

AWARE News October 2010

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www.homestead.com/awareuk/

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October Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 4, 11 & 18 NO club on 25th	7 – 9pm	Monday Youth Club Addingham Youth Centre *Ring Sarah Jamieson to attend	HFA/AS 12+ and siblings age 8 - 17 (Parents don't stay)	£1/ person
Fridays 1,8,15 & 22 NO club on 29th	7 – 9pm	Friday Youth Club Addingham Youth Centre Just turn up	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Tuesday 12	8.00pm	Meeting at CDC, Airedale - see page 2 for more info Just turn up	Parents, Carers, Professionals, anyone interested	Free
Wednesday 13	10am – 12pm	Pamper Day Addingham Youth Centre Please book in advance with MN	Parents/carers, babies & toddlers welcome.	Free
Sunday 19 The Last Airbender (2D) 	11am Doors open 10.50am	Cinema: Details on page 2 Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford Just turn up	All family *Tickets can be pre-booked to avoid queuing, at www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Saturday 23	1.30 – 3.30pm	Junior Club Addingham Youth Centre 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	Families with younger children up to about 11years, inc siblings	£2 /family + £1/friend
Saturday 30	TBC	Trip Club Contact Linda Porter on 07949576898 for further information	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

AWARE Library The AWARE Library will be available at Youth Club on the 22 October. Please contact Karen (or Margaret) if you are unable to access this date and wish to borrow any particular resources: karenrobertson31@hotmail.com or margaretnash@thomasmash.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) so we can choose the most convenient time, day and location for the group. We may also invite a professional to come and advise us if appropriate.

Meeting at the CDC, Airedale Hospital on Tuesday 12 October

This month's speaker is Susan Moreland, Changing Lives - Service User Involvement Officer, Department of Adult and Community Services: *The Changing Lives Programme is implementing the recommendations of the Government white paper Valuing People Now. The programme will put in place different ways of working that will ensure that people with learning disabilities live their lives like any other people, with the same opportunities and responsibilities and to be treated with dignity and respect. My role as service user involvement officer is to make sure that people who use services and potential service users are fully involved in the Changing Lives Programme. I do this by providing information and working with people with disabilities to make sure it is appropriate and in different formats. Supporting Consultations, for example, the recent Housing Strategy for people with learning disabilities and getting people with learning disabilities and family carers involved in choosing the best organisations to provide a service (Commissioning).*

Last month's speaker was Andy Morris from *Cygnnet*, a locally developed parenting support program for parents and carers of children/young people aged 7-18 in the Bradford district who have a diagnosis of an Autistic Spectrum Condition. If you were unable to attend and would like further information, contact Andy or Nicola Dunne 01274 481183. NB Cygnnet will be running an evening program at Airedale CDC from 10th Nov (six consecutive Wednesday evenings).

AWARE Pamper Day Wednesday 13 October, Addingham

We shall be holding our second Pamper Day on 13 October and places are now very limited so please book (email or text 07854 740071) with Margaret asap! We shall be taking orders for Hawkin's catalogue and Usborne books and selling some second hand toys/children's clothes (all good quality donations accepted!) to raise funds for AWARE, so please bring along your purses!

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 as there are a few places left! 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

Cinema: autism-friendly screening of 'The Last Airbender' (2D)

Epic live action adventure film based on the successful Nickelodeon animated TV series. 'The Last Airbender' tells the story of a lone avatar who attempts to save a war torn world.

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.

Cook Club and Swimming Sessions

Unfortunately, we do not have funding to run the cook club or swimming sessions at the moment but are trying to find new sources for the future as these were very popular activities.

Residential at Lineham Farm 15-17 October www.lineham.co.uk

The next AWARE residential which will take place at Lineham Farm (LS16) from Fri 15 to Sun 17 October. For further information about the residential or to register interest, please contact Jo.

The residentials are free but we are happy to accept much needed donations – see above!

Charity Ball in Skipton – come and help raise funds for AWARE Saturday 16 October, Rendezvous Hotel, Skipton (Also raising funds for Manorlands Hospice and the Annette Fox Leukaemia fund)

Thanks to AWARE member Julie Tales and her cousins for organising this event: we are all looking forward to it! Contact Julie on jtales@hotmail.co.uk for tickets.

Conferences

Please find attached details of two local conferences:

Education and Evaluating Interventions in ASD's 8th October 2010 10am – 4pm. Burnley

Challenging Behaviour in ASDs 10th November 2010 10am – 4pm. Burnley

NAS News

Have your say on how councils support adults with autism

The Government is producing guidance for local authorities on how to implement the new Autism Act - and you have until 22 October to tell them what should go in it. It's vital that the guidance says the right things, so that people with autism and their families and carers get the support they really need. [Take part in the public consultation](#). <http://www.autism.org.uk/dhguidance> and www.autism.org.uk/dhstrategy

NAS help! 2 courses York

Supporting the Siblings of your child with an ASD: A seminar focussing on the needs of the siblings of your child with an ASD and strategies to teach the siblings about their brother/sister and ASDs. This seminar is aimed at parents/carers who have a child with an ASD and additional siblings (aged up to 18).

Tuesday 12th October 2010 from 10.00 am – 2.30 pm

Meeting your child's Sensory Needs: This seminar is aimed at parents/carers of people aged 3-18 years who have a diagnosis of Autism, Asperger Syndrome or ASD. It offers a chance to explore the effect the world has on your child's senses and uses activities that can help them deal with this.

Friday 15th October 2010 from 10.00 am – 2.30 pm

Venue: The Dodsworth Room, The Poppleton Centre, Main Street, Upper Poppleton, York, YO26 6JT

For any queries relating to help! 2 seminars please contact Jan Fuller on 0191 5680732

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

"My son is also 13 and looking towards GCSEs. I am on a list about taking exams outside of the school system. This is the group's email address: HE-Exams-GCSE-A_AS_Levels-OU-Others@yahoo.com If you join this group you may find lots of useful information about particular GCSE's which require fewer exams, writing and rely more on internal assessment as its very active."

"Research Autism is the only UK charity exclusively dedicated to research into [interventions](#) in [autism](#) Established in 2003 as the Autism Intervention Research Trust, we carry out high quality, independent [research](#) into new and existing health, education, social and other interventions. Our goal is the improvement of quality of life and outlook for the individuals affected and those around them.

We have the active support of some of the world's [leading figures](#) in autism and research. They have given freely of their time and expertise to work with us. We also work closely with our research sponsor, the [Autism Research Centre](#) at the University of Cambridge, as well as with the [National Autistic Society](#)

As far as possible, we also try to work with individuals on the autism spectrum, carers, service providers and policy makers to make sure that our research addresses real issues and that it makes a significant difference to people's lives." Sign up for free emails – thanks to Lisa W for this!

Sign up to the Family education newsletter for Autism, Homework Strategies for Kids with LD, Skill-Building Printables:

https://familyeducationnetwork.rsys1.net/servlet/website/ResponseForm?MLE.40.26_e.2e-7.2ea.2e_VTUT-TC-TBEqhDnHsHllhFmLIJhDgLm

New money management website

The NAS has teamed up with the Consumer Financial Education Body (CFEB) as part of the national strategy for financial capability to support people with autism managing their personal finances.

Managing Money provides a new online resource, developed in consultation with people with autism, it gives impartial information, guidance, interactive quizzes and video content to help develop their knowledge confidence in managing money and financial decision-making, it can be used at home or in educational settings.

A **free** printed workbook called *Managing Money: a guide for people on the autism spectrum* is also available. It can be ordered or downloaded from www.autism.org.uk/products/free-resources/fsa-managing-money.aspx. You can visit the *Managing Money* website at www.managingmoney.org

For those of you who don't have access to the internet, you can order a free, hard copy of "Managing Money". A guide on managing money for people on the autism spectrum from NAS Central Books, product code NAS913, Tel: 0845 458 9911

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 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 '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 (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.)*

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>

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 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

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

Looking for childcare www.thefamilyhubleeds.org 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



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