

AWARE News October 2012

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Issue 146

www.homestead.com/awareuk/

www.awareuk.org



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October	Time	Activity & Location	Cohort/Age Group	Cost
Friday 5	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 5, 12, & 19 & 26	7 – 9pm	Friday Youth Club Addingham Youth Centre	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/family + £1/friend.
Saturday 6	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 6	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre (trampoline) <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>				
Tuesday 9	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
Saturday 13	1.45pm	Trip Club: Photography Museum, food & Bradfactor <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
Sunday 14 Hotel Transylvania	11.30am	Leeds/Bradford Odeon Leisure Park Thornbury see page 2 <i>Just turn up</i>	All family	See page 2 Carer free
Tuesday 16	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!
Tuesday 23 NEW LOCATION!!	10am – 2pm	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
Sunday 28	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
Monday 29 & Tuesday 30	10am-3pm	Play Scheme Addingham Youth Centre Stay and Play - <i>Just turn up</i> Supported - <i>Book now with Jo</i>	Families with children 0 – 16 years, including siblings /friend Children with ASC 8+	£6/full day/Family +£1/friend Supported £12/day
Wednesday 31	7.30pm – 9pm	Fashion Show Addingham Youth Centre see page 2 <i>Book with Jo/Margaret</i>	Parents/carers	£5/person

For further details of all our activities contact Jo 07764432933.

AWARE Library will be available at Youth Club on 19 October. 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 members' section of our website).

Friday 5 October: 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

Meeting at The CDC, Airedale Hospital, Tuesday 9 October at 8.00pm: ACST

Steven Livingstone from Bradford's Asperger Community Support Team is coming to talk about ACST's service to children and young people with a diagnosis of Asperger Syndrome or High Functioning Autism whose complex behaviour may be restrictive, aversive and often resulting in exclusion from services. Steven will explain how the service works to empower families to be able to manage confidently their young person in a consistent manner.

For any members who didn't make last month's meeting with Hft, a national charity providing [local support services](#) for people with learning disabilities, Andrew would be really happy to send you some of Hft's information or you call/email him: andrew.horner@hft.org.uk Andrew Horner 01274 323890 or 07810 816177 <http://www.hft.org.uk/>

Cinema: Sunday 14 October: autism-friendly screening of Hotel Transylvania

Watch a trailer here: http://youtu.be/dac4_cR1TrI - animated film Hotel Transylvania, featuring Adam Sandler as the voice of Dracula. 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).

Lineham Farm Residential Break 12-14 October

Places for this one fully booked, but if you're interested for the next residential in March, please contact Jo.

Walking Groups: mid-week for parents/carers and weekends for families: Sunday 14 & Tuesday 16

Weekend Walks with the Thomas family, message from Diane: *The walk is 6 miles and takes in Swinsty Reservoir and Dob Park Bridge. We will meet and start from the Stack Point car park on the eastern edge of Swinsty Reservoir situated near Fewston off the A59 Harrogate / Skipton Road at Blubberhouses, OS grid ref SE1953 at 11.00hrs. Please book with Diane 01943 863519/Mob 07563 733576/ diane.thomas1964@gmail.com* Why not join our **Mid-week ramble with Ronda**: for parents/carers only – Tuesday 16 October, walk over Harden Moor. Meet at the car park on Keighley Rd, Harden at 10am prompt, for map: <http://www.bradford.gov.uk/NR/rdonlyres/C832FE9E-7BAB-4E1A-8152-6A7A47BF1573/0/HardenMoor.pdf> Email/text Margaret (07854 740071) to book, for a lift 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.**

Coffee Morning NEW LOCATION!! Trinity 5 Rise Children's Centre, Tuesday 23 October

We have decided to try out some new locations for our monthly coffee mornings so will be getting together at Trinity 5 Rise Centre, John Escritt Rd, Bingley BD16 4ST on Tuesday 23 October (and 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!

AWARE Fashion Show, Wednesday 31 October 7.30pm

Following on from the success of our last fashion show in June which raised £420, we will be holding another on Wednesday 31 October, 7.30pm at Addingham Youth Centre. Tickets are £5 including refreshments. To book a place, please contact Jo or pick up a ticket when you come to any AWARE session. A company called Complete Clothing are running the event and selling this winter's high street fashions at discount prices: clothing from stores including Top Shop, Dorothy Perkins, River Island, Per Una and Next to name just a few; ladies' and children's quality clothing in a wide range of sizes. There will also be a raffle on the night so don't forget to bring your purse! If you or your child are interested in being models for us, then please do let us know.

Thank you for all your fundraising efforts!

Thanks again and congratulations to **Sophie Latta** who completed the Great North Run and has already raised **£427.25** with Gift Aid, including offline donations, for AWARE. It's not too late to sponsor Sophie, just go to: <https://mydonate.bt.com/fundraisers/sophielatta1> Donations can be made up to a month after the event (16th of October), and so if anyone still wants to donate, please do so now!

Thanks also (again) to **White Stuff** and Dawn Emsley, Lorna Weaver, Ann Roberts, Jenny Jeffels (welcome back!) and **Sophie Latta** (again!) for help on the fundraising day which brought in and **£127** for AWARE and to everyone else who provided tombola prizes and baking. White Stuff are also donating 10% of all sales made Thursday 27 September to AWARE – fantastic!

We've recently signed up to **justtextgiving** – an easy way for anyone to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. **Nothing yet so will you be the first!?**

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 £21.74**

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 £31.13**

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!

Barnardo's Parenting Centre Invites Parents of Children with Additional Needs to the 'Family Links' Nurture Programme starting Friday 19 October

Family Links is a 10 week Parenting Programme offering parents the chance to come together to share experiences. Topics include: *The importance of looking after ourselves, Understanding behavior and Recognising the feelings behind behavior*. Barnardo's understand that parenting can be challenging particularly when a child has an additional need and so their aim is to support, understand and look at parenting together while providing parents with an opportunity to come together to share experiences.

Sessions will be held at: Barnardo's, Queens Rd, Bradford, BD8 7BS on Fridays between 10.30am – 12.30pm on: 19 & 26 October, 9, 16, 23 & 30 November and 7, 14 & 21 December. Unfortunately, they are unable to provide a crèche but transport costs can be met. PLEASE call Sarah or Fozia on: 01274 481183 if you are interested.

Team Teach course for parents and carers of children and young people with disabilities

This accredited Team Teach training sets high standards of training and guidance to parents and carers where strategies to maintain behaviour and use of restrictive physical interventions may be required. The basic course is for three days of 4½ hours per day from 10am - 2.30pm.

Dates: 15/16 & 17 October at West Bowling Youth Centre, Parkside Road, Bradford BD5 8EH

If you are interested please email carol.mullins@bradford.gov.uk or ring 01274 434529

News from the NAS:

The NAS are inviting primary schools from across the UK to take part in the Anderson Foundation Schools Challenge - a series of sponsored tasks which aim to improve pupils' awareness of autism and raise money for the National Autistic Society.

To celebrate their 50th anniversary, the NAS are challenging primary schools to complete 50 fun and informative tasks. Some can be done by individual pupils, some by groups, and some by the whole school together. With autism affecting more than one in every hundred people, the Challenge gives children the chance to learn more, and understand autism better.

There's £1,500 on offer to spend on equipment for the school in each region that raises the most money. Each school can also nominate a pupil who has really embraced the challenge, to be entered into a

regional prize draw for an iPad. And every participating school will get a free copy of "100% Awesomes", a fun and lively resource pack featuring a group of superheroes, two of whom have autism. The pack includes a lesson plan for teachers, a how-to guide on DVD and six copies of a comic book for pupils, and normally costs £14.99 from the Autism Education Trust.

Join the challenge at <http://www.autism.org.uk/schoolschallenge> Schools are also being encouraged to hold a special autism assembly and invite their local MPs. Have a look at the NAS website to see how they go and let us know if your school takes part.

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/>

Link to the **Disabled Children's Information Service** Facebook page:

<https://www.facebook.com/#!/pages/Disabled-Childrens-Information-Service-Bradford/458997957483407>

<http://www.bbc.co.uk/newsround/19524734> Great short film by **Rosie King** who has autism. The move up from primary to secondary school can be intimidating for anyone, but what's it like if you're a bit different in any way? In this film, 14 year-old Rosie hears stories of kids who, like her, have made the great leap to big school. **Up and Away** shows us that the big move up can be as fun as it is scary! (Thanks, Lisa!)

Back to school - the perfect time to talk online safety CEOP have released an enhanced new app, **ClickCEOP**, to provide support and advice on online safety. Everyone on Facebook in the UK can have direct access to CEOP's advice and reporting centre ClickCEOP – from their homepage. The app provides the very latest help on online safety as well as a dedicated facility for reporting instances of suspected grooming or inappropriate sexual behaviour.

<http://www.ceop.police.uk/Media-Centre/Press-releases/2012/Back-to-school-the-perfect-time-to-talk-online-safety/>

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.thefamilyhubleeds.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:



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