

AWARE News November 2007

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Issue 92

www.homestead.com/awareuk/



Contact details: AWARE phone line: 01943 466543 Mobile: 077644 32933

email: jo.galasso@tesco.net Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

Chair: Margaret Nash 01274 564156 margaretnash@thomasnash.orangehome.co.uk

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.

| November Dates | Time | Activity & Location | Cohort/Age Group | Cost |
|---|-------------|---|---|------------------------------|
| Mondays 5, 12, 19 & 26 | 7 – 9pm | Monday Night Club, Addingham Youth Centre <i>Ring to attend</i> | HFA/AS 12+ (Parents don't stay) | £1/ person |
| Fridays 2, 9, 16, 23 & 30 | 7 – 9pm | Friday Youth Club, Addingham Youth Centre <i>Just turn up</i> (Bouncy castle 7, 21 & 28) (Trampolining on 14 th) | Children 7 – 16 yrs, inc siblings (Parents stay) | £2 /family + £1/friend |
| Saturday 3 November & 24 November | 10am – 12pm | Junior Youth Club, Addingham Youth Centre <i>Please ring or 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 10 yrs, inc siblings | £2 /family + £1/friend |
| Sunday 4 Nov The Simpsons Movie | 11am | Cinema Leeds/Bradford Odeon, Gallagher Leisure Park, Thornbury, Bradford Doors open 10.50am <i>*Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk or on the Film info line 08712244007</i> | All family <i>Just turn up</i> | £2.50 per child, adults free |
| No Swimming until 8 Jan 08 | | Swimming Craven Swimming Pool, Skipton <i>Just turn up</i> | All family and friends | £1/ person |
| Tuesday 13 | 7.30pm | Monthly meeting at the CDC, Airedale Hospital <i>Just turn up</i> | Parents, Carers, Professionals, anyone interested | Free |
| Saturday 17 | 11am – 12pm | Trampolining, Addingham Youth Centre <i>Ring to book</i> | All family | £2 /family + £1/friend |

N.B. For further details of all our activities contact Jo 07764432933;

For the Monday club contact *Chris Russell on 01274 734018 or email chris.russell@bradford.gov.uk

Inclusion Project - Youth Club places available in Bradford

Places available for young people with an ASD at Café West and the Greenwood Centre youth clubs running on Wednesdays, contact Sarah Jamieson for further details 07793811383.

Monthly CDC meeting Tuesday 13 November at 7.30pm

This month's speaker will be Anne Pemberton who will talk about **Nutrition support for people with Autism spectrum disorders**. Anne is the mother of a young man with a diagnosis of Asperger's syndrome who has been helped greatly by optimum nutrition. For information, see her website: www.nutrimed.co.uk

Last month's speaker was from the **Carers Connection, Bradford** and talked about courses and training workshops for carers. Lots of useful information about carers' rights, allowances, emergency cards etc, but if you could not make it and would like to speak to someone, call Carers' Connection on 01274 363440.

Christmas meal at The Cow & Calf, Tuesday 11 December from 7.30pm

Instead of our monthly meeting at the CDC, we shall be getting together for a Christmas dinner (see booking form for choices). Please confirm your place with a £5 deposit per person to Jo.

Play scheme days in December 27 & 28

These play scheme days will be going ahead. Parents with children all ages welcome to just turn up; some supported places will be available for 8 – 16 years, please book with Jo ASAP.

Monthly Raffle

The Cow & Calf, Ilkley are very generously giving us a regular monthly raffle prize of **a meal for two including a bottle of wine (value £30)**.

Tickets are £1 each, pick one up next time you attend an event!

SIBS Workshop Bradford Thursday 15th November 2007 10am – 2.30pm

Venue: Carlisle Business Centre **Cost:** £5 per person to cover refreshments and lunch

This workshop will help parents of disabled children find ways of giving attention, information, and support to the other children in their families, providing:

- Insight into how siblings feel about growing up with their brother or sister
- Information about the main issues for siblings of disabled children
- Support and ideas from other parents who are concerned about siblings
- Practical ideas for supporting siblings at home
- A break from the usual routine and some fun.

The Workshop facilitator, Monica McCaffrey, is the founder and director of Sibs. Sibs is the UK charity for people who grow up with a brother or sister with a disability or chronic illness. Monica leads workshops on sibling issues for siblings, parents and professionals across the UK. She has a brother with Down syndrome and her brother with cystic fibrosis died in childhood.

To book a place or for more information contact Sibs on 01535 645453

Network 81

This group is a national network of parents of children with special educational needs who offer advice, support and information on all aspects of the special educational needs process. They also provide literature, training and run a national helpline. They believe that parents have a right to be involved in the whole process of the education of their child and therefore should be informed of the choices and options that are available. As a result they have produced a handbook that explains the procedures involved in supporting children with special educational needs in education as described in the law and the Code of Practice, thereby enabling parents to be involved in the decision-making process. Their contact details are:

1 – 7 Woodfield Terrace, Chapel Hill, Stansted, Essex CM24 8AJ

Administration only – 0870 7703262 Helpline – 0870 7703306 (Mon-Fri, 10am – 2pm)

Email – network81@tesco.net Web - www.network81.co.uk

Rathbone Special Education Advice Line

This group offers a confidential and impartial advice service on all aspects of special needs education and will help parents to analyse proposed statements. Their contact details are:

The 4th Floor, Churchgate House, 56 Oxford Street, Manchester M16 6EU

Helpline – 0800 917 6790 (Mon-Fri, 10am – 4pm)

PIP Regional Play & Childcare Seminar Rotherham, 22nd November 2007

PIP Seminars will be presented in partnership with Parents for Inclusion and with other regional organisations working with parents and families towards inclusion. They will be highlighting how inclusion is promoted when working in partnership with Disabled children, their parents/carers and their families. The seminars aim to hear from parents of Disabled children and/or professionals working with Disabled children and their families, as well as to showcase practical examples of successful partnership working. For further information please contact <http://www.fontstuff.com/kids/seminars/index.htm>

Autism support

New online service: *“The clinical psychologists within our team have been working for the past two years to develop a national support network for parents and carers of children with disabilities. It is an online service providing: Specialist information on causes, treatments & management; Support networks; Online disability videos; Books & DVDs; Counseling services; Psychological tests; Specialist equipment; Disability articles by other parents; Grants & benefits; For older children - disabled employment services. The service has been carefully developed to address many of the unmet needs experienced by people caring for the disabled.*

The service is available online at www.special-mates.co.uk”

Metcalfe Smith Trust

This is a Charitable Trust which assists residents in Leeds who are sick, convalescent or have a disability. The Trust makes grants to organisations who work with, or support, individuals with disabilities or long-term illnesses and also to individuals. For individuals the Metcalfe Trust will fund:

- Equipment which alleviates hardship or improves the quality of life
- Adapted transport
- Convalescent holidays
- Training and retraining

Grants are normally for between £250 and £1000 and applications are considered twice a year, in March and October. The Trust can also make emergency grants, of up to £100, to individuals for the same purposes as the larger grants within 4 weeks of the application. All applications must be made through a GP, social worker, health visitor or voluntary organisation such as Carers Leeds. All applications must be on the Trust's short application form, obtained by writing to:

Metcalfe Smith Trust, c/o Voluntary Action Leeds, Stringer House, 34 Lupton Street, Leeds LS10 2QW or download from www.guidestar.org.uk

New NAS Information sheets:

- Challenging benefits decisions * Creating ASD-friendly environments
- Developing social skills in young children with high-functioning autism and Asperger Syndrome * Direct Payments
- DLA – guidance for adults with Autism completing the form
- Education advocacy tips for parents * Preparing for university

All available from the NAS Autism helpline on 0845 070 4004 or at autismhelpline@nas.org.uk

British Gas

British Gas offers discounts on fuel bills to customers who are claiming a range of benefits including DLA, Attendance Allowance, Income Support, Pension Credit, Council Tax Benefit, Housing Benefit, Child Tax Credit, Working Tax Credit or income based Jobseekers Allowance. Call 0845 601 2006 for more details. Apparently some other suppliers may offer similar discounts. The best way to find out is to telephone the Customer Services number which can be found on your latest bill.

Bradford Childminding Network Plus

The network aims to place children with additional needs with specially trained childminders. For further information ring 01274 435292

Dealing with debt in England & Wales

There is a new fact sheet in a series for families and practitioners who are caring for and working with children who have a disability. Single copies are available free by ringing Contact a Family's helpline on 0808 808 3555 or download the fact sheet from www.cafamily.org.uk

Useful information/links

Play Partners help children with a disability access play or holiday schemes 01274 431571

Carers UK log on to www.carersuk.or to find out how you can show your support

Bradford Young Carers Older children often help their parents to look after disabled siblings. For advice and information contact 01274 481183

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

www.entitledto.co.uk **EntitledTo - the online benefits calculator** 'EntitledTo' is a website which provides free online calculators to help you work out your entitlement to benefits and tax credits.

Fundraise for AWARE with old mobile phones and used stamps!

Please collect old mobile phones, and used postage stamps (with as much paper cut off as possible please) to raise money for AWARE. Please save them and bring them along to any of our sessions, or ring Jo and she will arrange collection.

Please make internet purchases via our web shop at <http://www.buy.at/aware>

It doesn't cost you any extra, but we get a percentage of your spend, so please buy here!

Shops - Amazon, John Lewis, M & S, Littlewoods, Adams kids, Early Learning Centre plus many more. ***So don't forget us when you are doing your Christmas shopping!***

Printer Cartridges

Please collect them for AWARE. Bring them to meetings, youth club or contact Caroline Whitaker on 01535 657402 to arrange collection. (NB. not refilled or damaged ones thanks)

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>

Health Care Professionals Information: 0207 903 3599

Parent Partnership Lines:

Bradford 01274 481183 Leeds 0113 3951200 North Yorkshire 01756 792427

Social Services – 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 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

Barton Hill Advice Service www.bhas.org.uk

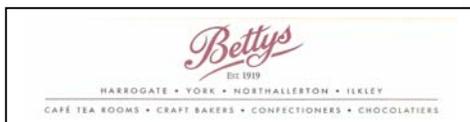
Looking for childcare

The Family Hub Leeds www.thefamilyhubleeds.org/

Children's Information Link www.bradford.gov.uk/childcare

AWARE thanks the following for their support this year:

Bradford Carers' Grant



The Cow & Calf, Ilkley

