

# AWARE News November 2011

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

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



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November	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 4, 11, 18 and 25	7 – 9pm	<b>Friday Youth Club</b> Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Friday 4	9.30 – 11.30am	<b>New Diagnosis Group</b> Strong Close Nursery <i>Book with Margaret</i>	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free
Saturday 5	10 am – 1pm	<b>Cookery</b> Addingham Youth Centre <i>Register interest with Jo</i>	Age 12+. Parents don't stay - young people will have AWARE support	£10 per person
Tuesday 8	8.00pm	<b>Meeting at CDC, Airedale Hospital</b> - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free
Saturday 12	1.30 – 3.30pm	<b>Junior Youth Club</b> Addingham Youth Centre <i>Bouncy Castle</i> <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	£3 /family + £1/friend
Wednesday 16	10am – 12pm	<b>Coffee morning</b> Addingham Youth Centre <i>Just turn up</i>	Parents/carers, babies & toddlers welcome.	Free
Sunday TBC <b>TBC</b>	11am Doors open 10.50am	<b>Cinema: Details on page 2</b> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <i>Just turn up</i>	All family *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	£2.50/child adults free
Saturday 26	TBC	<b>Trip Club: Bowling/Meal out in Bradford</b> <i>Contact Rachel Miller on 07826926150 for further information</i>	Age 12+. Parents don't stay - young people will have AWARE support	£20 p/session
Sunday 27	3.15 pm – 4.15 pm	<b>Swimming</b> – Inflatables. Keighley Leisure Centre <i>Book places with Jo</i> <i>Please let us know if you have booked and CAN'T come so we can offer the places to another family</i>	All family (max 20 children per session)	£2 per person

For further details of all our activities contact Jo 07764432933.

**AWARE Library** will be available at Youth Club on 25 November and at the CDC on 8 November.

Please contact Margaret 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 – password needed: email me know if you have forgotten it).

### **Meeting at The CDC, Airedale Hospital, Tuesday 8 November at 8.00pm: The Lighthouse**

In 2008 a group of Leeds/Bradford parents with children on the autism spectrum embarked on a journey to create a specialist school in the region that would offer more choice to families in the area and complement existing LA provision.

Three years on, Lighthouse School, Pudsey, Leeds, is in the final stages of application to the DfE to become a Free School opening in 2012. The school aims to be a specialist setting offering a broad balanced curriculum, tailored to the needs of the individual, with access to mainstream where appropriate. It is a secondary school but parents with children of all ages may be interested to come along to an informal talk on Tuesday 8<sup>th</sup> November, 8pm to hear more about activities to date and plans for the school. For further information, visit [www.lighthouseschool.co.uk](http://www.lighthouseschool.co.uk)

Last month's speaker was David Sims, Child and Adolescent Mental Health Service (CAMHS), Hillbrook who gave a helpful talk and answered questions about CAMHS as well as exploring with those who came what an ideal local Autism Centre would look like. If there is a subject you would like to hear about from an expert speaker, let me know and I shall do my best to find someone for 2012.

### **Friday 4 November: 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 4 November 9.30 – 11.30am. Please book in advance with me (so I can buy enough chocolate biscuits!): 07854 740071 or [margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk)

### **Coffee Morning Wednesday 16 November**

Come along for coffee/tea and biscuits and the chance to relax and catch up with some other parents from 10am – 12pm. No need to book: just turn up!

### **Cinema: autism-friendly screening: TBC**

We are still awaiting information from the cinema so see the November e-update for details.

*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.*

### **Autumn Seminar: update – book NOW!**

We are running our first one day seminars (through the NAS), starting with *Managing Anger* on Tuesday 29 November, in Addingham, from 9.30am – 2pm. If you would like a place, please confirm by email to [margaretnash@thomasnash.orangehome.co.uk](mailto:margaretnash@thomasnash.orangehome.co.uk) asap and send a minimum donation of £15 (£30 for non-members) to AWARE – we are still looking for funding to pay for these seminars so may be able to reduce the fee to members at a later date. If you require transport, please let me know and we shall try to organise shared lifts.

### **AWARE Christmas Dinner Tuesday 13 December, in lieu of CDC meeting**

Please find attached the menus and booking form for our annual Christmas get-together at The Cow & Calf, near Ilkley, on Tuesday 13 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!

### **Advance notice -Lineham Farm Christmas Carol Service and Fayre**

Saturday 10th December 11-3pm

### **More advance notice - Christmas holidays' play scheme days**

Play scheme will run on Monday 19 and Tuesday 20 December. Supported places are available – please contact Jo to book.

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

**A special thank you to Sharon and Thomas Morrell who raised £120 for AWARE by doing a sponsored walk of the Three Peaks in one day (photo attached) – well done to you both and to your friends!**

**Please, please** do continue with your donations and fundraising efforts such as car boot sales, sponsored events, selling things on ebay, using our webshop: [www.buy.at/aware](http://www.buy.at/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; signing 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>

**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.

**Ink Cartridge Recycling** Cartridges are now returned in 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, thanks).

### **News from the NAS**

The NAS has welcomed a new report from the Autism Education Trust (AET) which calls for more 'flexibility' in the education of young people with autism.

The study consulted adults and children with autism, parents and education professionals via focus groups and interviews, and concluded that schools need to "aim higher for their students with autism".

The report highlighted the central importance of involving and consulting with young people with autism about their progress and aspirations.

The study also talked about the need for teachers to combine the National Curriculum with training in social and independent living skills, and calls for written guidance from the Department for Education to help make sure this happens.

Many young people in the study felt that more time spent discussing their diagnosis would help them feel more comfortable in social settings, which could help reduce bullying.

The report also calls for better communication amongst members of staff, and for an "autism expert" to be available in schools. This expert would be able to provide better support for children with autism, and also be consulted on issues such as exclusion.

You can read the full report from the AET at

<http://www.autismeducationtrust.org.uk/resources/outcomes.aspx>

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

An AWARE committee member and I recently attended a **DLA training** session for parents organised by NYPACT. We learnt a lot from the trainer and were delighted to hear that Carers' Resource have people who have been trained up to help parents complete the forms. These people are called Parent Carer Specialist Advisors and work from their Harrogate, Shipley and Broughton offices.

Lisa has yet again been busy hunting out new resources to share with us:

<http://www.youngminds.org.uk/> YoungMinds is the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people – have a look at their website and contact them on their freephone number for confidential support. (*Editor's note: – I recently heard their CEO was on Woman's Hour talking about self-harming in girls.*)

Have a look at website: <http://www.sandbox-learning.com> for personalisable stories – great for writing your own social stories. There are downloadable articles on topics such as **Preparing Children for Trick or Treating** - [PDF](#) (it is American, after all!) and also [www.AutismBuddy.com](http://www.AutismBuddy.com) which has been re-launched and has thousands of (many FREE) new printables ready to download and print: great for reward charts, timetabling, teaching emotions etc.

You may have heard of **HBOT, Hyperbaric Oxygen Treatment**, which is widely used by people with MS and conditions as wide-ranging as Parkinson's and autism ... and by sportsmen to encourage quicker healing. I saw this article in The Yorkshire Post: [http://www.yorkshirepost.co.uk/news/around-yorkshire/local-stories/oxygen\\_therapy\\_helps\\_boy\\_say\\_mama\\_1\\_3823280](http://www.yorkshirepost.co.uk/news/around-yorkshire/local-stories/oxygen_therapy_helps_boy_say_mama_1_3823280)

You may remember the research several years ago into the use of **fish oils** for children to improve their concentration skills. Recent research has highlighted their positive effect on children with ADHD:

[PS – calm the kids with fish oil](#) For more articles/information about nutrition, sign up for free to Food for the Brain e-newsletter at [www.foodforthebrain.org](http://www.foodforthebrain.org)

### **My Rights, Your Responsibility – new info pack for parents**

[My Rights, Your Responsibility](#) is a new information pack for parents of disabled children. The new

resource from Council for Disabled Children (CDC) gives information on your child's rights to access activities, community facilities and other services.

Thanks again, Lisa, for forwarding me this link to **Contact a Family's** October newsletter:

<http://us2.campaign-archive1.com/?u=73f1a5b36a34ae2d9e464422b&id=ca4fc511a7&e=748359eca8>

### **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 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 - Disability Advice Bradford** 01274 594173, Leeds 0113 214 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/Family Information Service** 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. Try out their Sensory Room.

**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

