

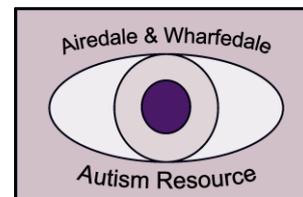
AWARE News September 2014

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www.homestead.com/awareuk/

www.awareuk.org



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September	Time	Activity & Location	Cohort/Age Group	Cost
Monday 1, 8, 15, 22 & 29	6.30-8.30pm	Adult Support for Asperger's Cross Green Community Centre, Pool Rd, LS21 1HD <i>See page 2 for details</i>	Adults with Asperger syndrome (16+): parents, partners and friends also welcome	FREE but donation for refreshments welcome
Friday 5, 12, 19 & 26	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
Next swimming session will be in October – date tbc		Swimming with inflatables & slide Keighley Leisure Centre	All family (max. 20 children/ session)	£2.50/swimmer
Tuesday 9	8pm	CDC Meeting, Airedale Hospital - see page 2 for details <i>Just turn up</i>	Parents, Carers, Professionals, anyone interested	Free but donations welcome
Saturday 13	1.30pm – 3.30pm	Junior Youth Club Addingham Youth Centre	Families with children up to about 11years	£3.50/family + £1/friend
<i>Please ring, text, email Rachel Miller 07826 926150 to let her know you are coming as equipment will be left out from the Friday club, and some help will be needed by those who attend to put it away again.</i>				
Saturday 20	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 20	Times to be confirmed	Trip Club Blackpool <i>Book with Rachel Miller</i>	Age 12+. Parents don't stay, AWARE support provided	£20/person
Tuesday 23	11am - 12.30pm	Coffee Morning , Trinity 5 Rise Children's Centre, Bingley <i>Book with Margaret</i>	All carers welcome!	Free but donations welcome
Saturday 27	11.30am – 3.30pm (exact times TBC)	Dads' Brewery Trip - see page 2 for details <i>Book with Margaret</i>	All male carers welcome!	Free but donations always welcome!

[Jo](mailto:jo.galasso@tesco.net) 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 the CDC meeting on 9 September and at Youth Club on 26 September. 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 9 September.](#)

I am delighted to say we will be welcoming back Barbara Wilkinson who came to the CDC last autumn and was such a great success with you all! Message from Barbara: *I am a 38 year old woman with a diagnosis of High Functioning Asperger's. I wish to share with you my experiences of living life with this condition and how I have coped in different situations/teenage years/marriage/school and work. This time, I intend to talk about the assessment process for adults with autism and issues around employment. I look forward to meeting you all, Barbara Wilkinson*

Adult Support for Asperger's – Monday evenings in Otley

This group started six months ago and is proving popular with a small regular attendance so far. If you know of any adults with Asperger's (or High Functioning Autism) who would like to attend, and/or their partners or parents, then please let them know: the group meets every Monday from 6.30pm-8.30pm (excluding Bank Holidays). Contact [Margaret Marshall](#) 07963 521117 for further details.

Book now for Brewery Trip Saturday 27 September: we still have places!

We are delighted that, once again, Bradford Carers is funding us to put on some parent training and carers' breaks. The first carers' break, to coincide with the September residential, will be a Dads only trip to a Brewery (tour and lunch) to **The Copper Dragon Brewery in Snaygill, Skipton** on Saturday 27 September (from 11.45am). If you would like to reserve a place, please email [Margaret](#) with your name, your child's name, email address, postal address and telephone (landline and mobile) more information in the e-update. Once we know where people are travelling from, we may look at hiring a minibus – shall let you know.

Parent Training: book now with Margaret before all the places are taken!

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/male carers 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 9.15 – 2.45pm

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. DLA/PIP etc). The day is now fully booked (you will receive an email with full details of the day at the beginning of 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.

Cerebra Family Support Forum Thursday 25th September 2014, 10am-12 at Barnardos, Queens Road, Bradford BD8 7BS

Parents are warmly invited to come and meet other parents and carers as well as staff from Cerebra at a Family Support Forum in Bradford. During the morning, Cerebra's Sleep Practitioner Dianne Senior will be giving a presentation on "Understanding and Managing Sleep Problems in Children with Neurodevelopmental Conditions". There will be an opportunity for parents to ask questions and suggest other topics for future events. Places are limited and will be allocated on a first come first served basis; to book or for further information please contact Lynne Bowker, Cerebra Regional Officer on 01457 879049 or email Lynneb@cerebra.org.uk

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

You can see Inclusive Solutions' information on **person centred planning** at <http://inclusive-solutions.com/person-centred-planning/>

Here is the link to the summer 2014 edition of the [Waving not drowning newsletter](#) from Working Families. Finding Flexibility 2014 is a follow-up to their 2012 survey and there is a link on Working Families' website or you can click [here](#) to complete the survey before 5 October 2014.

Back to school and making friendships: <http://www.sandbox-learning.com> Worth a look ...Sandbox Learning is built around the philosophy of a traditional Sandbox; a fun, creative, community learning environment ...if children have fun while learning, they will be engaged in the lesson, increase their participation, and embrace a love of learning. Their ethos is that no child learns in exactly the same way, but through personalisation parents and professionals can create tools that connect on an individual level with each child.

Have you see the **Coming Soon** in Bradford link in our FB group? Sign up to receive the information on what's happening for people with learning disabilities and their families here: [Coming Soon Facebook](#)

Free download of **Autism File** here (focus on education tin this edition): [Autism File e-magazine](#)

What's new, August 2014, is **Contact a Family's** monthly round-up of important news and information for families with children who have additional needs or disabilities. If you have friends or family who you think might find our free e-newsletter useful, they can [sign up](#) to receive regular copies.

Carers Resource Choices newsletter [Carers Resource/choices-newsletter](#)

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](#)

Max card initially just for looked-after children and children with complex needs but now available for children with additional needs gives free/cheaper access to a wide range of local and national attractions. AWARE has ordered some Max cards for our members to purchase as they can only be bought through a group not personally; they are £3 (+53p if you would like one posting) and last two years. Check out venues and discount at www.mymaxcard.co.uk and let Jo know if you'd like to purchase one. e.g. Free admission to Harewood House - a saving of £40 for a family ticket; wow!

New BradfordCAN website: www.bradfordcan.org.uk is a quick and easy way to find free, high quality advice about benefits, debt, housing and more. Community Advice Network (CAN) is the new name for the Advice Network & Training Partnership (ANTP)

Cerebra <http://www.cerebra.org.uk/English/aboutus/Pages/default.aspx> Great source of advice for parents of children/Young people with neurodevelopmental disorders. Grants for special equipment etc. People with learning difficulties have been achieving real victories improving the way they're portrayed.

Bradford People First got WHO (World Health Organisation) to drop offensive terminology, <http://www.bradfordpeoplefirst.org.uk/news/> and another group of people with learning disabilities has produced a guide for broadcasters about how people with learning disabilities are represented, <http://www.learningdisabilities.org.uk/content/assets/pdf/publications/tips-for-broadcasters.pdf?view=Standard>.

Latest guides and multimedia items from **Contact a Family**: they have updated three of their guides: Living without a diagnosis, Living with a rare condition and Understanding your child's behavior, and a new guide is now available: Getting social care services when your child has additional needs – England. Contact a Family publishes a wide range of free information guides for parents. You can find the full list of all the publications available from: www.cafamily.org.uk A REALLY useful website!

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 bank holiday fundraising event at The Cow and Calf near Ilkley: lucky dips, raffle (first prize £50 of White Stuff vouchers), name the teddy, bath bombs etc etc, raising a grand total of **£300**: well done to the team, The Cow and Calf staff and all our lovely sponsors!

COLLECT USED POSTAGE STAMPS FOR AWARE – we've recently sent in a consignment of used stamps and received a cheque for £306, any stamps will do, just collect, ask others to collect and bring them when you attend something or send them to us by post (we'll even submit the stamp you use) We get paid £7/kilo so save, save, save and raise more, more, more!!!.

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 accepted). Total so far £816.28 (previously £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! Only £57.72 so far but every little helps.

Easysearch & Easyfundraising: is a search engine and '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 £1413 (£1381 two months ago) We still have just 50 supporters – no new people over the summer - 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 – you know you should!

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

