

AWARE News September 2011

Registered Charity 1089617

Issue 134

www.homestead.com/awareuk/

www.awareuk.org



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

Email: jo.galasso@tesco.net Mrs. Jo Galasso, 52 Chippendale Rise, Otley LS21 2BJ

September	Time	Activity & Location	Cohort/Age Group	Cost
Fridays 9, 16, 23 & 30 No club on 2 Sept	7 – 9pm	Friday Youth Club Addingham Youth Centre Just turn up	Children 7 – 16 yrs, inc siblings (Parents stay)	£3 /family + £1/friend
Friday 9	9.30 – 11.30am	New Diagnosis Group Strong Close Nursery Book with Margaret	Parents/carers of children who have recently received a diagnosis; babies and toddlers welcome	Free
Saturday 10	10 am – 1pm	Cookery Addingham Youth Centre Register interest with Jo	Age 12+. Parents don't stay - young people will have AWARE support	£10 per person
Saturday 10	1.30 – 3.30pm	Junior Youth Club Addingham Youth Centre Bouncy Castle 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 11 years, inc siblings	£3 /family + £1/friend
Tuesday 13	8.00pm	Meeting at CDC, Airedale Hospital - see page 2 for details Just turn up	Parents, Carers, Professionals, anyone interested	Free
Sunday date/film tbc	11 am Doors open 10.50am	Cinema: 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 www.odeon.co.uk Film info line 08712244007	£2.50/child adults free
Wednesday 21	10am – 12pm	Coffee morning Addingham Youth Centre Just turn up	Parents/carers, babies & toddlers welcome.	Free
Saturday 1 Oct	TBC	Trip Club Contact Rachel Miller on 07826926150 for further information	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 30 September. 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).

Multi-Agency Autism Information Day –: Wednesday 14 September, Victoria Hall, Saltaire, 10am - 2pm. Volunteers needed to serve refreshments: contact Jo if you're able to help. We hope to see lots of you at our stand!

Meeting at The CDC, Airedale Hospital, Tuesday 13 September 8.00pm: Toileting

Louise Baldwin, a board certified behaviour analyst and the Site Director for Autism Partnership UK, has been working with children with autism since 1998. AP provides Applied Behavioural Analysis (ABA) programmes for children with autism. Louise will present practical strategies to help resolve the challenges of toileting. There will be discussion on the possible hurdles for tackling this very important

goal and how to overcome these hurdles. It will be an informal session where Louise will welcome questions and work through examples given as a group. Who should attend: • Parents • 1:1 Therapists & LSAs • Teachers & other school Personnel • Professionals working with children with autism
July was AWARE's Annual General Meeting at The Cow & Calf, Ilkley (in lieu of our usual meeting at Airedale CDC). Thank you to those people who attended. If you would like to read the minutes and see the results of our members' survey, please go in to the members' area of our website where the Annual Report will also be uploaded soon.

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 9 September (and again 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

Coffee Morning Wednesday 21 September

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! If you would like to wear a tea cosy (see suggestion from White Stuff, see below!) on the day, please do – get your friends and families to sponsor you!

Cinema: autism-friendly screening

Date/film to be confirmed in e-update as the cinema does not yet have the information – apologies!
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.

Autumn Seminars: please read!

We are looking at running one day seminars (though the NAS) , possibly on:

First Steps 5-11 or 11-16 (intro seminar for families with fairly recent diagnosis)

Managing Anger, Understanding Behaviour, Sensory Needs, Teen Life, Supporting Siblings

The cost is to be confirmed but AWARE hopes to provide/access at least 50% funding so we anticipate costs will be less than £15 per person, per topic. If you are interested in any of these subjects, please advise me (margaretnash@thomasnash@orangehome.co.uk) of your choices of topic and location (Addingham or Keighley) and your availability and I will try to find the most popular topics/days and get back to you. I have had very few responses so far so please DO let me know if you are interested.

Residential - Advance Notice

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.

n.b. Please also see details of Barnardo's focus group on the local authority's 'Short Breaks Sufficiency Statement' in my covering letter: would you be interested in joining?

Thank you for all your fundraising efforts!

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: 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 (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 or pick up one next time you are at an AWARE event (only Canon, HP, Lexmark and Dell cartridges now accepted, thanks).

White Stuff's 'National Wear a Tea Cosy on Your Head Day' is Thursday 22 September!

Last year The White Stuff Foundation managed to raise over £26,000 for charity through NWATCOYHD and this year they're hoping to match this. Visit Ilkley White Stuff shop on the day and get involved with

all the activities and fundraising or go to www.whitestuff.com/teacosy ... and don't forget to bring your tea cosy to our coffee morning!

NAS News

Please find attached flyers and application form for the **NAS help!** courses on common toileting difficulties on 20 September in Leeds and 18 October in Sheffield.

NAS North Yorkshire Central Branch & NAS North Regional Team would like to invite you to:

An evening with **Wendy Lawson - Managing 'change' & transition in Autism Spectrum Condition (ASC)** *Dr. Wendy Lawson MAPS; BPS, an adult with high functioning autism, presents internationally and is well published. Having written numerous papers & books (varying from her autobiography to an everyday text on autism), Wendy explores the influence of individual neurological development with reference to impact upon learning styles.*

Monday 19th September, 7.00 pm – 9.00 pm, Registration from 6.15 pm York Cricket & Rugby Union Football Club, Clifton Park Shipton Road, York, North Yorkshire YO0 5RE

Cost: Professionals - £25.00 Parents - £15.00 People with a diagnosis of ASD - £5.00

If you are interested in attending, please complete the attached booking form or contact YorkshireandHumber@nas.org.uk

Welfare Reform

The Government have announced plans for a substantial cut to welfare support for disabled children under the Universal Credit. The new system will result in many of these children losing up to £1400 per year (£27 per week) compared to the current system - by the time a disabled child reaches 16, this could cost the family £22,000. In total the Government estimates that 100,000 disabled children would lose out under this change - other estimates suggest the number could be considerably higher. Financial support is crucial to help these families with the costs of raising a disabled child and manage their extra caring responsibilities. £27 is more than half the average family's food budget - enough to mean the difference between a family meeting their child's basic needs, and being left simply unable to cope. The NAS have joined forces with 24 other major charities and other organisations to call on the Government to change these damaging plans and ask that you please take action by [Signing our petition](#)

The NAS have updated the popular *Autism: a guide for criminal justice professionals*, which is available for [FREE in their online shop here](#). This is a practical guide for all criminal justice professionals who may come in to contact with people on the autism spectrum – whether as victims, witnesses, suspects or offenders. It is based on the experiences of people with autism and those who work with them, and contains real-life examples and personal accounts by professionals.

Independent Parental Special Education Advice (IPSEA) Survey on SEN provision in Academies

More and more parents are asking IPSEA about SEN provision in Academies and some common issues are emerging. IPSEA has launched a simple survey (just eight questions) to gather feedback on this issue. Please encourage anyone whose child with SEN attends (or will attend) an Academy to share their experience with IPSEA via this survey:

<http://ipsea-charity.org.uk/PWP-HRYV-46DWSR-6XZ7N-0/c.aspx>

IPSEA will use the data to develop resources and strengthen their lobbying. Follow IPSEA on:

facebook <http://ipsea-charity.org.uk/PWP-HRYV-46DWSR-6XZ7P-0/c.aspx>

twitter <http://ipsea-charity.org.uk/PWP-HRYV-46DWSR-6XX8G-0/c.aspx>

(editor's note: thanks to Harrogate NAS for this)

Message from NYCC via NYPACT

Transforming North Yorkshire's services for children with Special Educational Needs and/or Disabilities (SEND)

NYCC is committed to putting the child and family at the centre of our work, and to work together to provide the right support at the right time. We want to make it easier for children with SEND to access local services and provide support when it is required. To achieve this, the Children and Young People's Service (CYPS), in conjunction with colleagues in health services and adult social care services, has established a comprehensive Change and Integration Programme for SEND. It is very important that children and young people with SEND and their families have the opportunity to influence the proposed changes. We are therefore holding a number of events for parents to attend in order that we can discuss the changes and consult on the revised strategy and associated new service for SEND. These events will

also be used as an opportunity to consult on the North Yorkshire Short Breaks Statement. We hope these events will help us capture the views of families so we can use these to shape the changes as we move forward.

Craven

Monday 26 September, 18:30 – 20:30, Skipton Children Centre, Brougham Street, Skipton, BD23 2ES
Monday 10 October, 18:30 – 20:30, North Craven Children Centre, Hellifield Community Primary School, Kendal Road, Hellifield, Skipton, BD23 4HA

Invitation to parents to SEND Information Focus Groups – .n.b. Book by 1 September

As part of the SEND Information, Advice and Support workstream, the LA is holding two Focus Groups in Ripon and Malton to consult with parents & voluntary groups about the way NYCC provides information and advice to families about services in North Yorkshire – please see attached flyer.

Opera North

Please find attached a flyer for The Verve Club, a new arts club run by Opera North in partnership with Breeze International Youth Festival and Turtle Key Arts, which starts on 24 September.

To reserve your place on the project or for more information, please contact either Jo or Alex on:

jo.bedford@operanorth.co.uk / 0113 3993202 alexandra.bradshaw@operanorth.co.uk / 0113 2233581

In addition, from January to March 2012, two groups (Verve1 and Verve2) of up to 25 young people with Asperger's Syndrome aged 10-15, will be able to take part in creative arts activities over a 10 week period. During this time each group will work with a team of professional artists including a director, a composer and a singer, plus guest artists such as designers and musicians. Working with these artists participants will create a new piece of musical theatre that will be performed to family and friends at the end of the project in March. VERVE provides an opportunity for young people with Asperger's Syndrome to participate in something to which they would not normally have access. The positive atmosphere aims to develop young people's skills, and give them the opportunity make new friends and try out new activities.

"Jack thoroughly enjoyed being part of the Verve project, particularly as you allowed and encouraged him to play his drums... It has also benefited him to meet other kids with the same diagnosis." Parent

Both groups will be running from January to March 2012 and sessions will take place weekly on Saturdays during term time. To reserve a place, email: education@operanorth.co.uk. Closing date 8.11.11. Once all applications have been received, it may be necessary to arrange informal meetings with parents/carers of each applicant to discuss their specific needs in relation to the project.

For more information please contact Jo Bedford on 0113 399 3202 or emailjo.bedford@operanorth.co.uk

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

Susan Moreland from **Supporting Lives**, who came to talk to us a year ago, has sent us details the complete list of providers that were successful in joining the **Learning Disability Provider Framework** which can be found on www.wearepeople2.net and which should now provide people with more choice and better value for money. Well worth looking at their website!

New service from **SCOPE**: "Caring for a disabled child can put enormous pressure on relationships and family life. At Scope, we believe that families with disabled children should have all the emotional and practical support they need to enjoy parenthood and provide a happy, supportive environment for their child. We are therefore delighted to be working in partnership with Relate, the relationship experts to provide trained counsellors, who understand the impact of impairment, through the [Live Web Chat counselling service](#) available to anyone whose family relationships are in difficulty. The service is free of charge and completely confidential."

Autism Mothers TV with Polly Tommey: some good programmes on Channel Information Sky 16 (for Dads, too!) or free for all to watch online:

<http://www.autismmediachannel.com/autismmediachannelvideo.php?video=66>

www.netmums.com has some interesting and useful suggestions and tips about preparing for school (primary and secondary) – worth reading through if your son/daughter is anxious about transition. Please also see attached flyer from Autism File.

Please also find attached the Skipton Children's Centre's programme of events September to December – lots happening there. If you have any queries or would like to book onto any of the courses then please call 01609 798094 or email skiptoncc@northyorks.gov.uk

If you have any hints/suggestions you would like to share, please contact me on 07854 740071 or email margaretnash@thomasnash.orangehome.co.uk Thank you!

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 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 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

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

Looking for childcare www.thefamilyhubleeds.org 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

