

AWARE News November 2012

Registered Charity 1089617

Issue 147

www.homestead.com/awareuk/

www.awareuk.org



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

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

November	Time	Activity & Location	Cohort/Age Group	Cost
Friday 9	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery <i>Book with Margaret</i>	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome
Fridays 9, 16, 23 & 30	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Saturday 10	10 am – 1pm	Cookery Club 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	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre (bouncy castle) <i>Book with Rachel</i>	Families with younger children up to about 11years, inc siblings	£3.50/family + £1/friend
<i>Please ring, text, email Rachel rachelmiller71@hotmail.co.uk 07826926150 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>				
Sunday 11  Madagascar	11.30am	Leeds/Bradford Odeon Leisure Park Thornbury see page 2 for details including link to trailer <i>Just turn up</i>	All family	See page 2 Carer free
Tuesday 13	8pm	Meeting at CDC, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Sunday 18	11am – 5pm	Trip Club: Keighley Christmas Lights switch on. <i>For further information contact Rachel Miller on 07826 92615</i>	Age 12+. Parents don't stay - young people will have AWARE support	£20/person
Tuesday 20 NEW LOCATION!!	11m – 12pm	Coffee Morning NEW!! Trinity 5 Rise Children's Centre, Bingley see page 2 <i>Book with Margaret</i>	Parents/carers, babies & toddlers welcome	Free but donations welcome
Thursday 22	10 am – 12.30pm	Walking Group – see page 2 for details <i>Book with Margaret</i>	Parents/carers	Free but bring money for coffee-stop!
N.B. No Swimming in November and December as pool is closed; next swimming 13 January 2013				
Advance Notice of Forthcoming Events				
Tues 11 Dec	7.30pm	Christmas Meal Cow and Calf Hotel, Ilkley <i>Book now with £5 deposit</i>	Parents, Carers, Staff & Volunteers	£17.95 for 3 course meal
Wed 2 – Fri 4 Jan 2013	10am-3pm	Play Scheme Stay and Play- <i>Just turn up</i> Supported £12/day - <i>book now</i>	Families with children 0 – 16 years, including siblings /friend Children with ASC 8+	£6/full day/Family +£1/friend

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 30 November. Please contact our librarian, Alison, on 07932258170, if you are unable to access these dates and wish to borrow any particular resources (a full list is available in the password-protected members' section of our website).

Friday 9 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 9.30 – 11.30am. Please book in advance for the NDG with me (so I can buy enough chocolate biscuits!): 07854 740071 or margaretnash@thomasnash.orangehome.co.uk

Cinema: Sunday 11 November: autism-friendly screening of Madagascar

▶View Trailer for Madagascar 3: Europe's Most Wanted 3D

Europe's Most Wanted', Alex the Lion, Marty the Zebra, Gloria the Hippo and Melman the Giraffe continue their epic journey to get home to their beloved Big Apple. For details of the national autism friendly screenings, see <http://www.dimensions-uk.org/what-we-do/autism/autism-friendly-films> [Autism Friendly Film Screenings Homepage](#) [Your questions answered](#) re booking, pricing & CEA Cards (free entry to Carers).

Meeting at The CDC, Airedale Hospital, Tuesday 13 November at 8.00pm: Craven Caring Families Team – The Carers' Resource

Come along to meet the "Caring Families Team" from the Carers' Resource: Susan Arkell, George MacSween and Natalie Baxter, who provide support advice and information to parent carers and young carers in the Craven area. Susan works with primary school aged Young Carers aged 7 + and George works with secondary school aged Young Carers from 11- 18 years and they can help young carers in a number of ways including one to one mentoring, trips & activities and the young carers youth group. Natalie can help Parent Carers by listening and understanding, providing information on local services and by providing support with benefits applications e.g. Disability Living Allowance and Carer's Allowance. The Caring Families Team can be contacted on 01756 700888.

The speaker at last month's meeting was Steven Livingstone from Bradford's Asperger Community Support Team – contact Margaret for further information or for a referral form for this service.

Remember to put Tuesday 11 December in your diary for our **Christmas meal** (in lieu of our usual monthly meeting at Airedale CDC) – menu and booking form attached (please return to Jo or Margaret).

Coffee Morning NEW LOCATION!! Trinity 5 Rise Children's Centre, Tuesday 20 November

We have decided to try out some new locations for our monthly coffee mornings so will be getting together again at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST on Tuesday 20 November from 11am to 12pm, why not come along? New members are especially welcome, but please book in advance with me, Margaret, so I can buy enough chocolate biscuits! We had two new members come last time, as well as some more familiar faces!

Walking Group: mid-week for parents/carers Thursday 22 November

Due to low numbers, probably because of the very wet weather, the **Weekend Walks with the Thomas family** will not start again until the spring. If you would like to do weekend walks but haven't done so recently, please can you email me why so Diane can ensure the walks are the right level/length for people in future? Afraid we can't promise to sort the weather though ... unfortunately!

Why not join our **Mid-week ramble with Ronda**: for parents/carers only – route to be decided but meet at Eldwick Church at 10am. Email/text Margaret (07854 740071) to book or for further information.

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.

Lineham Farm Residential Break 22-24 March 2013

If you're interested in your child being considered for the next residential in March please contact Jo.

Follow this link for a sneak preview [Lineham Farm Residential](#)

Accommodation in Yeadon

Bernadette Young, one of our support workers, has some accommodation in her house in Yeadon, which she would like to rent out to someone or a couple with additional needs/learning difficulties. They would have a private lounge and bathroom, double bedroom and shared use of the kitchen, parking, garden and garage space. She's willing to provide some on-going support to the clients to help them achieve

independent living. Rent negotiable; contact her directly if you're interested or for further information. [wmailto:bcopseyyoung@gmail.com](mailto:bcopseyyoung@gmail.com) 07941944698

News from the NAS:

The [Annual General Meeting \(AGM\) and Family Day](#) will be held on Saturday 24 November. To celebrate the NAS' 50th birthday, [The British Museum](#) has kindly agreed to host the event which promises to be a great day out for everyone! Please join them for some or all of the day – you can attend the AGM, take your family on a youth trail through the museum, or simply join one of our afternoon sessions. At the AGM this year a vote will take place on changes to the constitution, you will find details [here](#). If you wish to attend, please fill in the [attendance form](#) by Thursday 8 November.

Please also find attached a request for parents/carers to complete a survey from Prof. Tony Charman at the Centre for Research in Autism and Education, London and a few updated NAS information sheets (*thanks, Amanda from Keighley NAS for sharing these with us*).

News from North Yorkshire PACT (NYPACT)

The Strategy for meeting the needs of Children and Young People with Autism in North Yorkshire was approved by Executive Members for Children and Young People's Services on Tuesday 16th October and is now available on the Council's website, along with the report to Executive Members, a digest of responses to the consultation, and an Equalities Impact Assessment: <http://www.northyorks.gov.uk/send>

NYPACT would like to invite you to the **North Yorkshire PACT Communications Workshop** on 3rd December 2012 at the Golden Fleece Hotel, Thirsk 10am – 1pm. As they are providing lunch they need to know exactly who is coming along so please can you book a place using this link https://www.surveymonkey.com/s/NYPACT_CommunicationsWorkshop If you require any additional information about the workshop or NYPACT: email nypact@hotmail.com or go to www.nypact.co.uk

Socialize, Keighley www.socialize.org.uk

Socialize.org.uk is a service based in Keighley West Yorkshire that offers adults with Autistic Spectrum conditions the opportunity to build social networks, engage in social activities, develop social skills, explore interests, and work towards fulfilling personal goals, within a safe supported environment.

If you would like further information or to request a referral form please contact Craig Maxwell directly on: E-mail: CraigMaxwell@socialize.org.uk or Telephone 07821 227 611

Socialize.org.uk provide Autistic services in Keighley, West Yorkshire for adults in Bradford and Airedale (*Thanks again to Amanda at Keighley NAS for letting us know about Socialize*)

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

Have you joined AWARE's new **Facebook** group? Lots of sharing here – please join in!

<https://www.facebook.com/groups/317649321643365/> Will you be our 70th member?!

Santa Specials at Bolton Abbey. <http://www.embsayboltonabbeyrailway.org.uk/index.html>

Just spoken to the lovely Doreen there (a former member of AWARE when we were first set up!) and although they can't offer individual AWARE members a discount, they can do so for a group. If anyone is interested, email me your available dates and numbers and ages and I'll see what we can do! margaretnash@thomasnash.orangehome.co.uk

One of our members has been taking her son to **The Aqua Clinic** in Shipley for swimming lessons and would recommend them; www.theaquaclinic.co.uk Tel 01274 586633 Contact is Garry (*thanks, Polly*)

Keeping safe online A new guide advises parents on internet safety for people with a learning disability or autism. Produced by Cerebra, Mencap and Ambitious about Autism, the resource identifies a range of potential risks that people with a learning disability or autism face when using the internet and gives advice on how to prevent and deal with them. It also suggests resources that will help children get the most out of the internet at home and in the community. <http://www.mencap.org.uk/news/article/keeping-safe-online>

Sibs has launched a new Facebook page <http://www.facebook.com/SibsCharity> Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations. They also want to have positive relationships with their disabled brothers and sisters and to be able to choose the role they play in future care. Our closest local group is in **Leeds** and run by: Mencap Telephone: 0113 235 1331 email address: info@leedsmencap.org.uk Go to: www.leedsmencap.org.uk:

Using your stories to improve services Next year, local doctors will be in charge of making sure that local hospital and community health services are meeting the needs of local people and want to

understand what is good and what needs to be improved and would like to hear stories from patients and carers. They would also like people to attend their meetings so that they can hear stories straight from patients and carers; any travel costs will be reimbursed. For further information or if you would like to share your story, call Natasha Noor on **01274 237719** or email pctfeedback@bradford.nhs.uk

Christmas presents: How the Argos Toy Exchange works: 1. Collect your unwanted toys 2. Donate them to Argos or Barnardo's in store 3. Get a £5 Argos voucher off £35 spend (*thanks Jo*)

<http://www.argos.co.uk/static/ArgosPromo3/includeName/argos-toy-exchange.htm?tag=ar:pricecutspage:pseudolifestyle:slot1:promotoyexchange>

Thank you for all your fundraising efforts!

We've signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. **Someone has donated £5 this month - thank you very much!**

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 £32.06**

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 £32.69**

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 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 (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 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 01274 363440

Carers Resource, Skipton http://carersresource.smartchange.org/mw_bran2.phtml 01756 700888

Carers Resource, Shipley Tel: 01274 449660 **Carers Leeds** 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 0808 808 3555 **General helpline** email helpline@cafamily.org.uk

Looking for childcare www.thefamilyhubbleeds.org 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:



number 2012 Issue 147

4

