

# AWARE News November 2010

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

November Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 1, 8, 15, 22 & 29	7 – 9pm	<b>Monday Youth Club</b> Addingham Youth Centre <i>*Ring Sarah Jamieson to attend</i>	HFA/AS 12+ and siblings age 8 - 17 (Parents don't stay)	£1/ person
Fridays 5, 12, 19 & 26	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Wednesday 3	1 – 3pm	<b>Meeting in Bingley</b> <i>Book with Margaret on 07854 740071</i>	Parents/carers, babies & toddlers welcome.	Free
Tuesday 9	8.00pm	<b>Meeting at CDC, Airedale</b> - see page 2 for more info <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Wednesday 10	10am – 12pm	<b>Coffee morning</b> Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Sunday 14 <b>The Sorcerer's Apprentice</b> 	11am Doors open 10.50am	<b>Cinema:</b> <i>Details on page 2</i> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>Just turn up</i>	All family <i>*Tickets can be pre-booked to avoid queuing, at <a href="http://www.odeon.co.uk">www.odeon.co.uk</a> Film info line 08712244007</i>	£2.50/child adults free
Saturday 20	1.30 – 3.30pm	<b>Junior Club</b> 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 11years, inc siblings	£2 /family + £1/friend
Saturday 27	TBC	<b>Trip Club</b> <i>Contact Linda Porter on 07949576898 for further information</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 p/session (includes activities and refreshments)

NB For further details of all our activities contact Jo 07764432933; for the Monday club contact *\*Sarah Jamieson* on 01274 734018 or email [sarah.jamieson@bradford.gov.uk](mailto:sarah.jamieson@bradford.gov.uk)

**AWARE Library** The AWARE Library will be available at Youth Club on the 26 November. Please contact Karen (or Margaret) if you are unable to access this date and wish to borrow any particular resources: [karenrobertson31@hotmail.com](mailto:karenrobertson31@hotmail.com) or [margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk)

### **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 discuss issue such as play skills, diet, sleep, toileting over the next few months, please contact Margaret (email or 07854 740071). We are planning to meet for the first time on Wednesday 3 November, 1 – 3pm, in Bingley.

### **Meeting at the CDC, Airedale Hospital on Tuesday 9 November**

Message from this month's speaker, Julia Moor: *Hi, I'm a member of AWARE and Mum to Robin who attends Friday youth club. Robin is fourteen now and we're lucky that he is following the developmental path of high functioning autism, is articulate and engages well socially. When Robin was much younger however he was very hard to reach, was disengaged from people and toys and seemed to have no 'appropriate' play activities other than lining up. A very early and definite diagnosis of autism gave us the reasons why this was the case but offered little in the way of concrete play suggestions. After three years of trial and error, asking other families and working things out the hard way I found ways to help him play and engage. I wrote down all my ideas and shared ideas and before I knew it had enough material for the book I really needed "Playing Laughing and Learning with children on the Autism Spectrum" – a resource of hundreds of play ideas to try with a resistant child. I look forward to sharing with other parents, their experiences, looking at challenges together and explaining why I feel that we as parents have the knowledge and experience of our own children to maximise on play time. If you're struggling for play suggestions, have some new ideas to share or a very specific 'play related' challenge such as introducing a new toy then come along!*

Last month's speaker was Susan Moreland, Changing Lives, Service User Involvement Officer, Department of Adult and Community Services. I have forwarded some information to a number of AWARE members whose young people are at transition age: if you have not received the information from me and would like to do so, please let me know.

### **AWARE Christmas Dinner: Tuesday 14 December in lieu of CDC meeting – book now!**

Please find attached the menus and booking form for our annual Christmas get-together at The Cow & Calf, near Ilkley Christmas on Tuesday 14 December from 7.30pm. Please return your form and a £5 deposit per person to Margaret (Nash, 12 The Locks, Bingley BD16 4BG). We look forward to seeing you there!

### **Turkish Baths, Harrogate Saturday 13 November**

If you have booked a place, you should have received an email from me – if not, **please contact me asap!** Pick up by coach from Bingley (9.45am), Keighley, Silsden, Addingham and Ilkley and leaving Harrogate for the return at 3.30pm. Again, thanks to Jo's accessing funding from The Carer's Good Ideas grant, this trip is free – and includes £5 each towards refreshments. NB This is a mixed session at the Turkish Baths so men and/or women both welcome. Have a look at the website for more information and to see how beautiful this place is: [www.harrogate.gov.uk/turkishbaths](http://www.harrogate.gov.uk/turkishbaths)

### **Cinema: autism-friendly screening of 'The Sorcerer's Apprentice'**

Walt Disney Studios present 'The Sorcerer's Apprentice', an epic comedy adventure about a sorcerer and his hapless apprentice, who end up in the middle of an ancient conflict between good and evil.

Nicolas Cage stars as the modern day master sorcerer who takes on an unwilling accomplice called Dave, to help him fight the forces of darkness. But it's going to take more than a crash course in magic for Dave to survive his training, save the city and get the girl of his dreams.

*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.*

### **Residential at Lineham Farm 15-17 October - Funded by BBC Children in Need**

18 children/young people attended our most recent residential. The weather was especially kind to s so they were able to take part in environmental activities: picking veg, walking in the woods, feeding the animals; climbing the indoor wall, biking and art – batik, a new activity for all the children. The children/young people built on their independence and social skills by making and stripping their beds, laying and clearing tables, choosing their own food etc; two parents stayed over with their child and they had time to relax and enjoy their child and see their achievements. A big thank you to all the families who gave donations, they are very much appreciated!

*'Just wanted to say to you what a truly amazing job Jo and her team are doing over at Lineham Farm. We have been up there this weekend. It's small steps for 'T', I stayed there last night with him and his support worker Nicole (who is an absolute star) and left him there during the day. Nicole has been giving me regular updates and seems to be managing fine with him. Maybe by the next one we will be ready for him to do an overnight on his own (he is still quite young at seven) - it is such a well-run and valuable service that provides a great, safe caring experience for the kids away from their families'. Kate W.*

**The next residential is 25-27 March 2011, contact Jo if you'd like your child to be considered.**

**Stop Press...Stop Press...Stop Press...Stop Press...Stop Press...Stop Press...Stop Press...**

From Cousins Unite, organizers of the fundraising ball last weekend: *"We are please to advise that we raised just over £7,000 at our Charity Ball on Saturday evening which means each charity will be presented with circa £2,400!"* Wow, congratulations to Julie Tales and her cousins! Photos and more info about this special event to follow soon.

We are hope the cousins' success will inspire more AWARE members to think of new ways of fundraising for us: perhaps your employers offer grants or matched funding to charities? Let us know if you can help!

### **Christmas Play Scheme - advance notice**

Christmas holiday play scheme: Monday 20<sup>th</sup> to Wednesday 22<sup>nd</sup> December. Supported places £10 per child per day; family support place £10 per day (parents stay on site), please book with Jo.

Stay and Play – families with children 0-16 years just turn up, £5 per day/£2.50 per half day.

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

I recently attended (along with two other AWARE members which was a lovely surprise!) the NAS *help!* Managing Anger in Young People with Aspergers seminar and picked up some very useful tips and suggested resources which I hope will be added to the Members' Area of the AWARE website soon. One child safety resource which I know some members will welcome is the Child Locator: a keychain transmitter for parents and 'teddy bear' receiver for the child to wear, 150 feet range, receiver emits a beeping sound. Available from [www.lloydspharmacy.com](http://www.lloydspharmacy.com)

**Fledglings** If you haven't already signed up to this publication, do so now! (If you don't have internet access, order a copy of their catalogue on 0845 458 1124.) Lots of ideas including a really great interactive website [www.netbuddy.org.uk](http://www.netbuddy.org.uk) which is full of tips from other parents, teachers and therapists – add your own (but send them to AWARE first!)

**Need some reinforcers for good behaviour? Free LEGO in the Mirror Redeem vouchers in WHSmith or Toys R Us** From Sat 23 Oct, you can get a new LEGO toy each day for 10 days by redeeming vouchers from the Daily Mirror (45p weekdays, 65p Saturday) and Sunday Mirror (£1). **How do I redeem?** In the respective papers you'll find a new voucher every day, which you need to take to WHSmiths (high street or travel branches) or Toys R Us, where they will swap it for that day's toy. You can also get the toys by post. Collect just eight of the 10 vouchers and mail them to the address given in the paper. You'll need to enclose a cheque to cover postage. (See Martin's Moneysaving Expert.com for details of toys:

<http://www.moneysavingexpert.com/deals/discount-voucher-codes#lego>)

**Dentists:** have a look at the NAS website for some helpful information for you and your dentist: <http://www.autism.org.uk/cy-gb/working-with/health/information-for-dentists.aspx>

### **Personal Liability Insurance Scheme**

Available exclusively to NAS members, this Personal Liability Insurance Scheme has been designed specifically to help to protect you, should a member of the public hold you responsible for bodily injury or damage of their property caused by a person with ASD in your care.

Annual cover costs just £26 and offers up to £1 million in cover, protecting an unlimited number of carers if named on the policy. More than one individual with an ASD can be named on the policy, making it perfect for families. If you would like the reassurance offered by this scheme, please [download an application form](#) and return it with your payment. The NAS will issue you a personalised certificate once cover has been accepted. If you have any specific questions regarding the scheme, contact Roy Thomas on 01737 783 637. If you need to know more about the payment required or NAS membership in general, call 020 7903 3563.

**Items for sale/needed:** if you have any special equipment you would like to give away/sell/buy, please send brief details to Margaret and we shall try to include the information in the newsletter and on our website in

return for a donation to AWARE (if selling). *If you have any hints/suggestions you would like to share, please contact me on 07854 740071 or email [margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk) Thank you!*

**Fundraise by using our webshop and by giving AWARE your old mobile phones, used stamps & empty ink cartridges** Don't forget to use our webshop, [www.buy.at/aware](http://www.buy.at/aware) 'gateway' to many internet shops and if you go shopping via this gateway we receive a percentage of your spend or an amount agreed by the company *at no additional cost to yourself*.

**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 make your purchases.

Please bring old mobile phones and used stamps to any of our sessions, or ring Jo to arrange collection.

*NB Cartridges can now be returned in The Recycling Factory envelopes – please pick up one next time you are at an AWARE event. (Only Canon and HP cartridges now accepted thanks.)*

Reminder ref Usborne: if you choose **Usborne** books and order through us, AWARE will get at least 10% of the cost (more, depending on size of total order) – see <http://www.usborne.com/default.aspx>

Hate to say this so early (we're not even in October, sorry!) ... but they DO make ideal Christmas presents!! Just send your order through to me: [margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk)

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

**The National Autistic Society** [www.nas.org.uk](http://www.nas.org.uk)

**Parents' Help line:** 0845 070 4004 (Mon-Fri 10-4) [autismhelpline@nas.org.uk](mailto: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 Lines** 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](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

**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](http://www.cafamily.org.uk/cashcounts)

**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>

**The Children's Information Link** 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

**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:**

### *Bradford Carers Grant*

*Cow & Calf, Ilkley*

