire Playhouse does "relaxed performances" of some of their shows, where young people with disabilities (including autism) are welcome. There are opportunities to meet the performers afterwards, the lights don't go completely off during the performance, people can pop outside to the chill-out area if they need to, etc, etc. For more info, visit: <http://www.wyp.org.uk/visiting/helpful-information/access/> or call Nikki Taylor at WYPH on: 0113 213 7800 (Thank you, Shain!)

<http://www.sensorysmart.co.uk/> clothing for sensory-sensitive children

Managing behaviour and sleep problems in disabled children: An investigation into the effectiveness and costs of parent-training interventions (March 2012) A suite of investigations explored the effectiveness, user and practitioner experiences of 4 behaviour management interventions

and 4 sleep management interventions for parents of disabled children, some of which were specifically designed for parents of children with autistic spectrum conditions.

<https://www.education.gov.uk/publications/RSG/AllPublications/Page1/DFE-RR204A>

[About Us - Food for the Brain](#) is a non-profit educational charity, created by a group of nutritionists, doctors, psychiatrists, psychologists, teachers and scientists to promote the link between nutrition and mental health. See this month's focus on autism (*thanks for reminder, Julie!*)

<http://www.sandbox-learning.com> Great website for resources such as social stories, strategies for teaching children with autism etc (*thanks, Lisa!*)

Contact a Family have produced a guide regarding changes to disability benefits for children, families and disabled people 16-64. You can order your own copy by calling contact a family on 0808 808 3555

For more information please visit:

<http://www.cafamily.org.uk/index.php?module=newsmodule&action=view&id=836&src=%40random48650298f19ce>

Is your son/daughter interested in sports - maybe the olympics are encouraging him/her! Find out what Bradford Disability Sports & Leisure offer: www.bradforddisabilitysports.co.uk or call 01274 437093

Help Lines: 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

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 - 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.thefamilyhubleeds.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:

