

# AWARE News October 2011

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



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October	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 7, 14 and 21 <b>No club on 28 Oct</b>	7 – 9pm	Friday Youth Club Addingham Youth Centre <b>Just turn up</b>	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Friday 7	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery <b>Book with Margaret</b>	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free
Saturday 8	10 am – 1pm	Cookery Addingham Youth Centre <b>Register interest with Jo</b>	Age 12+. Parents don't stay - young people will have AWARE support	£10 per person
Saturday 8	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre <b>Bouncy Castle</b> <b>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.</b>	Families with younger children up to about 11years, inc siblings	£3 /family + £1/friend
Tuesday 11	8.00pm	Meeting at CDC, Airedale Hospital - see page 2 for details <b>Just turn up</b>	Parents, Carers, Professionals, anyone interested	Free
Wednesday 19	10am – 12pm	Coffee morning Addingham Youth Centre <b>Just turn up</b>	Parents/carers, babies & toddlers welcome.	Free
Sunday 23  The Smurfs	11am Doors open 10.50am	Cinema: <b>Details on page 2</b> Leeds/Bradford Odeon Gallagher Leisure Park Thornbury, Bradford <b>Just turn up</b>	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
Sunday 23	3.15 pm – 4.15 pm	Swimming – Inflatables. Keighley Leisure Centre <b>Book places with Jo</b> <b>Please let us know if you have booked and CAN'T come so we can offer the places to another family</b>	All family (max 20 children per session)	£2 per person
Monday 24 & Tuesday 25	10am – 3pm	Play Scheme <b>just turn up</b> Addingham Youth Centre, Family Stay and Play sessions.	Families with children 0 – 16 years inc siblings /friend	£2.50/half day, £5/full day, Per Family
Saturday 1 Oct & Thursday 27 Oct	TBC	Trip Club <b>Contact Rachel Miller on 07826926150 for further information</b>	Age 12+. Parents don't stay - young people will have AWARE support	£20 p/session

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 21 October but unfortunately will NOT be available at the CDC this month. 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).

Meeting at The CDC, Airedale Hospital, Tuesday 11 October at 8.00pm: David Sims, Child and Adolescent Mental Health Service (CAMHS), Hillbrook

From David, Consultant Psychiatrist based in CAMHS, is a specialist in Learning Disabilities and the Autistic Spectrum: *One of the aspects of working with families with at least one member on the autistic spectrum is that we are aware of the difficulties of knowing where to go for help and when. I suggest that it might be time to lobby harder for an autism centre locally with a single telephone number to ring for all questions. Hopefully a building which could be shared for assessments and support activities would be part of this as well as the local supports. I'm interested in views on this and I can also answer questions about our work in assessments and as CAMHS.*

Last month's speaker was Louise Baldwin from Autism Partnership UK who gave a helpful talk and answered questions about toileting with children with an ASD; we shall be inviting Louise back next year to talk about sleeping and eating. [www.autismpartnership.co.uk](http://www.autismpartnership.co.uk)


Advance notice: the families who are setting up The Lighthouse School will be coming to talk to AWARE at our November meeting. 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 9 September: 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 7 October 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 19 October

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: The Smurfs 

When evil wizard Gargamel chases the tiny blue Smurfs out of their village, they tumble and roll out of their magical world into ours - in fact, they tumble and roll smack Smurf dab into the middle of Central Park. Causing chaos wherever they go, they search for a way out of the (very) Big Apple and back to their village before Gargamel tracks them down.

*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.*

Monday 24 & Tuesday 25 October – Play Scheme

No supported places this holiday but Margaret Wightman will be coming along on the Monday to do some cookery and our youngsters will be able to make soup and apple cake with her. No need to book – just turn up! Bouncy castle will be out on both days.

Autumn Seminar: update – book NOW!

We are looking at running 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.

Residential

Lineham Farm residential for children 7-16 years with autism from Friday 4 – Sunday 6 November. If you'd be interested in your child attending, please get in touch with Jo.

AWARE Christmas Dinner Tuesday 13 December, in lieu of CDC meeting – advance notice

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!

### Thank you for all your fundraising efforts!

A very special thank you to one of our members who wishes to remain anonymous but who has **kindly donated £3000 from her mother's estate: we are extremely grateful for this wonderful act of generosity.**

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).

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

[www.squeasewear.com](http://www.squeasewear.com) Squease combines a soft and comfortable hooded sweatshirt with an inflatable Deep Pressure vest. The application of Deep Pressure can help people with sensory processing issues cope better with the stress they face in everyday life. (Thanks, Lisa – what a great idea!)

Are you interested in biomedical interventions? Breakspear Medical Group would like to offer parents of children with an Autistic Spectrum Disorder (ASD) the unique opportunity of attending 1-day focussed workshops to:

- share our knowledge and experience of managing ASD
- bring together the group of parents of patients who can share their own experiences
- create an opportunity to ask questions of our medical and nutritional team

Before the date and venue of our first workshop are confirmed, we would like to ask parents for their input on the content of the workshop so that we can meet the needs of as many people as possible. If you are interested in attending Breakspear ASD workshops, please spend a few minutes completing our online survey by visiting: [www.breakspearmedical.com/ASDSurvey](http://www.breakspearmedical.com/ASDSurvey)

One to share! The Autism Education Trust "Tools For Teachers" resource:

<http://www.autismeducationtrust.org.uk/resources/tools%20for%20teachers.aspx>

Early Support Parent Workshops **Skipton Children's Centre** (for parents of children under 5 with learning difficulties and/or disabilities) Fridays 4, 11, 18 & 25 November: for further information contact: Liz Palmer Tel: 01609 534984

### [Bradford LINK's Latest Newsletter – Available Now](#)

Find out more about how our Autism and Asperger's Syndrome work group has come on in the last year and how you can have your say on the future of advocacy services in the district.

Have a look at [www.sensetoys.com](http://www.sensetoys.com): educational toys, sensory toys and activities that encourage communication and interaction – clearance sale now on as new catalogue out. (*Thanks, Lisa!*)

The TES Special Educational Needs Show will take place on Friday 14th and Saturday 15th October 2011, at the Business Design Centre, Islington, London. [register for your free badge](#) here and view what seminars are running.

### From the Autism Education Trust: Family and Friends Care Survey

The Family Rights Group is seeking input into a major survey among family and friend carers. This is the most far-reaching UK survey ever to examine the experiences, views and circumstances of family and friends bringing up children who are not their son or daughter, but are connected to them (e.g. a grandchild, sibling or friend's child). They aim to collect responses from over 500 family and friend carers and use these findings to inform policy and practice at a local and national level.

To take part in this survey please [click here](#)

## 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*

