

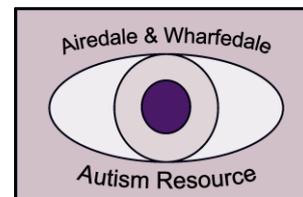
# AWARE News May 2014

Registered Charity 1089617

Issue 164

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

[www.awareuk.org](http://www.awareuk.org)



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Email: [jo.galasso@tesco.net](mailto:jo.galasso@tesco.net) Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

May	Time	Activity & Location	Cohort/Age Group	Cost
Friday 2, 9, 16, 23* <b>No club 30th</b>	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Friday 9	10 - 12 pm	<b>New Diagnosis Group</b> Strong Close Children's Centre, Keighley - see page 2 <i>Book with Margaret</i>	Everyone welcome, including children and babies	Free but donations welcome!
Saturday 10	10am – 1pm	<b>Cookery Club</b> Addingham Youth Centre <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 10	1.30pm – 3.30pm	<b>Junior Youth Club</b> Addingham Youth Centre <i>Please ring, text, email Rachel <a href="mailto:rachelmiller71@hotmail.co.uk">rachelmiller71@hotmail.co.uk</a> 07826 926150 to let her know you are coming as equipment will be left out from the Friday club, and some help will be needed by those who attend to put it away again.</i>	Families with children up to about 11years	£3.50/family + £1/friend
Sunday 11	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
Monday 12, 19 <b>No drop-in on 5th or 26th</b>	6.30-8.30pm	<b>Adult Support for Asperger's</b> Cross Green Community Centre, Pool Rd, LS21 1HD	Adults with Asperger syndrome (16+): parents, partners and friends also welcome	FREE but donation for refreshments welcome
Tuesday 13	7pm	<b>CDC Meeting, Airedale Hospital</b> - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Tuesday 20	11am – 12.30pm	<b>Coffee Morning</b> - see page 2 Trinity 5 Rise Children's Centre, Bingley <i>Book with Margaret</i>	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome
Thursday 22	12.30 – 2.30pm	<b>Carers' Walk</b> - <i>Book with Margaret</i>	All carers welcome!	Free but bring money for drink post walk!
Tuesday 27 & Wednesday 28	10am-3pm	<b>Half Term Play Scheme</b> Addingham Youth Centre Stay and Play <i>Just turn up</i> Supported places <i>Book with Jo</i>	Families with children 0 – 16 years, inc. siblings /friends. Children with ASC 8+	£6/Family/day + £1/friend Supported places £12/child/day
Sunday 18	Times to be confirmed	<b>Trip Club:</b> details to be confirmed <i>For further information contact Rachel Miller or ring 07826 926150</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person

[Jo](mailto:jo.galasso@tesco.net) 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 the meeting at the CDC on 13 May and at Youth Club on 23 May. Please contact our librarian, [Vanessa](#), 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)

**Tuesday 13 May 8pm, meeting at Airedale CDC: Julie Bruce, PFBA**

Message from Julie Bruce, Chair of Parents Forum Bradford and Airedale:

In 2008 several parent/carers were brought together as a forum that provided a voice for families whilst Bradford built new special schools. It wasn't long before the group were inundated with parents' concerns about health, social care and education. It became clear there was a real need to help support families by providing them with a means of getting their opinions, concerns and needs to those who made decisions about services in the district. Since then, we have become a Charity and have representatives on: Children's Trust Board - Co – chair Special Educational Needs and Disability Partnership - Continuing Care Steering Group - Carers Partnership and Reference Group and are the Carer Representative on Healthwatch Board. We aim are to provide a voice for families across Bradford and Airedale. Come along to the CDC to find out more about the Parents' Forum ( [www.pfba.org.uk](http://www.pfba.org.uk) or [info@pfba.org.uk](mailto:info@pfba.org.uk))

**Adult Support for Asperger's – new group in Otley**

The launch event on Monday 7 April was very well attended: refreshments were available, a live band played and there was a short consultation about what attendees of the group would like to happen. Feedback has been really positive; if you know any adults with Asperger's (or High Functioning Autism) who would like to attend, and/or their partners or parents, then please let them know. The group meets every Monday from 6.30pm-8.30pm (excluding Bank Holidays due to the centre not being bookable, however trips may be arranged on those dates); contact [Margaret Marshall](#) 07757 999050 for further details.

**Lunch at Outside the Box Ilkley Friday 11 April**

As our usual April meetings fell in the Easter holidays, a group of carers, teenagers and children went to **Outside the Box** café in Ilkley for a lovely lunch instead – a fabulous, child and disability friendly café. <http://www.outsidetheboxcafe.com/> Hope you can join us next time – we plan to go again in July, so watch this space for details!

**Spring Bank Holiday Play Scheme, Addingham Youth Centre**

Tuesday 27 and Wednesday 28 May, 10am – 3pm. Families can just turn up any time to Stay and Play for as long as you like; bring a packed lunch; 10am – 3pm; cost £6/family + £1/friend. Supported places for children age 8+ £12/child/day - book now.

See what it's like here: <http://sites.createvideomarketing.com/sites/185/AboutAware>

**Advance warning of Fundraising Nights,**

**Aviator, Yeadon, Monday 9 June** details will be on Facebook soon and in e-update later this month.

**Ladies' Night Thursday 26 June** 7.30pm-9.30pm, tickets £5 in advance (or pay on the door) include nibbles and a glass of wine, everyone welcome (ladies/girls), lovely raffle prizes, stalls available selling handbags, jewellery, scarves, accessories, books, chocolates and gifts. Treatments available on the night - nails, massage, facials, £8 per 20 minute session – book in on the night or in advance with [Julie](#) on 07508 155998 to avoid disappointment.

**Summer trips and AWARE Summer Play Scheme– dates for your diaries**

Bradford Play Development are running the summer trips that we attend, so put the dates on your calendar if you're interested and let Jo know so she can get an idea of interest at this stage:

Thursday 7 August - Light Water Valley, £18 inclusive of transport from Addingham, £11 ticket only, children under 1 metre £7.

Thursday 14 August - Chester Zoo, £17 inclusive of transport from Addingham, £9.50 ticket only, children age 2 and under £7.

Thursday 21 August - Blackpool, £9 transport only, unlimited wristband £16 payable on booking, non-rider admission £6 payable on the day.

We will be doing some **Stay and Play** days (£6/family/day) hopefully every week of the summer holidays up to Friday 22 August, and we will be offering supported places (£12/child 8+/day) during the two weeks from Monday 11 to Friday 22 August, so subject to demand we will be able to offer some supported places (cost of the trip plus £12 supported place charge) for the Chester Zoo and Blackpool trips (to over 8's, or family support). <http://sites.createvideomarketing.com/sites/185/AboutAware>

We also hope to run another family cookery day so if anyone is interested let Jo know; if there is sufficient demand we may run a couple for six to eight families per day.

**Disability Hub's new group for parents and carers of children with a recent diagnosis of autism**

The new group starts Thursday 15th May for 6 weeks initially at South Craven Children's Centre, Glusburn, from 1.30pm – 3pm. Come along and meet other parents and professionals and help plan future sessions according to you and your family's needs. The group aims to offer support and advice in a relaxed, friendly environment. Free refreshments; Ausome children welcome! See:

<https://www.facebook.com/thedisabilityhub?fref=nf>

If you would like to attend please email [julia.dickason@northyorks.gov.uk](mailto:julia.dickason@northyorks.gov.uk) Tel 01609 532702

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

**Research Autism** have a new website: [www.researchautism.net](http://www.researchautism.net) Well worth a look.

The **Spring 2014 DCIS** Newsletter is out now – click on the link below to read articles on **family life & networks** – thanks, Louise for mentioning us (page 10)!

<http://fis.bradford.gov.uk/NR/rdonlyres/8363092C-3A2A-4599-B290-DBF4139BCF28/0/Spring2014DCISNewsletterIssue27.pdf>

*Thanks again, Lisa, for these links – should keep you all busy!!!*

The Government are now consulting on the revised draft of the code of practice and invite your views on a set of specific questions. This closes soon so not long to get your views in! click on link below.

<https://www.gov.uk/government/consultations/revision-of-the-send-code-of-practice-0-to-25-years>

Eight simple parenting rules for motivating a vulnerable child with attention deficit disorder (ADD and ADHD). <http://www.additudemag.com/adhd/article/2006.html>

New guide for disabled people, parents and key advisers about applying for apprenticeships in England by Disability Rights UK. See more at: <http://disabilityrightsuk.org/news/2014/april/our-new-apprenticeships-guide>

<http://www.autisminitiatives.org/where-we-are/autism-initiatives-england/> Autism Initiatives UK provides a range of person centred services throughout the UK. The charity provides services to children and adults, and encompasses [education](#), [residential houses](#), [supported living](#) and [outreach services](#).

<http://www.youngminds.org.uk/> "The voice for young people's mental Health & well being."

<http://www.donnawilliams.net/> Author, Artist, Autism Consultant.

Gunilla Gerland- is an author, lecturer and debater on the topic of [Asperger syndrome](#).

<https://www.facebook.com/pages/Gunilla-Gerland/506569142718802?fref=ts#>

Temple Grandin P.h.d Professor, inventor, best-selling author and rock star in the seemingly divergent fields of animal science and autism education. <http://www.templegrandin.com/>

**Working Families' legal advice service** provides advice on employment rights and in-work benefits for working parents on their website [www.workingfamilies.org.uk](http://www.workingfamilies.org.uk) and via email and telephone. They also advise on maternity leave, sex discrimination, paternity leave, the right to request flexible working, parental leave and time off for dependants. Tel: 0300 012 0312 [advice@workingfamilies.org.uk](mailto:advice@workingfamilies.org.uk)

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

Have a look at what's on offer at **DAB**: <http://www.bradforddisabilityservices.co.uk/>

**Autism Friendly films** in May: 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.

**Disability Grants** is a website which provides information about claiming different types of disability grants <http://www.disability-grants.org/>

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

Reminder: don't forget to vote for AWARE: <http://www.engagemutual.com/foundation/projects/pamper-days-for-carers/#.U0JclN51QyI.email>

**Fundraising and Autism Awareness-raising stall at Otley Market Friday 4 April** This event was run to co-incide with Autism Awareness Day and raised a fabulous £250! Thank you to everyone who supported us by helping out on the day or by donating prizes, bric-a-brac and cakes: well done to the team! And the **AWARE Curry at Red Pepper Otley Tuesday 8 April RAISED £439** Thank you to everyone who attended (and to those who couldn't but who provided raffle prizes): a great night of good

food, company and support for the 60 people who attended – and a fantastic bonus fundraiser – well done to all!

We recently signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. Don't forget to keep **recycle mobile phones and ink cartridges** for us (the HP ones are the most lucrative e.g. HP336, HP 338 give £3.25, HP 343 give £3.15) so PLEASE do recycle your phones and cartridges via The Recycling Factory envelopes – to get one, please ring 0800 0910696, 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). Total so far £751.28.

**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!

**Easyfundraising & Give As You Live have now merged so if you'd signed up to either it's all now just easysearch & easyfundraising:** 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, for just a few clicks you can make £'s for AWARE – so visit <http://www.easyfundraising.org.uk/causes/aware> to sign up.

**Overall Total for Easyfundraising/ GiveAsYouLive is £1348.80. We have 49 supporters – no new people signed up this month so if you haven't yet signed up, please do so NOW; you've nothing to lose and lots for AWARE to gain!**

### **Helplines: 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

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

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



City of Bradford Metropolitan District Council  
[www.bradford.gov.uk](http://www.bradford.gov.uk)

