

# AWARE News May 2013

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Issue 153

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May	Time	Activity & Location	Cohort/Age Group	Cost
Friday 3, 10, 17 & 24* (*library) <b>No club 31st</b>	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	7 – 9pm
Wednesday 8	9.30am – 2.30pm	<b>Parent Training</b> <b>Addingham Youth Centre</b> <i>See page 2 - book with Margaret</i>	Parents/carers	Suggested donation £10/person
Saturday 11	Times to be confirmed	<b>Trip Club: Herd Farm</b> <i>For further information contact Rachel Miller or ring 07826 92615</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person
Sunday 12	3.15 – 4.15 pm	<b>Swimming with inflatables &amp; slide</b> Keighley Leisure Centre <i>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</i>	All family (max. 20 children/ session)	£2.50/ swimmer
Tuesday 14	8pm <b>prompt please!</b>	<b>Meeting at CDC, Airedale Hospital</b> - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Saturday 18	1.30 – 3.30pm	<b>Junior Youth Club</b> Addingham Youth Centre	Families with children up to about 11 years, inc. siblings	£3.50/family + £1/friend
Saturday 18	10 am – 1pm	<b>Cookery Club</b> Addingham Youth Centre Register interest with <a href="#">Jo</a>	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Tuesday 21	11am – 12.30pm	<b>Coffee Morning</b> see page 2 Trinity 5 Rise Children's Centre, Bingley <i>Book with Margaret</i>	Parents/carers, babies & toddlers welcome	Free but donations welcome
Wednesday 29 Thursday 30	10am-3pm	<b>Play Scheme Stay and Play</b> Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friend	£6/Family/day + £1/friend
		Supported £12/day - <b>Book now</b>	Children with ASC 8+	£12/child

N.B. Unfortunately, some of our services aren't available to all members due to local funding restrictions; contact [Jo](#) 07764432933 for further information.

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 Youth Club on 24 May. Please contact our librarian, [Alison](#), or ring 07932258170, if you are unable to access this date and wish to borrow any particular resources (a full list is available in the password-protected members' section of our website – n.b. the password changed at the end of March – see confirmation email of your renewal).

## Autism Friendly films in May

Dimensions are hosting two different Autism Friendly films in May so there is even more choice. 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.

### **Meeting at Airedale CDC, Tuesday 14th May, 8pm – Music Therapy**

The speaker this month is Music Therapist, Kerry McDermott, who will talk about the various ways music therapy can be helpful for those with a diagnosis on the autistic spectrum; discussing how involvement in music making can both stimulate and relax a young person, leading to very positive changes. From Kerry: Many professionals refer to a triad of impairments in autism each of which can be benefitted by music therapy. **Social interaction:** Music therapy is based on forming a relationship between client and therapist; this can be a way to explore the idea of relationship in a very safe place. **Communication:** Music provides an additional form of communication; the therapist attends closely to, and responds to, the client in a way that encourages further communication. **Imagination:** The use of music encourages the client to engage in a creative, imaginative process, with the support of the therapist; they can often move away from a ritualistic use of instruments to a more flexible, creative use. This can also lead to the development of less rigid thought and behaviour patterns.

*There was no CDC meeting last month as the date fell during the school holidays and Betty's held an AWARE fundraiser for us on Thursday 11 April – see fundraising update for details.*

### **Parent Training: 8 May – Managing Anger and 5 June – Supporting Siblings 10am – 2,30pm**

Thanks to a combination of funding from **Leeds Learning for Carers Grant** and **Bradford's Carers Training Funding**, we have been able to organise a total of five Parent Training – places are limited! Normally, these workshops cost £30 each but thanks to the generosity of our funders we are able to offer them FREE of charge to you, including a delicious M & S lunch! One place left at each workshop – for more information, contact [Margaret](#) N.B. Martin (our new webmaster) has kindly uploaded to the members' area of the website a couple of documents from Lorraine for those members who recently did the Teen Life course.

### **AWARE Spring Fair, Saturday 20 April**

In recognition of World Autism Awareness Day on 4<sup>th</sup> April, we held our third Spring Fair. Thank you to everyone who helped, attended, provided items and made it another very successful event: just under one hundred people attended and we received so many fantastic raffle and tombola prizes - total funds raised: a brilliant £560! Please find a list of some of the generous donations from local retailers etc (apologies if we have missed anyone off the list): A BIG THANK YOU TO YOU ALL!

### **Walking Groups: 2 & 23 May**

We have two **mid-week rambles with Ronda** planned for Thursday 2 May at 10am, meet at The Stocks in Bingley and then Thursday 23 May – Middleton Woods, Ilkley (we will try to catch the bluebells again!) – lifts available to/from Bingley at 9.30am (meet at The Stocks) or join us at the car park on Denton Road near Middleton Woods at 10.00am. Regular updates posted on our Facebook page; book with [Margaret](#)

We are hoping the **Weekend Walks with the Thomas family** will start again soon if people are interested – Diane is unsure as to whether we should continue with the walks because of very low numbers. She is happy to do so if there is interest from a few more people and if they could let her know beforehand. Let me/Diane know if you would be interested in a family walking group now that the weather is so much better: we are very lucky to live in such a beautiful area and adults and children alike can benefit from some time outdoors – our mid-week walks are very enjoyable!

*The walking group is intended to help families to socialise, exercise and appreciate the local countryside and wildlife.* 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](#) from our website.

### **Coffee Morning at Bingley's Trinity 5 Rise Children's Centre, Tuesday 21 May**

We shall be meeting at [Trinity 5 Rise Centre](#), John Escritt Rd, Bingley BD16 4ST on Tuesday 21 May from 11am to 12.30pm. New members are especially welcome, but please book with [Margaret](#)

### **Spring Bank Holiday Playschemes: Wednesday 29 & Thursday 30 May**

You can now book for supported places on our play scheme with [Jo](#); Stay and Play both dates - just turn up.

### **Friday: New Diagnosis Group – no meeting this month**

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. There is no meeting this month as we have Play Scheme, our

Coffee Morning at Trinity and also Parent Training, but we will be meeting at Strong Close Nursery in Keighley- watch out for dates in future newsletters and book in advance for the NDG with [Margaret](#)

**New date for Dads' Brewery Trip to Masham 22 June – one place left!**

Due to the severe snow in March we were forced to cancel The Brewery Trip and rearrange it for Saturday 22 June. Most of the original participants can make it but one unfortunately one Dad can't so we have one place left: let me know if you would like to come along, first come, first served!

**Fashion Show Thursday 27 June, 7.30pm at Addingham**

Our next fundraising event will be our Fashion Show on Thursday 27th June, 7.30pm at Addingham Youth Centre. We need models for this event, girls and ladies all ages and sizes - there's something for all the ladies at very reasonable prices (and some clothes for younger boys). Tickets are £5 and on sale now - contact [Jo](#) to buy tickets, book or model .....

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

Have you joined AWARE's **Facebook** group? Lots of sharing here about many aspects of parenting a child/young person with an ASD – please join in! You will also get regular reminders and updates of what's happening. <https://www.facebook.com/groups/317649321643365/> Will you be our 120<sup>th</sup> member?!

The **Spring 2013 DCIS Newsletter** is now available. Read about transition to adulthood, personal stories, local services and activities. [Click here to view the latest DCIS Newsletter.](#)

Thinking about ways to keep the family entertained or looking for childcare during the **Spring Bank holiday week**? Bradford Families Information Services can help you find childcare, early education, leisure activities and family support services in your local area and throughout the Bradford district. Helpline: 01274 437503 (8.30 am-5pm Mon to Thurs & 8.30am-4.30pm Friday) or for more details Email: [fis@bradford.gov.uk](mailto:fis@bradford.gov.uk) [www.bradford.gov.uk](http://www.bradford.gov.uk)

**Relaxed performance** on Friday 31 May at 1.30pm of Hiccup Theatre's **Rumplestiltskin** at West Yorkshire Playhouse. See: <http://www.hiccuptheatre.co.uk/hiccup-whatsup.php> (Thanks, Shain!)

**The Autism Show 2013:** 14th - 15th June, ExCeL London, 28th - 29th June, EventCity Manchester

To view the most up to date news and information on The Autism Show, to book your tickets and to save 25% by booking in advance visit: [www.autismshow.co.uk](http://www.autismshow.co.uk)

**Cerebra Grants Scheme** funds up to 80% of the cost of equipment and services to help make life easier and more enjoyable for children with a neurological condition. They try to be flexible about what they can help with but some examples of what they have funded previously include special needs trikes, wheelchairs and buggies, sensory toys and certain therapies within the UK (please discuss this with them before applying for a therapy to make sure they can fund it). If there's something you think would be of benefit to your child please contact [grants@cerebra.org.uk](mailto:grants@cerebra.org.uk) or on 0800 328 1159.

[You can find out more about our grants scheme and download an application form on our website.](#)

**Disabled Children Parents' Guide: Parent/Carers** This guide has been prepared for parents of disabled children who are under 16 who want to find out more about the support that is available to them in their role as parent carers. [Get the guide](#)

**Transition into adulthood seminar** On Tuesday the 25th and Wednesday the 26th of June Cerebra will be holding events on "Disabled children and their transition into adulthood: the law and good practice."

[Find out more](#)

**Transition:** thanks Lisa for a link this very useful resource from The Autism Education Trust.

<http://www.autismeducationtrust.org.uk/resources/transition%20toolkit.aspx>

Also from Lisa: <http://asperkids.com/whatsupAsperkids/>

18/04/2013 - Tech support role is just the job for Asperger syndrome guy Sam <http://www.mirror.co.uk/money/jobs/tech-support-role-cctv-firm-1838060>

**Need help with filling out DLA forms?** Contact Carers' Resource who have two Parent Carer Development Workers who cover different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven.

**Thank you for all your fundraising efforts!**

The Betty's Ilkley, Bingo Night and Supper on Thursday 11 April raised approximately £600: fifty AWARE members attended and had a fantastic time. There's talk of a fundraising Gourmet night coming soon, so watch this space for details!

We've signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. **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 £138.62** (£135.57 last month): **thank you!**

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 £62.74** (£62.08 last month): **keep clicking!**

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](http://www.therecyclingfactory.com) or pick up one next time you are at an AWARE event (only Canon, HP, Lexmark and Dell cartridges now accepted). **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](http://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!

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

**The National Autistic Society** [www.nas.org.uk](http://www.nas.org.uk) [autismhelpline@nas.org.uk](mailto: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](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 Resource, Shipley** Tel: 01274 449660 **Carers Leeds** [www.carers.org](http://www.carers.org) 0113 246 8338

**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](http://www.cafamily.org.uk/cashcounts) 0808 808 3555 **General helpline** email [helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk)

**Looking for childcare** [www.thefamilyhubleeds.org](http://www.thefamilyhubleeds.org) [www.bradford.gov.uk/childcare](http://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:**

Cow & Calf, Ilkley

