

AWARE News November 2013

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November	Time	Activity & Location	Cohort/Age Group	Cost
October reminder Monday 28 Tuesday 29	10am-3pm	Play Scheme Stay and Play Addingham Youth Centre <i>Just turn up</i>	Families with children 0 – 16 years, inc. siblings /friend	£6/Family/day + £1/friend
Saturday 2	10am – 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 2	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre <i>For further information contact Rachel Miller or ring 07826 92615</i>	Families with children up to about 11years	£3.50/family + £1/friend
Friday 8, 15, 22 and 29* (*library)	7 – 9pm	Friday Youth Club Addingham Youth Centre <i>Just turn up</i>	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Sunday 10	3.15 – 4.15 pm	Swimming with inflatables & slide 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
Tuesday 12	8pm prompt please!	Meeting at CDC, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Saturday 16	Times to be confirmed	Trip Club: Bowling and meal in Bradford <i>For further information contact Rachel Miller or ring 07826 92615</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person
Monday 18	7.30pm prompt please!	Fashion Show Addingham Youth Centre - see page 2 for details	Everyone welcome! Child & Female Models required contact Jo	£5/person, Models/children free.
Tuesday 19	11am – 12.30pm	Coffee Morning - see page 2 Trinity 5 Rise Children's Centre, Bingley <i>Book with Margaret</i>	Parents/carers, babies & toddlers welcome	Free but donations welcome
Thursday 28	12.30 – 2.30pm	Carers' Walk - see page 2 <i>Book with Margaret</i>	All carers welcome!	Free but bring money for coffee!
Friday 29	10am - 12	New Diagnosis Group Strong Close Children's Centre, Keighley <i>Book with /Margaret</i>	Parents/carers of newly diagnosed children; babies & toddlers welcome	Free but donations welcome

N.B. Unfortunately, some of our services aren't available to all members due to local funding restrictions; contact [Jo](#) 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 Youth Club on 29 November. Please contact our current librarian, [Alison](#), or ring 07932258170, 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. **Alison has been doing a fantastic job, bringing the books to the CDC for our evening parents' meetings, but due to new commitments, she is no longer able to do so. Is there anyone who can commit to coming to the CDC approximately eight times per year (not such an onerous task!) and who has room to**

store a few boxes of books and DVDs (you can read about autism all day!) who would like to volunteer? This is an important resource/service for members so please help if you can – contact me, [Margaret](#)

Meeting at Airedale CDC, Tuesday 8 October, 8pm – Barbara Wilkinson

A message from this month's speaker:

I am a 37 year old woman with a diagnosis of High Functioning Asperger's. I wish to share with you my experiences of living life with this condition. And how I have coped in different situations/teenage years/marriage/school and work. I look forward to meeting you all, Barbara Wilkinson

Last month's speakers were the two Carols from SNOOP, Special Needs Objective Outreach Project, a fantastic innovative service for children of all abilities and which supports parents/carers. If you missed this exciting meeting, visit www.snoopcharity.org or you can contact SNOOP on 01274 292126 and speak to either of the two Carols.

Fundraising Fashion Show at Addingham Youth Centre

Our next fundraising Fashion Show will be on Monday 18th November, 7.30pm at Addingham Youth Centre. We need models for this event: boys (up to about 10 years), girls and ladies, all ages and sizes - there's something for everyone (except the fellas!), all at very reasonable prices. Tickets £5 are on sale **now** (models and children free) - contact [Jo](#) to buy tickets, book or model, and it's also OK just to turn up on the night if you're at a loose end. Raffle prizes needed too, please - have a clear out before Christmas, to make room for all your lovely new presents, and bring them to any AWARE event before the 18th!

Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 19 November

Why not come along to our coffee morning at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST from 11am to 12.30pm? New members are especially welcome, but please book in advance with

[Margaret](#)

Walking Group, Thursday 28 November

We have a two hour **mid-week ramble with Ronda** planned for Thursday 28 November, meet at The Stocks in Bingley. Finish at 2.30pm, in time for school pick-ups! *N.B. It is advisable to wear walking boots/walking shoes and take waterproofs.* Regular updates posted on our Facebook page; book with

[Margaret](#)

New Diagnosis Group, Friday 29 November 10am – 12pm

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 will be meeting at Strong Close Nursery in Keighley on Friday 29 November, 10am – 12pm, book in advance for the NDG with [Margaret](#)

AWARE Christmas Dinner Tuesday 10 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 10 December from 7.30pm. Please return your form and a £5 deposit per person to Jo or Margaret Nash, 12 The Locks, Bingley BD16 4BG. We look forward to seeing you there!

Lineham Farm Residential 11-13 October

Eighteen children (all boys) thoroughly enjoyed their weekend at Lineham Farm doing animal care, climbing and biking, art and environmental activities in the woods – including an army type mission, den building and orienteering. Meanwhile, some of their parents went on our trip to the Turkish Baths (see below), or just enjoyed the break and spending quality time with siblings. One of the siblings said he enjoyed having his mum to himself and going to the cinema on their own.

Turkish Baths, Harrogate Saturday 12 October

Thanks to Bradford's **Carers Break & Activity Service Funding** (the same lovely people who funded our Pamper Day and Brewery Trip earlier this year), nineteen members enjoyed a relaxing day at Harrogate's Turkish Baths. Members said it was a fantastic opportunity to have time away from their usual responsibilities and recharge their caring batteries: 'de-stress, de-tax, de-lightful' (*thanks Sean!*)....

News from the NAS:

The School Exclusions Service The School Exclusions Service offers advice and information to parents of children and young people with an autistic spectrum disorder (ASD) on all aspects of school exclusion in England. This includes advice on informal (illegal) exclusions; fixed-period and permanent exclusions;

how to challenge your child's exclusion and what you can do if you are concerned that your child is at risk of exclusion.

How to use the School Exclusions Service:

1) Call the [Autism Helpline](#) on **0808 800 4104** (Monday-Friday, 10am-4pm). The Helpline will take details of your query and arrange a telephone appointment for you with the Exclusions Adviser, who will call you back at the agreed time to discuss your query in detail.

2) Email your enquiry to schoolexclusions@nas.org.uk. It would be helpful if you could provide as much detail as possible regarding your enquiry.

Advance notice of The National Autistic Society's **Professional Conference: 4-5 March 2014, Harrogate** Save up to £50: don't miss the early booking rate - ends 22 November 2013. Carol Povey, Director of the Centre for Autism at The National Autistic Society and Chair of the Professional Conference Editorial Board explains [why you should come along](#).

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

Have you joined AWARE's **Facebook** group? Lots of sharing here about many aspects of parenting a child/young person with an ASD – please join in! You will also get regular reminders and updates of what's happening. <https://www.facebook.com/groups/317649321643365/> Will you be our 151st member?!

The PDF of *Asperger United* is now available to download from www.autism.org.uk/aspergerunited.

Click on the link about halfway down the page to download the PDF.

Talk about Autism is an online community and discussion forum for everyone interested in autism, including parents, carers, family members, people on the spectrum, and professionals

<http://www.talkaboutautism.org.uk/page/forums/speaksomeonespectrum/index.cfm>

Carers Leeds newsletter – [Warm Welcomes and Fond Farewells - Carers Leeds](#)

www.carersleeds.org.uk/site_management/images/file/Carers_News_Oct-Nov_2013v2.pdf

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 November: **Dimensions** are hosting three different Autism Friendly films in November so there is even more choice. 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!

A Big Thank You! To Stephen Houghton (his wife, Jill, and their family and friends): the Bingo Night with pie and pea supper he organised on Thursday 26 September was a fantastic success, over 60 tickets were sold and in excess of 100 prizes donated for the raffle, the grand total raised was £573.... wow!

Another Big Thank You! To White Stuff for their recent fundraising event 'National Wear a Tea Cosy on your head day', the proceeds from the sales of tea cosies at £3 plus 10% of sales on the day: we recently received a cheque of £479.56 for this and their fundraising efforts from May to July - thank you again!

And a final Big Thank You to Betty's, Ilkley Sadly, our year of being Betty's Charity Partner is coming to an end. Over the last twelve months, Laura Butcher and Milly Walsh and all the staff at Betty's have worked hard and run several events, including the most recent Gourmet Evening where fifty AWARE members and friends enjoyed a cocktail and delicious three course meal, raising £1058 just from this event! The final figure will be revealed at a charity handover on Monday 11 November so we'll let you know via Facebook and in the next newsletter.

We've received a voucher for a **mid-week/weekend break to a B&B in Blackpool** in May next year for a couple or family of four so we're selling raffle tickets at £2.50 each - contact Jo to buy some or ask for them the next time you attend an event.

Karen Robertson has a salon in Keighley called **R&R** and is running a Christmas raffle to raise money for AWARE, tickets on sale in her shop and at youth club and play scheme £1 per strip; Karen has also donated a voucher for the forthcoming Fashion show raffle.

We've signed up to **justtextgiving** – to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. **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 £225.50** (£211.32 last month). **We still only have 30 supporters so please sign up NOW!** 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 £78.25** (£77.17 last month): **We still only have 17 supporters so please sign up and get clicking!**

Don't forget to keep **recycle mobile phones and 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 phones and 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). Total so far £724.28.

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!

Helplines: 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

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

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:

