

AWARE News September 2013

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September	Time	Activity & Location	Cohort/Age Group	Cost
Friday 6, 13*, 20 and 27 (*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
Sunday 8	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 10	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
Saturday 14	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
Saturday 14	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre	Families with children up to about 11 years	£3.50/family + £1/friend
Tuesday 17	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 18	9.30am – 2.30pm	Parent Training see page 2 Addingham Youth Centre <i>See page 2 - book with Margaret</i>	Parents/carers	Suggested donation £10/person
Thursday 19	12.30 – 2.30pm	Carers' Walk see page 2 <i>Book with /Margaret</i>	All carers welcome!	Free but bring money for coffees!
Saturday 21	10am – 4pm	Trip Club: BBQ and water games etc at Addingham Age 12+. <i>For further information contact Rachel Miller or ring 07826 92615</i>	Parents don't stay, AWARE support provided	£20/person
Thursday 26	7.30pm	Bingo Fundraising Night Yeadon Liberal Club – see flyer and page 2 <i>Tickets on sale now or contact Jo/Margaret to book</i>	All welcome!	£6/person inc pie and pea supper
Friday 27	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

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 27 September. Please contact our 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).

A Big Thank You!

To staff at Betty's Café tearooms Ilkley and everyone who attended their recent Hollywood Quiz and Supper fundraising night: it was a thoroughly enjoyable night and raised a whopping £600! Plans are still on the cards for a gourmet night – we'll keep you posted with further info when available.

Meeting at Airedale CDC, Tuesday 14th September, 8pm – The Family Fund

The speakers this month will be Elaine Rockcliffe and Bernadette Baldwin (whom some of you may already know): Family Fund is the UK's largest grant provider to low-income families raising disabled or seriously ill children and young people across the UK. Their purpose is to help ease the additional day to day pressures that these families face. Last year, they helped over 64,000 families with essential items such as washing machines, tumble dryers, bedding, clothing and hospital visiting costs. They also help with tablet computers, much needed family breaks, sensory toys and play equipment. 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 4099, but the best way is to come along and find out more on the night – hope to see lots of you there!

Our last meeting was the AGM in July. Thank you to all those members who were there: it was an interesting and useful meeting and it is always good to see some new faces! Everyone should have received the minutes and also our 2012-13 Annual Report by email; copies of both are in the members' area of the AWARE website.

Coffee Morning at Trinity 5 Rise Children's Centre, Tuesday 17 September

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](#)

Parent Training: Wednesday 18 September – Anger Management 10am – 2.30pm

Thanks to a combination of funding from **Leeds Learning for Carers Grant** and **Bradford's Carers Training Funding**, we have been able to organise a total of five Parent Training sessions. Normally, these workshops cost £30 each but thanks to the generosity of our funders we are able to offer them FREE of charge to you, including a delicious M & S lunch! One place is left at this, our final workshop; for more information, contact [Margaret](#)

Walking Group Thursday 19 September

We have a two hour **mid-week ramble with Ronda** planned for Thursday 19 September, meet at The Acorn in Eldwick (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 – please also print off and sign the [disclaimer](#) from our website.* Regular updates posted on our Facebook page; book with [Margaret](#)

Bingo and Supper Night Thursday 26 September

A bingo and Supper Night, arranged by AWARE member Stephen Houghton, will take place on Thursday 26 September from 7.30pm, including a pie and pea supper: everyone welcome, £6/person, lots of raffle prizes donated by local businesses – see flyer attached. Contact [Jo](#) or [Margaret](#) to book or pick up a ticket next time you come to any AWARE meeting/club.

New Diagnosis Group – Friday 27 September 10 am – 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 27 September, 10am – 12pm, book in advance for the NDG with [Margaret](#)

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

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](#) and for more info and to register interest, contact [Jo](#)

Advance notice: 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 Places are limited – just two left - so book a.s.a.p. with [Margaret](#)

News from the NAS

Adults with autism are still waiting for the everyday support they need, whether that's help with laundry, cooking a meal or being diagnosed. This year the Government will review what progress has been made to end that wait. Push for Action is the new NAS campaign for adult autism services. Details here: <http://www.autism.org.uk/Get-involved/autismstrategy.aspx>

Women and Girls on the Autistic Spectrum 2013

A one-day conference presenting the latest research and practice in diagnosis and support for women and girls with autism is being organised by the NAS and will be held in Leeds at the Hilton City Centre Hotel on the 1st October 2013. The conference will examine the unique challenges facing women and girls with autism. International experts will discuss the implications for future research and practice, including prevalence rates, adaptation of diagnostic criteria and differences in presentation. The keynote speaker is Jennifer O'Toole, the founder of Asperkids and the author of two internationally successful books. She has Asperger's syndrome herself as does her daughter. Go to www.autism.org.uk/news-and-events

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 140th member?!

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>

My web my way provides advice and help on how to get the most of the accessibility features and assistive technologies available for your computer, so that you can view BBC Online and the rest of the web in a more accessible way. The heart of the site is the "How to Guides" section, which shows you how to customise the accessibility features of your computer setup or web browser. It also includes guides and factsheets that introduce the range of assistive technologies that are available, for more information visit <http://www.bbc.co.uk/accessibility/>

Link to **Leeds Carers News**: http://files.carersleeds.org.uk/Carers_Newsletter_Aug-Sept_2013.pdf

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).

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)

The '**Beat Bullying**' Official website - Beat Bullying is a national charity which supports both adults and children. <http://www.beatbullying.org/>

Autism Friendly films in September: **Dimensions** are hosting two different Autism Friendly films in September 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.

DIAL stands for **Disability Information and Advice Line**: a national organisation which provides information and advice services to disabled people and others on all aspects of living with a disability. www.dialuk.info

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 £202.18** (£179.69 last month). **Currently we only have 30 supporters (28 in July) so please sign up** 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 £72.70** (£69.22 last month): **currently we only have 17 supporters (16 in July) 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.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:

