

AWARE News October 2013

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October	Time	Activity & Location	Cohort/Age Group	Cost
Friday 4, 11, 18 and 25* (*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
Saturday 5	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre For further information contact Rachel Miller or ring 07826 92615	Families with children up to about 11years	£3.50/family + £1/friend
Saturday 5	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
Tuesday 8	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
Friday 11 – Sunday 13	Info provided to participants	Residential to Lineham Farm <i>Fully booked</i>	Children with ASC 7-18yrs	Suggested donation £25/child
Saturday 12	Pick up and drop off times vary.	Trip to Harrogate Turkish Bath - see page 2 for details	Parents/Carers	Free for parents/carers; friends £20 each
Sunday 13	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 15	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
Wednesday 16	7 pm	Betty's Gourmet Night see page 2 <i>Book with Jo/Margaret</i>	All welcome – bring your friends, too!	£20 per person - pay on the night
Thursday 24	12.30 – 2.30pm	Carers' Walk - see page 2 <i>Book with Margaret</i>	All carers welcome!	Free but bring money for coffees!
Friday 25	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
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
Thursday 31	Times to be confirmed	Trip Club: York Light Festival For further information contact Rachel Miller or ring 07826 92615	Age 12+. Parents don't stay, AWARE support provided	£20/person

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 25 October. 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](#)

A Big Thank You!

To staff at White Stuff, Ilkley for making us so welcome at the recent Customer Event day on Thursday 19th September, when we held a tombola and other fundraising stalls, raising £289.92 which White Stuff foundation will be matching – wow! On Thursday 26th September White Stuff also held a 'National Wear a Tea Cosy on your head day': tea cosies on sale in store for £3 and **all proceeds** from the tea cosies go to AWARE plus 10% of sales on the day – thank you again!

Meeting at Airedale CDC, Tuesday 8 October, 8pm – SNOOP

The speaker this month will be Carol Beardmore from SNOOP, Special Needs Objective Outreach Project. SNOOP provides a range of services for children and adults with disabilities: working with an age range of 3 – 25 years plus, SNOOP delivers a wide range of activities for children of all abilities including before and after school care, play schemes, youth club, ASDAN accredited awards, life and independence skills sessions. We also support parent/carers at reviews for education and social care, support planning for transition from children's to adults' services and facilitates finding a PA. SNOOP also looks after the running of the *Help I'm Lost Card* Safe Places scheme. Please have a look at the website www.snoopcharity.org or you can contact SNOOP on 01274 292126 and speak to either of the two Carols.

Last month's speakers were Elaine Rockcliffe and Bernadette Baldwin from Family Fund, the UK's largest grant provider to low-income families raising disabled or seriously ill children and young people across the UK. If you missed the meeting, you can find out if you are eligible for a grant or download an application form from their website www.familyfund.org.uk or contact the team directly by email: info@familyfund.org.uk, or telephone: 0844 974 409.

Lineham Farm Residential 11-13 October (to coincide with the Turkish Baths trip)

This month's residential is now full but if you are interested in your child being considered for our next residential to Lineham farm, please follow this link to see what it's like: [LINEHAM FARM](#) For more information and to register interest for future breaks, contact [Jo](#)

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), we are delighted to invite you to another AWARE trip to Harrogate's Turkish Baths. We will be have a mini bus picking up in Bingley, Keighley, Silsden and Addingham, and aim to be there for 11.30am and leave Harrogate for the return at 3.30pm. N.B. 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 Just one place left so book a.s.a.p. with [Margaret](#)

Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 15 October

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](#)

Betty's Ilkley Gourmet Night Wed 16 September, arrive 7pm

Our year of support from Betty's Ilkley will be coming to an end very soon so we think this will be the last event to raise money for AWARE so please support us and come if you can! There's a three course meal and pre-dinner drink including – French Onion Soup, Posh Roast Beef dinner followed by Oeufs a la Neige (meringue, fruit and cream), cost £20 per person payable on the night but please book in advance with [Jo](#)

Walking Group Thursday 24 October

We have a two hour **mid-week ramble with Ronda** planned for Thursday 24 October, meet at The Glen in Gilstead (lifts available to/from Bingley with Margaret if needed). 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 25 October 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 25 October, 10am – 12pm, book in advance for the NDG with [Margaret](#)

October Half Term Play Scheme, Monday 28 & Tuesday 29, 10am - 3pm

Stay and Play sessions only this time due to lack of staff availability. Families just turn up any time and stay as long as you like; bring a packed lunch; 10am – 3pm; cost £6/family + £1/friend. Margaret Wightman will be doing cookery activities on Tuesday 29th and our bouncy castle will be up on both days. See what it's like before you attend so you and your children know what to expect: - [About Aware](#)

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: girls, boys and ladies, all ages and sizes - there's something for everyone (except the fellas!), at very reasonable prices. Tickets are £5 and on sale now - contact [Jo](#) to buy tickets, book or model

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 **Cinema Exhibitor Card** has gone up to £5.50 but is still very good value, to apply: <http://www.ceacard.co.uk/downloads/CEACard%20Application%20Form%20REV010.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>

Newsletter/Guide for Young Carers - [Click here](#)

Message from Sue at **Supporting People**: Just to let you know that following the successful launch of the **Look Book**, it is now available online at www.wearepeople2.net. This gives you information about 23 support providers that are on the Learning Disability Framework and can support people in their own home or provide supported living. It is a useful tool to help people who are thinking about paid support or have a direct payment. All the providers in the book have been checked for quality and will charge the same rate. Also on the website is the **VIP Hospital passport** designed for people to print off and fill in and take with them when they go to hospital. Take a look at www.wearepeople2.net as there is lots of interesting information on it, including a calendar of events and links to the Coming Soon website.

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/>

Get Online @ Home, the government scheme run in partnership with Microsoft that intends to get more UK citizens using the Internet, has dramatically lowered the prices on refurbished PCs. For people on certain eligible benefits (including Carer's and DLA), an internet ready PC is just £99. You will also have to pay a monthly charge to get broadband at home. To benefit from this offer, please call 0800 090 1297, or visit www.getonlineathome.org (*Thanks to Leeds Carers News for this information*)

Autism Friendly films in October: **Dimensions** are hosting three different Autism Friendly films in October 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!

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 £211.32** (£202.18 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 £77.17** (£72.70 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

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:

