

AWARE News October 2014

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October	Time	Activity & Location	Cohort/Age Group	Cost
Thursday 2	7.30pm	Bingo Night Yeadon Liberal Club See page 2 for details	Parents & carers, older children	£6 inc pie & pea supper
Friday 3	10am - 12pm	New Diagnosis Group Coffee Morning , Strong Close Children's Centre Keighley Book with Margaret	All carers welcome – babies and toddlers, too!	Free but donations welcome
Monday 6, 13, 20 & 27	6.30-8.30pm	Adult Support for Asperger's Drop-In Otley See page 2 for details	Adults with Asperger syndrome (16+): parents, partners	FREE donation for refreshments welcome
Friday 3, 10, 17 & 24	7 – 9pm	Friday Youth Club Addingham Youth Centre Just turn up	Children 7 – 16 years, inc. siblings (Parents stay)	£3.50/Family + £1/friend
Tuesday 14	8pm	CDC Meeting, Airedale Hospital - see page 2 Just turn up	Parents, carers, Anyone interested	Free - donations welcome
Thursday 16	10am – 2.30pm	Parent training: Supporting Siblings Addingham Youth Centre Book with Margaret	Parents & carers	Suggested donation £10/person
Thursday 16	7pm – 9.50/10pm	Autism Training for Dads – The Cow and Calf Inn, Ilkley see page 2 Book with Margaret	All male carers welcome!	Free but donations always welcome!
Friday 17	9.30am – 3pm	Parent training: Adult Life Addingham Youth Centre see page 2 Book with Margaret	Parents & carers	Suggested donation £10/person
Saturday 18	10am – 1pm	Cookery Club Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£12/person
Saturday 18	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre Book with Rachel Miller	Families with children up to about 11years	£3.50/family + £1/friend
Tuesday 21	9.30am – 2pm	Pamper Day Addingham Youth Centre see page 2 Book with Margaret	Parents & carers	Suggested donation £10/person
Saturday 25	Times to be confirmed	Trip Club Bradfactor Register interest with Rachel Miller	Age 12+. AWARE support provided	£20/person
Sunday 26	3.15 – 4.15 pm	Swimming with inflatables & slide Keighley Leisure Centre 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	All family (max. 20 children/ session)	£2.50/swimmer
Monday 27 & Tuesday 28	10am-3pm	Half Term Play Scheme Addingham Youth Centre Stay and Play Just turn up	Families with children 0 – 16 years, inc. siblings /friends.	£6/Family/day + £1/friend
Wednesday 29	10am – 1pm	Siblings Day: bowling, lunch and cinema at The Leisure Exchange, Bradford, travel inc. See page 2 Book with Rachel Miller	Parents don't stay - young people will have AWARE support	£12 per child
Fri 31 Oct – Sun 2 Nov	Fri 4.30pm – Sun 1.30pm	Lineham Farm Residential Register interest with Jo	Children with ASC 7-18 years	Suggested donation £25

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 the CDC meeting on 14 October and at Youth Club on 24 October. Please contact our librarian, [Vanessa](#), 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)

Meeting at Airedale CDC Tuesday 14 October: Parent Partnership

This month's speaker will be from Bradford's Parent Partnership Services (PPS) and will give us an overview of the changes to how PPS will be working and the new Children and Families Act and how it will affect families with children with additional needs. Have a look at the website: <http://www.barnardos.org.uk/parentpartnershipservice.htm>

Last month's speaker was Barbara Wilkinson who once again informed and entertained parents with her experiences of living life with autism: thank you, Barbara

Adult Support for Asperger's – Monday evening Drop-in, Otley

For adults with Asperger's (or High Functioning Autism) and/or their partners or parents: the group meets every Monday from 6.30pm-8.30pm (excluding Bank Holidays) at Cross Green Community Centre, Pool Road, Otley LS21 1HD. Contact [Margaret Marshall](#) 07963 521117 for further details.

Parent Training: book now with Margaret – last few places!

Supporting Siblings Thursday 16 October, Addingham Youth Centre, LS29 0NR, 10 – 2.30pm; lunch included

This is a Family Support Seminar which provides information and advice to parents and carers of children with an autism spectrum disorder who would like to support siblings in their family – see flyer attached and book with [Margaret](#) Normally, these workshops cost £30 each but thanks to the generosity of our funders we are able to offer them for a £10 donation and include a delicious M & S lunch!

Dads' only Training Session: Understanding Autism Seminar, Meeting Room, The Cow and Calf Inn, near Ilkley, 7pm – 9.30/10pm Thursday 16 October; buffet supper included

This training session will be for Dads only and will be delivered by Deborah Garland, an experienced NAS Trainer, who is coming down from Newcastle to facilitate. Please book now with [Margaret](#), whether your son/daughter has only recently been diagnosed and you want to find out more, or whether you have years of experiences and knowledge that you can share with some 'newbies': parents have so much to offer each other so WE NEED YOU to come along ... it will be a relaxed evening and I am sure you will find it useful AND enjoyable! Normally, these workshops cost £30 each but thanks to the generosity of our funders we are able to offer them completely FREE of charge to you, including a buffet supper!

Adult Life training: Friday 17 October, Addingham Youth Centre, LS29 0NR 9.30 – 3pm

Adult Life is one of the Autism Seminars for Families which provides information and advice to parents and carers – see flyer attached and book with [Margaret](#) Normally, these workshops cost £30 each but thanks to the generosity of our funders we are able to offer them for a £10 donation and include a delicious M & S lunch!

Pamper Day in Addingham on Tuesday 21 October for Mums

Aiming to relax you before half term ... and thanks again to a grant from Bradford Carers, we have booked six therapists to work three hours each in the morning and then we will all have a buffet lunch. I have also asked Carers' Resource to come along to advise and provide information on a one to one basis (emergency planning, PIP etc) and representatives of Family Fund, a fabulous charity that has helped several of our members, will be there to talk to you. The day is now fully booked (you will receive an email with full details of the day by 14 October) but I am taking names for reserve places in case anyone needs to drop out at the last minute - email [Margaret](#) if you want to add your name to this reserve list (no names at present).

Monday 27 & Tuesday 28 October Holiday Play Schemes

Stay and Play £6/family/day - just turn up. Supported places for children 8+ £12/day – Fully Booked. Family support also available - £12 family/day (parents stay on site and a support worker helps your family on the day so under 8's can be looked after with this service). Contact [Jo](#) to book.

<http://sites.createvideomarketing.com/sites/185/AboutAware>

Siblings Day Wednesday 29 October

For brothers and sisters without additional needs, aged approx. 8-12 years; to include bowling, lunch and

cinema at The Leisure Exchange in Bradford, train pick up/drop off along the Keighley - Bradford line is being arranged. Contact [Rachel Miller](#) 07826 926150 to book.

Lineham Farm Residential Break Friday 31 Oct – Sunday 2 Nov 2014. If you're interested in your child being considered for the next residential, please contact [Jo](#). Follow this link to see what it's like: [Lineham Farm Residential](#)

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

The Autism Research Trust (ART) has just published its semi-annual newsletter, which you can read by clicking on the 2014 Newsletter link on their website (www.autismresearchtrust.org) or by using this link: http://autismresearchtrust.org/docs/artnewsletter_sep2014.pdf Some REALLY interesting updates on research etc.

Lots of postings over the summer so people were kept up to date; if you missed out, then please join our closed members' group: [Join the closed AWARE members' ONLY FB group](#)

KIDS has launched a new suite of resources to support families and carers of disabled children and young people to help them navigate the reforms to Special Educational Needs and Disability provision.

The full suite of resources is available to view on the KIDS website: www.kids.org.uk/mip2 (also see attached leaflet, **Making it Personal**)

KIDS works with disabled children, young people and their families. As part of the 'Making it Personal:2' project, sponsored by the Department for Education, KIDS has worked with a number of partners to develop a new suite of resources to explore how personal budgets and the local offer will benefit families.

Staying Safe Guides – from The Foundation for People with Learning Disabilities: this guide includes tips for people with learning disabilities on **how to stay safe in social media** and online: <http://fpld.org.uk/publications/safeonline/> and for staying safe whilst out and about, at home, at work and hot to deal with 'mate crime': <http://fpld.org.uk/publications/safeoutandabout/>

<https://www.sendirect.org.uk/> is a new online tool to **support more choice and control for children, young people and families with additional needs.**

Contact a Family's parent-friendly factsheets on the SEND reforms: CaF have a series of factsheets to help families understand recent changes to the special education system in England:

- [Introduction to the Children and Families Act 2014](#)
- [Extra support in mainstream school - SEN support](#)
- [Education, Health and Care needs assessments](#)
- [Education, Health and Care plans](#)
- [The local offer explained](#)
- [Changing from the old system to the new - how will it happen?](#)

Parents can call their freephone helpline on 0808 808 3555 and ask for printed copies. More guides will be uploaded onto the website in the near future. You can also download the [Summary of the new code of practice and transitional arrangements](#) and key messages from Contact a Family. For more information on special educational needs, visit www.cafamily.org.uk/the-sen-process

Connected magazine this autumn theme is anti-bullying, Contact a Family's [Connected](#) magazine is for families with disabled children and all those that work with them. It's packed with parent stories, articles, resources, news and much more. [Sign up](#) to receive an alert when the latest edition of *Connected* is available free online and to download in early November. Parents can call the Freephone helpline on 0808 808 3555 and ask for a free copy. CaF produce publications guides on a range of subjects for families and professionals. Browse and download any of our publications free from their online resource library [here](#). Guides are posted free to parents who call our freephone helpline on 0808 808 3555.

Link to **Cerebra's parent guides** re education, carers' rights, money matters, social care, housing etc: <http://www.cerebra.org.uk/news/Pages/Cerebra%27sParentGuides.aspx>

Need help with filling out DLA forms? Contact Carers' Resource have two Parent Carer Development Workers covering different geographical patches: Imogen Cahill – Airedale & Natalie Baxter – Craven (numbers in Helplines below).

Autism Friendly films: 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.

Thank you for all your fundraising efforts!

Thank you to everyone involved in the White Stuff fundraising event at in Ilkley: name the teddy, tombola and cake sale, raising £120.76 in total, which will be match funded by White Stuff to £241.52: well done and thank you to the team and White Stuff!

We signed up to **justtextgiving**: to donate money to us simply text AWAR12 £10 (amount you want to donate) to 70070. Don't forget to keep **recycle mobile phones and ink cartridges** for us (the HP ones 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 0800 0910696, 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 £771.88.

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!

Easyfundraising & Give As You Live have now merged so if you'd signed up to either then it's all now just easysearch & easyfundraising: 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, for just a few clicks you can make £'s for AWARE – so visit <http://www.easyfundraising.org.uk/causes/aware> to sign up.

Overall Total for Easyfundraising/GiveAsYouLive is £1,427.57 (1,413.67 last month) We still have just 50 supporters – no new people since July - so if you haven't yet signed up, please do so NOW; you've nothing to lose and lots for AWARE to gain – come on, DO IT NOW!

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:

Cow & Calf, Ilkley

