

# AWARE News September 2010

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Issue 123

[www.homestead.com/awareuk/](http://www.homestead.com/awareuk/)

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



Contact details: AWARE phone line: 01943 466543 Mobile: 077644 32933

Email: [jo.galasso@tesco.net](mailto:jo.galasso@tesco.net) Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

September Dates	Time	Activity & Location	Cohort/Age Group	Cost
Mondays 13, 20 & 27 Nb NO meeting on 6th	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 10, 17 & 24	7 – 9pm	Friday Youth Club Addingham Youth Centre Just turn up	Children 7 – 16 yrs, inc siblings (Parents stay)	£2 /family + £1/friend
Saturday 11	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
Tuesday 14	8.00pm	Meeting at CDC, Airedale - see page 2 for more info Just turn up	Parents, Carers, Professionals, anyone interested	Free
Wednesday 15	10am – 12pm	Coffee morning Addingham Youth Centre Just turn up	Parents/carers, babies & toddlers welcome.	Free
Sunday 19 	11am Doors open 10.50am	Cinema: Shrek Forever After 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 <a href="http://www.odeon.co.uk">www.odeon.co.uk</a> Film info line 08712244007	£2.50/child adults free
Saturday 25	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](mailto:sarah.jamieson@bradford.gov.uk)

**AWARE Library** The AWARE Library will be available at Youth Club on the 24 September. Please contact Karen (or Margaret) if you are unable to access this date and wish to borrow any particular resources: [karenrobertson31@hotmail.com](mailto:karenrobertson31@hotmail.com) ([margaretnash@thomasmash.orangehome.co.uk](mailto:margaretnash@thomasmash.orangehome.co.uk))

## AWARE AGM 2010

Last month's meeting was our AGM, attended by 13 members, professionals and AWARE staff. If you were unable to make it, then you should have already received the minutes and our Annual report (sent by email on 22 July). The minutes, report and AWARE's latest accounts are now available in the members' area (password is member2010) on our website if you would like to see them:

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

## Meeting at the CDC, Airedale Hospital on Tuesday 14 September

*Cygnets is a locally developed parenting support programme for parents and carers of children/young people aged 7-18 in the Bradford district who have a diagnosis of an Autistic Spectrum Condition.*

Parenting support exists across Bradford for parents and carers of pre school children who have been diagnosed with an Autistic Spectrum Condition (Early Bird) and some a little older (Early Bird Plus). However, there has been a gap in provision for parents and carers of older children/young people (carers can be anyone who has direct involvement with the child, e.g. grandparents, uncles, aunts or support workers); Cygnets has been filling this gap for the past few years with very positive results.

Andy Morris will be discussing the programme and related training developments in the Bradford district so please come along to find out more.

Incidentally, Cygnets will be running an evening programme at Airedale CDC from 10<sup>th</sup> Nov (six consecutive Wednesday evenings). For further details, contact Andy or Nicola Dunne 01274 481183.

## 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.

## AWARE Pamper Day Wednesday 13 October, Addingham

We shall be holding our second Pamper Day on 13 October and places are limited so please book (email or text 07854 740071) with Margaret asap!

## Turkish Baths, Harrogate Saturday 13 November

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](http://www.harrogate.gov.uk/turkishbaths) Again, places are limited and going fast so book asap!

## Cinema: autism-friendly screening of 'Shrek Forever After'

For an ogre, Shrek's life has been pretty eventful - challenging an evil dragon, rescuing a beautiful princess, saving his in-laws' kingdom. But now things are a little dull, and instead of scaring villagers he is reduced to autographing pitchforks.

So he jumps at the chance of seeing some action with Rumpelstiltskin. However, he soon finds himself in an alternate world where ogres are hunted, Rumpelstiltskin is king and Fiona is nowhere to be found. Now Shrek has to put things right, and get his old life and his true love back

*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

Unfortunately, we do not have funding to run the cook club at the moment but are trying to find new sources of funding for the future as this was a popular activity.

## Residential at Lineham Farm 15-17 October [www.lineham.co.uk](http://www.lineham.co.uk)

The next AWARE residential which will take place at Lineham Farm (LS17) from Fri 15<sup>th</sup> to Fri 17<sup>th</sup> October. *The residentials are free but we are happy to accept (much needed – see Cook Club!) donations!* For further information about the residential or to register interest, please contact Jo.

## Charity Ball in Skipton – come and help raise funds for AWARE Saturday 16 October, Rendevous Hotel, Skipton

Please see attached flyer for full details – 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](mailto:jtales@hotmail.co.uk)

Nb there will be residential the same October weekend so we hope all those parents whose children are at the residential will come along and support Julie and her cousins in their fundraising efforts – and enjoy themselves, too!

### Conferences

Please find attached details of three local conferences:

Bingley Disability Discovery Train (information fair) Weds 22 September

Bradford parenting Conference, the Midland Hotel Weds 20 October

York: NAS Autumn Autism conference Friday 17<sup>th</sup> September

Also:

Autism Oxford, **Succeeding with Asperger's**: Saturday, 18<sup>th</sup> September 2010, 12:15pm *for* 1pm – 5pm

The Theatre, Headington School, Headington Road, Oxford OX3 7TD

See: [www.autismoxford.org.uk](http://www.autismoxford.org.uk)

MA Healthcare, a medical conferences company, is hosting the “7<sup>th</sup> National Conference: Autism Today” from 13<sup>th</sup> October – 14<sup>th</sup> October 2010 at The Royal College of Physicians, Edinburgh.

See: [http://www.mahealthcarevents.co.uk/cgi-bin/go.pl/conferences/detail.html?conference\\_uid=185](http://www.mahealthcarevents.co.uk/cgi-bin/go.pl/conferences/detail.html?conference_uid=185)

Contact: [flo.doel@markallengroup.com](mailto:flo.doel@markallengroup.com)

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

*Working families*: information, videos and interactive guides for working mothers, fathers and carers on their employment rights, Tax Credits and in-work benefits, maternity and paternity leave and flexible working options. This includes a section especially for parents of disabled children, see:

<http://www.workingfamilies.org.uk>

*Fledglings* is a national charity which aims to assist parents and carers of disabled children, or those with additional needs of any kind, by identifying, sourcing and supplying practical, affordable products to address every day issues. Lots of information and interesting products – see: [www.fledglings.org.uk](http://www.fledglings.org.uk) or call 0845 458 1124.

*Netmums* (free online parenting support service) can be a useful source of information, although obviously not autism specific eg for sleep problems <http://www.netmums.com/support/Sleep.4153/>

One parent has recommended this site for free PECS pictures/symbols:

<http://www.pecsforall.com/index.html>

*AWARE library* has lots of books which are FREE to borrow, including one of our latest purchases, reviewed here:

*I'm a Teenager... Get Me Out of Here!* By Carolyn Brock. When you have a brother or sister with autism, it's completely natural to feel that life is unfair sometimes, that too much is expected of you. Perhaps you feel you get less attention from your parents than your sibling or you are angry with your parents for not coping better. Maybe you just want more information and to know if there is anyone else out there going through the same things.

The author hopes that this book, written especially for teenage siblings of people with an autism spectrum disorder (ASD) will help them to realise that they are not alone and to be honest about their feelings, to understand their siblings better and to know where to look for further help.

Information about autism, advice on how to get on with all the family and ways of coping when things get difficult, are presented in a colourful and lively magazine-style format, with real-life stories, question-and-answer sections, a quiz, and a problem page.

[Download an extract from this book in PDF.](#)

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](mailto: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](http://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*. A few of the most well used shops are M & S, Amazon, Waterstones, Iceland plus many, many more. Please support us by doing your shopping via the above address: make it your home page so you'll never forget to use it! Please bring along 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.*

### Help Lines: Need help or support?

The National Autistic Society [www.nas.org.uk](http://www.nas.org.uk)

**Parents' Help line:** 0845 070 4004 (Mon-Fri 10-4) [autismhelpline@nas.org.uk](mailto: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](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 - 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](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** 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*

